

# Your Health: April is Prevent Child Abuse Month

By Leslie Uecker, LBSW

April is Prevent Child Abuse Month, a time to celebrate children, focus on giving them all the childhood they deserve and highlight the importance of working together as a community to promote the wellbeing of families. Funding is provided by Prevent Child Abuse ND with more information available at [www.pcand.org](http://www.pcand.org).

So, while it is great to have a designated time to direct our attention to a topic, Prevent Child Abuse is really a year around effort. Abuse can be physical, emotional, or sexual. Today, I'd like to talk a bit more about steps we can take to prevent child sexual abuse. This can be a difficult subject however, abusers thrive on secrecy, shame and a child's lack of information. We can combat that by bringing it out into the open. As adults, it is ultimately

our responsibility to protect our children, but we can teach them skills to help them protect themselves. Here are some tips:

Take an active role in your kids' lives. Learn about their activities and people with whom they are involved. Stay alert for possible problems.

Watch for "grooming" behaviors in adults who spend time with your child. Warning signs may include frequently finding ways to be alone with your child, ignoring your child's need for privacy (e.g., in the bathroom), or giving gifts or money for no particular occasion.

Ensure that organizations, groups, and teams that your children are involved with minimize one-on-one time between children and adults. Ask how staff and volunteers are screened and supervised.

Make sure your children know that they can talk to you about anything that bothers or confuses them.

Empower children to make decisions about their bodies by allowing them age-appropriate privacy and encouraging them to say "no" when they do not want to touch or be touched by others. For example, if you or your child isn't comfortable giving hugs to other family members, it is okay to not force hugs. You can encourage high-fives or fist bumps. The kid can also wave hello or goodbye.

Teach children to take care of their own bodies (e.g., bathing or using the bathroom) so they do not have to rely on adults or older children for help.

Educate children about the difference between good secrets, such as birthday surprises and bad secrets. Bad secrets make the child feel unsafe

or uncomfortable.

Monitor children's use of technology, including cell phones, social networking sites, and messaging. Review contact lists regularly and ask about any people you don't recognize.

Trust your instincts! If you feel uneasy about leaving your child with someone, don't do it.

If you have more questions about parenting and preventing child abuse, you can contact City-County Health District, NDSU Extension Barnes County, APOC, Valley City Green Dot in Valley City. Healthcare providers can also provide you with information.

*Leslie Uecker, is a public health social worker working at City-County Health District. Your Health is coordinated by City-County Health District.*

## Awards

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Wolla then turned the microphone over to Maria Frerich who talked about all the great events and happenings with the Chamber in the nearly one year since she came on staff. She talked about networking events like business after hours and Ambassador visits. Advertising opportunities for members including the digital advertising on the TV in the chamber office. There are new opportunities for members and non-members through the partnership with the Valley City Barnes County Development Corporation. The chamber hosts Coffee and Conversation the second Tuesday of each month. There is the new workshop on social media marketing through a collaboration with VCSU's Department of Business. And, starting this fall, a tiered membership system for members.

Next up, the awards presentation. The first award, the Community Image Award, where the criteria is about improvement/enhancement of business. Work must have been in progress during year of consideration and it must have been completed by time of nomination. The recipient of the Community Image Award is Concept Dentistry. Concept Dentistry moved from their longtime downtown location to the vacant hardware space on west Main Street. The structure was completely renovated inside and out to create a warm and welcoming space to provide modern dentistry. The space was designed to consider the current and future needs of a dental clinic to endure long term use of the space. Concept Dentistry helps their patients accept the best care possible and invests in dentistry that improves their lives. They consider their mission statement a commitment to their patients. They deliver on their commitment through collaborative clinical practice, utilization of the latest dental techniques and technology, and continued education of their staff, doctors and patients. Congratulations on a beautiful renovation.

The next award was the Community Spirit

Award. The criteria for this award is to be a business or individual who, in the last year has been a leader in our business community, contributed to the betterment of our community, and has been identified as a promoter for all that is good about Valley City. The winner of the Community Spirit Award is Matt Brandvold of Valley City Parks and Recreation. Matt says his goal is to create fun, energetic events for the community to keep folks involved, active and enjoying our beautiful city, businesses and all that Valley City has to offer. Some of those events he has been involved in, and or, helped promote in Valley City are: The BBQ Pulled Pork Cookout, Parktoberfest, Riverfest, Summer Nights on Central, Nerf Battles and the City Park Block Party.

The next two awards are new this year. The first is the Emerging Leader of the Year. The criteria for this award is: A dedication to excellence, creativity, and initiative in their business or profession. Business serves as a role model for other young people both personally and professionally and devotes time and energy to improving the quality of life in Valley City. The first ever recipient of the this award was Kara Anderson who is the Retention and Recruiting Coordinator for the Valley City-Barnes County Development Corporation. Kara has been involved in several community projects and events, along with the ones already mentioned - She has been involved in: Hosting Career & Job Expos, VCSU Career Expo & Marketplace, the Longest Table - Sheyenne Valley Community Foundation Event, Sheyenne Valley Riverfest

Coffee and Conversation - Chamber and had participated and helped facilitate the Valley City BIO Girls launch and many more.

Kara is serving as a role model for other young professionals through the Valley City Young Professionals Network.

The other new award this year is the Emerging Business of the Year. The criteria for this award is that they have been in business for a maximum of three years. Demonstrates a high level of

entrepreneurial spirit, leadership, perseverance, innovation, determination. The first ever winner of this award is Aesthetica Skin Care and Therapies. Aesthetica, owned by Heidi Dittmer, is a small growing business that showcasing a spellbinding and luxurious spa environment, blending comfort and technology to provide a rejuvenating experience for anyone, inside and out.

The world of skin care and therapies has broadened considerably as new techniques and therapies become better-known. Aesthetica offers a variety of options including dry salt sauna, infrared light therapy, specialized facials and so much more. Located at 323 Central Avenue, Suite 203 in Valley City.

The Business of the Year Award was next. The criteria for this award is: they must be in business for a minimum of three years, have a growth in number of employees, have an increase in business activity, be innovative in products or services offered, show evidence of contributions to community projects or events and have a good history of employee relations. This year's recipient of the Business of the Year Award is Thunderbird Ranch Gourmet Food.

Thunderbird Ranch Gourmet Foods & Dakota Seasonings, operates as a support system for Open Door Center (ODC). The production site and store were initially created to provide a way for clients of ODC to develop their skills and grow their independence through gainful employment. Individuals supported by ODC can work in one of the two licensed production kitchens (a gluten kitchen and a gluten free kitchen) and/or on one of the packaging/labeling crews. To learn more about ODC or to donate, visit our website at <http://www.odevc.com/>.

The final award of the evening is, in this reporter's opinion, the most prestigious, the Hi-Line Award is always saved for last. The criteria for this award is that the individual who, over a period of years, has been a leader in our business community, exceeded the day to day duties of their job, contributed to the betterment of our

community, has been resourceful, sharing information for the benefit of others, has been identified as a promoter for all that is good about Valley City, and served or is serving as a Chamber volunteer through committee or board. This year's recipient of the Hi-Line Award is James Jensen of RE/MAX Now.

James is a true champion of Valley City. Anyone that knows him can see and feel his love and enthusiasm for our community.

James has given of his time by volunteering on the Chamber of Commerce Board, Sheyenne Community Foundation Board and CHI Mercy Hospital Foundation

Board. He is a huge supporter of all things Hi-Liner. Has partnered with Valley City Park & Rec along with participating in several local events - Summer Nights on Central, The Longest Table, The Pull Pork Cookout and many more.

James shows his love for Valley City by being a true supporter of the small business, of the community and also the people who live here and those moving into Valley City. His excitement and exceptional service shine through daily in his job as the associate broker/owner of RE/MAX Now.

The board and staff would also like to share

a special thank you to all of the Valley City Chamber businesses and organizations for being a part of this great team that work together making our local economy vibrant.

Your Valley City Chamber Commerce team, and board, appreciate your support and looks forward to working with and serving you in the years ahead.

The Valley City Chamber Board of Directors: Penny Wolla, Diane Hochhalter, Heather Pecka, Kirk Olson, Aubrey Boyle, Kayla Beilke, Tina Olson, Jessica Jenrich, Eric Sauter, Sarah Pickar, Tammy Jo Taft, and Amber Ussatis-Aberle.

## PUBLIC NOTICE

### INVITATION TO BID

Sealed bids for the NDSU Carrington Research Extension Center, Carrington, ND - Feedlot Expansion will be received at NDSU Carrington Research Extension Center, Carrington, ND until 11am CST Tuesday, May 7th, 2024, after which they will be opened and read aloud in the Library at NDSU Carrington Research Extension Center, 663 Highway 281 N, Carrington, ND 58421.

Bids received after that time will not be accepted. Interested parties are invited to attend. It is the responsibility of the bidders to see that mailed or delivered bids are received by the deadline listed above.

Bids will be received at that time for a General Contractor and Electrical Contractor, or combined contract.

Drawings and specifications prepared by ICON Architectural Group, LLC and their consultants may be seen and examined at the Architect's office or at the following plan exchanges:

- Dodge Plan Room
- Minnesota Builder's Exchanges at Minneapolis
- North Dakota Builder's Exchanges:
- Bismarck
- Dickinson
- Fargo
- Grand Forks
- Minot
- South Dakota Builder's Exchanges:
- Rapid City

Bona fide (Prequalified) contract bidders may secure copies of the proposed contract documents as follows:

1. Bidders may request digital copies of the construction documents including addendums by contacting Mollie Mihelich at ICON Architectural Group at ([mollie.mihelich@iconarchitects.com](mailto:mollie.mihelich@iconarchitects.com)) or (701) 751-0430 OR by contacting Mike Ostlie at NDSU Carrington REC at (701) 652-2951
2. All bidding questions should be forwarded to Keith Swenson ([keith.swenson@iconarchitects.com](mailto:keith.swenson@iconarchitects.com)) or (701) 751-0430



Each bid shall be accompanied by a separate envelope containing a Bidder's Bond in a sum equal to five percent (5%) of the full amount of the bid, including all add alternates, executed by the bidder as principal and by a Surety Company authorized to do business in this state, conditioned that if the principal's bid be accepted and the contract awarded to him, he, within ten days after notice of award, will execute and effect a contract in accordance with the terms of his bid and a Contractor's Bond as required by law and the regulations and determinations of the governing board.

Cash, cashier's check, or certified checks will not be accepted.

A copy of the contractor's license or certificate of renewal thereof issued by the Secretary of State shall be enclosed in the required bid bond envelope. Envelopes shall be identified as to contents and project.

All bidders must be licensed for the highest amount of their bids as provided by Section 430705 of the North Dakota Century Code. No bid will be read or considered which does not fully comply with the above provisions as to bond and licenses and any deficient bid submitted will be resealed and returned to the bidder immediately. The Owner reserves the right to waive any informalities or irregularities, to reject any and all bids and to hold all bids for a period of 30 days after the date fixed for the opening thereof.

(April 16, 23 & 30, 2024)

### ABBREVIATED NOTICE OF INTENT TO AMEND ADMINISTRATIVE RULES

RELATING TO RELATING TO SEED CERTIFICATION STANDARDS AND REQUIREMENTS

TAKE NOTICE that the North Dakota State Seed Department will hold a public hearing to address proposed changes to the N.D. Admin. Code at

10:00 am, on May 30, 2024, at 1313 18th St. N. Fargo, ND 58105.

A copy of the proposed rules may be obtained by writing the North Dakota State Seed Department, 1313 18th St. N., Fargo ND 58105 or calling 701-231-5400. The proposed rules may also be viewed on the State Seed Department web page, [ndseed.com](http://ndseed.com). Also, written comments may be submitted to 1313 18th St. N., Fargo, ND 58105 until June 10, 2024. If you plan to attend the public hearing and will need special facilities or assistance relating to a disability, please contact the North Dakota State Seed Department at the above telephone number or address at least 5 days prior to the public hearing.

Dated this 3rd day of April, 2024.  
Kenneth J. Bertsch  
North Dakota State Seed Commissioner

(April 16, 2024)