

IN KEVIN'S WORDS

The most important thing



Kevin Holten

Are you someone who is health conscious? If so, then there is something you can do that'll have a big impact on both your physical and mental health. Do you know what it is? Being appreciative.

And guess what? It's free.

According to UCLA Health, gratitude can help with depression, anxiety and stress. And the benefits of being thankful also include improved sleep and heart health.

Meanwhile, according to Mr. Dictionary, to appreciate means to recognize the full worth of or to understand a situation fully and recognize its implications.

Its first cousin is gratitude. And according to Mr. Dictionary, gratitude means a readiness to show appreciation for and to return kindness.

Okay, so we've got "recognize full worth" and "show appreciation for" as the two different definitions that appear to mean the same thing.

Both look so easy,

don't they? Why not appreciate things? Why not show gratitude? Yet, that's not what the world urges us to do, is it.

You must admit that your first response is: "I'm not going to walk around with a fake happy face!" Well, here's some more good news for you: You don't have to. It comes quite naturally.

There's only one thing that might be holding you back and I call it "delayed happiness". We delay happiness every day. And why? Because we think we must earn it. We think happiness and appreciation comes only after we pay the proper penance. And that's a myth.

Our mindset is this: If only I could work hard enough for that new car, or that new job, or if she or he was my spouse, then I could be happy. Then I could be thankful. And then when you finally get there, you discover that you need even more to make you happy. You're just a hamster on a wheel.

And here's the big problem with that approach. As Mr. Dictionary says, appreciation initiates a return of kindness. Did you get that? Appreciation initiates kindness. So, if there's no appreciation there's no kindness? And if there's no kindness, there's no appreciation.

In other words, the

lack of an appreciative attitude eliminates kindness.

Is that why our society is currently in a kindness crisis? Is it because we appreciate so little that we can't squeak out any kindness? Do we blame that on being bombarded every day by nothing but negativity from so many media outlets, social media and other sources? And does that constantly put us on edge and make us depressed?

If that's the case, it opens the door for you to give some real meaning to your life. You can do this: You can be kind to someone for no special reason. And you can appreciate something just because you want to appreciate something.

Think about it. There are a million things every day to be appreciative of and thankful for. Whether it's the shoes on your feet, the heat in your house, the smile on your daughter's face, the eggs in the pan, the five minutes more of sleep after the alarm goes off, or the rubber on your tires.

When it comes down to it, you can't even come close to counting all the positive things in your life. And when you look at it that way, you'll be embarrassed about even giving a thought to being negative.

And then you'll receive your greatest gift. Because being kind to someone or everyone will do even more for you than it will for them.

Notice to Creditors

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04-2026-PR-00001

IN THE DISTRICT COURT OF BILLINGS COUNTY, STATE OF NORTH DAKOTA

In the Matter of the Estate of ROGER MYERS, deceased.

NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN That the undersigned has been appointed Personal Representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be presented to Lori A. Elliott, Personal Representative of the estate of Roger Myers, at P.O. Box 1173, Dickinson, North Dakota 58602-1173, or filed with the Court.

Dated this 12th day of January, 2026.
/s/ Lori A. Elliott
Lori A. Elliott,
Personal Representative

Published April 2, 9 & 16, 2026

Last call at the library

Billings County Commission makes final decision on alcohol sales at TRL

By Gaylon Wm. Parker

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Discussions have been ongoing during recent weeks at Billings County Commission meetings about whether alcohol could be served on-site at the Theodore Roosevelt Presidential Library when it opens on July 4, 2026 and thereafter. During the April 7 regular county commission meeting, the sale of wine and beer was approved in specific areas in and around the library and that will allow representatives to apply for the necessary liquor license as the official opening is scheduled for less than 80 days away.

The discussions had been held on two previous occasions in order to determine whether the sales and consumption of alcohol would be allowed in and around all areas of the library, but that was seen as problematic given the style and substance the facility. That said, it was requested that people be allowed to buy single-serving beer or wine at the café and perhaps be able to take in their surroundings in a relaxing



photo | Theodore Roosevelt Public Library

way or enjoy the beverages with lunch.

Discussions also were held with the Billings County Sheriff's Office to hammer out any potential pitfalls, such as people attempting to bring in their own alcohol or limit the possibility of anybody being overserved, but the likelihood of these occurrences would most likely be few and far-between. Also, the beer and wine sales would be for specifically themed products and not necessarily mass-produced brands, which would eliminate the possibility of people purchasing such products off-site.

While there could be future options to be able

to drink outside and walk along the outdoor areas, which would include the greater boardwalk loop, but those plans were shelved for the time being and any further discussions will occur down the road. The necessity of approving sales in the limited areas also was important because various groups and organizations already have reserved space at the library for events in the near future.

For now, the west-to-east section of the library, the café and the perimeter will be open to alcohol sales – along with the patio area – and people will be able to enjoy the library's environment simultaneously.

Library representatives previously offered that the library is meant to convey a total experience, and allowing visitors to purchase single-serving alcoholic beverages and perhaps a picnic basket to take outside and enjoy in the environment with maybe more beverages, but such a decision will have to be made down the road. Likewise, the building's design encourages multiple hours of experience indoors and offers a beautiful panorama outside so people can get a feel for The Badlands and the legacy of Theodore Roosevelt, himself.

The main location for sales would be from the restaurant and through the snack bar, and weddings or special events can request a special exemption for alcohol use in specific spaces, according to the plan, while security staff will be on-site to discourage over-consumption.

The motion passed unanimously, with Steve Klym, Dean Rodne and James Haag all voting yes.

NOTICE OF ZONING ORDINANCE AMENDMENT

On March 30, 2026 the Billings County Commission held a public hearing and adopted the following amendments to the Zoning Ordinance:

Floodplain Management Ordinance

The Billings County Commission reviewed the final draft and approved the Floodplain Management Ordinance. The Ordinance was amended to meet the requirements for floodplain management in North Dakota based on changes to state law adopted in SB 2027 during the 2025 legislative session. The amendments are based on the Model A Ordinance for communities NOT currently mapped by FEMA provided by the ND DWR. See ND Department of Water Resources website for details: https://www.dwr.nd.gov/reg_approp/floodplain_management/nfp_fm_senate_bill_2027.html

Other Amendments

- 2.3 Definitions:
 - (24.1) Campground (NEW)
 - a) Primitive Campground (NEW)
 - b) Glamping Campground (NEW)
 - c) Recreational Vehicle (RV) Park (UPDATE)
 - (89) Recreational Vehicle Park – (UPDATE)

- 5.3 Recreational District
 - 5.3.2 Conditionally Permitted Uses
 - 5.3.2(a) Recreational vehicle parks, and campgrounds (UPDATE)

The proposed amendments were recommended for approval by the Planning & Zoning Commission hearing held on Thursday, February 19, 2026.

The amendments will formally take effect thirty (30) days from the date of the first publication of this notice. Copies of the adopted amendments are available for inspection at the office of the Billings County Auditor, Medora, ND. The amendments are also available on the county website at <https://www.billingscountyny.nd.gov/169/Planning-Zoning>.

Pursuant to the provisions of N.D.C.C. Section 11-33-10, any person aggrieved by any provision contained within the adopted amendment shall have thirty (30) days from the date of the first publication of this notice to file with the Billings County Auditor a petition to the County Commission for a separate hearing regarding the objection. The petition must be in writing and state with specificity the grounds for objection to the adoption of the whole, or any part, of the adopted amendments to the Billings County Zoning Ordinance.

Dated at Medora this 8th day of April, 2026
Stacey Swanson, Zoning Director

Published April 16 & 23, 2026

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USPS - 056-180
P.O. Box 156
Beach, ND 58621
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Billings County
PIONEER
Official Newspaper for the City of Medora.
Official Newspaper for Belfield and Billings County School Districts.
Official Newspaper for Billings County, ND.
Jill M. Friesz..... Publisher
Gaylon Parker..... Reporter
The Billings County Pioneer is published each Thursday at GS Publishing, LLC, 22 Central Ave. Suite 4, Beach, ND 58621. Periodicals postage is paid at Beach, ND and at additional mailing offices. Postmaster send address changes to: Billings County Pioneer • P.O. Box 156, Beach, ND 58621
In Billings County\$50.00
All other subscriptions\$60.00
E-edition\$40.00
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NDNA
NORTH DAKOTA NEWSPAPER ASSOCIATION
Published April 2, 9 & 16, 2026