

Sexual Assault Awareness Month

“If you SEE something, SAY something.”



In recognition of Sexual Assault Awareness Month (SAAM), we have been stepping outside the box a bit to engage with area youth in meaningful conversations aimed at prevention and empowerment. These conversations can be uncomfortable sometimes, which is exactly why we need to have them. We cannot protect our youth from what we are not willing to speak about. It is also vital that we meet adolescents where they are...SO, we loaded up our Kedish House car with rock chip repair and unlock kits to include some automotive technology in our educational time.

We visited the Southeast Regional Vo tech Center in Edgeley on April 4th and Oakes on April 8th. There were students from Ellendale, Edgeley, Oakes, and Forman. It was great to meet with students from four of the thirty cities we serve in

our five county coverage area. A very special thank you to the educators: Mr. Weigel and Mr. Marquette for not only welcoming us in but joining the conversations collaboratively with meaningful input. The students learned about an automotive business and how in any industry, it is important to teach people how to treat us by what we allow. The old saying, “Treat people how you want to be treated,” isn’t always the most protective approach. Instead, we should aim to respect others by treating them the way they want to be treated. Importantly, when we aren’t treated the way we would like, it’s important to speak up and express that. To do so, we discussed building a toolbox of words. We must give them words to use and normalize saying them, such as: “I need space.” We as humans deserve to have our space respected.

When someone is making a situation uncomfortable, there is a reason it feels that way. It is awkward at first to speak up but by the end of the class, they are saying it with conviction. It may not immediately seem connected to sexual assault prevention, but encouraging children to recognize the treatment they want and deserve helps establish a foundation of self-care and personal protection.

An important component to sexual assault prevention is understanding what consent is and who can consent. The presentation is not designed to simply enter a room and tell teens to not commit sexual assault. Drawing attention to advocacy is a vital piece of prevention. With the recent media coverage of abuse against children, it was additionally appalling to hear other government officials had knowledge of that abuse.

This highlights the importance of “If you SEE something, SAY something.” It can be difficult to be brave, speak up and do what is right. Also, what do we say? Who do we say it to? It is important that children have a safe place when they need help; it’s important that adults do too. Identify the safe adults in the lives of your children.

The statistics surrounding sexual assault are a small portion of the reality. Only 68% of sexual assaults are reported. That means a significant number of people suffer in silence. It’s important to note that even without reporting an assault to authorities, help is still available.

Please take time to have conversations with your children. If it’s hard to find the words or if suggestions would be helpful, do not hesitate to reach out to our organization.

Dakota Gardener:

Spuds, superstitions and springtime soil

Esther E. McGinnis, NDSU Extension horticulturist

One of my students posed the question, “Why does tradition suggest that we should plant our seed potatoes on Good Friday?” Yes, my student stumped me and motivated me to research the origins of this advice.

The answer lies in the global history of food crops. Native to the mountains of Peru, the potato was grown by ancient peoples predating the Inca. Spanish conquistadors arrived in South America in 1532 in search of treasure. Instead, they encountered the humble potato and brought tubers to Spain in the late 1500s.

Initially, potatoes were viewed with great suspicion in Europe due to their origin and their familial resemblance to poisonous nightshade. Potatoes are so closely related to nightshade that they are grouped in the same

genus and share traits such as toxicity. Modern society should pay homage to the ancient peoples who experimented and discovered that potato leaves, flowers and fruit are toxic, but the tuber is good for eating. I’m sure mistakes were made. Even the tuber can turn green and accumulate toxic chemicals when exposed to sunlight. This is why we mound soil around the growing plants and abstain from eating green potatoes.

Europeans first fed potatoes to livestock but eventually learned to eat and even enjoy this nutritious tuber. Even so, initial suspicions were hard to put to rest.

The Good Friday planting tradition is thought to have originated in Ireland. Fearing that potatoes were unholy because they are not listed in the Bible,

the tubers were redeemed by planting on Good Friday after sprinkling generous amounts of holy water on the soil. Other traditions suggest that working people planted their gardens on Good Friday because it was their first day off in spring or because the holiday aligned with a favorable moon phase.

While this planting tradition may be harmless in southern states, Good Friday planting can be risky for northern states. The Easter holiday fluctuates with the lunar cycle and can occur as early as March 22 or as late as April 25, a vast range of 34 days. This year, Easter falls on April 20.

The better practice is to consider the average last freeze date as well as soil temperature and saturation. The general recommendation is to plant two weeks before the average last

spring freeze date. Potatoes can survive a light freeze but will be damaged by a hard freeze of 28 degrees Fahrenheit or lower.

Soil temperatures are equally important. To ensure good shoot emergence, plant when soil temperatures are above 45 degrees Fahrenheit. A probe-style thermometer can be used or alternatively consult the North Dakota Agricultural Weather Network for average soil temperatures around the region.

To prevent rotting, do not plant when the soil is wet. If you insert your shovel in the soil and mud sticks to it, your better bet is to wait until the soil dries.

Finally, start off right by purchasing certified seed potatoes that are disease-free. Happy Easter!



Rental assistance is available



Great Plains Housing Authority rental assistance can help put money back in your pocket to better afford groceries, medical expenses, and more! Contact GPHA to apply at 701-252-1098 or apply online at:

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PUBLIC NOTICE: LAND TO RENT FOR HAYING

Dickey County is offering approximately 15 acres of land at Pheasant Lake to rent for cutting of grass for hay purposes to be cut by July 1st, 2025. Bales will need to be removed from the land by July 15th or be subject to forfeiture. A copy of the map is available in the Auditor’s office. Sealed written bids will need to be dropped off with or sent by mail to Dickey County Auditor, PO Box 215, Ellendale, ND 58436 and received by no later than May 5th at 4:30 pm. Please mark on the envelope “Haying Bid”. Bid opening will be Tuesday, May 6th at 10:30 in the Commissioner Room at the Dickey County Courthouse.

Terms: The successful bidder shall be responsible for all costs associated with the mowing of the area. Rent must be paid in full upon acceptance of the successful bid by the Dickey County Board of Commissioners.

The Dickey County Board of Commissioners reserves the right to accept the bid that is to the advantage of and is in the best interest of Dickey County. The Board reserves the right to reject any and all bids.

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HELP WANTED

Pheasant Lake Mowing/Maintenance

Dickey County is seeking a person to fill an upcoming vacancy for the County Park, starting April 15th through October 15th. The individual must have a class D Driver’s License. Salary or bids will be considered. Job tasks are:

- Mow and trim grass at Pheasant Lake, map to be provided of area. Approximately 5 acres.
- Maintain mower as needed (oil changes, blade sharpening, general maintenance).
- Clean and maintain bathrooms at Pheasant Lake (toilet paper, sweep, clean).
- Remove twigs, branches and other debris from park area, to be disposed of at the land fill.
- Keep beach area free of debris, level and drag sand at beach as needed.
- Report all maintenance items that need attention to Park Board Chairman.
- Turn in timesheet to Dickey County Auditor office by 7th and the 20th of the month.
- Pickup, trailer and any equipment of the county will be used for maintenance and not personal use. Use of county equipment requires substance abuse testing for this position.
- A gas card will be used at county shop for the mower, trimmer, county truck, etc.
- Supplies can be charged at True Value, items charged must be individualized
- Bathroom doors to be locked by October 15

Submit application and resume, along with a bid of an hourly rate or flat rate for the whole summer by e-mail to dcauditor@nd.gov or by mail to Dickey County Park Board, PO Box 215, Ellendale, ND 58436. Applications must be postmarked or received by e-mail no later than April 25, 2025. Call 701-349-8303 if you have any questions.

Dickey County is an equal opportunity employer. Dickey County does not discriminate on the basis of age, color, disability, gender, marital status, national origin, public assistance status, race, religion, or sexual orientation.

GUELPH NEWS... by Rose Sell

Chuck and Sue German travelled to Andy and Kara’s in Fargo on Saturday, April 5. They had lunch with the family and took pictures with Olivia in her prom dress. It was fun to celebrate Eli’s birthday, too, along with a birthday pie. They returned to Ludden in time to attend the benefit feed for Matt Claeys and family that night.

Country Rose Homemakers held their monthly meeting on Tuesday, April 8, at Jane Andersen’s home with Yolanda Zimbelman serving a delicious supper. The group worked out details for serving

the lunch at the Off the Shuelph Spring Fling event at Guelph on April 25-26, and had fun catching up after the winter. Lots of chatter and laughter filled the house!

Sue German spent the day, April 8, judging the Region 2 Music Contest at Valley City State University. It was a fine day of beautiful music, dedicated teachers, and fine student musicians.

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