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WOMAN
MAGAZINE

Growth & Giving

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3 Tips

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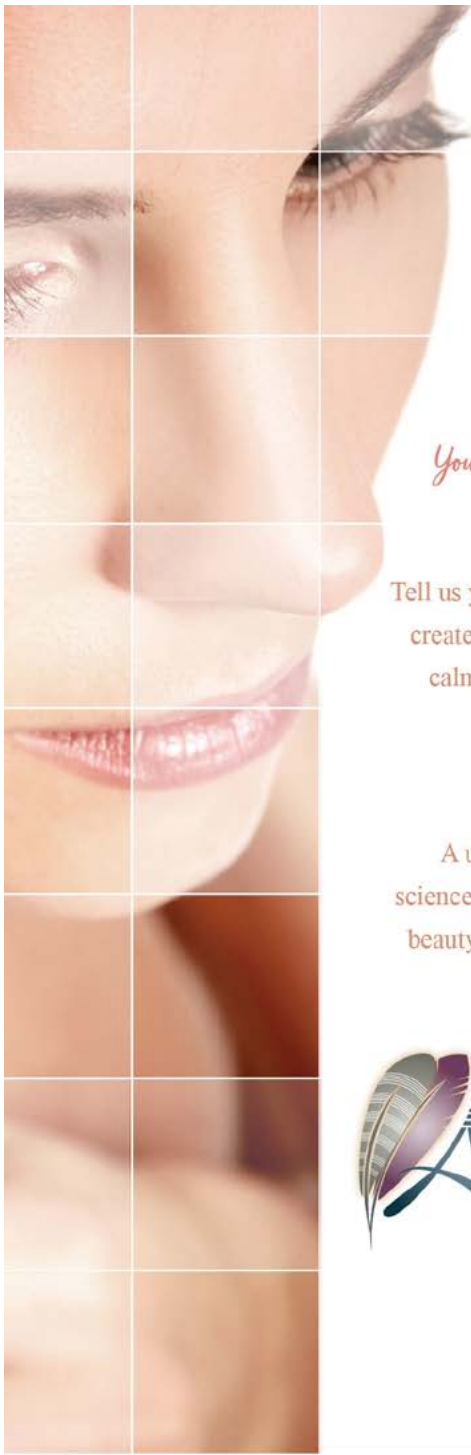


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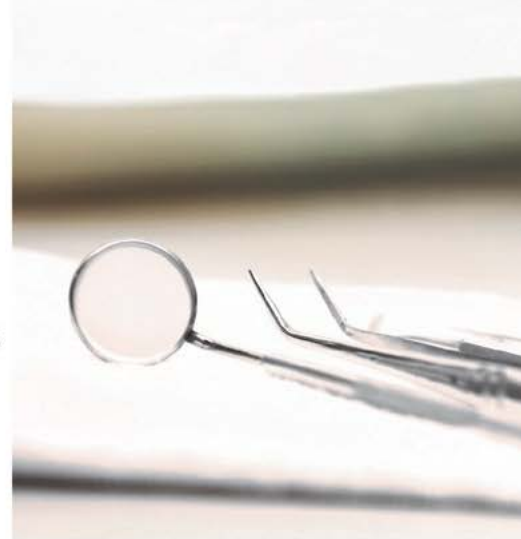
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Gardening





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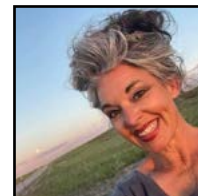
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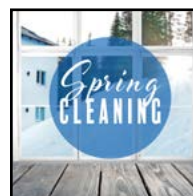
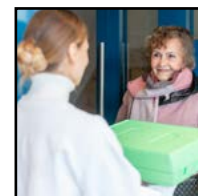


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Spring Cleaning
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WHO'S
TOY HOUSE

Spring

A season for clearing out,
growing, and giving.

By Kelsey Parker



*P*interest can provide you thousands of “Spring Cleaning Checklists,” reminding you to scrub your baseboards, check your air filters, or clean the dust behind your fridge. As we shift away from the season of accumulating things, what if we dedicated our spring season to clearing out the old, working on personal growth, and giving back to our community? It doesn’t matter if your house is dirty. When your kitchen sink is full of dishes and the laundry is piling up, remember that just as the lotus flower grows in mud, so can you.

CLEARING OUT

Two hours into vacuuming, dusting, doing laundry, and window-washing and it’s finally time. That 10-second-my-house-is-so-clean feeling. It’s so satisfying. The smells, the shine — you visualize yourself accepting an award for the “Cleanest House on the Block.” Merry Maids would hire you any day. Then, reality hits: your family trails in with gym bags, sticky fingers, and food wrappers. The battle is lost. But you did your best, Oh Clean One.

Are you crazy like me and feel genuine joy (and utter shock) when you see what the vacuum has picked up? What if we were similarly interested in the dirt (loss, disappointment, death, failure, broken relationships) we’re holding on to? Noticing and sitting in your muddiness is challenging. It’s uncomfortable. It’s supposed to be. But it is necessary for growth. The magic happens when you can notice the dirt, and then clear it out.

GROWING

Springtime is the season of preparing for future abundance. You may be clearing out weeds, planting seeds, and/or protecting your plants from weather or hungry deer. As you tend to your garden, so should you tend to your life. Make small investments this spring to improve your future self. Do something new; learn a new skill or find a new hobby. Listen to an inspiring podcast or listen to an audiobook. Sign up for a race you've always wanted to complete or a class on a subject you've always been interested in. A little effort each day goes a long way in your personal growth.

GIVING

There are countless opportunities to serve our community. Whether you're donating gently used goods, your skills, your time, or your money, every contribution matters. Giving (in any way) has the added benefit of making you feel good while serving others. Find a program or charity that speaks



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to you and use your gifts/talents to serve them. You can attend a charity event (WAVI's Beach Ball event), donate your resources to The Salvation Army, drive around town for Meals on Wheels, or sponsor a boy at the Club for Boys (just to name a few).

Kelsey



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Although young, these ladies are fierce businesswomen. After meeting with them, I felt inspired and encouraged by their positive energy, willingness to tackle something new, and ability to excel at a business endeavor. It's no surprise success has followed them in their business adventures. See how their big ideas inspired big action!

KIDPRENEURS

Little People; Big Ideas

By Krista Leischner

AMALIE

Amalie (15 years old) designs graphics that can be placed on shirts, hats, stickers, or other products. Her designs are sold through a website called redbubble.com. RedBubble is similar to Etsy in the sense that a creator creates content and sells it through the website, RedBubble taking a portion of that sale. RedBubble allows a creator like Amalie to design a graphic and then add that design to a chosen media through the website, eliminating the need for on-hand equipment and inventory.

Amalie's creativity is in her genes. Although both her parents are entrepreneurs, her mother (owner of On the Rox jewelry store) inspired her to create her own business. "Watching my mom have her own creative business made me think, I love that. Why can't I try it too?" She looks up to her mom and knows she can always go to her for input on her designs.

Moving to Rapid City in 2019 from Los Angeles, California, Amalie (then 13) knew she wanted to start a business with a larger purpose. Whether it's creating a custom name sticker for a laptop or donating proceeds to movements and organizations she's passionate about, the root of her business is how she can help others. When visiting her RedBubble shop, which is most easily found through her Instagram account (@amiegwdesigns), you will find graphics focusing on anything from holidays to positive sayings, to women's rights, to Black Lives Matter, to LGBTQ+, and beyond. There is something for everyone. And if there isn't, she will create it for you!

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LILLY

Lilly (11 years old) owns not one, but two businesses. Her first business came to life in 2019 when Lilly asked her parents for a (very large) fish tank. They agreed to get the tank for her on one condition: Lilly pay for it. In true entrepreneurial fashion, she embraced the challenge and created Green Goats Soap Co. Soon after, she earned enough money to purchase the 36 gallon saltwater tank.

Lilly's handcrafted soaps, lip balms, lotions, and sugar scrubs are made from scratch. She hand-picks each ingredient and through (what she describes as) a lot of trial and error, she develops the perfect recipe for each item. Her most popular items are her soap bars, which are colorful and made of skin-loving oils and fragrances. You can find anything from her Pineapple Mango Tango soap to her Signature Lux Lip Balm on her website (greengoatssoap.com), in local stores (Art Forms in Hill City, Mainstreet Espresso in Deadwood, Minors and Merchants in Lead, and The Market in Rapid City), and at local craft fairs.

Lilly started her second business in October 2021, Chill Billy Bites, because she “wanted something new to do and one business just wasn't enough!” Chill Billy Bites is a freeze-dried candy and snack company featuring freeze dried candies like Skittles (aka: Rainbow Puffs), Milk Duds (aka: Caramel Toads), and gummy Nerd clusters (aka: COVID Candy). You can find these tasty, fun snacks along with more information about Lilly's handmade soaps on Facebook (@greengoatssoap).

Whether she's creating a new soap recipe, editing her website, freeze drying a new candy, or chatting with customers at a craft fair, Lilly puts her heart into her businesses. She aspires to one day be a lawyer (and a florist) and is sure to utilize the knowledge gained through her businesses in whatever she does.

While their businesses may be different and they're in different seasons of life, I found overarching similarities when chatting with Amalie and Lilly, the most obvious being they both had a big idea and had the passion, grit, and determination to bring that big idea to life. The advice they gave when asked what they would tell others who may be interested in starting their own business also had an overarching theme: try it, stick with it, and don't get discouraged when things go wrong. Because according to Lilly, “Things will go wrong. Especially when you're dealing with marshmallow fluff.”

BHW



Farm to Table

with Julie Smoragiewicz



Julie's innovative cooking philosophy is simple: farm to table, with a little spice.

In 2009, Julie's food blog "Dakota Thyme" turned into a family-owned café, bakery, and market located in the heart of downtown Rapid City. Her farm to table features and gourmet baked goods filled the hearts (and bellies) of many. Many gathered at Someone's in the Kitchen cooking classes to

get the chance to learn some of her family-favorite recipes or her tips and tricks that make stepping into the kitchen a little more fun.

In 2015, Julie and her husband, Jim, bought land just outside of Keystone to create Yak Ridge Cabins and Farmstead. Four beautiful cabins are carefully placed around the property, amongst pine trees and prairie grass. Guests are welcomed to their quaint cabin by a specially made welcome basket filled with local favorites like Dark Canyon Coffee, Dimock Cheese, Tatanka Bars, and farm-fresh eggs just gathered the morning of check-in. Guest can tour the farm, meet the chickens, observe the honey bees, and tour the garden. "I hope the farm tours help to inspire guests to support the local food efforts in their own home communities."

Julie appreciates the growing number of opportunities to access local foods in the Black Hills and encourages others to support local producers through the farmers markets, farm stands, and Communi-

ty Supported Agriculture (CSA's). Some of Julie's local favorites include Breadroot Co-op (for greens, edible flowers, cheese, butter, and artisan bread), Krull's Market (local foods, cheese, bison, jams/jellies), Bear Butte Gardens (offers a CSA and farm stand), Cycle Farm (offers a CSA and weekly farm stand), and Two Cow Creamery (ice cream and gelato).

The biggest celebrities at the farm are Himalayan yaks, Tikka and Hugh. Yaks are a type of long-haired domesticated cattle. They look like animals from the prehistoric age, but their demeanor is more like that of a playful dog.

Julie's farm-to-table cooking style may have been inspired by her great, great grandparents who homesteaded in the Dakota Territory in the 1880s. Or, it could have been both her grandmothers' passion for cooking and baking. Maybe it was the moments shared with family at the six-generation, family-cherished dining room table. Her love of cooking is shared by her sons and her grandson, an extra treat.

Although cooking and baking are her specialties, she's no stranger to pairing great wine or beer with her meals. "Although there are some old standards for pairing food and wine, if you enjoy a pairing that breaks tradition, cheers to you! Be adventurous and try new wines and new pairings. Our local microbrewery scene has really exploded and offers some great brews to pair with meals, too."

As the pace of life promises to slow a bit, Julie and Jim are looking forward to spending more time traveling, making memories with their family in the kitchen and around the table, and enjoying many more culinary adventures in the years to come.



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1 tablespoon butter
1 large onion, thinly sliced
Pinch of sea salt
Pinch of freshly ground black pepper
½ teaspoon of sugar
1 teaspoon garlic, minced
Sprig of fresh thyme, leaves removed
½ teaspoon of rosemary, finely chopped
1 sheet puff pastry, defrosted in the refrigerator
4 ounces fresh goat cheese, at room temperature
2 eggs
¼ cup sun-dried tomatoes in oil, finely chopped
½ cup Parmesan cheese, shaved or grated
fresh herbs and/or tomatoes for garnish



Preheat oven to 350 degrees.

Heat olive oil in a pan, add the onions, salt and pepper, and sauté until translucent. Add the sugar and lower the heat and cook slowly until caramelized. This may take 30-45 minutes. Add thyme and garlic paste.

While onions caramelize, whisk the eggs and set aside.

Roll puff pastry and cut into a circle. Place in a tart pan or on a sheet pan. Use the trimming to cut ½ thick strips. Brush the outer edges of the pastry circle with whisked egg. Top with the pastry strips. Brush with egg.

Combine remaining egg and softened goat cheese. Sprinkle half of the Parmesan on the base of the pastry and spread with the goat cheese and egg mixture. Top with the caramelized onion and sun-dried tomatoes.

Bake for 30 to 40 minutes until the tart puffs up and is golden brown. Turn off heat. Top with the remaining Parmesan and return to the oven for 5 minutes to allow the cheese to melt. Garnish with herbs and/or sliced tomatoes, if desired.

Pair with sauvignon blanc, reisling, alborino, chignon blanc, or even a big pinot noir.

Yields 6-8 small appetizer servings or 4 entrée servings when paired with a salad.

Variation: replace goat cheese with bleu cheese and replace tomatoes with chopped medjool dates. Top with ¼ cup chopped walnuts or pecans and pair with a cabernet sauvignon, malbec, port, or an oaky chardonnay.

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Yak Barley Stew

1 tablespoon olive oil
1 tablespoon butter
½ pound mushrooms, sliced
1 ½ tablespoons garlic, minced
½ cup onions, chopped
½ cup celery, diced
½ cup carrots, diced
½ teaspoon sea or kosher salt
1 teaspoon black pepper, freshly ground
1 sprig of thyme (1 teaspoon leaves)
1 pound yak stew meat
2 tablespoons olive oil
½ teaspoon sea or kosher salt
1 teaspoon black pepper, freshly ground
½ cup full-bodied red wine
6 cups beef stock
½ pound pearl barley
1 cup frozen peas
¼ cup fresh parsley, chopped
Water as needed

Melt butter and oil in a 5-quart stock pot. Add the

mushrooms and lightly brown. Add the garlic, onions, celery, carrots, and thyme and sauté until translucent. Remove from pan and set aside. Add olive oil to the pot. Add the yak and sprinkle with salt and pepper. Brown the yak over medium high heat. Remove yak from the pot and set aside to rest for 10 to 15 minutes on a cutting board.

While the yak meat rests, deglaze the stock pot with the red wine.

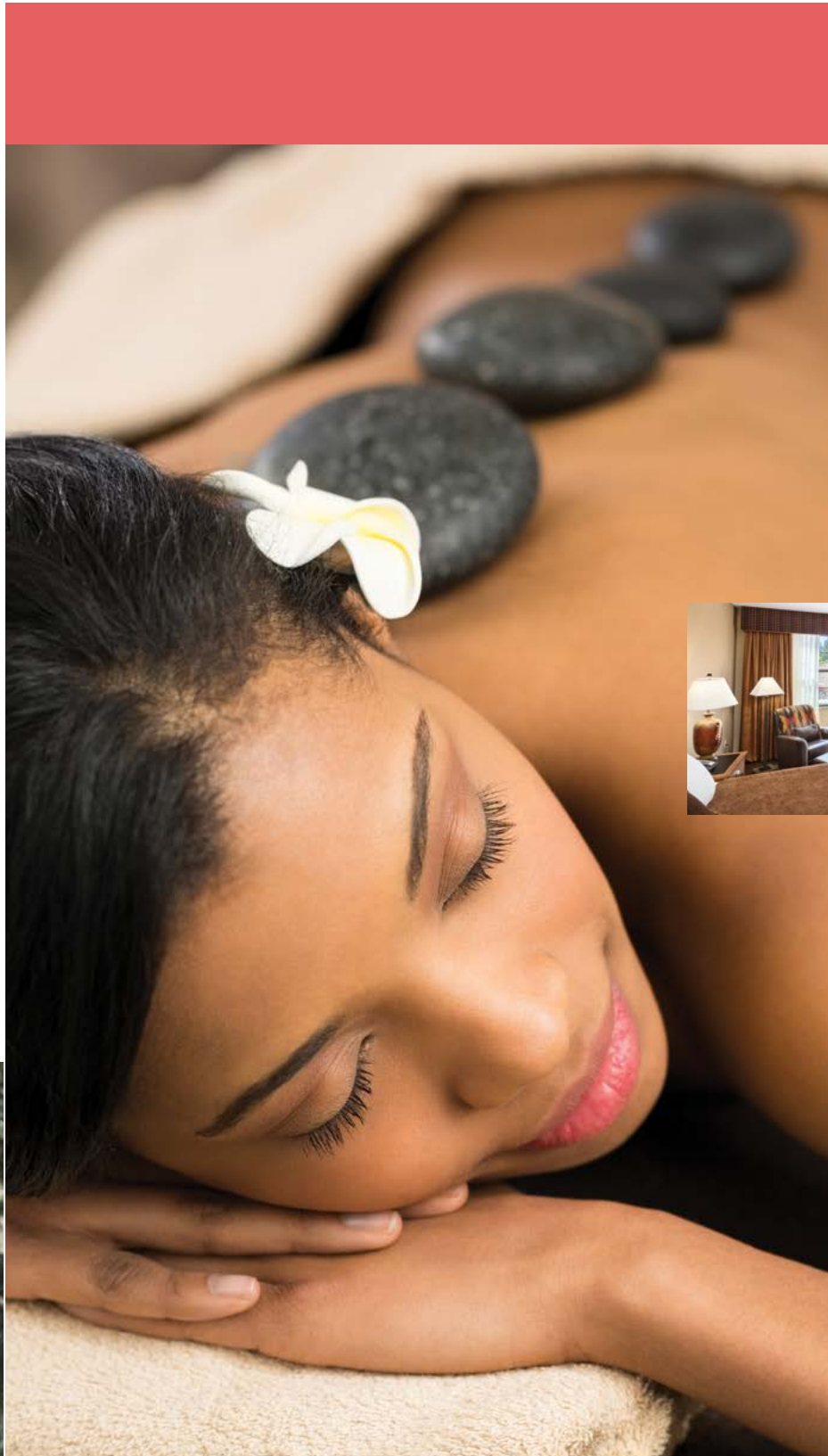
Cut yak into bite-sized pieces. Return the yak and vegetables to the stock pot. Add barley and stock and bring the stew to a low boil. Reduce heat, cover, and simmer for an hour until the yak and barley are tender. Add water if a thinner stew is desired.

Stir in peas and parsley and heat for a few minutes until warm.

Yields 4 to 6 entrée servings or 8 to 10 first course servings.

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Gardening Advice for Beginners

By Kayla Gahagan

Ready to start a garden? The experts say to keep it simple and keep these Black Hills-specific influences in mind: deer and hail. “Make sure you’re prepping for the elements,” says Lincoln Anderson, owner of the Plant Shop at Aspen Ridge. Deer fencing is an option for keeping out hungry deer and rabbits, and hail netting can minimize damage or prevent hail damage altogether.

Raised gardens and containers on porches have become more and more popular for those new to gardening or for those who don’t have the space in their backyard or apartment for a garden. Vine plants like cucumbers, tomatoes, and pumpkins are a great place to start for beginner gardeners, Anderson says. If you enjoy cooking, starting a small herb garden can be the perfect way to add flavor to your meals, while saving some money on fresh herbs from the grocery store. Tim Sim, one of the owners of Jolly Lane Greenhouse, says he has also noticed more demand for raised garden beds for aging gardeners. “It’s more convenient to work, especially the older you get,” he says. “It’s also nice if you don’t have a great big yard.”

When is the best time to start your garden? May is the best month to plant outside, with May 20th marking the average last day for frost. Onions and broccoli can go into the ground earlier, but peppers, tomatoes, and plants on the vine need the warmer weather, Sims says.

Don’t get discouraged if your garden doesn’t flourish enough to host a stand at a local farmers market. Anderson says beginners should keep perspective — gardening can be trial and error. “The nice thing about a garden is that you can replant and try again,” he says. “But really, you can have very good success with gardening here in the Black Hills.” BHW





Find Joy in the Garden

By Kayla Gahagan

A few miles outside of Custer, Joy Falkenburg pauses on a large stone bed during the heat of the summer, flowers spilling from the cracks, lilies dancing across the horizon, and she breathes it all in. Here she is in one of her favorite places on earth, a place she helped create. And that, she says, is just one of the beautiful things about gardening.

Falkenburg can be called many things — a physician, a mom of three, a master gardener — but those in her sphere would also call her a dreamer, a community builder, a woman of faith.

“Since I first wanted to be a doctor, I always listened to a strong inner voice,” she said. “I’m realizing now more that I’m a healer and a gatherer of people and being a doctor was part of that. But it’s part of a larger calling.”

Falkenburg, 48, always dreamt of owning a home near Custer. It was a seed planted in her mind when she attended Outlaw Ranch near Custer State Park in high school. Her dream came full circle when she purchased eight acres just outside of Custer more than a decade ago.

“There were only pine trees and a chokecherry bush,” she said, a perfect canvas for what she envisioned. Falkenburg and her husband, Matt, kicked off a journey to transform the place, first adding on to the house. Over the years, the couple built a pergola, a glass greenhouse, and a Potager garden, a raised, formal garden with a design visible from an aerial view. They also grew an orchard of fruit trees, 14 raised garden beds, a chicken coop, and a pig pen. They own alpacas and Mangalitsa pigs. The acreage is now called “Fresh Air and Iodine Farms,” a nod to her sister Jodi, who believed most ailments could be cured with some fresh air and iodine.

Falkenburg’s ties to the land run deep, but her family ties run deeper. Her parents own a ranch outside of Edgemont and her sister Joleen owns a ranch that borders it. Falkenburg



owns a small herd of Jersey cows, and they winter on her sister's land.

Falkenburg's perspective on life was significantly shaped by her mother's death at the age of 52 to polycystic kidney disease. Falkenburg has been diagnosed with the same disease, causing her to cut back her full-time work as a physician. It's a job she's loved for 23 years, the thread of helping others woven through both that work and her growing farm and acreage. Her plate is full, she admits, but with the right things.

"I am fully aware and accept that my life may be significantly shortened," she said, and she chooses to focus on the present. "What you have right now is today," she said. "Being in the garden, touching the earth, it keeps me in that place. When you're in the garden, you're noticing what is blooming or dying, and even the seasons. We should avoid getting stuck in the past or living for the future." Her faith keeps her grounded as well, she said. "All of this is a gift from God," she said. "He put me here to do something and help others and all the glory goes to Him, not me."

Her advice for beginner gardeners is simple: just start. "People get paralyzed by details, but you don't have to know everything right now," she said. "But you don't have to do what I did," she said. "It's your story. Maybe it's succulent plants in the bay window. Just plant something that inspires you and makes you want to wake up in the morning and go see what's changed."

Falkenburg's three children sew into the property as well, including helping with chores and operating the farm's CSA (Community Supported Agriculture) business by selling produce from their gardens.

Retreat

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Elizabeth Lukas, an independent practitioner and owner of Deeply Well. Ms. Lukas has three decades of experience in energy work, intuitive being and the healing arts.

Mykel Salerno, a yoga instructor and local legend in the yoga community. through her yoga instruction, she inspires her students to commit to being their best, healthy and authentic selves.

The cost is \$4900 for the retreat, materials, lodging, breakfast and lunch. For more information or to register email:
jfalenbur@gmail.com.

They also play a hand in Falkenburg's new adventure of renting out part of their property and three nearby rental homes through Airbnb and Airbnb Experiences. People can come to the acreage to experience farm life and visit the gardens.

She has also turned one of the rental homes into the Black Hills Sartori Retreat Center, where she will host retreats for rejuvenation and vitality.

Passing on her legacy is as sweet to her as standing in her favorite place in the orchard. She hopes the same for others.

"There's no better way for kids to connect with their parents than gardening," she said. "It's the idea that you can put a seed in the ground and it grows into something. When we learn to nurture something, it nurtures us." BHW



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Shannon Riter Osborn

Normalizes Sobriety

By Kelsey Parker



“When I’m stressed, I _____ [insert: pour myself a glass of wine, online shop, eat something sweet, gamble, etc.]” We all have it, that “thing” that distracts us from feeling the feelings. For Shannon Riter Osborn, it was drinking.

From the outside, Shannon looked like she had it all. She owned a successful business, was happily married, was a proud puppy mom, served on the SD Board of Pardons and Paroles, and maintained a healthy workout routine. She looked happy, fulfilled, and healthy. What came as surprise to many close to her was the reality that Shannon was struggling with an alcohol addiction. On her 43rd birthday, Shannon awoke in the repeated haze of hangover and with an unexpected yet absolute awareness she couldn’t fight this battle alone. Just a week later, she headed to treatment for alcoholism. Today, she celebrates over 1,000 days of sobriety, a gift that has brought her clarity, happiness, and an ability to deal with the muddiness of life.

“Personally, I have learned that to stay sober, I have to feel, marinate, enjoy or maybe despise every single emotion I have. We live in a world that encourages pushing through or numbing out emotions that make us feel uncomfortable.” Doing so much out of habit, we lose the intentionality of our actions. “We don’t stop long enough to evaluate what we’re doing to artificially relax: drinking, playing video games, overeating, shopping. Maybe we don’t even recognize our habits that distract us from our feelings. Maybe we work endless hours or maybe we are too attached to our cellphones. Whatever the crutch is, it’s merely a symptom of unresolved emotional dirt.” The challenge, she says, is noticing instead of reacting. The absence of the crutch is where you can really do the work and heal from the emotional dirt you’ve been avoiding – loss, disappointment, death, failures, broken relationships, and/or fears. It isn’t always easy, but it’s freeing. “We hardly take time to just feel, without any distractions. I never realized how little of life I was truly experiencing until I got sober.”

If we aren’t distracting ourselves from discomfort, we’re rushing through it. When Shannon is teaching a strength class at Sol Vibe, she notices how quickly we want to move through

discomfort. “It’s always the third set. People start to rush because that’s when they’re really starting to feel it. We do it in life, too. The real work and the real results happen when we get uncomfortable.”

One of the greatest challenges for a person dealing with an alcohol addiction is the prevalence of alcohol in their day-to-day lives. Alcohol is normalized in society as an appropriate coping mechanism, the conduit for a good time, or even a healthy choice for your heart. (Recently, the World Heart Federation released a policy briefing, debunking the heart health benefits of red wine.) It’s a bad habit too many of us can relate to – a stressful day means a large glass of wine (or two). Shannon, too, began innocently drinking a glass of wine at the end of the day to relax. As the days became more stressful, more wine was needed to relax. It’s a slippery slope, she says. Some red flags she noticed in herself related to her drinking included “planning your day around drinking, thinking often throughout the day about when you could drink next, making excuses to not attend functions where there’s no alcohol or only wanting to attend events where alcohol is served, having secret stashes of alcohol, consistently drinking to the point of intoxication, and mood swings.”

Shannon is always eager and willing to offer support and an empathetic ear to those struggling. After posting a celebratory post on Facebook about her first year of sobriety, Shannon was overwhelmed by the responses she received. “So many people reached out to me to say they were quietly and shamefully struggling and didn’t know where



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to turn.” Although once encouraged to remain anonymous, today, the recovery community focuses on openness and vulnerability. Shannon has found that speaking openly about her recovery — the highs, the challenges — is far more freeing and powerful than living in secrecy. “I don’t want secrecy around my recovery, as I’ve already spent enough years hiding. I show up authentically, with bruises and all, but with no shame in speaking my truth.” Quoting Brene Brown, Shannon said, “If we can share our story with someone who responds with empathy and understanding, shame cannot survive.”

Shannon has found solace and community in unexpected places. “Instagram has been amazing. You see (and meet) sober people living exceptional lives but also being authentic about the challenges they face.” Shannon recommends searching the hashtags #sobercurious #sober_celebs, #soberbuzz, #sobergirlsociety, and #sobervibes, and following these accounts: @jenleehirst, @drop_the_bottle_, and @happy.sober.free.

In bridging the gap between in-patient treatment and back to life, Shannon found support through Lionrock, an online sobriety counseling forum that offers meetings, counseling, and group therapy. For recovery, it isn’t a one-size-fits-all treatment plan. Shannon encourages yoga, therapy, meetings, reading, finding community with others, and re-discovering and/or creating hobbies, passions, and purpose-filled activities. Her book recommendations include *The Four Agreements*, *This Naked Mind*, *The Courage to Change*, and anything by Brene Brown.

Through sobriety, Shannon has found clarity and experiences life more fully. “I’m given so many opportunities to learn about myself and this life through sobriety. The love of that learning, the love of myself, and my desire to be even more present as my genuine self each day give me courage to stay the course. Sobriety reaches a point where honoring yourself feels more natural, alive, and secure than you could have ever imagined.” BHW



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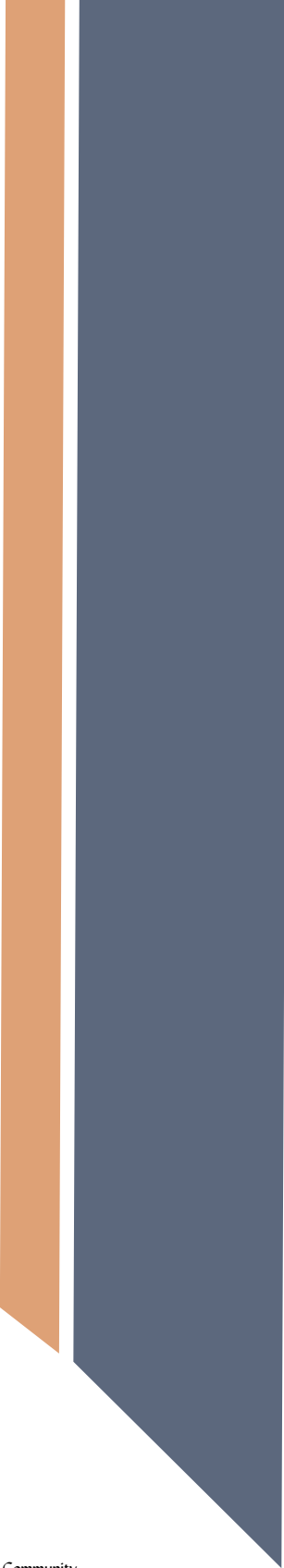
What Does She Do?

with Jenn Albertson

So... you're what kind of lawyer? Assistant Federal Public Defender. So, you do what ...? Let's start at the beginning. In 1963, the Supreme Court ruled that anyone threatened with the loss of their liberty by their government was entitled to a competent lawyer. Not just people who had the money to buy a lawyer. Thus began the modern public defender system. Counties, states, and the federal government all have their own version of lawyers paid for by the public to represent criminal defendants. The District of South Dakota has three offices and the District of North Dakota has two.

As a federal public defender, it's my job to protect my clients from the government. I personally think of it as this: if our government wants to take someone's liberty, it should do it the right way and for the right reasons. It is a misconception that the system is set up to let innocent people go. The system is set up to make the government prove its case. A small but important distinction. Being a public defender is about the law and the evidence, but it's also about being a social worker, a therapist, a secretary, a sounding board, a liaison for the family, a mental health specialist, a substance abuse guru, and an advocate for people no one wants to hear from.

The most frequent question I get asked is, "How can you represent those people?" If you take only one thing from this, please know that those people are just like us. They are humans who have kids who grow out of shoes too quickly and aging parents who need constant care, humans who worry about how to keep food on the table and if they have time to cheer for their favorite sports teams. I can promise you that people are all pretty much the same. A huge part of my job is to help people see beyond the mistakes that landed them in the seat next to me. No one is as bad as your local news makes them sound. I promise.



Over 45% of federal inmates report having mental health struggles. Nationwide, 65% of inmates report substance abuse issues. Pine Ridge routinely ranks as one of the poorest areas in the nation, and many of my clients either have a parent who has been through the federal system or has been a crime victim themselves. There are complex social, educational, economic, health, and emotional factors that shape all my clients' lives.

The District Court of South Dakota is surprisingly busy for covering a relatively small population. In 2019, 986 cases were filed in the district. That number dipped only slightly due to COVID. South Dakota has been in the top five of all district courts nationwide for the number of trials conducted (there are 94 districts!). Here in Rapid City, well over half of our cases come from Indian Country, an antiquated legal term meaning reservations within our district. Typically, 1/3 of the total number of Indian Country filings in South Dakota are from the Pine Ridge Indian Reservation. At the federal level, we represent people charged with failure to pay income tax, to people who sell mortgage cattle, to people who commit internet-based crimes against children, all the way to large scale drug distributors and murderers. Your federal government has jurisdiction over an enormous variety of crimes (thanks to the Commerce Clause which you can google if you need a refresher).

We work cases from the initial appearance (despite what you read in the comments on Facebook, no, no one pleads guilty at an initial appearance) to trial if that is the client's choice. Trial work is my absolute favorite thing because it's participatory! So much of what a public defender does is behind the scenes and, in trial, the community gets to come in and see what is going on in their local courthouse. It's always educational to talk to potential jurors and get different perspectives. Yes, this is a shameless plug for you to honor your summons and come see me for jury selection.

Approximately 90% of federal defendants end up pleading guilty, which means a large part of my job is mitigation for sentencing. This is the one opportunity a defendant has to explain how their life, their struggles, addictions, and trauma, led them to what happened. It's an honor to get to be the person articulating that story. Any custody sentence at the federal level is served in the Bureau of Prisons. A person must do 85% of their time

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in custody. There is no early release at a federal level. And no, it isn't as fun as *Orange Is the New Black* makes it look. Inmates have to pay a substantial amount to call home or buy soap that doesn't make them itch. Some months, it's a choice between one or the other. When a defendant finishes their sentence, they come out on supervised release. A United States Probation Officer will then enforce additional conditions of sentence like treatment or where you can live. It costs the taxpayers \$39,000 a year to incarcerate someone and only \$4,400 to supervise them and offer them rehabilitative programming.

As a lawyer, I have to say this article is not a reflection of the beliefs of my whole office. But I can also tell you that I'm always around if you ever have questions or want to know how things really work. Come find me at Lost Cabin or at Sol Vibe or even my office (it's in the old Sanford's Restaurant!). My job is truly a privilege and I'm always here to talk about it. BHW



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I'm no expert when it comes to hanging blinds, cooking a meal, or putting together a piece of furniture that comes from IKEA, but I have learned a thing or two in the last 13 years of marriage about supporting a strong, successful woman.

Years ago, I read the book *Lean In* by Sheryl Sandberg, which provided me with unique insight into the disparities between men and women at home and in the workplace. For example, more women than ever are primary breadwinners, but only 9% of couples share household chores evenly. Women are less likely to ask for raises, seek promotions, and hold executive positions. To help fix this disparity, men need to step up. We need direct communication and I'm here to help you help us.



TELL US WHAT NEEDS TO BE DONE. If Kelsey doesn't tell me that there are dishes in the sink, the garbage is overflowing, four lights are out, the house is on fire, or the dogs are barking to go outside, I wouldn't notice. It's not likely I'll remember a family member's birthday, or remember that we needed eggs or milk, either. Meanwhile, Kelsey is juggling the to-do lists for multiple businesses, our personal life, and her day job. I'm sure any mom can relate that the list never ends. After about 10 years of marriage, I realized the notepad and calendar on my cell phone can save a marriage. I now calendar garbage days, dog-grooming appointments, and anniversaries. When I hear Kelsey say, "We're out of paper towels" or "I really love this candle," I grab my phone and jot that down in my "Aaron (Errand) List". My gifts have improved, as well as my marriage. Men are simple. We need to be told exactly what needs to be done. What can appear as a lack of initiative is more of a lack of understanding of what you're juggling. Tell us exactly what you need, what needs to get done, and when it needs to get done. **WARNING:** Subtle hints don't work. We will forget, or completely misunderstand. But, we want to ease your burden. We want to be partners — just be patient with us.



2.

BE CLEAR ABOUT YOUR GOALS. If you want to become the CEO of a company or be a stay-at-home mom, make sure you communicate that with your spouse. In any great partnership, it's important that you communicate goals, create a plan, and respect the effort/sacrifices made by both parties to achieve those goals. Women often take the backseat when it comes to their career aspirations, but that's not necessary. Sometimes life may feel a bit like a game of Jenga on a shaky table, but balancing responsibilities in the home can mean an opportunity to achieve goals at work and at home. If something is important to you, make sure your spouse knows. If it's important to you, it's important to us.

3.

POSITIVE AFFIRMATIONS. Notice our efforts and contributions. Be sure to give your spouse expressions of appreciation, compliments, and gratitude. **BONUS:** If you reinforce our efforts, we're much more likely to repeat. "Thanks for cleaning the car and filling it up with gas." Your to-do lists will get shorter and we'll be happy you're leaning on us. Just don't forget to let us know that you notice. BHW



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A young woman with short brown hair, wearing a white lab coat, is seen from the back and side, holding a bright green rectangular box. She is looking towards an elderly woman with short, curly brown hair. The elderly woman is wearing a pink and grey patterned scarf and a pink jacket, and she is smiling warmly at the younger woman. The background is slightly blurred, showing what appears to be a blue door or wall.

IN Service TO Others

By Emily Smoragiewicz



I'm the first person to admit that I get caught up in thinking that, in this busy phase of my life, I'm simply too busy to [insert task here – have a clean house all of the time, plan nutritious meals for my family, be a good daughter/sister/friend]. But, I've tried really hard to not let the thing I'm "too busy" for be service to others.

Years ago, someone said to me, "You are what you do, not what you say you'll do." That's always stuck with me. I have been abundantly blessed in my life with supportive people and opportunities that I probably don't deserve, and I think that the best way to show gratitude for those blessings is to bless other people. I frequently remind myself that during this phase of my life – the phase where I'm shaping the kind of human being my child will be and (hopefully) modeling servant leadership in my workplace – is exactly the time that I should be "doing" instead of "saying I'll do."

There are lots of ways to do that in our community, from cleaning out your storage room and donating the stuff you won't miss, to donating your financial resources, to volunteering your time and talents to an organization you're passionate about. Find a cause you believe in and, suddenly, the "volunteer work" doesn't feel like work at all. Get connected with organizations that are doing things that you care about and want to invest in. For me, one of my favorite volunteer opportunities has been delivering for Meals on Wheels. Sure, there are Wednesdays where I think,

“Oh man, I could really use that extra hour to finish this project.” But when that thought creeps in, I take a deep breath and remind myself that there will always be another project, another task, another chore, and another excuse that will stop me from being the kind of person I want to be.

My commitment with Meals on Wheels of about 1.5 hours every other week is insignificant, but the impact of numerous volunteers delivering meals to home-bound seniors in our community is significant. Meals on Wheels in Western South Dakota provides over 1,600 seniors with lunch-time meals Monday - Friday. The volunteers not only bring a meal but make sure everyone is safe and healthy. If someone doesn't answer their door, the Meals on Wheels office calls the senior or a family member to make sure that everything is okay.

I've found that, to most of the seniors, it isn't just about the food; it's about the human connection. The seniors are always gracious and appreciative. Sometimes, I'm the only person they see that day. Often, my regulars come to the door with a knock-knock-joke or a news article they have clipped for me to read. For people that feel isolated and alone, the 30 seconds of conversation we have at their front door when I hand off their meal is the highlight of their day. And truth be told, it's often the highlight of mine.

I encourage you to use your time, skills, and/or resources to be in service to others. You may just find out that giving back may be just as impactful on you as it is to others.

If you're interested in volunteering time with Meals on Wheels, call (605) 394-6002 for more information. BHW

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Spring CLEANING

Just Let It Go

By Catherine Chicoine

Spring cleaning. Decluttering. The Swedish death clean. The Marie Kondo method. No matter what you call it, who doesn't enjoy a fresh, squeaky-clean start? This Spring of 2022, after a few hard years of a global pandemic and seemingly greater uncertainty in an always uncertain world, consider taking your spring-cleaning efforts to the next level.

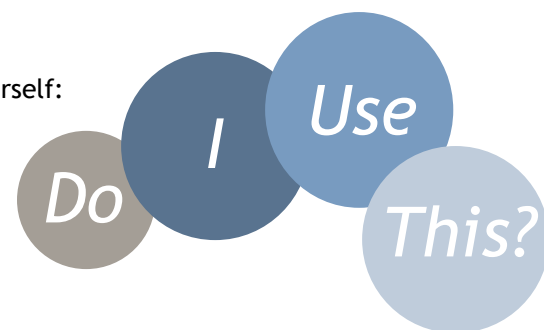
A principle in the yogi world, “swaha,” comes to mind. It's the idea of releasing yourself from expectations, allowing things to be as they are — not apathy, but acceptance. I like to think of swaha as meaning “let the junk go!” “Junk” would be tangible goods that you no longer need and emotional baggage you're holding on to. Inventory, reflect, and let go.

Start by examining the space in which you live: where you move, breathe, work, relax, and spend precious time with loved ones. Take in the space. What do you see?

Do you have skinny jeans that haven't fit for five years? Sweaters you haven't worn for ten years? Stacks of papers and photos that you never look at? Throw pillows and towels that are tired and frayed? Kitchen gadgets that you rarely use? Are your cupboards overflowing with decades old spice bottles? Is your bathroom vanity full of almost empty bottles of lotions, serums, and scrubs? Is your basement bursting with long forgotten toys? Are your shelves covered with dusty books you don't read?

As you take in your home and all the stuff you've chosen to fill it with, ask yourself:

- Do I use this?
- Do I like this?
- Would someone else use and appreciate this more than me?
- Do I want to share my life with this thing?



If you're going to share your energy, your home, your space, and your life with something, it should be positive, helpful, and happy.

Once you've taken an inventory and spent some time reflecting, decide if you'll keep, pitch, or donate any unused or unwanted items. If you need extra help, many brilliant experts have written books on cleaning and organization. In true decluttering spirit, don't buy a book on it. Check one out from your local library.

How

To

Let

Go

Start with your space. That's the easy and even fun part. Then dig a little deeper. Look within, and think about the spirit of swaha. Ask yourself:

- What do I need to let go?
- What isn't serving me anymore?
- Am I holding onto jealousy, anger, bitterness, judgment, comparison?
- What is stopping me from becoming a happier and healthier person?

Letting go is hard, but holding on is harder.

How to let go is deeply personal, but small actions can have a big impact: go for a walk outside, take a workout class, go to church, forgive someone who has hurt you, forgive yourself, take a bath, call a family member you haven't spoken to in a long time, read a book, meet a friend for coffee, find a free meditation on YouTube, prepare a healthy meal at home. Choose to be patient and kind towards yourself and see how that patience and kindness extends to others. Commit to taking one small action once a week that supports a happier and healthier life.



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Moving forward, chose to be choosey.

Once you've decluttered, be choosey about what you bring into your home and your life. The next time you find yourself at Target or TJ Maxx or perusing Amazon, ask yourself a few questions before you add to cart:

- Am I buying this now to make me happy because something else (likely stressful or sad) is going on in my life?
- Do I want this long term, or do I want this right now?
- A year from now, will I look at this and still be happy?
- A year from now, will I still use this?
- Is there another way, without buying stuff, that I could find happiness and stress relief today?

Being choosey translates not only into the stuff that we bring into our homes, but also to all the other stuff we use to fill up our lives. We all have to do things we don't want to do. That is simply a part of life, but in many ways, you can be choosey with your time. Your time is a precious gift. How are you spending it? Ask yourself:

- Am I saying "yes" only because I feel pressured or guilty?
- Am I saying "yes" to things that aren't a good use of my talents?
- How can I use my talents to serve others in a way that still brings me joy?
- Do I regularly spend time complaining about how much I work, how tired I am, and how stressed and busy I am?

We all need to vent at times. But, in my experience, complaining about how tired, busy, and stressed I am never helps me become less tired, busy, or stressed. Instead, put time and energy into a small action (maybe one of the suggestions above!) that supports your decluttered, happy, and healthy life.

Enjoy your spring cleaning, and with thoughtful choices, you can "swaha" the whole year through. [BHW](#)

Catherine Chicoine is a wife, enthusiastic aunt, yogi, and lawyer. She is blessed to call the Black Hills home.



Mark Your Calendars

The Spirit of Peace Beach Ball Social is a fun, casual event and WAVI's largest fundraiser of the year. The money raised at this event helps keep WAVI services free to clients and their families.

The evening will start with a social hour featuring music by Sophia Beatty. A live dessert auction will follow the large appetizer buffet. Grab your friends and some beach props, and snap fun pictures in our photo booth. We will get you further into the Aloha Spirit with Polynesian dancing by "International Vibe". Maybe you will even join in the hula fun!

Silent auction items will be on display at the event. Bidding will be available online starting March 18. Go to wavi.org or connect on WAVI's social media to see all the great items. Attendance at the live event is not required to bid on auction items, but why miss out on the fun?

Maybe you have been dreaming of a getaway. Bursch Travel and Black Hills Energy are sponsoring a \$3,000 travel voucher. Raffle tickets are available on the virtual auction website.

So get out your sandals and Hawaiian shirts to support WAVI with a night of food, music, and aloha at the Spirit of Peace Beach Ball Social.

Working Against Violence, Inc. is committed to supporting survivors of intimate partner violence, sexual assault and human trafficking through advocacy, education and support. As an active member of the Rapid City community since 1978, WAVI understands the importance of prevention and intervention services.

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