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A note to our readers

2023 is a year of the Rabbit, starting from January 22nd, 2023 (Chinese New Year), and ending on February 9th, 2024 (Chinese New Year's Eve). The sign of the Rabbit is a symbol of longevity, peace, and prosperity in Chinese culture. 2023 is predicted to be a year of hope.

People born in a year of the Rabbit are called "Rabbits" and are believed to be vigilant, witty, quick-minded, and ingenious.

We wish you the very best in 2023!

Kelley Jilek

Publisher

Cover art, "Rabbit" by Kristy Little.
For more information about the
artist, see page 5.

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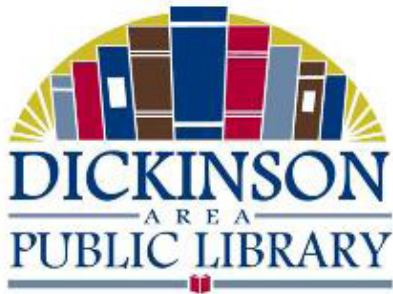
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#BOOKWORM

A year in statistics

By Cindy Thronburg



It's been a busy year for us here at the Dickinson Area Public Library (DPL), and we would like to share some statistics with you. All of these stats were collected on 12/5/22, so these numbers will be higher come print time. It's also good to note that the DPL manages four total branches: the main branch in Dickinson, the Bookmobile and the school libraries in Medora and Fairfield.

We registered quite a few new patrons this year! For the Dickinson branch alone we registered 1,013 new patrons. We are excited to welcome all of our new patrons to the library! This means we currently have 15,721 patrons in the main branch that have active cards. There are 602 patrons in the remaining branches.

We had a TON of circulations this year as well. For the total 4 branches, we circulated 82,835 items. The most circulated collection by far is the Easy Fiction collection at the main branch. In that collection alone we circulated 16,972 items. Our next most circulated collection is the Adult Fiction collection in the main branch. That circulated 13,007 items this year. One of our new collections, Board Games, circulated 458 items. We are so happy to see that collection being circulated and that it's popular with our patrons!

We also added a lot of items to the library branches this year. Between all four branches, we added 8,025 items!

We had a lot of people participating in programs this year as well! So far, we've had

approximately 27,559 people attend/participate in events and reading programs. This year we have had seven different reading challenges and 1,432 people have participated by logging their reading in Beanstack. We have also given away 788 Take and Make crafts.

Patrons were also very active in our digital collections this year. In Overdrive (Libby) alone, E-book circulations totaled 12,138 items, E-audiobook circulations were 14,541 items, and there were 677 checkouts for magazines!

January is a planning month for the library, so we won't be having any of our regular programs. However, it is the start of the Winter Reading Program, and winter is the perfect time to get cozy with a good book! Get ready to log all your winter reading on Beanstack! The program will start January 1st and will end February 28th. As always, this program is free and open to all ages, birth through adult. If you've participated before you already know how logging works and how easy it is. If you've never participated, I promise logging is quick and simple thanks to Beanstack.

The process is simple: log your minutes (or activities if you're between the ages 0-5) to earn badges and tickets. The tickets can be allocated to the grand prize of your choosing. We will also have a coloring contest! Grand prizes and coloring contest winners will be announced on Friday, March 3rd at our Cookies & Cocoa Party.

Last year we had 365 people enroll, and 294 of those people participated

(logged reading/activities) in the Winter Reading Program. We were happy to see that, as far as participation goes, numbers were generally up in all age groups!

We will also be doing a second Beanstack challenge in the month of January. From January 1st through January 31st, we will be participating in "All the Feels," a winter reading challenge sponsored by Beanstack. This reading challenge is a bingo challenge. You can log reading, activities, and more to earn badges and earn a special Bingo Badge when you get bingo. The best part is you can earn all the badges, and you don't have to quit logging once you've earned a bingo. This challenge is open to all ages.

We do have a couple of announcements to share. First, would like to share is that we will be having temporarily altered hours through the month of January. For Monday through Friday we will be open 9:00am to 6:00pm, and on Saturdays we will be open 12:00pm to 5:00pm.

The other announcement is that we would also like to thank all of those who contributed to the Angel Tree this year. Because of you, we were able to give lots of books to area children. We collected a total of 132 books! That added to the other donations (including clothing for kids and valentines for nursing homes) that we've received in 2022 to total 703 donations. We appreciate your contributions!

We hope to see you around this library this January! Good luck with your reading challenges, and happy reading!



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COVER ARTIST Kristy Little

Kristy Little has always dabbled in art, from her love of color crayons as a child to taking art classes in junior high, high school, and her first year of college.

After a 40 year hiatus from the art world, Kristy has rediscovered her love of drawing. She took over their guest room and turned it into a studio where, with her dog Marley laying at her feet, she works on her art projects. Kristy's passion is using pastels to create vivid animal portraits, both domestic and wild.

Kristy and her husband, Alan, are both from Bismarck and live North of Bismarck along the beautiful Missouri River. They have one son, Mike, and daughter-in-law, Stephanie, who live in Bismarck, and one daughter, Alyssa, who they lost in 2014 to cancer.

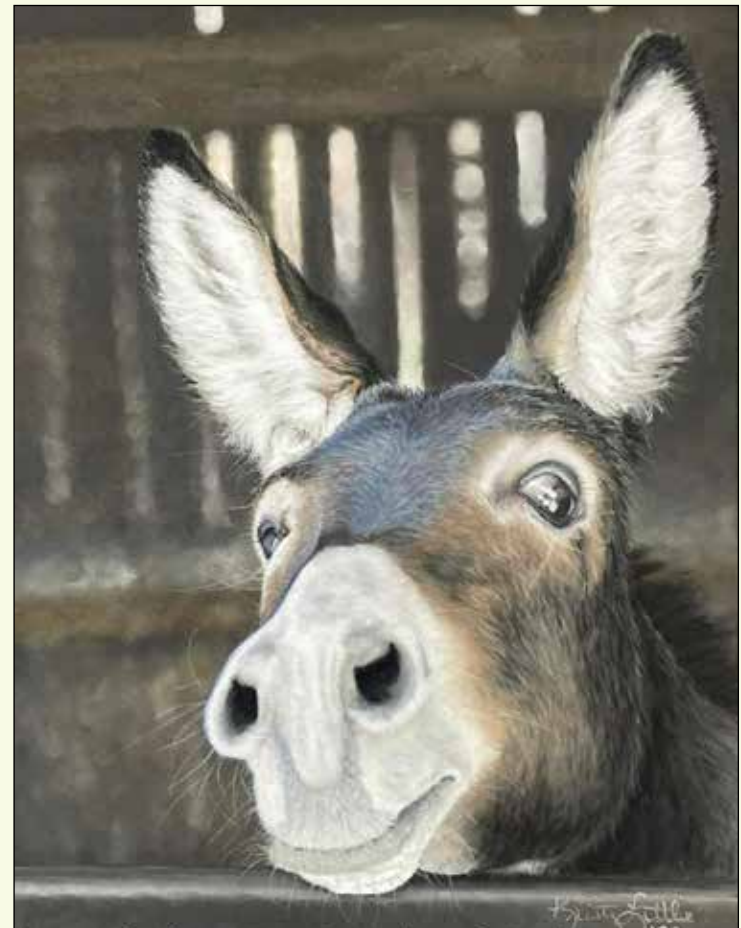
While her family has loved her doodles over the years, Kristy only recently started showing her work. She was the member artist invited to display her artwork for the Bismarck Art and Galleries Association in the November



Kristy and her husband, Alan

art show. Whether it is an original or commission piece, Kristy is excited to tackle new projects.

Kristy Little can be contacted at kristy@bektel.com or on Facebook at Kristy Little – Pen & Animal Artist. ■



COMMUNITY

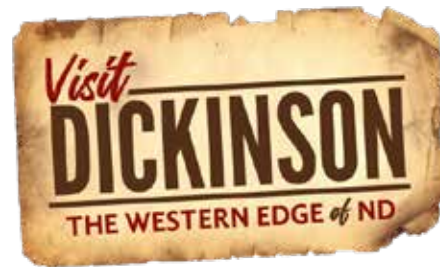
Downtown Dickinson celebrates with area residents

Area residents shopped downtown local businesses, strolled the all-new Christmas Alley, enjoyed live music, hay rides and the Tree Lighting Ceremony followed by a visit from Santa and Mrs. Claus! ■



CONVENTION AND VISITORS BUREAU

Start your own visitor experience business



The travel industry is part of passionate entrepreneurs eager to share their love for exploration and adventure with others. The local share in southwest North Dakota is a wide-open market for those with the right passion and dedication to create a rewarding business. Typically, the tourism thoughts move to the Medora activities and the drive through the Theodore Roosevelt National Park. While these are major attractions in our area, along with others, there is ample amount of room for more visitor product and experiences, especially with upcoming Theodore Roosevelt Presidential Library opening in 2026.

There are opportunities such as guided services for those interested in wildflower and native plant tours, birding, historical stories, kayaking, canoe experiences, hiking, biking, and more. Travel is about local adventure, and with the right partnerships with public lands and communities, there are many options for starting your business.

Agritourism has grown by large increases. Corn mazes, pumpkin

patches, teaching visitors about crops and livestock is also a possibility. The international market is another group that is eager to find agricultural experiences. Partnering with the ND Tourism Division to learn about the international market is a great resource for direction, information and leads to the markets that they work in.

If budding entrepreneurs are going to invest time in creating a product or service, make sure it is the right product or service for the right market. Define a niche, learn about the target customer, and create a strategy to reach that demographic. There are many sources to help you find out how to begin. The North Dakota Tourism Division is a part of the North Dakota Commerce Department, that offers many resources to find out more about the industry and the programs that are available to assist you. Go to NDTourism.com or contact the Dickinson CVB at 800-279-7391 for more information. ■



COMMUNITY

Performers announced for Trinity Catholic Schools Mardi Gras



Raynes

British-American trio Raynes, formed in 2017, have wasted no time making themselves heard. Signing with Sony Music Publishing less than a year after their inception, the group has since released five singles and an EP, been featured on Simon Cowell's show "Walk the Line," and performed at sold-out venues across the US and the UK. Now, their singular blend of pop, folk, and world music is being featured on television shows, commercials, and tastemakers' playlists, earning them hundreds of thousands of monthly listeners and millions of streams across platforms. Mat Charley and Joe Berger, both born and raised in North Dakota, met in college, where Mat—a producer and multi-instrumentalist—was usually skipping class to write songs.

After months of searching, they finally struck gold when they came across a video of Mark Race, a native of Durham, UK. "We loved everything about him—his look, his voice, his guitar playing, he was the whole package. We didn't think there was any way he would actually be willing to drop everything and fly across the ocean to be in a band with us," reveals Joe. But just ten days later, after a Facebook message and a few phone calls, Mark was on a flight to LA to meet Mat and Joe.

But the trio's differences have proven to be a winning combination. As Raynes, they combine their diverse influences to form a group whose taste spans the globe, incorporating elements of folk, Americana, and baroque pop with Celtic and world music to create a

wholly original sound. "We're musical omnivores," they state. "There are so many instruments and sounds and traditions in the world, and we just want to explore as much as we can."

For a band with such an eclectic sonic appetite, assigning a genre to Raynes can be a challenge. "We tend to build a lot of our songs on acoustic guitars and pianos, but once we start adding synths and accordions and dulcimers the whole concept of genre sort of goes out the window," says Mark. "The closest we've come to defining our sound is just calling it 'expensive folk.'" In January of 2023, Raynes will begin the process of releasing their latest project, a cycle of seven songs entitled A Ghost in the Walls.

Raynes will be playing at the Trinity Mardi Gras Friday February 3rd, 2023.



Bluestems

The Bluestems are a band of brothers and sisters from Elgin, North Dakota. These youngsters have entertained at festivals and fairs throughout North Dakota, South Dakota, Minnesota and Montana. The band is currently made up of Mya, 17, on fiddle and lead vocals; Mercedes, 15, on guitar and mandolin; Malachi, 13, on banjo and harmony vocals; and Micah, 11, on bass guitar. Their little sister Molly sometimes joins them on dobro. Their youngest sister Maggie is currently learning piano and deciding what bluegrass instrument is her favorite.

When the band isn't performing, you can find them helping out on the family ranch, helping run their ice cream/lemonade food truck, participating in sports, fishing, riding horse, riding dirt bike or hanging with friends.

Their instrumental talent is beyond their years and amazes audiences wherever they perform! ■

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COMMUNITY

Grooming awareness for sexual abuse

In an effort to make themselves look nice to their victims and their victims' families, most offenders groom those that they are targeting. Many times

offenders appear as charming, smart, caring, warm, and helpful. This process can sometimes occur over years. It starts by building relationships with potential victims, often by hanging out where children are: their homes, schools, malls, playgrounds, and parks. They often target children who feel unloved and unpopular and will welcome any adult attention. Children with family problems, who spend time alone and unsupervised, who lack confidence and self-esteem, and who are isolated from their peers are all likely targets. Grooming may also

involve building trusting relationships with adults who are in charge of children and may be overwhelmed.

90% of victims know their offender.

Grooming Signs to watch for include the following:

- Having a "special relationship" with a child.

Often wanting alone time or spending unusual amounts of time with the child.

- Offering drugs or alcohol to children or teenagers

- Having secrets between the adult and

child

- Becoming "indispensable" to the caregiver; offering to babysit or having the child sleep over.

- Talking about problems normally discussed between adults, such as marital problems or other conflicts.

- Buying their victim and/or caregiver gifts or money for no reason.

- And they almost always offer a sympathetic understanding ear. "Your parents don't understand or respect you as I do. I love you and I'm here for you." ■



CONNECT MEDICAL CLINIC

Celebrating our nurse practitioner, Rachel Marshall

By Morgan Tisor, Nurse Educator, Connect Medical Clinic



Two weeks ago, our Nurse Practitioner, Rachael Marshall, celebrated her one-year anniversary at Connect Medical Clinic. What a year it has been! Rachael has been at the forefront of many events, such as our Giving Hearts Day event, encouraging women to undergo routine PAP testing. In the spirit of women's health, Rachael also co-led Connect in a Women Empowering Women event that provided free PAP testing and mammograms to Spanish-speaking and African Born women. During this, Rachael saw 21 women, which was amazing! Because of this event, Rachael was able to give these women a safe place to talk about their concerns in a way that they did not feel rushed or unimportant.

Rachael has also taken classes to be a certified fertility awareness instructor. She has seen and educated women during this last year and helped them to know their bodies and their cycles better. With that under her belt, she is starting her journey into medical management. This will further her ability to serve women's health holistically.

It has been wonderful working with Rachael this last year. Her kindness, patience, and compassion

shine through in her work. She is thorough and thoughtful in everything she does, making it easy for our patients to be comfortable and confident with the care they receive.

We are so grateful and honored to have such an outstanding provider in-house to give our patients even more services at a low cost. Working with Rachael this last year and seeing her passion as a provider and her patients has been a blessing. She is the best fit for our team and our patients. We cannot wait to see what this next year has in store for her!

If you want to schedule a Nurse Practitioner visit or have questions about NP services give us a call at 701-483-9353. Services and appointment scheduling can also be found online at <https://connectmedicalclinic.com/appointments/> ■



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COMMUNITY

Power of 100 Women Dickinson split \$20,000 between two charities

Power of 100 Women Dickinson, a local charitable group, met on October 25, 2022 to review four charities selected by their members to consider for their 25th quarterly donation. This is the 12th time Power of 100 Women will split their donations between two charities. A milestone will be reached when the group meets in January 2023. With January donations, Power of 100 Women will have donated, as a group, just over \$500,000.

Of the over two dozen charities

of the charities voted for in October, are a group of nurses that are medically and forensically trained to care for victims of rape, from pediatric to adults. They provide Dickinson and the western part of the State of ND with a need service.

Power of 100 Women Dickinson expanded the area for nominations from 501c3 charities to a 50-mile radius of Dickinson. Members of Power of 100 Women have the opportunity to submit charities for consideration at each meeting. Women in Dickinson and



Shirley Dukart, Rayne Kuntz, Irene Schafer and Angie Haverluk

reviewed, members invite four of those charities to make presentations at each general membership meeting, voting for two of the four to receive their donations.

Dickinson Rural Fire Department was one of the charities voted for in October. Dickinson Rural Fire Department is a volunteer run rural fire, rescue and dive team serving the entire population in Stark County. They are currently fundraising for a wildland firefighting apparatus.

Central Dakota Forensic Nurses, one

of the surrounding area are invited to be a part of this group. Those interested can contact Shirley Dukart (701-290-2283) or Irene Schafer (701-290-3222) for additional information and a membership application.

Power of 100 Women's next meeting will be held on Monday, January 23 at the Dickinson Eagles Club. Prospective new members and guests are always welcome. No dues and no charge to attend. ■



Irene Schafer, Tim Seiler and Shirley Dukart



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EDUCATION

STEM in education



According to the National Math and Science Initiative, the U.S. will need to fill 3.5 million STEM jobs by 2025 yet two million jobs are currently unfulfilled because of unqualified candidates (NMS, 2022). By no stretch of reality, this number will continue to grow as we advance as a global society. In fact, many of the jobs our students will have to do currently exist. Still, North Dakota is in a unique position to lead the nation with college and career ready students by integrating STEM into education.

Lincoln Elementary recognized the need for STEM education in their school to create success for all students. Marisa Riesinger, DPS Elementary Library Media Specialist, stated, "Today, STEM skills are just as foundational as reading, writing, and math. Our students are our future, and they need to be prepared to be problem-solvers and solution-makers." In August, Lincoln received North Dakota's first Cal Ripken Foundation STEM Center. Every week, students in every grade level participate in STEM activities within their classrooms. "We want to encourage our students to think creatively, collaboratively, and critically while applying skills to real-world situations." Riesinger also noted the positive increases in student engagement, academic achievement, and personal empowerment.

These successes prompted

Lincoln to hold their first schoolwide STEM Day on December 9 to celebrate student learning and share the impact with community leaders. All students had a hands-on session with multiple STEM activities such as Snap Circuits to power fans, Foundational Fluencies to learn spatial reasoning, Makey Makeys to make circuits that created music using bananas, and Little Bits to construct moving vehicles. In addition, community partners from Southwest Art Gallery and Science Center and EduTech set up STEM centers for the students.

Community members were invited to the all-day event to observe and participate in STEM activities with the students. The guests were amazed to see the thinking, creating, and problem-solving even the youngest of students were doing. Several Dickinson business leaders commented on the significant impact these experiences will have on the future workforce. Not only did they see the students having fun, but they also saw the transferable skills that will create college and career ready students. Administrator Tammy Peterson stated, "This was an amazing opportunity to deepen learning for all students by shifting toward higher level thinking, student agency, authentic work, and technology infusion." Lincoln intends to continue encouraging STEM education through school, community, and family events such as Family Code Night. ■



2023
Happy New Year!

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FINANCIAL FOCUS

COLA is sweet for Social Security recipients

If you receive Social Security, you've probably already heard that your checks in 2023 will be bigger – considerably bigger, in fact. How can you make the best use of this extra money?

Here's what's happening: For 2023, there's an 8.7% cost-of-living adjustment (COLA) for Social Security benefits – the largest increase in 40 years. Also, the monthly Medicare Part B premiums are declining next year, to \$164.90/month from \$170.10/month, which will also modestly boost Social Security checks for those enrolled in Part B, as these premiums are automatically deducted.

Of course, the sizable COLA is due to the high inflation of 2022, as the Social Security Administration uses a formula based on increases in the Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W). So, it's certainly possible that you will need some, or perhaps all, of your larger checks to pay for the increased cost of goods and services. But if your cash flow is already relatively strong, you might want to consider these suggestions for using your bigger checks:

- Reduce withdrawals from your investment portfolio. When you're retired, you will likely need to withdraw a certain amount from your portfolio each year to meet your expenses. A

boost in your Social Security may enable you to withdraw less, at least for a year. This can be particularly advantageous when the markets are down, as you'd like to avoid, as much as possible, selling investments and withdrawing the money when investment prices are low. And the fewer investments you need to sell, the longer your portfolio may last during your retirement years.

- Help build your cash reserves. When you're retired, it's a good idea to maintain about a year's worth of the amount you'll spend from your portfolio in cash, while also keeping three months' of your spending needs in an emergency fund, with the money kept in a liquid, low-risk account. Your higher Social Security checks could help you build these cash reserves. (Also, it's helpful to keep another three to five years' worth of spending from your portfolio in short-term, fixed-income investments, which now, due to higher interest rates, offer better income opportunities.)

- Contribute to a 529 plan. You could use some of your extra Social Security money to contribute to a tax-advantaged 529 education savings plan for your grandchildren or other family members.

- Contribute to charitable organizations. You might want to use

some of your Social Security money to expand your charitable giving. Your generosity will help worthy groups and possibly bring you some tax benefits, too.

While it's nice to have these possible options in 2023, you can't count on future COLA increases being as large. The jump in inflation in 2022 was due to several unusual factors, including pandemic-related government spending, supply shortages and the Russian invasion of Ukraine. It's quite possible, perhaps even likely, that inflation will subside in 2023, which, in turn, would mean a smaller COLA bump

in 2024.

Nonetheless, while you might not want to include large annual COLA increases as part of your long-term financial strategy, you may well choose to take advantage, in some of the ways described above, of the bigger Social Security checks you'll receive in 2023. When opportunity knocks, you may want to open the door.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Marlene Bradbury. Edward Jones. Member SIPC. ■

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LESSONS IN BUSINESS

North Dakota's Agrarian Dream

By Debora Dragseth, P.D.

According to the North Dakota Department of Agriculture, agriculture is the largest segment of the state's economy and is responsible for nearly one-fourth of the state's employment. As a new year is upon us, we thought it might be interesting to look back at the history of agriculture in our state.

The history of farming in North Dakota

An Act of Congress created the Dakota Territory on March 2, 1861. At the time, the boundaries were fluid and included the present states of North Dakota, South Dakota, and most of Wyoming and Montana. In 1889, the Territory was comprised of the area which is now the two states of North and South Dakota. North Dakota became a state on November 2, 1889.

After the Northern Plains were organized into the Dakota Territory, immigration of white settlers began in earnest. Between 1879 and 1886, more than 100,000 people entered the Territory. What attracted settlers to North Dakota was the "gold rush syndrome" that in the Great Plains focused not on gold, but on free land. The first Homestead Act in 1862 allowed settlers to file a claim for 160 acres after they had cultivated the land for five years. A second Homestead Act, providing 640 acres, continued until around 1920. A common joke in the early

1900s was that Uncle Sam bet any farmer 160 acres of land that he could not live on it for five years without going broke.

Based on settlement patterns and land production of the East Coast, not the semi-arid prairie, pundits of the early 20th century felt that there was room in the state for 200,000 farmers, giving each family, at an average of five people, 160 acres of land. There are 45 million acres of land in the state, three-fourths of which were considered susceptible to profitable tillage. Thus, the total number of people involved in agrarian pursuits would, at full capacity, be one million. Add to these farmers another million or so city and townsfolk and the projected population of North Dakota, according to the Centennial Anthology of North Dakota History, could be in excess of two million people.

The future of the state seemed bright in the years immediately preceding 1920, and even in some sense into the 1920s themselves. Innovations such as tractors were making work on the farm easier and more profitable. According to Elwyn B. Robinson in his quintessential History of North Dakota, during the 1920s farmers bought thousands of tractors and trucks. In 1920, one farmer in six owned a tractor and one in a hundred owned a truck, but by 1930, more than two in every five owned tractors and one in five owned trucks. The number of horses on the farms fell by one-fourth. Mechanization was increasing productivity per farmer. As it continues to do today, this agricultural revolution

was facilitating consolidation of farms with the corresponding outmigration of rural denizens.

Former Governor Walter Maddock's words on the topic in 1929 could certainly apply to today's agricultural challenges just as they did in the 1920s. "Larger and larger investments are continually needed in agricultural production... In this process of evolution great numbers of our farmers will be financially crushed while others with greater financial resources and more executive ability will succeed." Maddock mourned the death of the family farm. "The American farm as we know it today, the rugged family unit that has made our country the greatest nation in the history of the world, is in grave danger of destruction."

Farm consolidation propelled by increased mechanization, and thus increased productivity, continues in the 21st century. The current number of farms is at its lowest level since estimates were first started in 1910 when there were 74,400 farms in the state (North Dakota Agricultural Statistics Service). The number of North Dakota farms in operation during 2021 was estimated at 26,000, down from 30,500 farms in



twenty years prior, and far from the estimated 200,000 that Congress forecast 150 years ago when it envisioned North Dakota's Agrarian Dream.

Debora Dragseth is a professor of business at Dickinson State University and a national award-winning journalist. Her column appears monthly, providing workable solutions to common workplace issues. ■



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NDSU EXTENSION Free Stepping On workshop

By Holly Tuhy

Winter seems to have settled in for the season. The temperatures are cold, the ground and sky are white. North Dakotans know all-to-well how to drive smart to navigate winter roads.

for everyone, it is especially important for the older adults in our communities. One in four people age 65 or older has a fall each year.

NDSU Extension Stark/Billings County offers a seven-week, falls prevention workshop titled Stepping On. This free class is for adults ages 65 or older who live independently. Stepping On helps participants avoid dangerous and costly falls. In seven weeks, participants learn:

1. To identify and avoid fall hazards in

NDSU

EXTENSION
STARK/BILLINGS COUNTY

However, it is important to remember to walk smart as well. Slippery sidewalks, parking lots, and stairs can be especially treacherous when covered with snow and ice. You don't need me to tell you that it is not fun to slip and fall outside. Even though it happens to all of us, we tend to feel embarrassed when we do fall. We frantically look around to make sure no one saw the often-ungraceful fall occur.

Here are some helpful reminders to keep us all safe and upright this winter:

1. Wear shoes or boots with good traction and support. If you need to wear dress shoes, change into them once you arrive to your destination safely.

2. Keep your sidewalks, driveways, and other walking paths clear as best you can.

3. Be sure to take smaller, slower steps, even if you don't see any snow or ice. Black ice can sneak up quickly.

4. If you use a cane or walking stick, consider attaching an ice tip on the bottom for better traction on ice.

While walking smart in the winter is

and outside the home

2. How vision, hearing, medication, and footwear affect fall risk

3. Strength and balance exercises that are adaptable to each participant's skill level

4. How to safely get up from a fall and more!

Participants also get to learn from guest experts such as physical therapists, pharmacists, safety officers, and more.

NDSU Extension Stark/Billings County will be hosting a seven-week Stepping On workshop on Tuesdays; starting January 17, 2023 at 1:00pm at the Heritage Hills Senior Living apartments. This class is open to the apartment complex tenants as well as the general public. Pre-registration is required. Please call NDSU Extension Stark/Billings at 701-456-7665 for more information and to register.

Let's start 2023 on the right foot and avoid falling this winter! ■



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WHERE BUSINESS GOES TO GROW

A small voice in a big crowd, Social Media 2023

By Matt Ellerkamp, Business Advisor, SBDC



The truth is, Social Media (SM going forward) works even if it does consume time and energy. Outside of direct one-on-one marketing, SM is the most effective. SM allows customers to experience the flavor a business entrepreneur brings to the market.

More than likely where is the first place a person goes to find a service/

SM in the 5-15 second attention span of SM marketing.

1. Be Authentic: In the age of everything is polished, filtered, cropped, squeezed, sliced and diced to perfection people are craving something "REAL". When a company can't live up to its branded message it's a big letdown.

2. Leverage Influencers: Small business means small budgets. Celebrities endorsements are out of the question but finding a locale BRAND AMBASSADOR can be a reality. Look for an influencer in your community that aligns with your company passions. A passionate customer that is authentic and real, can



product they are looking for? You got it, they pick up their smartphone. Even better, what does a person do when looking for a distraction, they pick up their smartphone and go to SM. You got it again, SOCIAL MEDIA: Facebook, Instagram, MeWe, LinkedIn, Parler, Snapchat, TikTok, Truth Social, Twitter, LinkedIn, Etc.

Whether you're a SM fan or not, in 2023 your business better be on SM. SM companies combined have 4.74 billion individual users an increase of 4.2% from 2020 and the rate is steadily increasing (Igor Dimovski, Growth Marketer, Sales. Rocks.)

Here are some strategies for small businesses to consider to stand out on

CHAMPION your business on SM for some company perks.

3. Use Short Videos: The average person's attention span is smaller than ever before. If a picture is worth a thousand words, how much more can a short video say than a picture! Keep it simple, keep it real.

4. Listen to Social Media: The power to hear what the public is saying about your business is priceless. A company willing to engage on SM directly with customers who've had both positive or negative experiences demonstrate authenticity and shows a company cares. Using SM as customer service is a new strategic advantage.

5. Social Media Ads: This is where

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small business can thrive, many SM platforms can focus on a geographical area, demographics, key words, topic interests, education and wealth levels within an area creating a target audience.

6. Social Commerce: After ads the next natural step is to enter the digital marketplace on SM offered by many SM platforms. Selling on SM not only can increase sales but you get data about those patronizing your business.

7. Connecting Multi-Media Channels: Use SM to pull your other marketing and selling avenues together and direct them to one another. Use SM to direct customers to a website, email, and even a physical location.

8. Technology and Experience: Use

emerging technology to enhance your customer experience. With a customer's first experience likely being online, giving a customer a positive first impression will pay dividends on the revenue line. Use technologies like augmented/virtual reality, videos walk-throughs, video testimonials, how-to-videos or video introduction to key staff members.

All these SM strategies help a business give a positive first experiences. A small business may not be able to implement all these SM marketing strategies, select a few that will benefit your business most. At the very least select a platform for SM to drive traffic to the other online marketing channels you prefer. Good luck online in 2023! ■

HEALTH

Be vigilant about your health



By Steve Irsfeld

How do we go about being vigilant about our health? There seems to be many answers from many different

strength and stamina. He makes it a part of his daily routine and has seen the benefits of walking daily. You are never too old to start exercising, but the younger you start, the easier it is, and the better you can maintain muscle mass.

I love to cook and eat good food. My wife and I have adhered to a gluten-free lifestyle for the last ten years. We started a GF diet based on a food sensitivity test that showed my wife had a gluten sensitivity. After making the changes and going gluten-free, the



people these days. For me, it revolves around these core concepts: exercise, diet, stress reduction, spirituality, and immune support.

Entering the new year is a great time to start a new routine. The key to forming a new routine is to make it achievable. Going to the gym or exercising at home for an hour a day, seven days each week, if you haven't previously exercised, is probably not going to be sustainable and a goal that is setting yourself up for failure. Working out for ½ hour, 3 days per week is an achievable routine, will show results over time, and you can build on it if you choose to take it to the next level.

Many of you may think it is too late to start an exercise routine because you may be too old. I will use the example of my 85-year-old father, who recently took up walking at the mall to improve his

changes reduced her migraine headaches. For me, eating gluten-free decreases inflammation, and my joints don't hurt like they do when I eat gluten.

One area that helps me decrease stress goes back to the first item I discussed, exercise. When I exercise routinely, I can blow off steam, and it naturally makes me feel better. You may think that it is just a coincidence, but studies show that exercise decreases the stress hormone cortisol and increases endorphins, which serve as natural pain killers and can improve mood. There is plenty of science to back up the use of exercise to combat stress, so once again, make it a part of your daily routine.

Spirituality is often an overlooked dimension of health. Spiritual and

religious involvement is common and often vital in patients' lives and has generally lent to positive health outcomes. Integrating spirituality would be an opportunity to let something good into your life.

I have touched on immune support in many of my previous articles. You can view them on my website if you would like to reference them; therefore, I will touch on only one nutrient, vitamin D. For as little as 10 cents per day, supplementing with vitamin D can benefit your overall health and where we live, the sun isn't

potent enough to make that happen in our skin for 7 out of 12 months of the year. This is a no-brainer, take vitamin D and get your levels checked.

My staff and I would like to help you with strategies of being vigilant about your health, so call 701-483-4858 to schedule a consultation. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. It looks like you made it to the end, so as always, until next time, be vigilant about your health! ■

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North Dakota vs. Adolph Lehmann - Part 1

By Bob Fuhrman

Before 1917, Stark County States Attorneys had never succeeded in obtaining a conviction for murder, not for want of trying. Legitimate self-defense claims to a dearth of witnesses often led to cases not coming to trial. The two cases where prosecutorial success seemed more likely ended up in convictions for manslaughter. The Collette Brothers changed their plea from not guilty of murder to guilty of the lesser charge, signaling their belief they were headed up the river regardless. In the Oscar Carr murder it was theorized the jury opted to convict George Miller of manslaughter rather

than murder, due to his testimony at the trial of his confederate, Roy Hathan. On the stand Miller freely admitted his part in the incident that resulted in the death of Carr who was killed while serving as brakeman on an east-bound Northern Pacific train out of Dickinson. Sentenced to 6 years in the State Penitentiary Miller committed suicide after four years confinement.

In spring of 1917 Stark County was rocked by two shocking murders - on April 30 farmhand Mike Chumick killed James and Laura Caldwell in the cattle shed of their winter ranch about 8 miles southeast of Gladstone. Directly

afterwards Chumick attempted suicide and again once in custody, his time at the County Jail marked by several episodes of erratic behavior which finally landed him in the State Insane Asylum. The second murder occurred just 20 days later when Adolph Lehmann confronted and killed Mathias Wetzstein on the eastern edge of Richardton.

Born in 1885, Adolph Lehmann was characterized as a "wealthy young rancher residing northeast of Richardton" where he and his brothers had substantial land holdings built over 30+ years of familial success guided by the patriarch, Carl Lehmann, a

cigarmaker who had immigrated from Germany in 1884 and decided to try farming upon arriving in Richardton. By the time of Adolph's legal troubles his widowed father had retired and moved to the Twin Cities. Sometime after 1910 Adolph engaged a divorcee, Clara Belle (nee Darling) Loney, (born 1872) as his housekeeper and, it seems, some type of attraction developed despite the difference in their ages.

Clara Darling was born in Michigan and probably traveled to North Dakota with her parents Richard (AKA Charles) and Medora (Dora) Darling who eventually settled in Richardton. The family, or at least Clara, stopped in Cass County where she married Thomas Loney in 1888. By 1900 Clara is living in Barnes County working as a 'hired woman' according to census, lists herself as widowed or divorced (it is difficult to decipher) and is the mother of two children, both living, but not with Clara. In 1900 we find her ex-husband Thomas living in Grand Forks with a 9-year-old son, Lorange. From 1900 to whenever Clara was Lehmann's housekeeper the records are sketchy but it is known that in 1916 she had met Mathias Jacob (sometimes 'Matthew Jack') Wetzstein who, like Lehmann, also farmed near Richardton.

Mathias Wetzstein is the last member of a tragic love triangle. He was born to Valentine and Rosa in Odessa, Russia in 1883, 1884, 1890 or 1893 depending on what you choose to believe. In such cases where official documents like death certificates are unavailable, one might be inclined to believe a tombstone but, as Mathias' name (both first and last) are mis-spelled on the stone, all bets are off. Regardless, the

RICHARDTON IS AROUSED OVER CRIME

LEHMANN MENACE TO COMMUNITY, PETITION SIGNED BY 73 DECLARES.

Neighbors Unite to Protest Against His Admittance to Bail—Preliminary Hearing Set for June 4.

Citizens of Richardton, aroused by a report that Adolph Lehmann, slayer of Mathias Wetzstein, was to be admitted to bail, this week circulated a petition in that locality, protesting against such course. Petitions were

Petition and Signers.

Petition circulated was worded as follows:

We, the undersigned neighbors of Adolph Lehmann, and others, in this manner protest against granting bail to said Adolph Lehmann, now in custody in Stark county jail for the murder of Mathias Wetzstein at Richardton on May 20. We consider him a menace to the community, and he has on many occasions uttered threats against certain of us, stating that he would do us bodily injury; that he has threatened certain of us, gun in hand, even when we have approached his home on peaceful errands; that we know of a number of occasions when he has threatened others, and has given orders to his employe never to allow anyone to come on his property, and to enforce his order by the use of firearms. In view of these facts, and to prevent trouble which is certain to arise if he again returns to Richardton, we ask that he be not admitted to bail, and that he be punished for his crime to the full extent of the law.

Dickinson Press, June 2, 1917

Continued, next page

Continued from page 16



Stark County, N. D. Court House, Dickinson, N. D.

*Stark County Court House, Dickinson – where Lehmann was initially held.
The subordinate structures to the right (north side are the Jail and Sheriff's Residence)
Postcard - Joachim Museum Collections, 2014.001.002*

family settled northeast of Richardton. Though the son of a carpenter, Mathias choose to pursue farming and in 1913 he married 16-year-old Margaretha Friesz who had immigrated from Russia in 1897. The next year a daughter, Katie, was born in Richardton but Margaretha passed away five days after her daughter's second birthday leaving Mathias to raise Katie alone.

We do not know how or when Mathias met Clara Loney – perhaps she kept house and helped with Katie following Margaretha's death – but we do know that Clara married Mathias on October 27, 1916 at Sidney, Montana with her sister Mabel Darling serving as a witness. If Mathias' exact age was problematic it seems almost fitting that Clara Darling Loney choose to obfuscate her age on her marriage certificate. In the document Mathias's age is given as 32 (b.1884) and Clara's as 36, a full 8 years younger than her actual age.

Though there are unanswered questions about Clara, some doubts as to Mathias' age and certainly only speculation on the nature of Clara's relationship with Adolph Lehmann, the events of Sunday May 20, 1917 spell out a scenario of jealousy and violence theretofore unrecorded in Stark County annals.

The stage for this tragedy is set thusly – mid-afternoon at the home of Dora Darling, mother of Clara Wetzstein, located on the eastern outskirts of Richardton, consisting of the house, a barn about 160' west of the house and beyond that, the livery stable. At this time Clara Wetzstein is in bed at St. Joseph's Hospital, Dickinson, for an undisclosed condition, having been a patient for two weeks.

Mathias Wetzstein arrived in Richardton on the No. 2 train after visiting his wife at the hospital. He left the station directly for his mother-in-

law's home to inform Dora of Clara's condition. According to Lehmann, he arrived in Richardton shortly after the No. 2 train and decided to visit Mrs. Darling to inquire about Clara's condition. He stated he had no idea that Wetzstein was at the home.

Upon arriving Lehmann tied his horse at the barn and then "stepped inside for a moment" though no reason for him entering the barn is given. Concurrent to this Wetzstein has left the house and is on his way to the livery stable when Lehmann emerges from the barn just as Wetzstein comes to it. Lehmann said they were both surprised and momentarily speechless, then words were exchanged and "Wetzstein wheeled and dashed for the house." It is alleged one shot was fired at him as he ran for the house, which Mrs. Darling apparently did not hear, though she was present as Wetzstein burst through the door and ran into a first-floor bedroom,

telling Mrs. Darling that Lehmann was after him and meant to kill him.

As Lehmann "burst into the dwelling" Dora screamed, "My God, man, are you crazy? There'll be no killing in this house. I'll call the marshal and the neighbors." Lehmann then started to leave and Dora went to the bedroom, apparently entering to talk to Mathias. As Dora was emerging from the bedroom Lehmann returned and the bedroom door was closed with Dora and Mathias inside, Mathias bracing the door with his body to keep Lehmann at bay. Immediately Lehmann began firing at the bedroom door, his first shot penetrating the door, clipping off Wetzstein's left little finger, later found on the floor, a ring still on it.

Lehmann proceeded to fire four more shots (later Mrs. Darling said two) through the door, striking no one, and then forced his way into the room to fire one more shot that struck Mathias about 3 inches above his navel. "Then Lehmann plunged through a window, shattering glass and breaking the screen, and dashed to the barn..." Mounting his horse, he "galloped down the main street of Richardton and on to Taylor, where he presented himself to Marshal Hecht, and asked to be taken to Dickinson."

Dora Darling immediately "ran screaming" for help. Neighbors assisted and someone summoned Dr. Crossette, "but Wetzstein's life was fast ebbing away..." Before it was too late, the dying man was able to make a statement, recorded by a fellow named Charles Hill. Mathias Wetzstein then died shortly before 6 p.m. about 75 minutes after being shot.

Coroner D.A. Davis convened an inquest on-site later that evening. Mrs. Darling testified to Lehmann's remarks, including his vow "to get the Russian," saying Wetzstein had threatened his life. After testifying, Dora collapsed "owing to her advanced age, past three score years and ten, her condition for a time was critical" (in reality she was 64 years old, recovered and lived another 15 years). The verdict of the inquest jury was that "Wetzstein came to his death from a gun in the hands of Adolph Lehmann, the shooting being with felonious intent."

Though the journey would prove 'squeaky', the wheels of justice were starting to roll.

Next Month – The Case Develops ■

AWARDS**American Legion scholarship winners announced**

A Scranton high school junior is the winner of the District 8 American Legion Oratorical Scholarship Program Contest.

Malachi Dilse won the contest held in Beck Auditorium on the Dickinson State University Campus. Malachi, a junior at Scranton High School, was sponsored by American Legion Post 151 in Scranton. Runner up winner was Maddox Pierce, also a junior at Scranton High School. Maddox was sponsored by Post 3 of Dickinson.

Both contestants earned scholarship and travel funds. Malachi will now compete in the Western Division contest, competing with winners of contests in other communities in western North Dakota, in January.

The Winner and Runner-up in both the East and West Division Contests will advance to the State Contest Finals during the Winter Conference at 1:00 p.m., Saturday, January 28, at the Grand Hotel in Minot, ND.

Contestants were required give two speeches at

the District Contest: a prepared speech and a topic assigned at the contest. The subject in the prepared oration portion of the contest must be about some phase of the Constitution of the United States, emphasizing the duties and obligations of a citizen to the U. S. government. The prepared oration must be the original effort of each contestant and must be 8-10 minutes in length.

Besides the prepared oration, each contestant delivered an oration on a randomly assigned constitutional topic. Contestants had 5 minutes to prepare this speech, which must be 3-5 minutes long.

This year's contest judges were Richard Brauhn, Carter Fong and Margaret Marcusen.

Since 1938, The American Legion High School Oratorical Scholarship Program has encouraged the nation's high school students to study the U.S. Constitution and to hone their public speaking skills.

For more information, please visit legion.org/oratorical. ■



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Checks are also accepted!

*Checks must be dated and received by the charity on or before **Thursday, February 9, 2023!**
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Your gift could improve life for so many in our region!

COMMUNITY

Murder at the Retirement Community

Looking for something fun to do this winter? Don't miss "Murder at the Retirement Community," a murder mystery play sponsored by the Dickinson Public Schools Foundation. Performances are scheduled February 2, 3 & 4 at the Roosevelt Grand Dakota. Tickets go on sale Friday, January 13 from 5 pm to 8 pm at the Roosevelt Grand Dakota (Demores room). Tickets are \$50 for the February 2 show and \$55 for the February 3 & 4 show. Your ticket includes a great meal plus interactive play.

Now in our 17th smash year, this special event has become the Foundation's "signature" event and has become something our community looks forward to every year.

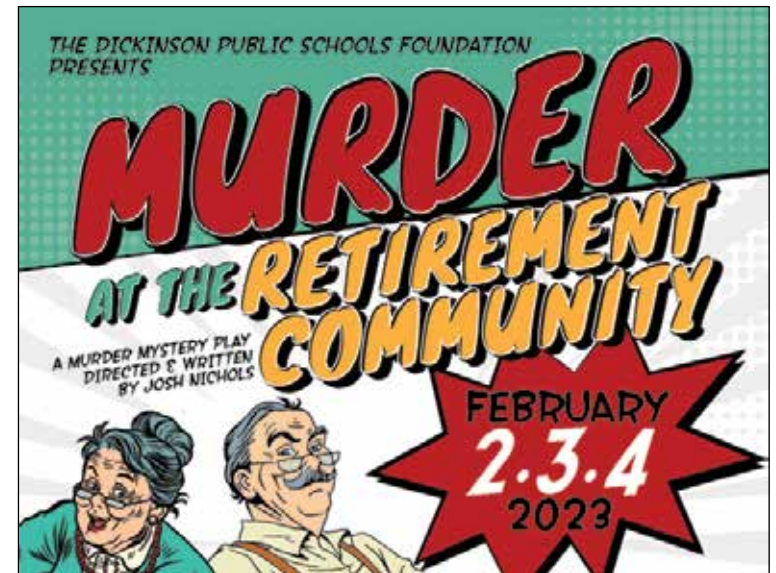
Josh Nichols is our director and also wrote the play. We have a talented cast of local actors that donate their time and talents. We couldn't do this without them.

This year's menu includes a dinner salad, pasta bar with Italian sausage, grilled chicken, alfredo and marinara sauce, sauteed mushrooms with broccoli plus assorted cheesecakes for dessert and coffee. Prizes will be awarded for the Best Costume and Sleuth Award for solving the mystery each night. Sponsor opportunities are available.

Proceeds from the dinner theater help fund our grant program to "enrich" education in the Dickinson Public Schools.

Come and enjoy a night with friends, food and fun and help solve the mystery.

Note: Not appropriate for children, play contains spicy situations. ■



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COMMUNITY 4th Annual Winterfest



The 4th Annual Winterfest is being held at the Dickinson Armory on Saturday, January 21st. Free grounds admissions, makes the event accessible for everyone! From 10 am to 4:00 pm adults and children can enjoy shopping of local vendors, attend classes (some of which have a fee), view art and photography contest pieces, bid on art, photography, and dessert silent auction pieces, and children 12 and younger can purchase a carnival wristband to play the unlimited amount of carnival activities.

Adults can enjoy time just to themselves starting at 4:30 pm for Bingo. Winners receive gift cards to local businesses. This is an event that the community of Dickinson has grown to love to beat the cold and enjoy some fun indoors. Plus, the event always gives back 100 % of the proceeds from the dessert auction to the West Dakota Parent and Family Resource. Additionally, a portion of funds raised the day of the event will go back to West Dakota as well. ■



COMMUNITY Travis Anderson Trio

Jazz up your evening plans on Monday, January 23, 2023 at 7:30 PM as The Travis Anderson Trio comes to Trinity High School Auditorium. Please note the change of venue for this concert. The Dickinson Area Concert Association is thrilled to add this lively jazz trio to the 2022-23 concert season.

Travis Anderson Trio is a Minneapolis-based ensemble giving a modern twist to classic jazz and pops favorites. Led by fleet-fingered pianist Travis Anderson, this creative ensemble will bring many smiles to your face with a familiar program of 60s' TV. theme music, Disney & pops/jazz standards. Steve Pikal, the first-call bassist of the Twin Cities, lays down a great bass line. Drummer Nathan Norman is a smooth and sensitive player who adds many interesting colors to the beat. Travis Anderson, a mainstay on the local jazz scene for over fifteen years, has wowed audiences everywhere from intimate jazz clubs to 2,000-seat halls. The Travis Anderson Trio's dynamic style charms both seasoned connoisseurs and jazz newcomers alike.

For season ticket information please contact Dickinson Area Concert Association at 227-1673. Tickets are available for \$30 for adults and \$10 for students and by Community Concert membership. ■



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COMMUNITY KC Family of the Month

Dale and Pam Roller have been selected as family of the month for December, 2022, by council 6308, St Joseph Catholic Church.

Dale and Pam were married at St. Joseph Church, in Dickinson ND, on July 28, 1982. They raised two sons, Alex and Steve, both attended St. Joseph's Catholic School. Dale was introduced to the Knights of Columbus, by his father-in-law Paul Stoltz, in the 1980s. He has made significant contributions to the council 6308. Both Pam and Dale are frequent volunteers, at the Pine Room Suppers. Dale is an usher for Sunday mass. Congratulations Dale and Pam Roller. ■



HEART RIVER VOICE | JANUARY 2023

Calendar

ONGOING IN JANUARY

DICKINSON AREA PUBLIC LIBRARY January is a planning month for the library. This means that there will be no storytimes or programs for the month. Their Winter Reading Program starts January 1st. All ages can participate in this program. Sign-up can be done on Beanstack through their website. Watch their website and Facebook page for more information. See article, page 4, for more detail

about library events.

**THURSDAY JANUARY 12
START-UP YOUR DAY 8-9AM**
Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, below, for more info on speaker. Stark County Veterans Pavilion, 801 5th Ave W.

**FRIDAY JANUARY 13
TICKETS GO ON SALE FOR
DPS FOUNDATION FUND-**

RAISER 5-8PM Tickets may be purchased at the Roosevelt Grand Dakota Hotel, 532 15th St W in the Demores Room. See ad, page 15, for more info, or to purchase tickets after this date, contact Karen Heidt at 701.590.0495.

DICKINSON CATHOLIC ADULTS 6:30PM Social; 7PM Speaker; 8PM Fellowship. Dickinson Catholic Adults is a community for young adults

(21-50) in Dickinson and the surrounding areas who are seeking to grow in their relationship with Christ and friendship with others. We're celebrating a little later this year so wear an ugly Christmas sweater and bring a white elephant gift (\$15 price limit) for fun! More info, contact dickinsoncatholicadults@gmail.com. 618 Palm Beach Road.

**SUNDAY JANUARY 15
MALANKA CELEBRATION**
11:30AM-1PM Meal served \$16/adult; \$8/ages 6 - 12. Silent Auction items for all ages, door prizes. UCI, 1221 W Villard.

**MONDAY JANUARY 16
FREE ENTRANCE TO THEODORE ROOSEVELT NATIONAL PARK** All day. Enjoy free

JANUARY 12, 2023

8-9 AM | STARK COUNTY VETERANS PAVILION



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admission to the Theodore Roosevelt National Park in honor of Martin Luther King, Jr. Day. Medora

**SATURDAY JANUARY 21
4TH ANNUAL WINTERFEST**
10AM-4PM Indoor Family Fun event. Beat the cold and enjoy fun for the whole family indoors. Carnival Games, Music, Sensory, and Art Classes, Shopping, Art, Dessert, and Photography Silent Auction. Some activities require small fee.

GODSPELL AUDITIONS Join Badlands Opera Project for auditions for their upcoming show: Godspell! You have two time slots to choose from: 10AM-12PM or 5-7PM. Come

prepared to sing a solo song selection for your audition and expect to perform a cold reading of a piece selected by audition committee. More info, contact Director Kayla Kilwein at 701-590-3062. Show Dates: March 31st, April 1st & 2nd, 2023. St John Lutheran Church

10TH ANNUAL CHILI COOK-OFF 5:30PM See ad, this page, for more information. Astoria Hotel and Event Center.

**SUNDAY JANUARY 22
CANDLELIGHT VIGIL FOR LIFE** 4:30-6PM Come stand with us for life. Come and pray in remembrance of all those affected by abortion. We start at 4:30 PM and we will share a bowl of soup/crockpot supper

10TH ANNUAL CHILI COOK-OFF
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immediately following. All welcome. Dress warm. Garvin Hall, 310 2nd St West.

**MONDAY JANUARY 23
DICKINSON AREA CONCERT ASSOCIATION PRESENTS TRAVIS ANDERSON TRIO**
7:30-9:30PM Jazz up your evening! Tickets are \$30/adult and \$10/students. Memberships available. See article, page 20, for more information. Trinity High School

SAVE THE DATE

FEBRUARY 2-4
Dickinson Public Schools Foundation presents Murder at the Retirement Community. Performances are scheduled February 2, 3 & 4 at the Roosevelt Grand Dakota. See ad, page 15, for more information.

**FEBRUARY 3-5
TRINITY MARDI GRAS** See ad, back cover, for more information. Also, see article, page 7, for more information on this year's entertainment.

PIPER'S PALS Pet Name Match

These pets love their drive thru treats!

Your goal: Match the correct name with the pet. Good luck! ■

A: Luna (#___)

B: Brees (#___)

C: Honey (#___)

D: Izo (#___)

E: Coco (#___)

F: Angie (#___)

(Answers in our next issue!)

Last month's answers:

A: #3 Ellie

B: #4 Lucy

C: #5 Pita

D: #6 Kye

E: #1 Addie

F: #2 Ralphie

WOULD YOUR PET LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION! Email kelley@thejileks.com



#1



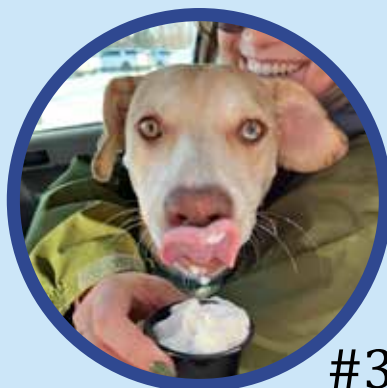
#2



#4



#5



#3



#6

PAWSITIVELY POPPY Kongs for your dog's mental health

By Miranda Kuhn

If you've never heard of the term "enrichment" when applied to dogs, let me give you a brief overview. Enrichment describes activities that enhance your dog's mental state using a range of activities designed to challenge and exercise their brains. These activities are meant to provide stimulation to your dog to encourage learning and problem solving, as well as build their confidence. Enrichment can include puzzles, interesting ways to feed, use of their senses to explore their environment, and training exercises.

Kongs are a wonderful way to incorporate excitement into your pet's feeding routine. They come in different sizes depending on the weight of your dog and come in different levels of "toughness" from softer for teething and aging dogs, regular, and super chewer. When stuffing a Kong, consider your pet's experience with this type of feeding. If the dog is new to this, Kongs should be filled loosely while experienced dogs will enjoy a tightly packed Kong. The ends may be "sealed" with peanut butter or a similar food to keep items from falling out or leaking. What should you put in a Kong? In short, anything that your dog can eat in healthy amounts can be stuffed in a Kong. They may be used as a meal replacement or as a treat. When filling, begin with a layer of creamy filler, then layer in fruits, meats, and vegetables, and end with a layer of creamy filler. Kongs may also be frozen to extend the activity for your dog.

Below are a few suggestions for Kong stuffing to inspire you. Each of these is Poppy approved, so try a few and see if your pooch likes them too!

Fruits: banana, strawberry, blueberry, apple

Vegetables: cucumber, peas, carrots, green beans, sweet potato

Meats: turkey, chicken, sardines packed in water

Creamy filler: pumpkin puree, plain yogurt, unsweetened applesauce, peanut butter ■



Ask Alfie

Dear Alfie,

With the weather being so cold, I can't let my dogs outside into the yard to play for very long, and we've had to keep our walks short to avoid getting frostbite. I can tell my dogs are starting to get restless! The younger one is even starting to act out and do naughty things like chew on the furniture. What should I do?

Sincerely, Bored

Dear Bored,

I'm sure all dog parents are feeling the same way right about now! I asked my best dog-friend Dixie for some suggestions, and this is what she told me.

Since you can't spend very much time outside, you'll want to keep your dogs' attention occupied indoors with things like puzzle toys and by hiding treats. This becomes a game of "hide and sniff" with a little reward at the

end of each discovery! Hide treats in snuffle mats or wrap them up in their favorite blankets and let them unbury the treasure. You can also insert treats into used toilet paper or paper towel rolls and fold the ends inward to make an inexpensive treat dispenser. To keep the calories down, consider using individual pieces of their regular kibble in lieu of treats.

Lick mats and Kong toys are another fun way to occupy your dogs' attention. Spread or fill with pumpkin puree, plain yogurt, peanut butter (make sure it does not contain xylitol or chocolate), or mashed banana and either freeze or give them as-is. Studies show that lick mats can actually relieve stress and anxiety for pups!

Another unique idea to get your dogs' attention is to bring blankets or towels to the home of a friend with pets and rub them on surfaces to pick up the scent of the animals in that home. When you return home, your dogs will not be able to resist snuffling in the fabrics for

a scent experience!

As far as exercise, you may need to get creative. If you have a set of stairs or a long hallway, perhaps you and your dogs can use that space for exercise or a low-intensity game of fetch.

You can also use this time as an opportunity to teach your dogs a new trick or command. Teaching your dogs new skills is one of the best ways to enrich their lives as they love nothing more than having your undivided attention! Consider joining some canine enrichment groups on social media for ideas.

There is a long winter ahead of us, but with some creativity and patience,



you and your dogs will make it through!
Sincerely, Alfie and his pal Dixie ■

Have questions about your pet(s)? Ask Alfie for advice by emailing AskAlfieCat@gmail.com



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HEART RIVER GEMS

Dr. Richard D. (Rich) Brauhn



Dr. Richard D. Brauhn

By Kaylee Garling

We're ringing in the new year with someone who isn't afraid to let off a good shot into the beautiful North Dakota grasslands in celebration of another year. From hunting in the Badlands, to furthering education, Dr. Richard D. (Rich) Brauhn has just about done it all. He overcame many hardships to get where he's at, including losing his father at the young age of 10, and not knowing how he would afford his education. But his hard work and perseverance has moved him to not only gain an education but become an educator and administrator who has made a difference in North Dakota and at several other state Universities and Colleges in the Midwest. Without further ado, I will let Rich take the stage.

"I'm originally from Iowa, born in Dubuque in 1944, which is right on the Mississippi River in the far eastern part of the state. When I was young, I moved around and lived in a lot of places. My father was an electrical engineer and built radio stations all over the Midwest. When he died, we were in Waterloo and that's where we stayed. I graduated from West High School in Waterloo, Iowa in 1962, which is the same high school that the North Dakota State University football coach, Matt Entz, graduated from. I joined the army right out of high school and was still 17 so my mother had to sign for me, something which she

didn't like at all because she had three brothers who had served in WW II. "I took my basic training at Ft. Leonard Wood, Missouri. From there, I went to Advanced Infantry Training, in Fort Polk, Louisiana and was trained as a heavy weapons specialist working with mortars and machine guns. I was assigned to a unit in Vietnam. While there, I was with the 90th MACV Team which was part of the Military Assistant Command Vietnam. I was in Vietnam from early '63 until August of '64 and was stationed in Tay Ninh Province, which is just west of Saigon, right on the border of Cambodia. Our team would go from village to village and train people to defend themselves against Viet Cong, then go out on search and destroy missions and at times, try to rescue downed pilots." Rich's experiences in Vietnam included shooting a 25-foot Burmese python for which he then had to pay \$80, virtually a whole month of Army pay, to the village headman because he claimed, "it was the village pet." To top this off, the village and his Army buddies then ate the snake that night which Dr. Brauhn says "tastes either like tender alligator or very tough rabbit...."

After serving in Vietnam for 18 months, Rich was discharged on August 31st, 1964 from the Ft. Lewis, WA military hospital where he was recovering from combat wounds. For his service in Vietnam, he received a Purple Heart, Bronze Star with "V" for valor, and the Cross of Gallantry with Palms from South Vietnam along with a Unit Citation. He came back to Waterloo, and immediately enrolled in college at the University of Northern Iowa located in Cedar Falls which is adjacent to Waterloo. Going back to school was such a good experience, Rich says "I stayed in college for the rest of my life" because I had a 40-year career as a college instructor and administrator."

"I attended the University of Northern Iowa in Cedar Falls during the turbulent 1960s and received a bachelor's degree in history and Russian language in 1968 and a master's degree in European history. I was married in 1969 and graduated with my master's degree in 1970. After floundering around looking for a teaching job, I finally ended up teaching at Clinton Community College in Clinton, Iowa. I was a social science teacher and taught American history, European history, Western Civilization, and a few other courses. I also taught world geography quite a bit since I had a minor in

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SCAN ME

geography. I was there for seven years, and finally decided that I would go back to college and get a doctorate degree. "I called the Chairman of the History Department at the University of Iowa who had accepted me into the doctoral program at Iowa but didn't have any financial aid for me which I needed because I had a wife and two kids by this time. I asked him what he could do for me and he said, 'You know what, one of my friends from the University of Iowa just started a doctoral program at the University of North Dakota. I'll give him a call and see what they can do for you.' He gave his friend a call, I applied, and they gave me a scholarship and graduate teaching assistant-ship and I graduated in 1979 with a PhD in American History and a minor emphasis in educational administration. This was my first experience in North Dakota and I enjoyed my stay at UND so much, I never forgot it and thought that this might be a state I would want to live in."

After graduating with his PhD, Dr. Brauhn was hired as the Vice President for Academic Affairs at Wabash Valley College in Mt. Carmel, Illinois. He went on to spend the next 33 years in higher education as an administrator including serving as Chair of the Education Department at Upper Iowa University in Fayette, IA, Vice President for Academic Affairs at Mount Marty College in Yankton, SD, and Chancellor of Missouri State University-West Plains. He finally settled on a position at Dickinson State University in 1991 as the Dean of Arts and Sciences and spent the remainder of his

career at DSU. While at DSU, Dr. Brauhn became the Vice President for Academic Affairs and also served as interim President for 18 months in 1998-99.

"During my tenure at Dickinson State, I wrote two re-accreditation studies for DSU to receive re-accreditation from the Higher Learning Commission and was granted the maximum number of re-accredited years each time. I created the dual credit system in the state, where high school students can get credit for college courses that they take as seniors; developed an extensive distance education system using the Interactive Video



Battle-ready Rich, Spring 1964

Continued next page

Continued from page 26

Network; created the 2 plus 2 programs with Bismarck State College, rewrote the whole DSU faculty manual in terms of policies and procedures; renovated the Student Union; and helped design and build the new science building. I think I helped make DSU a better college than it was when I first came, and I certainly left a mark on the school. After 22 years, I retired in 2012 but got called back to help DSU again in 2013 as Vice President for 6 months. So, I actually retired from DSU twice. For a lot of years, I taught the survey U.S. History course and Social Studies Methods for the Education Department. So, quite a few of my former students are out there in the community or serving as teachers at local high schools. Today, I am a Professor Emeritus at Dickinson State and, I regularly attend University events and especially the football games which I really enjoy."

Both Rich and his wife, Mary Ann, greatly enjoy living in Dickinson and are both involved in the community. Mary Ann is the President of the Amen Food Pantry board, sings in the Prairie Rose chorus, and is a chaplain at CHI hospital. Rich is the vice commander of the American Legion post in Dickinson and organizes the Memorial and Veteran's Day ceremonies. Plus, he's the District Chair for the Employer Support of the Guard and Reserve (ESGR) which serves as a liaison between employers and employees in the military. Rich is also on the Sunset Senior Center Board and is the current president of the Community Band Board; Rich plays the euphonium in the band. Known for his sense of humor and storytelling ability, Dr. Brauhn is a popular speaker at community events.

However, Dr. Brauhn has been in-

involved in community, state and regional organizations ever since arriving in Dickinson. "I was on the Trinity School Board for six years in the mid 1990s. Plus. I was on the Bureau of Land Management Regional Advisory Council for Western North Dakota and Eastern Montana and Northern South Dakota for about 10 years and did a lot of work with oil leasing and working with some of the big coal mines around Beulah and Hazen. A long-time friend of Ev Albers and Clay Jenkinson, I was the chair of the State Humanities Council in 1998-99 and served on the Council for 8 years. Finally, I was a Grand Knight at the St. Joseph's Knights of Columbus Council for 6 years. At one time, I was the longest serving Grand Knight in the state and I am still active in the Knights of Columbus." As a member of St. Joseph's parish for over 30 years, Dr. Brauhn is a long-term member of the church choir and well-known for his solos during the Christmas midnight mass. He is also a member of the Veterans of Foreign Affairs and maintains membership in the Association of University Administrators and Society of American Historians.

When asked what he does in his spare time, Rich said that "even though I'm retired, I'm very busy and I don't have much spare time. My daughter, Sharie, and her husband, Cal Berger, live in town with their three boys and we do quite a bit of family activities with them and my other daughter, Carrie and her family who live in Bismarck. I always put in a big garden which needs tending. And then there is always pinochle at the senior center and playing in the band. During the fall, I do a lot of duck hunting on Lake Patterson (he's known locally as the 'duckman') and deer hunting in the Badlands. In between meetings and



Rich and his wife, Mary Ann

everything else, there is always church choir and football games to attend. Mary Ann and I finally had to leave town and go on a vacation abroad just to get some rest." Dr. Brauhn has traveled extensively in Europe and has visited Russia twice.

Since he has been involved in education for most of his life, I had to know what advice he would give the youth of North Dakota. He said, "The kind of advice I would give to youth is to get involved in your high school or college. I was involved in athletics (football and baseball) in high school, and when I went back to my 60th high school reunion, the guys at our letter-man's club breakfast couldn't remember anything about academics except that we received a good education. But we could all remember various games and specific

funny and stupid stuff that we did as student athletes. Be a participant and learn as much as you can in high school, this might be your last chance. I didn't think I was ever going to go to college because I didn't have any money. I saved enough money from my Army service to pay for my first semester of college, but after that I was on scholarships. Plus, if you go to college, go to learn, learn everything you can and then when you graduate, don't stop learning. Finally, enjoy life and as many experiences that you can."

Listening to Rich's experiences made me realize that there is no limit to serving within our community. Opportunities abound, and if we are willing and able, we can make a difference too. Happy New Year! ■



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KUDOS**Annie Costrini**

Great things are done by a series of small things brought together.

~ Vincent Van Gogh



Annie Costrini

At the fall Badlands Art Association Art Show in Dickinson, the art piece Feeder Frenzy was selected to receive the student division Women Empowering Women's Emerging Woman Artist award. Done in Annie's favorite medium - colored pencil - this piece showcases her obvious talent in capturing all the little details in the art she creates. A mostly self-taught artist, Annie says creating art helps her notice details and deeply fits those details into her paintings and drawings. As she grows as an artist, she is becoming interested in painting with oils which have a great potential in capturing details as well.

Annie lives in Manning and is a home-schooled sophomore doing an online educational program that allows her time to focus on art and other areas of interest, even hanging out with her friends. Her journey with art started in the 2nd grade when she was recognized for her ability to capture details. Early recognition of her unique views may well have inspired her to see herself as an artist and have confidence to develop her own style.

Annie finds sources of inspiration in videos, books and her cats. Drawing animals was an

early focus that helped her develop her ability to capture details. She looks to family, friends and her church members for feedback and ideas. Their input helped her grow beyond her focus on animals to include learning to draw people and landscapes.

Not only is Annie a talented visual artist, she is a literary artist in the making, too. She has written three tween-age novels and created the artwork for the book covers. Annie has three self-published novels which are Friends and Fears: The Two Lives of a Wolf-Dog, B4 and Storm Birds available through Amazon.com.

This was her first entry in the Badlands Art Association Art Show. She was encouraged to enter and be recognized and to experience people appreciating her art. Annie mentions that she is grateful to God for this talent. Our guess is that we'll be seeing a lot more from Annie Costrini!

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see <http://wewnetwork.org>. ■



Feeding Frenzy

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KUDOS**Bobby Olstad**

Beauty can be seen in all things.
~ Matt Hardy



Bobby Olstad

Bobby Olstad's piece Welcome to My World was chosen as the 2022 amateur division Women Empowering Women's Emerging Woman Artist award in this fall's Badlands Art Show. Bobby's love for photography started before the age of digital photography with her first 35 mm camera. Her inspiration at the time was to capture photos of her beautiful baby boy. She took a photo of her baby with kittens that was entered into a magazine contest. Much to her surprise, a friend told her the full color photo was later featured in in the National Enquirer. This was certainly not the audience or publication Bobby intended. She later learned that they had gotten the picture from a published book of the photos from the photography contest.

Busy being a working mom, Bobby's efforts with photography were more casual leading up to her retirement. She still doesn't describe herself as an artist. She was a mom, worked in banking and in insurance and wasn't a professional

photographer. Photography was her hobby. She enjoyed the onset of the digital age where she could combine her love for technology with her love of photography. Digital photography captured her imagination with the instant gratification of editing photographs. It allowed her find her own style and learn from



Welcome to My World

her mistakes. She finds photography exciting. It offers her a way to think outside of the box, to see the world a bit differently and then attempt to capture that picture. Photography lets her look for the beauty in mundane things and sharing what she sees through visual art. Bobby can often be seen with two cameras and her cell phone roaming around the Theodore Roosevelt National Park and rural areas like her home place. This winning photograph was actually taken with her cell phone!

Bobby finds photography very enjoyable in her retirement. It's a great hobby that gets her outside. Every day is a new opportunity to see something different whether it is a new subject or the same subject in changing light of day or the seasons. The winning photograph Welcome to My World was taken at a place she has driven hundreds of time. That day she was headed home into the sunset on the muddy road and something stopped her to take this photo. She posts a lot of her photographs on her personal Facebook page and loves to get feedback. Her current photography challenge is experimenting with double exposures. Bobby says she is still a work in progress and likes learning every day. Thank goodness for women like Bobby who reminds us to keep growing, keep being curious and take risks as she shares herself through her photographs.

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see <http://wewnetwork.org>. ■

COOKING CRAVE**Winter soups for cold weather**

Tune into Consolidated's channel 18 to cook along with Laverne and Rhonda. You can watch their show Tuesday evenings at 6pm and 9pm or Wednesday afternoons at 2pm or 5pm (replay of Tuesday's show). New shows air every other week.

Share your recipes to be considered for the show by sending to: Consolidated, Attn - Rhonda Fitterer, PO Box 1408, Dickinson ND 58602 ■



Laverne and Rhonda

Homemade Recipes Made Easy! **COOKING CRAVE**

HEARTY BEEF NOODLE SOUP

- 1 lb. lean ground beef
- 1 medium onion chopped
- 1 can cream of celery soup
- 1/2 cup frozen peas
- 2 cups beef bouillon
- 2 cups V-8 vegetable juice
- 1/4 tsp. dried basil
- 1/4 dried marjoram
- 1/2 tsp. dried parsley
- 1/4 tsp. pepper
- 1 bay leaf
- 2 cups uncooked medium egg noodles

Brown hamburger with onion in Dutch oven; drain excess fat. Stir in soup peas, V-8 juice, bouillon, basil, marjoram, parsley, pepper, and bay leaf. Heat to boiling point, add noodles; reduce heat. Simmer 10 minutes; stirring occasionally. Remove bay leaf before serving.

CONSOLIDATED CHANNEL 18

Country Rose Cafe

Homemade Recipes Made Easy! **COOKING CRAVE**

POTATO SOUP

- 16 oz. bag hash browns, cubed style
- 1 cup celery, diced
- 1 cup carrots, diced
- 1 onion, chopped – 1/4 to 1/2 cup, depending on taste
- 1 Tbsp. parsley flakes
- 5 cups water
- 1/3 cup butter
- 4 cube or 4 Tbps. chicken bouillon
- 12 oz. can evaporated milk

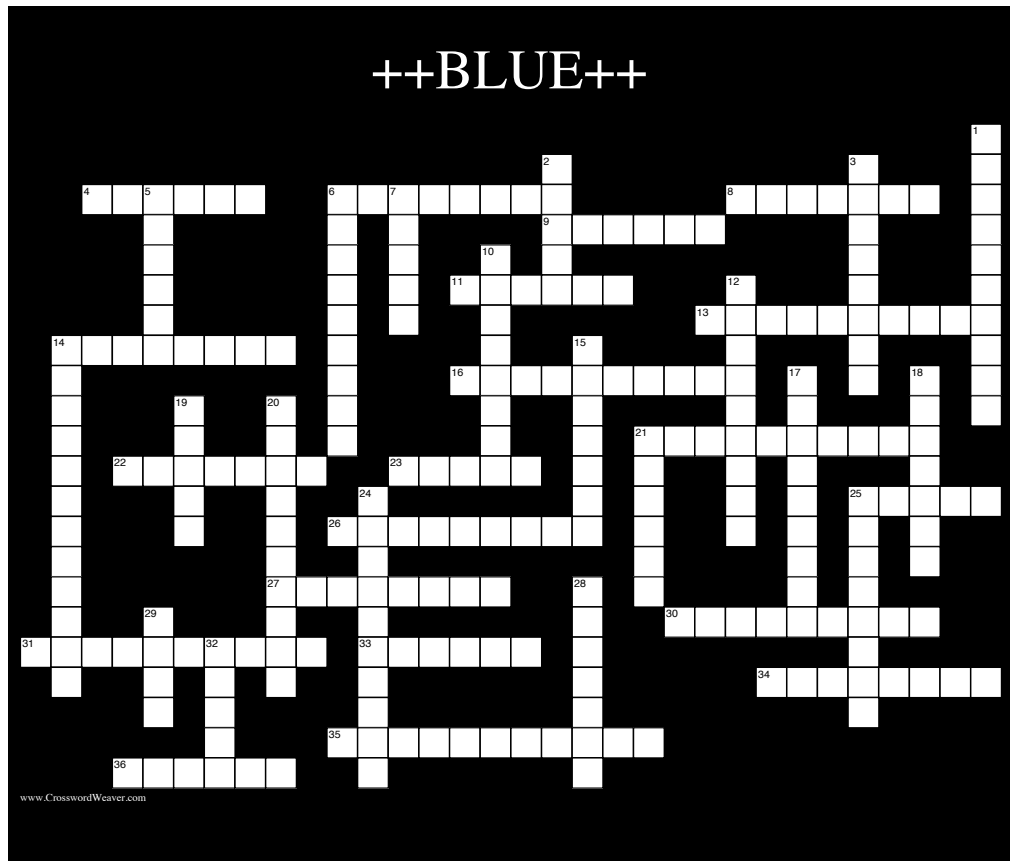
In a large soup kettle, sauté onions and butter until onions are translucent. Add celery, carrots, parsley flakes, water and chicken bouillon to onions and cook on medium-high heat until carrots and celery are tender. Add hash browns; cook for 10 minutes or until hash browns are hot; stir in milk.

CONSOLIDATED CHANNEL 18

Country Rose Cafe

CROSSWORD

BLUE by Carlinka



ACROSS

- 4 Mr. Jetson
- 6 ++"It's all over now__".
Dylan
- 8 ++Birthplace of the Blues, Tenn.
- 9 ++Talk a blue __
- 11 ++"__Prison Blues
- 13 ++Working class folk
- 14 ++A sound stock option
- 16 ++Miles Davis tune and album
- 21 ++Roses are red, __blue
- 22 ++Old Blue Eyes
- 23 ++__Blue Ribbon beverage
- 25 Pickling solution
- 26 ++"__Hill", Fat's Domino
- 27 ++One fish, two fish, red fish, __
- 30 Huffed and puffed and blew the__
- 31 ++Elvis has some blue ones
- 33 Port city in Russia
- 34 ++"__,I saw you standing alone..."
- 35 ++Down in the dumps
- 36 ++Bunyon and __the blue __

DOWN

- 1 ++1980's cop show"
__ Blues"
- 2 Mexico City cash
- 3 ++Gershwin's" __ in Blue"
- 5 Delphic prophet
- 6 ++From nobility?
- 7 ++Ronstadt's "Blue __"
- 10 ++Even __get the Blues. Tom Robbins
- 12 ++A low priced special of the day
- 14 ++A bad bruise
- 15 ++Billie __," Lady Sings the Blues"
- 17 ++You can scream till you're blue __
- 18 Bacteria-free
- 19 Bluegrass staple
- 20 ++Chicken stuffed with ham and cheese
- 21 ++David Lynch's Blue __
- 24 ++Into the wild __
- 25 ++Old, new, __ and blue
- 28 Fill a nail hole
- 29 Gas in signs
- 32 Authority in cards



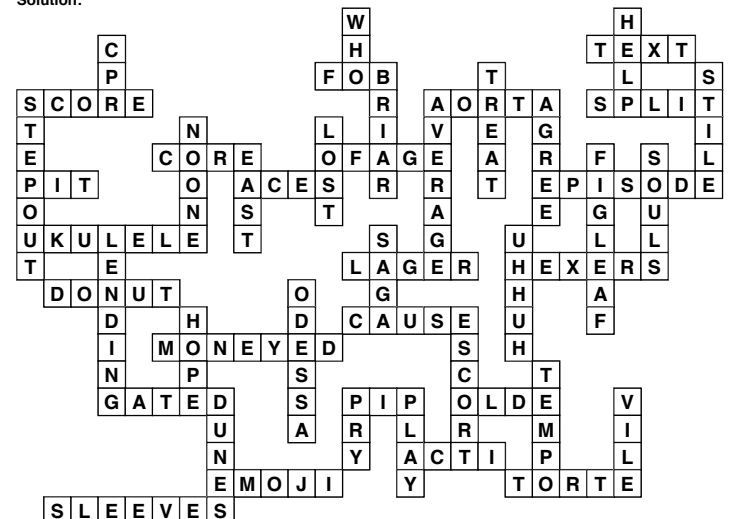
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Last month's puzzle solution

Jetsam

Solution:



HOROSCOPE**JANUARY 2023** by Hilda De Anza**ARIES**
March 21-
April 20

Opportunity arises to connect with a partner or close friend, who you have been separated from. By mid-January you are ready to take an initiative to expand your horizons, and you can pick up where you left off a couple of months back, pushing for your agenda and mobilizing your enthusiasm. Significant developments now take place in connection with groups and Organizations, and 2023 will be a year when major changes will arise in this area.

**TAURUS**
April 21-
May 21

2023 will prove to be a year when you familiarize yourself with the powerful groups and organizations which you are to a certain extent dependent on. If career change is on your mind, then this might be the time to prepare the ground. The end of the month brings a change of scene, with less focus on professional aspirations and a greater awareness of the importance of having a strong social conscience.

**GEMINI**
May 22-
June 21

January is in fact a great period for psychological discoveries and going back into your past to uncover events which affect your attitude. The more you immerse yourself in an analysis of your inner life, the more surprises that arise - the month of January is amazing in this respect. The full moon on the 7th highlights this intense psychological process, which can bring flashes of inspiration and open the doors of perception.

**CANCER**
June 22-
July 22

The period from January to May 2023 is an excellent time for career expansion, and initiatives that were begun last year but put on hold can be restarted. The focus is on dynamic individuals, international ventures and bold advances. By the last week of January you will be in a position to make a formal commitment to an organization that promises expansion. This period is also a good time for dealing with finance and debt. Positive thinking goes a long way.

**LEO**
July 23-
August 22

It's an excellent time for getting things organized at work. The new moon on the 21st brings a change of scene, and at this time there will be a much stronger emphasis on friendships and relationships. For the single Leo who plays the right cards, a strong bond can be forged in a month or so. Important long-term changes are on their way here in 2023 and especially in 2024, which can bring a welcome transformation.

**VIRGO**
August 23-
September 22

The full moon on the 7th puts a bright spotlight on you and your ideas, and this is a fantastic opportunity for you to come with something inventive. New initiatives are launched after the 21st and this is an excellent time to widen your reach, for example internationally or with new organizations. 2023 will see a significant transformation in your working life, when you get involved more intensely with collective forces that modernize working practices.

**LIBRA**
September 23-
October 22

It is an excellent time for love and romance, especially if the last part of 2022 was characterized by chaos and indecisiveness. January is, then, a very positive time for spreading your wings, promoting yourself and your creative ideas, and reconnecting with influential people. This is the perfect time to formalize relationships and commit, and by this time, potential partners who have been dealing with issues from the past are ready to move forward.

**SCORPIO**
October 23-
November 21

Good news arrives now, especially regarding relationships and family. The latter part of January is excellent for getting things moving at work. The new moon around the 21st brings a sense of optimism and expansion. Work that was put on hold at the end of 2022 can be begun again. By the end of the month, fortune is smiling on you. This is an excellent time for securing finance, especially if there are domestic issues you need to spend money on.

**SAGITTARIUS**
November 22-
December 21

Early January is an excellent time for connecting with someone, or a group of people, who have great ideas which they want you to get involved with and promote. It's also a great time for dating, entertainment and romance, and you will probably get involved in fun events. The new moon on the 21st highlights everything that is good about this period for you. This is the perfect time to get out and about and mingle with groups.

**CAPRICORN**
December 22-
January 20

As January 2023 begins it may feel as if you are on the home stretch in connection with a long period when you have weathered many big changes. You can be forgiven for thinking that life has been intense, with more than your fair share of crises. The last 10 days of January bring new and positive developments. This is an especially good time for consolidating finances, especially regarding the affairs of children, and it is also a time when new financial opportunities arise, either in connection with the team you work with, or with a family project.

**AQUARIUS**
January 21-
February 19

2023 gets off to a really great start and for the single Aquarius this is a great time for dating and romance. The new moon that falls in your sign on January 21st highlights the feeling that the gods are on your side, and that a new period is starting for you, when you get a lot of support from people who are fun to be with. The last part of January is characterized by new social, intellectual and family commitments.

**PISCES**
February 20-
March 20

A new confidence inspires you to turn things around at home and work with individuals who have been problematic in the past, but who now have resolved things. January is a month when there should be happy news for the whole family. Last part of January there is a strong focus on your inner life, and the groups you are a part of who help you develop. This is a good time to connect with people who really share some of your social, humanitarian or scientific dreams.

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2023



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- 2nd Prize: Dewalt Lawn Tools - Builders FirstSource
- 3rd Prize: Quarter of Beef - Dunn Burgers
- 4th Prize: \$750 Mobil Gas Card - West Dakota Oil
- 5th Prize: Hair Services + Drink Option for a Year - DePorres House of Barbering & Lounge
- 6th Prize: \$500 Cash - Razor Edge Landscaping LLC
- 7th Prize: \$300 towards service(s) - Consolidated Telcom
- 8th Prize: \$300 Cash - Advanced Collision Center
- 9th Prize: Gerdanet Padded Bench Seat with Storage - Kovash Furniture
- 10th Prize: \$200 Gift Card - Brickhouse Grille



LISTEN TO MUSIC!

Thanks to generous sponsors, **FREE admission for those 18 and under.**
ADULT GENERAL ADMISSION: \$15 COLLEGE STUDENT WITH ID: \$10
Tickets can be purchased at Mardigras23.givesmart.com or at the event.

Attend the concert **FRIDAY, FEBRUARY 3** in the THS Auditorium. Doors open at 6PM, concert starts 6:30PM
OPENING ACT: "Bluestems" from Elgin, ND **MAIN PERFORMANCE:** "Raynes"



BID ON AUCTION ITEMS!

To participate, visit Mardigras23.givesmart.com



WATCH A MOVIE!

Attend a movie at THS Auditorium for \$2.
LIMITED SEATING! SATURDAY ONLY!

2PM - DC League of Super-Pets / 6:30PM - Top Gun: Maverick



PLAY BINGO!

FRIDAY / 5:30-10:15pm (Hourly) \$100, 9:50 - \$100, 10:00 - \$200, 10:15 - \$500
SATURDAY / 3:30-10:15pm (Hourly) \$100, 9:50 - \$100, 10:00 - \$200, 10:15 - \$500
SUNDAY / 12:30-7:40pm (Hourly) \$100, 6:50 - \$200, 7:00 - \$750, 7:15 - \$1,000, 7:40 - \$1,000



VISIT THE ESCAPE ROOM!

FRIDAY / 5pm - 10pm
SATURDAY / 3pm - 10pm
SUNDAY / 12pm - 6:30pm

Back Again! First we have an adventurous escape room joining the Midway this year. Secondly, returning is the MEGA escape room "Carnival Catastrophe" which will be held in our Wald Theater (Black Box).

Tickets can be purchased at Mardigras23.givesmart.com or at the event.



PLAY THE MIDWAY!

FRIDAY / 5pm - 10pm
SATURDAY / 3pm - 10pm
SUNDAY / 12pm - 6:30pm



ENJOY A MEAL!

All Meals \$15.
Meal tickets purchased at box office.

FRIDAY 4:30-7:30pm

Deep-Fried Alaskan Pollock, sausage w/sauerkraut & dumplings, green beans, coleslaw, dinner roll, pistachio salad, and dessert.

SATURDAY 4:30-7:30pm

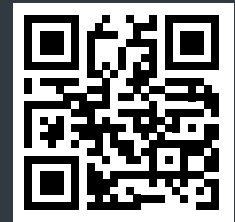
Barbecue Pork Shank, Pigs in the Blanket, cheesy hashbrowns, pasta slaw, fudge stripe cookie salad, dinner roll, and dessert.

SUNDAY 11:00am-4:00pm

Deep fried turkey, beef roast, mashed potatoes with gravy, cherry fluff salad, corn, coleslaw, dinner roll and dessert will be a simple sweet baked good.

TO PURCHASE
RAFFLE TICKETS
AND PARTICIPATE,
VISIT:

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