

Heart River

VOICE

AUGUST 2019 | VOL. 1, NO. 8 | HEARTRIVERVOICE.COM

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Nuturing children
Grassland Montessori offers
holistic approach to education
page 12

Family bond
Father and son share
sports memories
page 16

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EVENTS: PAGE 22
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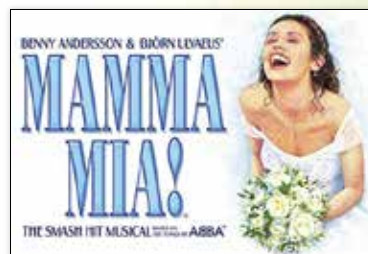
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A note to our readers

From music, family fun, cultural events, rodeos, 5K/10K walks/runs, recipes and rodeos, we've got it. Check out our Calendar of Events. There's a lot to do and see this month.

Also, check out our new features, Miss Bea's Kitchen (page 24) and Adventure on a Dime (page 18), both written by the fabulous Laura Beth Walters. Laura will take us on adventures in her kitchen and home as well as around North Dakota. Welcome Laura!

A heartfelt THANK YOU to VUK Multimedia. They are teaming up with Heart River Voice to create short videos of our story as well as sneak peaks about upcoming articles. Their team is a lot of fun to work with!

It's a busy month.
Enjoy it all!

Kelley Jilek
Publisher

On the cover

"Summer Boutique," a watercolor, by Michael Dunn. For more information about the artist, see page 5.

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DICKINSON STATE UNIVERSITY

The coffee's always on

By Annika G. Plummer, Administrative Secretary, DSU Dept. of Agriculture and Technical Studies



Step into the Dickinson State University Department of Agriculture and Technical Studies building and you'll be greeted with the aroma of fresh coffee. The coffee's

always on at the Ag Building! The coffee, combined with the smell of dirt in the arena and the attentive nature of the faculty and staff, make the students in the Ag Department feel welcome and comfortable in our space.

Once a student becomes an agricultural major, they become a member of the Ag Department family. As a family member, the students are supported and encouraged and, of course, subject to some good-natured teasing! Our students primarily come from North Dakota, South Dakota, Montana and Wyoming, but we do have a few sprinkled in from other neighboring states and a couple from other countries, including Canada and Japan.

The DSU Department of Agriculture and Technical Studies' mission is to be a leader in developing the human capital necessary to create and maintain agricultural systems, landscapes, and communities that are economically and environmentally sustainable in southwestern North Dakota and across the region. One of the ways we meet this mission is to motivate our students to be actively engaged on campus and to develop leadership skills through club involvement. With four clubs in our department, Ag Club, Collegiate Farm Bureau Club, Range Club and the Rodeo Club/Team, we have a very active agricultural student body. The agricultural students coordinate the annual Kids Day on the Farm event in April; plan and execute Roughrider Judging for local 4-H and FFA contestants; and both fundraise for and compete in the DSU Blue Hawk Stampede Rodeo, among other events throughout the year. These students compete in local, regional, and national competitions such as the American Farm Bureau Discussion Meet and the Society for Range Management's Undergraduate Range Management Exam. In addition,

through a variety of field trips, our students have the opportunity to learn about agricultural businesses and agencies, farm and ranch practices, and range plants and communities in a hands-on learning environment. Our department also encourages the students to partake in "real world" experiences through internships. The students learn in a variety of settings, including in banks, on farms or ranches, and many more varied environments. We are working on exposing some students to international internships and hope to have student placements internationally by summer 2020.

We are proud of how we are preparing our students to be contributing members to their communities once they graduate and start their careers. If you'd like to learn more about the department, please email Annika.Plummer@dickinsonstate.edu and I will email you our latest department newsletter. Once a member of the Ag Department family, always a member! We also welcome you to stop in at the Ag Building to learn more about our department and our students and enjoy a tour of the building. The coffee's always on, and everyone is welcome! ■

Quality and affordability is the focus of Dickinson State University's Master of Entrepreneurship program

Students seeking to attain an advanced degree should not be intimidated by the cost, according to chair of the School of Business and Entrepreneurship, Dr. Holly Gruhlke. Many employers pay for or partially subsidize their employees' advanced degrees. Some students are

able to self-pay, while others access student loans.

The Bank of North Dakota offers a loan program for master's degrees that, at Dickinson State University's tuition rate of less than \$10,000 for the entire 30-credit program, would result in extremely low repayment costs. According to Gruhlke, if a student borrowed the entire tuition amount from the Bank of North Dakota using its DEAL Student Loan program (<https://bnd.nd.gov/studentloans/money-for-college/>), monthly payments would be only \$96.56 at a 3% interest rate."

"This small monthly payment should be more than offset by the graduate's ability to earn a higher income due to having successfully completed an advanced degree in a business and entrepreneurship field.

The cost per credit to complete a master's degree is comparable to undergraduate degrees.

Why is the Masters in Entrepreneurship at Dickinson State University so inexpensive? Dr. Debora Dragseth, who is one of the signature professors in the new program, notes that Dickinson State University's mission includes being responsive to the needs of the local area. "We wanted to make sure that our master's degree was affordable and accessible. Indeed, our price point is close to our instructional costs."

The first students will be accepted into the program this fall. Course are offered in eight-week online blocks, thus making the program more accessible for working students. "The ability to take one class at a time appeals to our student population working fulltime," says Gruhlke.

For more information on the Master of Entrepreneurship, contact Dr. Holly Gruhlke at 701-483-2118, holly.gruhlke@ndus.edu, or visit www.dickinsonstate.edu/sobe. Limited seats are still available for the first cohort. ■



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COVER ARTIST**Micheal Dunn**

Michael Dunn was born and raised in Fargo, North Dakota. He attended North Dakota State School of Science in Pre-Education, completed his Bachelor of Science Degree in art and physical education at Valley City State University and earned a Masters of Studio Art from Minnesota State University Moorhead.

Michael has been a practicing professional artist and a visual arts educator since 1975. He retired from teaching visual arts in 2016 but continues to hold workshops in various mediums throughout the Midwest. His works include numerous local, regional and national exhibition awards. His work is in many private and corporate collections throughout the United States and abroad. ■

**Call for Artists**

Are you a North Dakota artist who would like to be featured in our paper? Do you know of someone who deserves a "spotlight?"

Send a short biography (300 words or less) and some high resolution images of your artwork for consideration.

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HEART RIVER VOICE FEATURE

Snow cone heaven

By Kaylee Garling

Want a way to beat the heat as summer comes to a sizzling close? Want an activity both you and your children will enjoy? Want to get out of the house and relish the sunshine before it's gone? Instead of kicking up your heels and relaxing within the comfort of your air-conditioned seat while you read about the families featured in this article, skip on over to one (or all 3) of Dickinson's sno-shacks, dipping into an ice-chilled sweet treat featuring local, family owned and operated service.

Our first business is new to town, though the owner, Sarah Batty, along with her husband, Cliften, have lived in Dickinson for a combined 31 years. Sno-Dak Shack-Tropical Sno is located in the Cenex parking lot next to McDonalds, open from 1-8 pm Monday through Saturday, closed Sundays. They offer over 30 flavors, the most popular being Tigers Blood, Strawberry, Pina Colada, and Cherry, plus 3 sugar free options (more to come). Have a unique flavor you love? Go to their Facebook page - SnoDak Shack, and request your favorite flavor today. The syrups are what makes their product unique, with an emphasis on flavor and texture. They tried several different suppliers before deciding who to go with. When Cliften was younger, he acquired his love for shaved ice. Sarah said, "He always wanted his own shack, so a couple years ago I bought him a small ice shaver. He went crazy making his much-loved treat. He told me then he wanted to open a shack to give our kids a fun place to work and have his treats." This June, his dream was realized, not only employing their

daughter, Hallie Gardener, along with Alyson Lucas, James McMurtry, and Eva Dustin, but also providing a great place for him to mentor his children while having a little fun on the side.

Our second business is run by 4 of the hardest working kids around. SNO-Delicious Snow Cones is located at the driveway of 918 4th Ave East in Dickinson, under the Tiki umbrella. They have over 21 flavors, with favorites including: Tiger's Blood, Blue Hawaii, Huckleberry, Root beer and Pineapple. When asked what makes their business unique, Dayna Blauer said, "The stand is run 100% by our kids. They have been involved with every decision about the stand from day one. From the flavors we serve, the machine we use, down to what tablecloth we use that day. It's their stand. They split all the money they earn between themselves and have even set up savings accounts to save for their goals each year. The machine we use is special. It's the same kind they use in Hawaii. It's technically not a snow cone machine. It's called shaved ice because the machine spins the block of ice and shaves the ice into soft fluffy flakes instead of crushing the ice into chunks. We are very particular about the texture of our snow cones." The hardworking family has lived in Dickinson for 8 years, and this is their 4th summer being opened. They are open mid-May until September, depending



SNO-Delicious Snow Cones

on weather. If it's not too windy, and it's warm outside, they will be open. Check out their Facebook page where they post days and hours of operation. (Search SNO-Delicious Snow Cones)

Our last, but definitely not least business is Jer Bears Sno Shack, located both in Dickinson and Williston. Owners,

have about 20 employees and couldn't be happier of the amazing group of people on our team!" In Dickinson, you can find them just south of the Prairie Hills mall by the old Bonanza building on Tuesday through Sunday noon to 8 pm. They serve authentic Hawaiian shaved ice, that literally melts in your mouth. With



Jer Bears Sno Shack

Jerys aka Jer Bear, and Tami Enget, along with their kids, Lexie, Keyanna, and Rhys opened the shack last year, with only their family running it. They participated in several community events, which was a blast for their family and snowballed into way more than they could have imagined. "We offer ice cream at the bottom of the shaved ice with any combinations you would like, along with different toppings to finish off your delicious treat. The communities have been extremely supportive, so we wanted a way to give back, and this was the tool that helped us do just that! Last year we were able to give back about \$6500 to many people and functions! After we ended our season last year, we decided we wanted to purchase a couple more shacks to give teens in the community jobs for the summer. We are proud to say that between Williston and Dickinson we

over 40 flavors and 5 sugar free options, there's something for everyone. "We will continue our hours until school starts, as all our employees are pretty much in high school or college. Once school starts, we will be open hours that works best for everyone! We do a lot of our advertising on Facebook under Jer Bears Sno Shack. I post every single day where and when we will be. Another thing we take pride in is posting pictures of our amazing customers with their shaved ice! We also love to do giveaways."

If you haven't taken my advice and read your Heart River Voice with a delicious cup of shaved ice, now is your chance to sample them all. We'd love to hear your reviews, so visit the Facebook page of your favorite shop and drop a comment to let them know you appreciate their contribution to our community. ■



SnoDak Shack - Tropical Sno

LIVE RIGHT

Mindful eating

By Gabrielle K. Hartze, RD, LRD, CHI St. Alexius Health, Dickinson

There were (and still are!) times when I ate emotionally and mindlessly. Times when I ate to make myself feel better, to relieve stress and satisfy cravings. When I finally put in the extra, effort to change my eating habits, I realized just how difficult it was to change, essentially because eating was filling so many needs.

The biggest habit change I made was building skills of awareness. Textures, flavors, how food made me feel, what and when I ate, urges or motivations to eat, and the emotions triggering me to eat out of habit rather than actual hunger. Although this skill build came slowly, once I became more intuitive it gradually developed into a natural process.

What is mindful eating you might ask? It's a deeper process of paying attention. This is where our full attention is devoted to bringing our body and mind back together. Rather than placing food in our mouths without notice or eating out of habit, this mindful eating approach brings our feelings, thoughts and sensations back to our attention.

One must realize this skill set is not acquired overnight. Like any other skill it takes practice and patience to build.

There will be times when you forget to eat mindfully, even starts and stops. Nevertheless, with a little practice and perseverance you can become very good at this.

A simple way to get started is to pick one meal per day to focus on. Set aside some time to sit down away from distractions and eat. No TV's or cell phones since these devices avert attention away from the practice of mindful eating. Eat more slowly, avoid rushing through a meal and practice to stop eating when full. Take time to sense the texture and taste of what you are eating.

By slowing down the pace of eating allows your stomach to send a signal to your brain signaling satiety. Prior to mindful eating it would've taken more food to make you feel full. Once you get the hang of it, mindfulness will become natural where then you can implement these new habits more frequently.

I invite you to set aside time to practice for a week to see the difference it can make. You'll notice a calmer mind, tastes and textures you may have otherwise disregarded, and a more satisfied self. You won't be disappointed. ■

PIECE BY PIECE

Whirlwind days and whacky words

By Suzy Rummel

What a whirlwind this summer has been so far and July was crazy at the Stash. But it was fun. We were bamboozled and flabbergasted due to the shenanigans of the retreat and class attendees. Some skedaddled, widdershinned and some lollygagged while others seemed discombobulated or even told a taradiddle.

Now my word document is telling me that the words are spelled wrong but they are just too humorous to not share. You may think I am a Flibbertigibbet or full of malarkey but I am mostly just wabbit. No, not the wascally kind, it just means I'm tired. So next time you are feeling tired or hot, come on in a xertz a nice glass of Italian Soda or Frappe. It will help with your borborygm.

Our August is pretty tame compared to July but we still have some interesting



events going on. The biggest one is Richardton's Opry Land Days, a late summer celebration. There is a parade, events for the kids, bingo, corn hole tourney and dance. The Stash will have demos, trunk shows and specials from 8 to 2 along with our neighbor The Country Drugstore.

We received a lot of new fabric in the last couple of weeks so come on in and check it out. Have a great August! ■

2019

06.20.19
SLAUGHTER
NATHAN DEAN BAND

06.27.19
OVERTIME
MUD BUTTE

07.11.19
KEITH BURNS
WILL DAKOTA

07.18.19
ZEONA ROAD

07.25.19
KIX
BOOZ N TUNA

08.01.19
TWO WAY CROSSING
ONE N DONE

08.08.19
SLAMABAMA
MUD BUTTE

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#BOOKWORM

News, changes and escapism at the library

By Paul Amberg

It has been a busy Summer at the Dickinson Area Public Library (DAPL), and August will give us a chance to catch our breath. That doesn't mean there isn't news or excitement. The most noticeable change would be to the DAPL website. If you have logged in since May, you may have noticed that the website has been completely redesigned and modernized. If you haven't logged into it yet, please check out the new website design at www.dickinsonlibrary.org. Our new site will allow patrons to register for events online, get more information about events and browse our card catalog, among many other things. The new model will also allow us to update the site more rapidly, and thus, the site will continue to evolve and become more interactive. Almost anything on the site can be clicked on and lead you to more information.

On June 12th, the National Endowment for the Arts (NEA) announced the grant winners for the 2019-20 NEA Big Read. Dickinson State University (DSU) is among the grant winners. The NEA designed the Big Read to broaden our understanding of our world, our communities, and ourselves through the joy of sharing a good book. DSU is one of 78 not-for-profit organizations to receive a grant to host a NEA Big Read project. The NEA Big Read showcases a diverse range of titles that reflect many different voices and perspectives, each project designed around a single NEA Big Read selection.

The book being featured will be *The Things They Carried* by Tim O'Brien. Tim O'Brien is a Vietnam vet and his work is a highly acclaimed, fictionalized

version of his and others' experiences in Vietnam. The author will be in Dickinson on November 13th as part of the NEA Big Read.

The DAPL will be partnering with DSU in organizing and putting on this event starting in mid-October and running through late December. The kick-off event is slated for 7pm on October 22nd at the DAPL. More news will be posted about the NEA Big Read over the coming months.

"NEA Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest."

"El proyecto NEA Big Read es una iniciativa del National Endowment for the Arts (el Fondo Nacional para las Artes de Estados Unidos) en cooperación con Arts Midwest."



Some of the events that finished up the summer schedule at the DAPL included an Escape Room which actually encompassed the entire library to solve the problem and a Moon Landing Party to celebrate the 50th anniversary of the 1st Moon Landing. But we aren't done yet this summer. Ages 11 and up may join us at 8:30 pm on August 1st for a Night Sky Viewing. Make sure to attend the Summer Reading Wrap Up Ice Cream Social August 9th from 2 to 4pm. Not that anyone ever needs a treat for reading,



but we'll give you one anyway. Don't forget to turn in your reading logs by the end of the day on July 31st. For those under 18, the DAPL's Free Summer Meals continues on Mondays from 11:30am to 1:00pm through August 19th, courtesy of our friends at the Dickinson Pizza Ranch.

New titles added to the collection:

- **Adult Fiction:** Mrs. Everything by Jennifer Weiner; The Yankee Widow by Linda Lael Miller; What Doesn't Kill Her by Christina Dodd; Cutthroats by William W. Johnstone and J.A. Johnstone; The Road Home by Richard Paul Evans; Tightrope by Amanda Quick; City of Girls by Elizabeth Gilbert

- **Adult Nonfiction:** The Lost Gutenberg: The Astounding Story of One Book's Five-Hundred-Year-Odyssey; First: Sandra Day O'Connor; Parkland: Birth of a Movement; The Path Made Clear: Discovering Your Life's Direction and Purpose; Maid: Hard Work, Low Pay, and a Mother's Will to Survive; Sounds Like Titanic

- **Adult DVDs:** Mortal Engines; The Orville: The Complete First Season; Fear the Walking Dead: The Complete Fourth Season; London Fields; Border; I Still See You

- **Children's DVDs:** The Little Mermaid; Ralph Breaks the Internet; Nancy Drew and the Hidden Staircase; Smallfoot; A-X-L; Peppa Pig: When I Grow

Up; Munki and Trunk: Meet the Jungle Crew!

- **Children's Easy Books:** Sleepy, The Goodnight Buddy; Dough Knights and Dragons; Night Job; But the Bear Came Back; In a Small Kingdom; Doll-E 1.0; Forever or a Day

- **Children's and Teens' Fiction:** Saving Winslow by Sharon Creech; Comics Will Break Your Heart by Faith Hicks; Marcus Vega Doesn't Speak Spanish by Pablo Cartaya; The Benefits of Being an Octopus by Ann Braden; The Hawaiian Heist by Geronimo Stilton; On the Come Up by Angie Thomas

- **Children's Nonfiction:** Soaring Earth: A Companion Memoir to Enchanted Air; 100 Things to Be When You Grow Up; Dreaming in Code: Ada Byron Lovelace, Computer Pioneer; The Hyena Scientist; NFL's Top 10 Teams; Seek and Find Dinosaurs; All That Trash: The Story of the 1987 Garbage Barge and Our Problem with Stuff ■



Paul is the Outreach Librarian at the DAPL. Paul owns more books than he will ever read, but won't stop purchasing books.

AWARENESS

Never alone

By Lisa Stoltz

I remember feeling nervous when I arrived at my first Out of the Darkness Walk. I worried that no one would talk to me or that someone might talk to me too much. I worried I would feel alone. Instead, I found a community of people affected by suicide, all with unique stories but standing united for a common cause. I found that it was okay

to cry, and that it was also okay to smile and laugh. I have walked alongside old friends, and other times I have walked alone and met new faces along the way. Wearing colored beads helps me connect with others who have been through similar experiences.

AFSP's Out of the Darkness Walks allow us to join with others who

have been affected by suicide and to remember those we have lost. It is also a time to raise funds, which go toward research, education, advocacy, and support for those affected by suicide.

Whether you are a long-time walker or ready to take your first steps, I hope you will lace up your sneakers and join us as we walk Out of the Darkness. Wherever you are, you will not walk this path alone.



**American
Foundation
for Suicide
Prevention**



Dickinson's Out of the Darkness Community Walk is Saturday September 21, 2019 at the West River Ice Center. Registration starts at 8AM. Visit www.afsp.org/dickinsonnd for more information. ■

DICKINSON PUBLIC SCHOOLS

Welcome back to school

By Dr. Shon Hocker, Superintendent

On behalf of Dickinson Public Schools (DPS), I would like to take this opportunity to officially welcome you back to the 2019-2020 school year and send a special welcome to new students and families joining the District! As the faculty and I prepare for our students to join us, I'd like to share some exciting and important updates, all of which will positively impact teaching and learning.

This year brings tremendous new opportunities. As we continue toward

input, the DPS School Board reduced the previous \$115 million dollar bond referendum to \$89 million dollars.

Here is how we arrived at this new number:

- First, we removed the \$7 million dollar dedication to fund a new elementary school. It is evident we need to focus on the high school referendum and the elementary school referendum separately.

- Second, we will apply our available \$10 million dollars the



our path of ensuring each and every student excels, we are pleased to announce our three-year plan to bring 1:1 technology to our students. We will offer Chromebooks to all students in grades 6-12 this year. Within three years, our goal is to be able to provide a Chromebook to every student grade 2-12. We are also committed to improving communications with all stakeholders and will be launching new district and school websites shortly.

Reflecting on last school year sets the path forward for this upcoming school year. The weeks following the May 7th bond referendum were challenging. Although the referendum failed, the District still needs a solution to our overcrowded and aging schools. We recently surveyed the community to gain additional valuable insight into your opinions and recommendations and had 1,000 community members participate. After thorough review of the appreciated responses, two primary themes were revealed: trimming the costs associated with the project and the desire for the District to seek corporate sponsorship.

As a result of actively listening to all

district has allocated toward building maintenance to the construction of the new high school.

- Third, we will use \$500K of our building fund levy annually to pay for approximately \$7M of debt.

- Lastly, we will delay completion of the Career and Technical Education (CTE) portion of the new high school for a few years as we diligently pursue corporate sponsorships. It is estimated that we will save approximately \$2 million dollars during construction if we do not fully complete the CTE portion of the project.

Dickinson Public Schools struggled to hire new teachers this year. We lost many of these teachers to communities that are viewed as supportive of public schools. If this trend continues, DPS will continue to struggle recruiting and retaining the best and brightest educators for our students.

As the largest employer in Dickinson, it is imperative that our community is supportive of the public education system. Without it, we will struggle to provide the quality of life we so strongly worked to build.

Thank you for supporting Dickinson Public Schools and your community. ■

NDSU EXTENSION

Roughrider Days Fair and Expo 4-H Division

By Holly Johnson



Monday, June 24th through Thursday, June 27th was hands-down the busiest week of the year for everyone in the Stark/Billings County 4-H – youth and parents alike. That week marked the 2019 Roughrider Days Fair and Expo 4-H Division. Between the judging of static exhibits on Monday, the horse show on Tuesday, the poultry/rabbit show and the dog show on Wednesday, and the livestock show, premium sale, and premium sale buyer picnic on Thursday, the week was full of fun and excitement!

Looking back on the events of that week, it is safe to say the fair was a huge success. By success, I do not mean the number of blue ribbons given, the number of projects exhibited, the number of animals shown, nor the number of premium dollars given. I am defining success as that the youth brought unique,

high-quality projects and competently explained their learning experiences. I was blown away at the talent and knowledge of our youth. There were delicious looking baked goods, handsome animals, well-made woodworking, and everything in-between. The 4-H'ers were mature and gracious winners, no matter what color ribbon they received. We had fantastic help from our 4-H'ers and volunteers, making the work-load much lighter for everyone. I lost count how many times youth and parents asked what they could do to help! Despite the June heat, the animals were cooperative and well-mannered. Best of all, everyone seemed to enjoy themselves and have fun – myself included!

As a new county agent, I could not have asked for a better “first county fair” than the 2019 Roughrider Days Fair and Expo 4-H Division. The 4-H'ers and their families worked very hard, and their year-long efforts were rewarded. The



excitement does not stop there, however. Any blue ribbon static exhibits or any blue ribbon animals shown at the county fair are eligible to compete at the North Dakota State Fair in Minot, ND July 19-27, 2019! ■



THE URBAN HOMESTEADER

Become an amateur weather observer

By Jon Stika

Being involved in agriculture for most of my life, I have always been fascinated by the weather and how it affects plants, animals, humans, and the rest of the world around us. As an outdoorsman, I learned some basic principles of predicting the weather and preparing myself to deal with it. The other aspect of the weather that I have become involved in more recently is that of a weather observer. Rather than attempting to predict the weather, a weather observer makes accurate measurements of weather as it occurs, particularly precipitation.

Since the spring of 2018 I have been an observer of precipitation with CoCoRaHS (Community Collaborative Rain, Hail, & Snow Network). CoCoRaHS utilizes a standardized rain gauge and a web-based reporting system that allows thousands of amateur observers to participate in collecting and reporting localized precipitation data that is used by NWS (National Weather Service) and many other agencies and municipalities for a wide variety of applications.

CoCoRaHS is a non-profit network of volunteers across the U.S. and Canada that measure and map rain, hail and snow. The network originated with the Colorado Climate Center at Colorado State University in 1998. Volunteers use a low-cost standard rain/snow gauge and a bit of self-training and education to make accurate observations that are quickly and easily reported on the CoCoRaHS web-site to provide quality data for natural resource, education and research applications. The National Oceanic and Atmospheric Administration (NOAA) and the National Science Foundation (NSF) are major sponsors of CoCoRaHS. Other organizations have contributed either financially, and/or with supplies and equipment.

CoCoRaHS has several goals including: provide accurate high-quality precipitation data for many end

users on a timely basis, increase the density of precipitation data available throughout the country, encourage citizens to have fun participating in meteorological science, and to provide enrichment activities in water and weather resources for teachers, educators and the community at large.

By having so many observers, CoCoRaHS is able to compile and map precipitation very quickly to help predict potential flooding, storm damage, or travel problems on a very localized basis. When I report my observations, the web site software immediately places it on a map along with the data of other observers, so everyone can see what precipitation has occurred in any part of the country.

If you would like to learn more about becoming an observer on the CoCoRaHS network visit the CoCoRaHS web site at: <https://www.cocorahs.org/>

Since the fall of 2018, I have also been recruited by the NWS as an official precipitation observer for Dickinson. I host and maintain an automated rain gauge as well as make daily precipitation observations with the same rain gauge I use to report on CoCoRaHS. When precipitation falls as snow, I also measure both the depth and water content of the snow on a daily basis. I report my observations on a web-based system in addition to sending in a monthly data download from an automated rain gauge.

Helping keep track of the weather can be rewarding, educational, and fun. I encourage you to check out CoCoRaHS today and become part of the citizen weather observer team! ■



Jon Stika is a former USDA scientist and the author of, "A Soil Owner's Manual: How to Restore and Maintain Soil Health" and numerous articles for *Brew Your Own* magazine.



DICKINSON AREA CHAMBER OF COMMERCE

Banquet in a Field: Western Style cultivates awareness of agriculture

The Dickinson Area Chamber of Commerce Agricultural Committee hosted its second annual Banquet in a Field: Western Style at Arrow K Farms near Belfield, ND on Tuesday, July 9, 2019. The event brought together approximately 130 guests.

This tasty, summer event served up an opportunity for consumers and North Dakota growers and producers to chat about why agriculture is important to our region. Oh, and appreciate an impressive farm to table (and pint) experience.

"We hear more and more about the separation of agriculture and urban communities. With this event we're able to educate consumers about where their food comes from, how it's raised, and bring it right to the table in front of them," said Dickinson Area Chamber of Commerce Ag Committee volunteer Linda Schroeder.

THE EXPERIENCE

When it comes to a farm to table experience, Banquet in a Field: Western Style doesn't leave you wanting.

Area locals started the evening at a social hour where they sampled upscale appetizers at commodity stations that featured the corresponding crop



(beef, lamb and pork), oilseed, pulse, soybeans and wheat.

After the social hour, guests were seated at tables decorated with stylish centerpieces, courtesy of 701 Design + Events.

Guests dined on a delicious multi-course meal, that included a soybean salad with sunflower oil & red wine dressing; barley pilaf, corn & zucchini sautéed in canola oil; beef tri-tip and grape zinfandel cake served with honey whipped cream & ice cream.

During the dinner, the evening's hosts, Greg and Stacey Kessel with their children Jade, Grant, Garrett and Griffin shared the story of their vertically integrated operation: how they've taken barley from their very own field to the pint in front of guests.

"We think it's really important to tell people our story. To, tell our customers, our consumers where their food comes from. And to know it's a safe product. At Banquet in a Field: Western Style, guests



plot, listened to live music by Jessie Veeder, and engaged with growers and producers.

The evening's guest chefs were Lady J's Catering and NDSU BBQ Boot Camp. The commodity stations included barley, canola, corn, dairy, grapes, honey, meat

Continued next page

Continued from page 10

are able to see that we are a family who has taken a product from field to table, or in our case, pint.” said Jade Kessel, of Arrow K Farms.

THE EDUCATION

The Dickinson area is steeped with agriculture. With the abundance of produce in the area, it’s no wonder why the Chamber has decided to make Banquet in a Field: Western Style an annual event.

“The Dickinson Area Chamber of Commerce exists to promote a progressive business environment in our community. We work day in and day out to help make southwest North Dakota a desirable place to live, work and conduct business.

With Banquet In A Field, our business focus is Agriculture. The event brings people together to eat food showcasing local commodities, to drink beer featuring home-grown barley, and to visit with producers who have the know-how of where everyday foods come from!” said Christina Jorgensen, Executive Director of the Dickinson Area Chamber of Commerce.

Guests joined this year’s event from education, legislature, health services, energy and the food industry – just to name a few! Businesses across the country rely on the crops and livestock produced in our region.

LOOKING AHEAD

Because Banquet in a Field was such a success, the Dickinson Area Chamber of Commerce Ag Committee is already making plans for next year. The event will be a key community resource, going forward, for those who want to learn more about how agriculture impacts their daily lives.

We hope you an opportunity to join us at the next Banquet in a Field! ■



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HEART RIVER GEMS

Grasslands Montessori

By Kaylee Garling

When our oldest son was a toddler, he had a very hard time forming his words and needed extra support from outside the home, so we chose to enroll him in the local Montessori Academy. We have seen the benefits reach much further than just his language level. He is now a self-confident young man, who knows who he is, and where he is going, thanks to the parent/teacher learning fostered within the Montessori program.

Grasslands Montessori Academy is a family-owned and operated school, which shows their commitment to not only their families, but their education as well. Ms. Valerie, co-owner and Director of Education at GMA has been teaching for 36 years and is Montessori trained and certified on the Early Childhood, Lower Elementary and Upper Elementary levels. She is also a MACTE (Montessori Accreditation Council for Teacher Education) accredited Montessori teacher trainer, not to mention, a mother of 10 and grandmother of 28. When asked why she chose Montessori, Ms.

to do more. So, I slowly added in a Toddler program, then Elementary, then Middle School. But I wasn't the only one wanting more. The parents I was working with wanted more! They were seeing their children's potential soaring and were falling in love with it, too." She moved to Dickinson 5 years ago to start the school with her daughter, Ms. Melissa, bringing experience and love for this wonderful program with her.

Ms. Melissa, who was working in the office as lead administrator when she opened the school, later chose to take training to receive her Montessori certification so she could more fully serve her business by being able to truly understand the depth and beauty of a Montessori learning experience. "I felt it would enable me to be able to be a better support to my staff and to the parents and children which we serve. Now that I have experienced Montessori from the teaching side and have received a more in-depth education on the science behind the Montessori Method, I cannot see myself wanting to do anything else. It

lit a fire in me. Children deserve the absolute best we can give them. They deserve to be understood and taught and loved and respected. Some of them who have seen unfortunate circumstances in their young lives deserve to be healed. I can say without a doubt that there is no better way to do all this and more than by applying the Montessori method to their young lives." As testament, all of Ms. Melissa's four boys have attended Montessori and excelled in the program.

When asked, "Why Montessori?", they elaborated: "The Montessori method of teaching originated from Maria Montessori, who taught of the "normalized child", which is, a child's natural state of being when his internal fire is being nourished (he has been given freedom to blossom within appropriate limits) is that of one who is peaceful, harmonious, joyful, industrious, capable of concentration, respectful, disciplined, and adheres (by choice) to the rules of the

environment. Our environment at GMA offers the opportunity for the child to "normalize" within it. Due to the multi-age classrooms, each child will be in the same classroom for a three-year cycle, which means teachers truly know each child inside and out. We know their likes, dislikes, what drives and inspires them, how they best learn, etc. This multi-age classroom also gives the older children the opportunity to mentor and teach the younger children.

Great emphasis is put on the importance of the parent to be involved with each child. It takes a collaborated effort between the child, the parents, and the teacher for the child to really achieve all he can. Our school has a parent volunteer program which gives the opportunity for the families around the child to be involved in monthly parent meetings, school activities, parent teacher conferences. There are no tests, no grades given, no standardized tests, and no homework. Children move freely around the environment, exercising their right to independent work on the lessons they choose to work on. Our staff is trained in the development of children, how to observe the child, and how to identify developmental planes and the sensitive periods within their development. Our works (lessons), made available to the children, will be changed in order to satisfy these needs which were observed. Through these observations, we are also able to identify how a child might best absorb

a lesson. Maybe approaching the child through music, or art for example would best feed that specific child. It is very important that each child is driven from within, intrinsically. Only by allowing this can a child experience true joy in learning that will last a lifetime. The whole child is nurtured and educated as opposed to just the academic needs.

Self-correcting materials are used to teach the lessons in the classroom, so the child does not need the teacher to correct his work, nor does the teacher have to be watching over the shoulder of each child to ensure he is working effectively. The child feels safe to experience the material, make mistakes, correct himself, find new ways



to approach the work, etc. Children own their educational experiences which solidifies them even more.

"The teacher (or Montessori Guide) is the first example of how one should behave in the environment. If the child needs to hang the bathroom pass on the door before going in to use the bathroom, then so does the teacher. If the child is expected to use a placemat and napkin and eat his snack sitting down, then so is the teacher. Teachers do not walk around the classroom eating, speaking loudly across the room, going in and out whenever they please. We eat lunch with the children, conversing, and emulating the sort of table manners we would expect from them. Lessons are taught with real experiences, not by looking at pictures or videos. We use the formal names of everything we teach. We expose them to

Continued next page



Valerie replied, "It was an amazing blessing which I just fell into. I was living in southern Utah and wanted more for my children than what was offered at that time. I had a friend who owned a school and she approached me about it. I went and observed and fell in love! I truly feel God was watching over me when he led me down this Montessori path. I started with an Early Childhood program but the more I learned and grew and experienced the beauty of it, the more I knew I needed



Continued from page 12

the real world as a botanist, zoologist or mathematician. Studies have shown that the Montessori graduate knows who he is by the time he gets to college. Almost all go on to college after high school and they typically graduate in 4 years, picking a major and sticking to it. They know what they want and are able to be successful in the post Montessori world, because they've had the opportunity to make their own choices, and experience natural consequences in their education. They had a safe place to learn and make mistakes, where their individual spirit was nourished, and the intrinsic drive within was honored."

This fall will begin Grassland Montessori Academy's 6th year of operation, celebrating the individuality of children and education. If you are interested in enrolling your child for the upcoming year, contact Amanda at 701-495-2658. All registration forms can be found at www.grasslandmontessori.com. There are only a few spots left in both the Toddler Program, ages 18 months to 3 years, and Early Childhood Classroom, ages 3-6, so call to reserve a time for your tour today, commencing your child on the path of an individualized, holistic approach to education. ■

PIPER'S PALS Pet Name Match

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

A: Boomer (#___)

B: Chica (#___)

C: Zane (#___)

D: Woody (#___)

E: Wallace (#___)

F: Kirby (#___)

(Answers in our September issue!)

WOULD YOUR PET LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!

Email kelley@heartrivervoices.com

Last month's answers:

A: #2 Colin	D: #6 Kali
B: #5 Gabe	E: #3 Gustaf
C: #1 Nilo	F: #4 Olive



PET HEALTH

Walking pets safely

By Lorri Stoltz

Always keep safety in mind when walking your dog, for you AND your dog's sake. It is wise to use a standard flat leash instead of a retractable leash for many reasons.

1. A retractable leash can extend up to 26 feet which allows dogs to get far enough away from their humans that any situation can quickly turn dangerous such as running into the middle of the street or making uninvited contact with other dogs or people.

2. In the event your dog is approached by an aggressive dog, you will have a much better chance of controlling the situation if your dog is at the end of a six-foot standard flat leash rather than a 20-foot retractable one.

3. The thin, flimsy cord of a retractable leash can break, especially when a powerful dog is on the other end of it. Not only can that put the dog and whatever he may be chasing in danger, but also the cord can snap back and injure you!

4. If a dog walker gets tangled up in the cord of a retractable leash, or grabs it in an attempt to reel in their dog, it can result in burns, cuts, and even

amputation.

5. Dogs have received terrible neck, throat and spine injuries as a result of the sudden jerk on their neck that occurs when they run out the leash.




6. Retractable leashes allow dogs more freedom to pull at the end of them, which can look like aggression to another dog. You won't be close enough to intervene.

7. The handles of retractable leashes are bulky and can be easily pulled out of human hands, resulting in a runaway dog.

8. For dogs that haven't been trained to walk politely on a regular leash, retractable leashes actually train dogs to pull while on leash, because they learn that pulling extends the lead.

Walking your dog should be safe and enjoyable for everyone. ■




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WHERE BUSINESS GOES TO GROW

**Local manufacturer
spotlight - Baker Boy**

By Stark Development Corporation

Magic Ring Donuts, waterfalls of glaze and sprinkles. Oh my! It sounds like a mythical world in some far off place. In reality, this is part of the daily operations of one of our local manufacturing

Baker Boy currently distributes its product in 21 states and employs approximately 220 people in their 149,000 square-foot advanced manufacturing facility. Producing up to 35,000 cases of premium baked goods



facilities. This month's Manufacturer Spotlight features a 64-year-old local bake shop turned bakery manufacturer.

From its roots as a small-town bakery, it has grown to an industry-leading manufacturing facility located right here in Dickinson's west industrial park. It is no surprise that Baker Boy has clearly dedicated themselves to the art of making baked goods.

for foodservice, supermarkets, in-store bakeries, convenience stores, schools and private label customers requires a LOT of raw materials.

Each year, Baker Boy uses about:

- 12 million pounds of flour
- 2 million eggs
- Nearly 2 million pounds of sugar
- 18 million square feet of corrugated cardboard





Baker Boy has made significant recent investments in technology and automation within their facility. An \$11 million expansion to its donut line will increase production from 5,000 donuts an hour to 22,000 donuts per hour. In an eight-hour shift, it will produce more than 11 linear miles of donuts placed one next to another. In a month, it could produce a line of donuts from their facility around the state capitol in Bismarck and back again!

Not only can Baker Boy produce a lot of donuts but it can work a little magic too.

The manufacturer is the first bakery in North America to produce a yeast-raised ring donut that is injected with filling. Fillings for the Magic Ring Donuts include raspberry jelly, Bavarian crème, and blueberry jelly. Its injection equipment, installed in the summer of 2018, can also combine fillings to alternate flavors around the ring of the donuts, making combinations like the dual-injected strawberry cream cheese and dual-filled chocolate and Bavarian crème possible.

Now for the waterfalls and sprinkles! This fall, Baker Boy's donut expansion

An \$11 million expansion to its donut line will increase production from 5,000 donuts an hour to 22,000 donuts per hour.

will be completed with the addition of equipment that will automatically ice, glaze and decorate donuts as they come off of this new advanced donut line. These finished donuts will be made

available as thaw-and-serve fully finished options under their brand The Donut Hole to further diversify their market share.

Beyond the new donut line, Baker Boy produces sandwich buns, croissants, breads and biscuits. One-thousand-pound mixers make dough that is then shaped, formed, rolled, cut

and layered before entering proofers to raise in preparation for baking.

With the help of a 12-foot wide by 65-foot long tunnel oven, Baker Boy can bake 440 biscuits and 120 sub sandwich buns a minute. After a ride around a maze of conveyors and spirals, product is cooled before entering one of four spiral freezers which combined, can freeze 17,000 pounds of product an hour at minus-20 degrees before being counted, packaged and labeled in cases for distribution. Much of this process is automated and under the supervision of their skilled

workforce.

Stark Development Corp. would like to congratulate Baker Boy on its success, support and commitment to the community and significant efforts to diversify our local economy. Baker

Boy's customer-focused business model inspires growth and innovation to become a leader in the baking industry all from right here in Dickinson, North Dakota! ■



HEART RIVER VOICE Q&A

Father and son's bond continues with DSU's upcoming season

By Nathan Zent



Father and son, Mark and Hayden Gibson, have been able to bond over football most recently during Hayden's first three seasons playing for the Blue Hawks. They were also able to bond when Hayden played quarterback for the Bismarck High Demons under his dad who was and still is the head football coach at Bismarck High. Mark and Hayden, along with the rest of the Dickinson area, will hopefully have much to cheer about during Hayden's senior season as he attempts to lead the Blue Hawks to their first national championship in school history on the thirtieth anniversary of Mark's senior season with the Blue Hawks. Hayden and Mark shared their insight with us on how their bond through football has evolved from when Hayden was in high school to now. We will start with a Q and A with Hayden.

Nathan: Do you have a special memory from playing in high school under your dad that has inspired you to play at a high level in college?

Hayden: I wouldn't say I have a single memory that has inspired me to play past high school. When I was in 8th grade, I really began to fall in love with the sport, and I had a great overall experience playing for Bismarck High. So, when the opportunity presented itself to play college ball, I couldn't really say no.

Nathan: Did your dad instill in you a team-minded approach to football rather than going for the biggest personal stats?

Hayden: Well, we did run the ball quite a bit so whenever we got the chance to throw the ball I just really wanted to be efficient, so he felt comfortable calling more pass plays. I've just learned the most important stats for a quarterback are efficiency and not turning the ball over. High efficiency and not turning the ball over usually translate into wins.

Nathan: What is the most influential piece of football advice that your dad gave while coaching you in high school that you still utilize today?

Hayden: He just always told me to enjoy the moment. I should always have fun playing football and there shouldn't be any reason I should play if I don't have fun playing the game.

Nathan: In what ways, if any, has your dad helped you to remain positive when your game is in a little bit of a slump?

Hayden: This is funny to me. When I was younger, I would always pout when things weren't going my way. After the game, he would chew my butt in the car, not for playing bad, but for acting the way I did. This happened countless times and then once I matured, I understood that maintaining a positive attitude gives your team the best chance to win the game. As a quarterback, teammates are always going to be looking at you to lead and pouting usually translates to negative performances for you and your teammates.

Nathan: How, if at all, has your dad's advice for you changed between games

now that he is an outside observer and not your coach?

Hayden: My dad's advice hasn't changed one bit from being a coach to an outside observer. He has always just told me how it is and tells me what he's seeing from his perspective.

Nathan: Are you planning to pursue playing professionally either in the NFL or the CFL or will the upcoming season be the last opportunity for people to cheer for you?

Hayden: I'm preparing for the last season of my career but if the opportunity presents itself after college and the fit is right, I would definitely consider playing.

Nathan: If you are not planning to pursue professional football, what are your plans after graduation?

Hayden: I either want to coach at the college level or teach and coach at the high school level. For the past couple years, I have been coaching middle school basketball and have really enjoyed that experience.

Now it is time for a Q and A with Mark.

Nathan: What are you most looking forward to about Hayden's senior season?

Mark: Not sure. I know the years have flown by and I really enjoy my Saturdays following the Hawks! I really don't want it to end to be honest.

Nathan: What are you most proud of Hayden for in his college career so far?

Mark: The fact that he is getting a quality education at a tremendous institution. He had a 3.9 GPA last semester and I have seen him grow into a responsible adult.

Nathan: What do/did you enjoy more? Being a spectator at DSU games now or being Hayden's coach in high school? Why?

Mark: Being a spectator at DSU games. For the most part, I just sit and enjoy the whole atmosphere and the life long memories he is making. I honestly have to go back and watch film of when he played for me because I was in full coaching mode and didn't really watch him from a parent perspective. It is completely different.

Nathan: What events in Hayden's college career do you think have allowed you to bond the most?

Mark: I think the whole experience. I believe his father looks forward to game day probably more than him! DSU has a great fan base and fun people to be around. The playoff run last year was pretty special from the highs of winning and the lows of losing. Hayden has always



taken losses very hard and it takes time for him to move on.

Nathan: Do you informally help Hayden improve his throwing or do you leave that up to his college coaches? If you help, in what way?

Mark: If he asks for my input I will add my two cents but only if he asks for it. I try not to be one of those parents who analyses everything, and it consumes our lives. I am very fortunate as a parent to know that Hayden is in tremendous hands on and off the field. You will not find a better man in the upper Midwest than Coach Pete Stanton. He is very humble, and I know that he puts the well-being at the forefront of each one of his players (not just Hayden). In today's world where so many egotistical coaches worry about only their own personal agendas, it is refreshing to know that coach Stanton and his staff will take tremendous care of your child at Dickinson State. He has had many opportunities to coach other places and probably higher profile with better pay, but he remains dedicated to his university. I would highly recommend any player to choose Dickinson State for that reason.

Nathan: What are your hopes for Hayden in the future?

Mark: To live life to the fullest and enjoy every step of the way. I would love for him to return to Bismarck to coach with us but whatever he decides to do, I will support him because I know he will choose the right path.

Come out and support Hayden and the rest of the Blue Hawks football team on August 29 at 6pm as they take on Rocky Mountain College in their season opener at the BAC. ■

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VOICE

ADVENTURE ON A DIME

Painted Canyon sunset



By Laura Beth Walters

Exit 32. Does that mean anything to you? It should! From the highway it looks like any other rest area, but exit 32 holds an amazing surprise in store for those who seek a brief repose from their journey.

It was Monday evening, about 8:20pm when my husband slowed the car and took the exit. As we crested the tiny hill, I noticed a handful of cars scattered around the parking lot and a few weary travelers wandering about. Through the old rail fence and overgrown shrubbery, I caught a glimpse of deep blue-green hills and my heart skipped a beat. The Badlands. Will that view ever get old! My husband parked our car at the far end and as we wound our way along the fence to the overlook, we saw a few

couples pausing to take pictures. It was the perfect evening to watch the sunset at Painted Canyon.

We made our way to the main overlook closest to the office and were instantly in awe of the scene before us. The valley below was filled with yellow clover and the grass stretched up the rugged buttes as high as it could before giving way to the colorful layers of rock which form these hills. There were six or seven other people gathered there with us but a hushed reverence had fallen over the place as we watched the sun sinking down over the buttes. The sky was barely orange when we arrived and the clouds were gliding lazily across the sky. Gradually however, they began to ripple as waves do when you skip a rock across a glassy lake and, as they swirled, the

clouds took on a fiery orange hue. The sky was ablaze and the horizon was draped in a thick, purple cloak as the Badlands were transformed before our eyes from vibrant, rolling hills to deeply shadowed, uncertain terrain. It's no wonder the Native Americans and early European explorers all had different names for this place but with similar meanings - a bad land.

We stood there, this group of strangers, pausing together in awe of this breathtaking display. As the sun sank behind the buttes, I felt a collective sigh escape each of us. I looked around and found I was met with kindred glances. We knew we had just witnessed something amazing, something we would never experience again - together. This was more than just a sunset. This

was perfection.

Sharon Draper said, "Perfect Happiness is a beautiful sunset, the giggle of a grandchild, the first snowfall. It's the little things that make happy moments, not the grand events. Joy comes in sips, not gulps."

Join me here each month as I share our adventures! My hope is that, by telling our stories, you and yours will be inspired to get out and discover your own passion for North Dakota. I will be sharing ideas for affordable dates and adventures. Nothing crazy! Sips, not gulps.

Thanks for tagging along! Until next time, Laura Beth ■

CONVENTION AND VISITORS BUREAU

North Dakota Nuggets

Did you know?...

- North Dakota leads the nation in production of spring wheat, durum wheat, dry edible peas, dry edible beans, honey, flaxseed and canola.
- North Dakota is the No. 1 producer of honey in the nation.
- 39.1 million acres — nearly 90% of North Dakota's land area— is in farms and ranches.
- The world's largest french fry feed is held every year in Grand Forks, during Potato Bowl USA. A new record was set on September 10, 2015, when 5,220 pounds of french fries were served.



- Little Missouri National Grasslands is the largest grassland in the United States at more than 1 million acres and one of three grasslands in North Dakota.
- Lake Sakakawea has more shoreline than the California Pacific Coast.
- World's Largest Buffalo monument stands tall on the hill in Jamestown. This 26-foot-tall, 60-ton concrete giant has been standing watch over Jamestown since 1959.
- The "World's Largest Holstein Cow," built to honor the dairymen of the area is 38 feet high and 50 feet long, and is visible for five miles.
- The world's largest hamburger was eaten in Rutland, North Dakota, in 1982. It weighed 3,591 pounds and more than 8,000 people were invited to the meal.



- Movies filmed in North Dakota include Dakota (1945), My Father's Garden (1996) and Woolly Boys (2001). None of the scenes in the popular movie Fargo were filmed there, however, the wood chipper used in the movie is now on display at the Fargo-Moorhead Visitor Center.
- The geographical center of North America is marked in Rugby.
- Explorers William Clark and Meriwether Lewis and the Corps of Discovery spent more time in what is now North Dakota than any other place on their journey.
- The International Peace Garden is a beautiful symbol of peace and friendship straddling the U.S. and Canadian border of North Dakota and Manitoba.



- The weather in North Dakota varies greatly, as do reports of year-round cold and snow. Suffice it to say that reports of never-ending bone-chilling cold are greatly exaggerated. In reality, weather often varies by location with the southwest (banana belt) generally warmer than the northeast. In fact, the average high in North Dakota in February is 29 degrees, the same as Minneapolis; six degrees less than Chicago; and 10 degrees less than Boston.

MAKE A DIFFERENCE

Muddy 4 a Cause

The length of treatment for childhood cancer is 3 months to 3.5 years. That's over 1,278 missed days to learn, explore and play. One in 285 children is diagnosed with Cancer before their 20th birthday. Cancer is a devastating disease, especially when it affects a child. When a child is diagnosed with cancer it affects every family member and nearly every aspect of the family's life for years. It rocks a community to the core. Progress continues as researchers find new treatments and in some childhood cancers, even cures.

No matter how bad it gets, the people surrounding a child with cancer never give up, because they don't want the child to give up. The financial stress on families can be devastating and last beyond the crisis. Medical bills, co-pays, medications, travel, lost wages and sometimes lost jobs. Research progress is promising and expensive as the cost of equipment to perform research alone is astonishing.

Be part of the people surrounding the children with cancer in our community. Muddy 4 A Cause is a weekend of fun for all ages to raise money to help families

battling childhood cancer and to support research. Muddy 4 A Cause is a grassroots organization in Dickinson led by local pediatrician, Dr. Brian O'Hara. Caring for children in our community for nearly 30 years, Dr. O'Hara felt he needed to do more to help the kids and their families.

A chance meeting with Taner Ohlsen of Brave the Shave inspired Dr. O'Hara to call together friends, family and co-workers to create this event — an event intended to raise money to support children fighting cancer,

and their families. Funds raised at the event will be donated to Brave the Shave, a local charity who in addition to supporting ND families who have children fighting cancer also help fund critical pediatric cancer research.

Muddy 4 A Cause will be held August 17 in Medora. Activities are planned for all ages. Participate in the obstacle mud run or muddy kids events. You'll get dirty. You'll have fun. You'll make a difference! Sponsorships and donations are being accepted anytime. To make a donation or become an event sponsor contact taner@bravetheshave.net. Stay informed and get involved at www.muddy4acause.com. ■



COMMUNITY ACTION

Early Head Start and Head Start



Community Action Partnership Head Start and Early Head Start are accepting applications for expectant mothers and children prenatal-age 5. Both programs provide comprehensive early childhood education, health, nutrition and parent involvement opportunities to income eligible children and their families.

Early Head Start is designed to nurture healthy attachments for children. The CAP Early Head Start program serves pregnant mothers and children to age 3 through a home-based program and a center in Dickinson.

Head Start serves pre-school aged children 3-5 in either a home setting or in preschool classrooms located in Dickinson and Mott.

Both Programs serve the entirety of Region VIII which includes the counties of Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, Stark.

Find us on Facebook and online at dickinsonearlyheadstart.com.

Interested families should call (701)227-3010 to apply. Limited slots available. ■

TRINITY CATHOLIC SCHOOLS

Trinity Junior High and High School: AdvancED accredited

By Kelli R. Schneider, Marketing Coordinator

Trinity Junior High and High School in late June, 2019, received Accreditation status from AdvancED – big and exciting news for Dickinson’s private, Catholic junior high and high school.

What is accreditation? It is a voluntary method of quality assurance developed more than 100 years ago by

American universities and secondary schools and designed primarily to distinguish institutions adhering to a set of educational standards and policies.

Are all North Dakota junior high and high schools accredited? No. There is a difference between being an accredited school and being an approved school. The North Dakota Department of Public Instruction gives Trinity approval, just as it gives all North Dakota High Schools approval when that school meets standard educational requirements. This approval gives high school’s the ability to confer diplomas on their graduates. Accreditation, however, is a voluntary pursuit undertaken by a school to embark on a journey of school enhancement.

In visiting with Father Gregg



Hochhalter (THS, '03), Trinity Junior High and High School Dean of Students, an accredited school is “...a school that seeks deep and extensive evaluation and review from a research-driven and standards-based organization that operates outside of the school community.” In the case of Trinity Junior High and High School, just as with all

North Dakota Schools, the organization that gives this evaluation and review is AdvancED – a global organization that seeks to provide accreditation certification to schools and institutions.

An institution going through the accreditation process will, as a final step, undergo an engagement review – an evaluation by educational personnel

outside of the school community and approved by AdvancED. Trinity Junior High and High School’s engagement review commenced in May, 2019. After the completion of that engagement review, an institution receives one of three levels of

distinction or status; or is denied a status altogether. Based on a school’s performance in areas related to

the applicable set of accreditation standards, policies, assurances, student performance results, and stakeholder feedback, that school receives an accreditation status. Trinity Junior High and High School received the highest level of status or distinction – accredited.

What does this mean for Trinity Junior High and High School? “Accreditation for Trinity means that at the junior high and high school level we have met a significant set of benchmarks through diagnostic material, internal and external reviews, and most importantly through student, teacher, and parent observations,” said Father Hochhalter. He continued “it also means that we have a challenge before us to enhance our educational offerings so that we can retain our accreditation status. The work is not over, rather, the work (in many ways) is just beginning.”



Steve Glasser, President of Trinity Catholic Schools, said “I commend the faculty and staff of Trinity Junior High and High School, as well as Father Hochhalter, on this significant achievement and all the opportunities for educational enhancement this Accreditation will bring. It is certainly an exciting time at Trinity Catholic Schools!”

For further information, please call Trinity Junior High and High School, (701) 483-6081 or visit our website: www.trinitycatholicschools.com. ■

AdvancED offered remarks about the positive learning culture of Trinity Junior High and High School saying, "The school has created an embedded culture that is rich in social emotional well-being and naturally nurtures students, staff, parents, administration and governance."



Miss Amy Grinsteiner (THS, '07) works with a student during a social studies class.

ADVERTISE WITH US

Heart River Voice is the voice of Dickinson and Stark County. We are supported by small and large businesses and non-profits who purchase advertising. Your support in this effort is greatly appreciated.

CONTACT KELLEY JILEK AT 701.290.2063
kelly@heartrivervoice.com OR www.heartrivervoice.com

SOUTHWESTERN DISTRICT HEALTH UNIT

Tobacco Prevention Program

By Jennifer Schaeffer, Tobacco Prevention Coordinator

The Tobacco Prevention Program began at the health unit in 1994. Our mission is to improve and protect the health of our communities in the eight southwest counties and all North Dakotans by reducing the negative health and economic consequences of the state's number-one cause of preventable death – tobacco use.

The goal of the program is to reduce disease, disability and death related to tobacco use by:

1. Preventing initiation among youth and young adults
2. Promoting quitting among adults and youth
3. Eliminating exposure to secondhand smoke
3. Identifying and eliminating tobacco-related disparities among specific population groups.

We model after the comprehensive tobacco prevention and cessation that is based on Best Practices for Comprehensive Tobacco Control Programs model outlined by National Centers for Disease Control and Prevention (CDC). Best Practices describes an integrated programmatic structure for implementing interventions proven to be effective.

Through our program and the help of our partners throughout the state, we have seen North Dakota go smoke free in public places, an increase in Tobacco Free Parks, several area schools adopt comprehensive model tobacco free schools policies, and several multi-unit housing complexes adopt smoke free policies. We partner with the Behavioral Health Coalition and attend monthly

meetings.

Helping and guiding people through their quit tobacco process has been a high priority and we continue to keep our certifications and education on the best way to achieve this. We also provide specific services to pregnant woman through the Baby and Me Tobacco Free program. These women are seen four times prenatal and helped to quit tobacco use and also six times postpartum to support them.

Vaping and the use of E-cigarettes has been cause for concern in our communities as we have seen a sharp increase of students who are using these products and are addicted to them. We are continuing to educate students, school officials, and the public on the dangers of these products and that they are not a safe alternative to using conventional tobacco nor are they harm reduction.

We strive to help keep the public safe and assist them in any way we can.

For more information about all Tobacco including e-cigarettes and quitting vaping: Call 701-483-3760. ■



These are just a few examples of the e-cigarettes and vaping products being sold.

Southwestern District
Health Unit



PublicHealth
Prevent. Promote. Protect.

FUN FOR KIDS

Supporting children's music development

Every week in Dickinson, ND, babies, toddlers, preschoolers, and their grownups get together for forty-five minutes of quality time in Music Together® classes at Pitter Patter Club. As parents everywhere know, kids love music—and it's great for their development. But did you know that every baby is born with the ability to make music?

At birth, a baby can cry, squeal, giggle, and coo—a range of sounds that will one day be utilized for singing. Plus, babies are also wired to receive music. Studies have shown that even newborns can respond to tempo changes, discriminate differences in loudness and melody, and sense when a song is ending.

According to Kenneth K. Guilmartin, Founder/Artistic Director of Music Together, "All children are naturally musical. Just as they are born with the potential to learn to speak and understand language, they have the ability from birth to learn music."

As a parent, you can contribute to your child's music development from birth, even if you don't think of yourself as musical. Here are a few tips from Music Together to help begin your child's musical journey:

1. Simply sing and dance with your child! The best thing you can do to help set your child on the road to a lifelong love of music is to participate enthusiastically in music activities yourself. So, sing, bang a drum, get up and dance. Your notes do not have to be perfect, and you may miss some words or some steps. That's OK!

2. Sing a lullaby to your child before bed. The sound of your voice, even if not pitch-perfect, is precious to your child. A lullaby provides a time to be close to your child physically, emotionally, and



musically.

3. Bring your child to an early childhood music program. Young children learn best in a non-formal environment free from performance pressure. A good class provides children with a rich musical repertoire to explore, in a supportive music-making community.

At Pitter Patter Club, parents with children between birth and age five can enroll in research-based Music Together classes, where teacher Andreea Evenson leads fun music activities along to award-winning songs. Participants take home an illustrated songbook and the music from class.

Evenson, originally from Romania, moved to Dickinson four years ago. When searching for activities for her daughter, she fell in love with Music Together and decided to bring it here! In addition to being the owner of Pitter Patter Club, the only licensed Music Together center in North Dakota, she is also the Administrative Assistant for the Fine and Performing Arts and Social Sciences departments at DSU.

Music Together was founded in Princeton, NJ, in 1987, and classes are now found in more than 3000 communities worldwide. The curriculum is based on decades of research in early childhood music and development.

Pitter Patter Club will be holding a ten-week fall semester starting October. Learn more @ PitterPatterDickinson on Facebook or visit www.pitterpatterclub.com.

In the meantime, Evenson invites us all to sing, dance, bang a pot, and have fun anywhere and anytime. Creating a musical family begins at birth and can last a lifetime! ■



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to list your events for FREE!

EVERY WEEKEND THROUGH LABOR DAY

9AM-8PM Saturday and Sundays. North Dakota Renaissance Festival! More info, ndrenfest.com. Enchanted Castle, Regent, ND.

**THURSDAY AUGUST 1
FIRST ON FIRST DICKINSON
SUMMER NIGHTS 5PM** Two Way Crossing and One N Done. Downtown Dickinson. See their ad, p. 7.

**FRIDAY AUGUST 2
PRE CHALK WALK POOL PARTY 12-7PM** Create art on our poolside pavement. A kickoff to our annual Chalk Walk event. West River Community Center Outdoor Pool.

**2 STRONG/MILITARY NIGHT
MAKE UP DATE 7-11PM** Watch some fantastic racing. Past and current military, bring your ID and get in FREE. IMCA Modifieds, Sport Mods, Sport Compacts, SWS Hobby Stock, Wissota Street Stocks, and INEX Legends. Southwest Speedway, South of Dickinson on HWY 22 10 miles and 1 mile west.

**SATURDAY AUGUST 3
A TASTE OF CULTURE 11AM-4PM** Moe Events, LLC is proud to announce its first annual "A Taste of Culture" event; a free public event. This event exposes Dickinson and its surrounding communities to the various cultures represented throughout western North Dakota. Phil Patterson Memorial Bandshell.

63RD CHAMPIONS RIDE SADDLE BRONC MATCH 1PM (MT) Concessions available. Live Calcutta of qualifying cowboys. Special appearance by Amberley Snyder. Tickets Students \$8 advance/\$10 at gate Adult \$15 advance/\$20 at gate. Advance tickets by calling 701.872.3745, email vanessau@hotmail.com or www.spiritofthewestfest.com. Home on the Range, 16351 1-94 (Exit #7), Sentinel Butte, ND.

FIRST RESPONDER NIGHT 6-10PM Watch some fantastic racing. Any first responder, bring your ID and get in FREE. IMCA Modifieds, Sport Mods, Sport Compacts, SWS Hobby Stock, Wissota Street Stocks, and INEX Legends. Southwest Speedway, South of Dickinson on HWY 22 10 miles and 1 mile west.

BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

**SUNDAY AUGUST 4
BADLANDS BIG STICKS HOME GAME 4:35PM** For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

SOUTH HEART SUNDAY FUN FEAST 4-7PM FREE community event! Smoked Meats/Brisket. Fun and music for the entire family. More info, call 701.609.0310 or 701.690-3451. Parking lot of I Don't Know Bar, 207 4th St NW, South Heart, ND.

**MONDAY AUGUST 5
MUFFINS AND MORE 10AM** Enjoy a free brunch and learn about benefits you may be eligible for as you age. More info, Tessa @ 701.483.2266. Veterans Pavillion, 805 5th Ave West.

**TUESDAY AUGUST 6
BANDSHELL CONCERT SERIES 7PM** Brian Erhardt. Live music and family fun! Memorial Park. Inclement weather location - West River Ice Center.

NATIONAL NIGHT OUT 5-9PM Join the Dickinson Police Department for a crime prevention and safety fair that will feature police officers, equipment, vehicles, and Police K-9 demonstration, along with other community partners. Food, activities, and various demonstrations throughout the night. See their Facebook page

for more information. Biesiot Activities Center.

BABY'S FIRST RIDE 7PM FREE class for expectant parents which teaches safe and correct use of infant car seats. Parents are encouraged to take this class before their baby is born. Offers hands-on training in a classroom setting only. Register free of charge by email: baby1ride@gmail.com or call Jennifer at 701.227.3010. Held in Conference Rooms A/B/C at CHI St. Alexius Health Dickinson.

**AUGUST 6-8
BATTLE OF THE BADGES
BLOOD DRIVE 12PM** Kickoff. Runs through 7PM Tuesday; 12-7PM Wednesday; and Thursday 9AM-2:45PM. Ages 16+ able to donate. Visit www.vitalant.org/home.aspx to schedule appointment, but walk-ins are welcome too! Biesiot Activities Center.

**WEDNESDAY AUGUST 7
MOVIE NIGHT IN THE PARK 6-10PM** Consolidated's 2019 Summer Series presents Ralph Breaks the Internet at the Richardton-Taylor High School Football Field. Free movie for families! Concessions start at 6PM, with movie starting at 8PM. 320 Raider Rd, Richardton.

BADLANDS BIG STICKS HOME GAME 6:35PM Lewis Division Playoffs. For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

**THURSDAY AUGUST 8
FIRST ON FIRST DICKINSON
SUMMER NIGHTS 5PM** Slamabama and Mud Butte. Downtown Dickinson. See their ad, p. 7.

**FRIDAY AUGUST 9
DICKINSON LIBRARY'S ICE CREAM SOCIAL AND WRAP-UP PARTY 2-4PM** Come and enjoy ice cream! Summer Reading Program prize win-

ners announced! Need not be present to win. Dickinson Area Public Library.

BEST FRIENDS' GLOW BALL SCRAMBLE 5PM \$400 Team Entry Fee: 9 daylight holes, dinner, prize drawings and 9 Glow ball holes (4 golfers). \$300 Team Entry Fee: 9 daylight holes, dinner, prize drawings (4 golfers). More information, contact Carter Fong at 701-300-2551 or Best Friends 701.483.8615.

IF MUSIC BE THE FOOD 7PM An evening of incredible music presented by Dickinson's own award-winning soprano, Kelsey K. Rogers. In lieu of admission, we encourage the audience to bring non-perishable food or cash donations to benefit the local AMEN Food Pantry. St. John Lutheran Church.

**AUGUST 9-10
OPRY LAND DAYS EVENT** Friday 6PM Rodeo/7PM Open Mic at Little Opry Land; Saturday 8AM Day begins with specials at Suzy's Stash and Country Drug, 10AM Parade, vendor show, inflatables, ice cream social, chicken bingo, foam party, bean bag toss, rodeo, and more! Dance with music by One N Done at Little Opry Land. Richardton, ND.

**AUGUST 9-11
GRAND AVE TATOO PRESENTS 3RD ANNUAL LEGENDARY TATOO EXPO** Friday 11AM- Sunday 7PM Returning artists favorites & vendors, newly added hand selected artists, must see entertainment, and mind blowing special guests. West River Ice Center.

**SATURDAY AUGUST 10
ALIVE! CHRISTIAN MUSIC FESTIVAL 8AM-7PM** Fun family games, bounce houses, and more! Free food and great local music. Phil Patterson Memorial Bandshell.

PIONEER SOCIAL FUNDRAISER 11AM-2PM The Dickinson Museum Center will be grilling hot dogs and making ice cream floats to help raise money for the Museum. \$5 gets you a hot dog, chips, and a float. Variety of old games to play such as sack races, relays, hopscotch, and more. Make a shark tooth necklace for \$4. Cash only. Pavilion in Prairie Outpost Park.

MIDWEST ALL PRO WRESTLING 5PM Doors open 6PM Bell rings. Stark County Fair Grounds 4024 Highway 22.

BATTLE OF THE BELTS 6-10PM Watch some fantastic racing. Wissota Race of Champions. IMCA Modifieds, Sport

Mods, Sport Compacts, SWS Hobby Stock, and INEX Legends. Southwest Speedway, South of Dickinson on HWY 22 10 miles and 1 mile west.

AUGUST 10-11

1ST ANNUAL RANCHORAMA RODEO DAYS, AN NDRA RODEO Saturday 4PM Performance, Sunday 8AM Slack, 5PM Performance. \$10 admission. 6 and under free. More info, Ranchorama Arena Club Facebook page or email ranchoramaarenaclub@gmail.com. A family friendly weekend of great rodeo action. Medora.

TUESDAY AUGUST 13

OUTDOOR FAMILY MOVIE NIGHT 7PM The Lego Movie 2. Doors open at 6:30PM. \$10/family, \$5/individual. Concessions available. Biesiot Activities Center.

BANDSHELL CONCERT SERIES

7PM The Talbott Brothers. Live music and family fun! Memorial Park. Inclement weather location - West River Ice Center.

WEDNESDAY AUGUST 14

AVOIDING SCAMS 12-1PM Learn tips from Captain David Wilkie of the Dickinson Police Department to ensure you don't fall victim to common scams that target seniors. Complimentary lunch. Edgewood Hawks Point. RSVP by August 9 at 701.225.9173.

FRIDAY AUGUST 16

CHALK WALK 2019 4-7PM We provide the chalk; you provide the inspiration! Squares of sidewalk will be available for art students to create pieces of art. FREE event with special entertainment, artists, and local vendors. More info, visit dickinsonparks.org. Held at Phil Patterson Bandshell. 801 5th St West.

AUGUST 16-17

BELFIELD 2019 HARVEST HOEDOWN Friday starts at 12PM; Saturday starts at 9AM Head to Belfield for the weekend and have some fun! Talent show, bouncy houses, dunk tank, food, dancing, car show, parade and so much more! Belfield, ND. See Belfield ND Parks and Recreation Facebook page for more info.

SATURDAY AUGUST 17

MUDDY 4 A CAUSE 8AM-11PM 1st annual event that is sure to bring the community together for a weekend of fun

for all ages! Enjoy the camaraderie and challenges, beautiful Medora, and of course THE MUD, all while raising money to help families in ND battling childhood cancer. Proceeds will be donated to Brave the Shave, a local charity dedicated to supporting ND families who have children fighting cancer and funding critical pediatric cancer research. By the rodeo grounds in Medora. More info, see page 14 for article.

CORN HOLE TOURNAMENT

4-7PM Bring a partner. \$20/team. The Rusty Rail Saloon, 107 1st Ave NW, Belfield.

TUESDAY AUGUST 20

POOCH POOL PARTY 5-6PM small dogs (under 30 pounds); 6-7PM large dogs (over 30 pounds) Furry ones enjoy a dip in the pool! All pool chemicals will have been turned off for 24 hours, so it's safe for the pups. Free event, but donations are welcome and will be used towards improvements at our Dickinson Dog Park. West River Community Center Outdoor Pool.

WEDNESDAY AUGUST 21

NATIONAL SENIOR CITIZENS DAY 3-5PM Join us for an ice cream social in honor of National Senior Citizen Day! Edgewood Hawks Point.

FRIDAY AUGUST 23

WADE HAYES WITH SPECIAL GUEST BREAKING EIGHT 7PM Wibaux County Fair. Wibaux, MT.

SATURDAY AUGUST 24

DICKINSON PRESS WOMEN'S EXPO 2019 9AM-4PM Food, fashion, and fun! Entertainment and lots of free samples and gourmet tastings. Tickets available at dickinsonexpo.com. Under 12, free. Call 701.225.8111 with questions. West River Ice Center.

SCHOOL'S BACK EVENT

10AM-6PM New location! 35+ vendors to shop from. Eagles will be selling taco in a bag. Dickinson Eagle's Club.

BACK TO THE BOOKS/CHAMPIONSHIP NIGHT

6-10PM Watch some fantastic racing. Any current student or teacher, bring your ID and get in FREE. IMCA Modifieds, Sport Mods, Sport Compacts, SWS Hobby Stock, Wissota Street Stocks, and INEX Legends. Southwest Speedway, South of Dickinson

on HWY 22 10 miles and 1 mile west.

MONDAY AUGUST 26

PUNT PASS AND KICK 6:30PM Grades K-5. Register day of event at 5:45PM in Biesiot Activities Center. 398 State Avenue.

THURSDAY AUGUST 29

BLUE HAWK TAILGATES 3PM Join the DSU Heritage Foundation at the Blue Hawk Tailgates. Held prior to all home football games. Come and show your Blue Hawk PRIDE before taking in the game. Biesiot Activities Center parking lot.

ANNUAL GLOW RUN 5K WALK/RUN FOR DIABETES

6:30PM After-dark walk/run will take place at 7:30PM at Rocky Butte park, with registration at the Veterans Memorial Pavilion starting at 6:30PM. Funds raised will be divided between local diabetes education programs at CHI St. Alexius and Sanford. You can also register on active.com. See ad, p. 31.

SOUTHWEST SPEEDWAY 30TH ANNUAL DAKOTA MODIFIED TOUR

6PM Watch some of the biggest names in the modified and stock car world battle it out! Southwest Speedway, South of Dickinson on HWY 22 10 miles and 1 mile west.

SATURDAY AUGUST 31

1ST ANNUAL DICKINSON PBR 7PM (VIP at 6PM) Bull riders from the local and national circuit. Televised locally and promoted across North Dakota, South Dakota and Montana. General Admission tickets \$20. VIP Tickets \$100. Tickets can be purchased at Red Rock Ford Dickinson. Please ask for Christina. Stark County Fair Grounds.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS

THE ROCK Thursdays 1st-Open Mic Night-Brady Paulson, 3rd-Live Music, 9PM-close, no cover. Friday Night Trivia. Starts at 6:00pm FREE to play. Regular Trivia followed by Music Trivia. Come early...Seats fill up FAST! 113 1st St West. More information rockdickinson.com.

THE EAGLES CLUB 5:45PM Wednesdays and Fridays Stop in and play Bingo. Games played

in succession. 5-9PM Thursdays Beer and Wings. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

I DON'T KNOW BAR 11AM-3PM Lunch specials Monday-Friday. Tuesday nights-Bike Night. 5-9PM Fridays Steak Fry. 9PM-close. Ribeye and all the fixins!

FOOD KITCHENS

WELCOME TABLE 6PM Tuesdays Free to the public. Garvin Hall St. Patrick's Catholic Church 310 2nd St. West.

ANGEL 37 KITCHEN

6-7PM Tuesdays Free food to everyone. Nourish your body and soul. Queen of Peace Catholic Church 725 12th St. West.

SUPPORT GROUPS

DICKINSON AL-ANON FAMILY GROUP 8PM Wednesdays St. John's Episcopal Church basement 822 5th Ave West.

FAMILY FUN

FARMER'S MARKET 4-8PM Tuesdays/10AM-2PM Saturdays Dakota grown produce available while supplies last. Prairie Hills Mall parking lot.

BANDSHELL CONCERT SERIES

7PM Join us every Tuesday for

live music and family fun! This concert series invites local and regional talent to perform at Memorial Park Bandshell.

MEDORA Wednesdays and Sundays Kids 17 and under are FREE at the Musical. Tuesdays and Thursdays, Seniors get 15% off. Kids (age 12 & under) get a free hot dog meal with the purchase of an adult meal at the Pitchfork Steak Fondue every Wednesday & Sunday of the season, too!

DICKINSON MUSEUM CENTER

9-10AM Toddler Tuesdays Join us at the Museum Center to enjoy songs, crafts and stories. FREE and open to the public. Ages 2-4.

DICKINSON AREA PUBLIC LIBRARY

9:30AM Mondays Tiny Tots Story Time (ages 0-2). 2PM Mondays S.T.E.A.M. (ages 6-10) 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 3PM Tuesdays Teen Fun (11-17). 3PM 1st/3rd Thursdays Kids' Lego Club. 3PM Fridays Free Family Movie. See dickinsonlibrary.org for up-to-date information and more fun activities that require sign-ups.

UNIVERSITY THEATRE

10AM Free, family movie the first

See calendar, next page

MUDDY 4 A CAUSE

sat
aug 17
Medora, 2019
North Dakota

All proceeds will go to Brave the Shave to help kids with cancer.

Brave the SHAVE

Muddy 4 A Cause is teaming up with Brave the Shave for an Obstacle Mud Run and Muddy Kids Events!

A fun-filled day of activities!

PARTICIPANTS OF ALL AGES ARE WELCOME!

CHECK OUT THE FULL LIST OF ACTIVITIES AT WWW.MUDDY4ACAUSE.COM

SPONSORSHIPS ARE ALSO AVAILABLE! Muddy 4 A Cause

FOR MORE INFORMATION:
contact Jessie Dorval at jessie@muddy4acause.com or Taner Ohlsen at taner@bravetheshave.net

Saturday and Sunday of month. Family fun in luxury electric recliners. First come, first served, doors open at 9:30 AM. DSU Student Center.

CLUBS/GROUPS

HEART RIVER HOMEBREWERS 5:30PM 4th Thursday of each month. Calling all home brewers! Meet at Phat Fish Brewery, 1031 West Villard.

SEW SISTERS Kids Craft Class on August 6, Sew Sisters on August 13 and Topper Club on August 17th. More info, see www.SuzySStash.com. 118 N Ave, Richardton. 974.7899.

WEIGHT WATCHERS 12:15PM OR 5:30PM (Weigh-ins start 15 min prior) EVERY Monday. 46 1st Ave E (Sunset Center).

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at **1967.toastmastersclubs.org**. Held at Dickinson Chamber of Commerce. Contact Deb Kerner for more info 260.9292.

PRAIRIE ROSE CHORUS 6PM-8PM Tuesdays St. John Lutheran Church. Come sing your heart out with the Dickinson chapter of Sweet Adelines International. Ages 12+ welcome! For more information, contact Robyn Nadvornik 690.8958 or MaryAnn Brauhn 290.4013.

BADLANDS ART ASSOCIATION 7PM Note change in date/time for August! Meeting Thursday, August 20. All community

artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

DICKINSON CITY BAND Mondays 7-8:30PM in DSU band room (basement of May Hall). 291 Campus Dr. More info, contact Robyn Nadvornik 690.8958.

DICKINSON STRINGS Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 290.9145.

MEETINGS

DICKINSON CITY COMMISSION MEETING 4:30PM Commission Room at 99 2nd St East 2nd & 4th Tuesday of the month. [mission/](http://dickinsongov.com/boards-and-officials/city-com-</p>
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STARK COUNTY COMMISSION MEETING 8:00AM 1st Tuesday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

PLANNING AND ZONING MEETING 8:00AM Last Thursday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

EAGLES CLUB 5:30PM Auxiliary Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month.

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club.

COMMUNITY OFFERINGS START UP YOUR DAY/START

UP YOUR NIGHT 8-9AM 2nd Thursdays/5-7PM 4th Wednesdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info visit startupyourday.com or startupyournight.com.

SAVE THE DATE

SATURDAY SEPTEMBER 7 2ND ANNUAL BAKKEN INFLATABLES 5K See article, p. 28, for more info.

SATURDAY SEPTEMBER 21 OUT OF THE DARKNESS WALK See article, p. 10, and ad, p. 17, for more info.

MISS BEA'S KITCHEN

Heart of the home

By Laura Beth Walters

"The kitchen is the heart of every home, for the most part. It evokes memories of your family history." - Debi Mazar



Laura Beth Walters

I have bundles of memories from my childhood which I often relive. As I crack open my little treasure chest of memories, I catch hints of campfire smoke, lavender,

venison stew, and so many other happy scents (many of them food related) reminiscent of my childhood.

I grew up in a home whose heart was the kitchen and it was there my mom taught my two older sisters and me the fine art of hospitality and "home-chefery". She didn't make too many "fancy" things - we didn't even have a dining room table - but every meal was prepared with love, forethought, and a generous dash of garlic. No matter what meal was served, every guest left our home knowing they were loved.

As a wife now with a home of my own, I strive to create that same sense of acceptance and welcome for all who visit. Whether that means spending a day making my nana's homemade sauce, or sharing a slice of cake and a latte with a friend at my kitchen table (because I have one of those now!), I have learned that the key to hospitality isn't having the newest or the biggest or the best of anything. No. The key to hospitality is first having a hospitable heart and mindset. If you love your home, others will too, and I believe part of loving our homes is developing that safe space, that heart which beats at the center of our homes - the kitchen.



They say time passes more swiftly as we get older and our memories fade, so I guard my memories and I strive to create new ones with those I love, because, "I have a lot of great memories, but I can't imagine anything more exciting than the life I have now." - Rob Lowe

Join me each month as I share recipes, discuss homemaking, etiquette, and so much more.

Let's make some memories, Laura Beth

Find me on Facebook: Miss Bea's Kitchen



Miss Bea's Kitchen offers Menu Planning and Meal Prep services.

You can contact Laura directly through her page with any questions or comments, or to place an order. ■

BADLANDS CHICKEN POT PIE

Ingredients:

2-3 chicken breasts
2 refrigerator pie crusts at room temp
2 TBS butter
2 cups frozen veggies (green beans, peas, corn, carrots)
1 can cream of chicken soup
1/2 cup milk
1 tsp rosemary
1 tsp sage
Salt and pepper to taste
1 cup shredded cheddar cheese

Instructions:

1. Preheat oven to 400F. Grease pie plate or skillet with butter and line with one 9" pie crust. Trim excess. (If using a cast iron skillet, I recommend baking the bottom crust for about 5 minutes at 450F.)
2. Mix the soup, milk, chicken, and sour cream together. (I boiled the chicken breasts first and then used my mixer to shred the chicken and mix it all together.) Then stir in the veggies and seasonings until evenly mixed.
3. Spoon the filling into the plate or skillet and cover with cheese.
4. Cover with the second pie crust and trim excess. Pinch edges together and cut some slits in the top crust. Egg wash the top crust and place in the oven. Bake for 20 minutes, remove, and brush more egg over the top. Bake again for 15-20 minutes.

FINANCES

How to talk to your kids about money

By Vaune Johnson, Market President at Cornerstone Bank

How soon is too soon to talk to your children or grandchildren about money? If they are old enough to ask for a toy or a bike, they are old enough to start learning financial lessons that will last a lifetime.

The best financial lessons are part of everyday experiences. Daily activities provide opportunities to talk about money. Be open and honest when you discuss your financial experiences, both good and bad. When my daughter was a 7th grader, rare was the day when she didn't ask for \$5 for a treat, \$25 for an activity, etc. "Money doesn't grow on trees" didn't ring true to her preteen ears. We tried a different approach. She had to write checks to pay bills (we would have to do that online now!) and then be responsible for balancing my checkbook. It was valuable to gain the skills necessary to one day manage her own finances, and also opened her eyes to how quickly hard earned money disappears!

Here are some examples of teachable moments to help get started:

At the bank: When you go to the bank or use an ATM, bring your children with and show them how transactions work. A deposit, a cash withdrawal, checking a balance are all great times to explain where the money came from, i.e. job, gift, and how you plan to spend the money. Cashing in the piggy bank can be a great experience. Your child may be able to watch the coins go through the coin counter and learn from a bank employee.

On payday: Whether your check is deposited electronically or you receive a paper check, discuss how your pay is budgeted to pay for housing, food, and



clothing, and how a portion is saved for future expenses such as vacations, education, and retirement.

At the store: It's easy to give clear examples of "needs" and "wants" using different kinds of food and supplies at the store. Milk is a need for strong bones, and a soft drink is a "want". Explain the benefits of comparison-shopping.

Chores and Allowances: You may wish to assign chores and give them a monetary value. Encourage your child to set a financial goal, such as saving for a bike or hockey stick. Help them figure out how to achieve their goal.

Browsing the Internet: While online, explain to your children how valuable their personal information and privacy is to you, to them, and to online predators. Discuss the risks and benefits of sharing certain information. Be clear about rules for keeping personal information safe online.

Planning a vacation: When planning an outing to a waterpark or a once-in-a-lifetime trip, emphasize the value of saving as a family. Set a family savings goal that involves your children. Figure out the cost and discuss ways everyone can help reach the goal.

Teenagers will benefit from a visit with a banker, too! Ask your banker to discuss the importance of good financial choices and how decisions made early in adulthood can have a lasting impact on their ability to finance their education, buy a car, and even affect their insurance rates. ■



To the people who enter our door, our name evokes help and healing. Life brings losses. Small and big, physical and emotional. An accident, stroke or loss of a dream. Therapy Solutions brings hope, confidence and a plan to heal.

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SHARE WITH US!

We welcome articles from the community, so send us your submissions. Go to www.heartrivervoice.com or email kelly@heartrivervoice.com.

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Hesston Garling runs the bases as a cheeseburger at the Badlands Big Sticks game.



Chamber Ag Committee hams it up at their Banquet in a Field: Western Style event.



Participants show their sheep in the Roughrider Days Show and Expo 4-H Senior Division.



Group dance off at Best Friends Family Fun Day.



Winner of the Best Friends Family Fun Day 10K crosses the finish line.



Kaylee Moss, Miss North Dakota's Outstanding Teen 2019 and Haley Wolfe, Miss North Dakota 2019, read a copy of Heart River Voice at Family Fun Day.



Families had fun singing, dancing and hiking at the Musical Hike and Picnic event at Rocky Butte Park organized by Pitter Patter Club.



Runners line up for Run for Reason.

YOUR HEALTH

The benefits of fish oil

By Steve Irsfeld

Fish oil, or omega 3 fatty acids, are by far the most recognized and often used nutritional supplement that we sell at my pharmacy. That wasn't the case 15 to 20 years ago but the volume of research continues to grow to support the case for maintaining a healthy amount of omega 3's in our diet or through supplementation.

Purchasing fish oil can be a challenge that is confusing to say the least. If you are looking to achieve a certain number of milligrams (mg) of fish oil you need to focus on these two components: EPA and DHA. EPA is the abbreviation of eicosapentaenoic acid and DHA is docosohexaenoic acid; these are the active forms of omega 3 fatty acids. Often times product labeling will show 1000mg of fish oil but when you read the back of the bottle it shows only 250mg of EPA + DHA. Make sure you are reading the label.

A 2019 survey of 10,931 people who use dietary supplements shows that fish oil also known as omega 3 fatty acids is the 2nd most popular supplement trailing only Vitamin D. The information is from the Consumer Labs study which they conduct yearly. It is not a surprise to me that fish oil routinely comes up in the top 3 supplement year after year. Here are some of the reasons why I think that is the case:

- It is one of the most studied nutritional supplements. Searching omega 3 fatty acids on pub med, which is a popular site for medical literature, it

shows over 27,700 studies done on just that one product.

- When looking at supplements, fish oil is one of the few that costs less to take as a supplement vs getting it in your diet. All you have to do is look at how much 6 oz of wild caught salmon costs to find that out. BTW, fish sticks are not a great source of omega 3 fatty acids.

- 60% of our brain is made up of DHA (see above). Most patients that we visit with are concerned about their brain and memory so fish oil is often a priority.

- The benefits of omega 3 fatty acids on our cardiovascular system continue to be reinforced by new studies that come out on a regular basis. They are routinely prescribed by practitioners at doses between 2000 to 4000mg per day to treat elevated triglycerides.

- It has anti-inflammatory properties and can balance out the pro-inflammatory effects of omega 6's.

I often get asked the question, what about krill oil or omega 3's from algae? I think these are great alternative sources of omega 3's if you have an allergy or don't tolerate omega 3's from fish, like some of our patients do. The amount of information on krill is limited with only 204 studies on pub-med vs the 27000+ quoted above. The bulk of the data being on omega 3 from fish, I feel most comfortable recommending that to our patients.

Omega 3 fatty acids can easily be tested using a finger stick or by a blood draw. Having not only Omega 3's but also

Fish not biting?

No worries! 20% off fish oil in August!



Please stop in or call the pharmacy if you would like help with testing or choosing the best omega 3 option for the condition you would like to address.

IRSFELD
Pharmacy More than just prescriptions.
Compounding - Nutrition - Alternative Health

Located at Sanford Health East Dickinson Clinic
www.irsfeldpharmacy.com

your Omega 6's tested on a regular basis is a great way to monitor for potential sources of inflammation and to see if you are getting enough to help all systems in your body.

We check the oil in our car every 3,000 to 5,000 miles, don't you think it would be worth it to check the oils in your body to see where they are at? Checking your omega's and taking a good quality fish oil

may be a great start towards improving your overall health.

Stop in or call the pharmacy if you would like help with testing or choosing the best omega 3 option for the condition you would like to address. Access this and other articles on our website at irsfeldpharmacy.com. Until next time, be vigilant about your health! ■

COMMUNITY THANKS

Lemonade Day

By Melissa Gjermundson

Who would have thought that something as simple as Lemonade Day would have been such a magical experience and blessing to us? I saw so much creativity, dedication and commitment from my children that made me a proud mama! Sig helped create the plan of how he wanted the stand to look and helped construct it with Dad. He planned the menu and helped with all the little details such as selecting the colors and font while making the signs. Britta helped serve all day and made popcorn balls with Mom.

As community members, colleagues, friends and family came by to show their support by grabbing a glass of lemonade while visiting with everyone; Sig and Britta would smile, make eye contact, ask what they could serve, total the bill in their head and make change, which was so delightful to watch and made Mom and Dad so proud! I also saw so much joy from customers as they shared about the other lemonade stands around Dickinson.

It was so uplifting to see all the young entrepreneurs around town! A huge thank you to the Dickinson Chamber for bringing Lemonade Day and all the positivity on so many levels to Dickinson. It was such a wonderful experience for my family and for our community! ■



Britta (7) and Sig (10) Gjermundson

THAT'S CHEESY Mascarpone

By Tara Laber

Mascarpone is an Italian cream cheese coagulated by the addition of certain acidic substances such as lemon juice, vinegar, or citric acid.

After denaturation, the whey is removed without pressing or aging. Mascarpone may also be made using cream and the residual tartaric acid from the bottom or sides of barreled wine.

The traditional method is to use lemon juice at a rate of three tablespoons per pint of heated heavy cream. It is allowed to cool to room temperature, poured into a cheese cloth lined colander, set into a shallow pan or dish, and chilled for one to two days. It is one of the main ingredients in the modern Italian dessert known as tiramisu and is used in cheesecake recipes.

Grilled Peaches with Maple Honey Mascarpone Cheese

Ingredients

- 6 peaches, halved
- canola oil
- 1/2 cup almond slices {as garnish}
- 8 oz. mascarpone cheese
- 1 tablespoon maple syrup
- 1 tablespoon honey
- 1 teaspoon vanilla extract

1. In a small bowl, mix together mascarpone, maple syrup, honey, and vanilla extract until combined. Set aside.
2. Heat grill to medium high heat or 400 degrees. Brush peaches with canola oil. Place flesh side of peaches on grill. Grill for 2-3 minutes on flesh side. Remove from grill.
3. Serve peaches with a tablespoon of mascarpone and a tablespoon of almond slices.



UNITED WAY 2nd annual Bakken Inflatables 5K

By Nichole De Leon

"We are going to break the event into relays, with the competitive runners starting first so they don't have to worry about running around children and parents with strollers," De Leon said. "Afterwards, the fun runners will launch in relays every 15 minutes until 10 a.m." Runners are asked to arrive 30 minutes prior to their start time to allow for entry and safety briefs. This is a fun family event with an inflatable bounce house and a 5k with inflatable obstacles.

The Bakken Inflation 5K is a fun family event where everyone is a kid at heart. Being healthy doesn't always have to include working out at the gym or eating nothing but fruits and vegetables. This is a 5K course with seven inflatable obstacle stations. Any age and fitness level can enjoy the obstacle course. Come enjoy music, food vendors, and our fun inflatable course.

We want this event to focus on families and reach our community because that's the mission of all the partners," Stacy Kilwein (coordinator at West Dakota Parent & Family Resource Center) said. "I think it's so important that people in our community, whether a parent, aunt, uncle or caregiver, understand that there are

resources right here in the community". This unique event will create a one-of-a-kind family experience for you and your kids while helping support local nonprofits such as House of Manna, United Way of Dickinson, and West Dakota Parent & Family Resource Center. "Everything stays local," said Chris Winhold, president of the board of directors

at House of Manna. "We spend locally, receive contributions locally and help locally."

If you're interested in being a sponsor or vendor, please contact Nichole at 701-483-1233. Parties looking to volunteer are asked to call Stacy at 701-456-0007.

Together we help 15 local nonprofits and 18 local human service programs!

More information at www.visitdickinson.com/events/2019/bakken-inflatables-5k-fundraiser. ■



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MUSIC TO OUR EARS



If Music Be the Food

By Joel Walters, Administrative Liaison, IMBTF

Music is a gift that costs us nothing to share but the heart-warming time spent to prepare.



The community of Dickinson is alive with musical offerings for all tastes! As part of the ongoing concert series, If Music Be the Food, we are excited to bring you an evening of incredible music presented by Dickinson's own award-winning soprano, Kelsey K.

Rogers. Mark your calendars for Friday, August 9th. Our concert will be held at St. John Lutheran Church at 7:00pm and is FREE and open to the public. In lieu of admission, we encourage the audience to bring non-perishable food or cash donations. All contributions will benefit the local AMEN Food Pantry.

Kelsey is a member of the Dickinson State University faculty, a celebrated artist, and the 2017 North Central Region Artist Award Winner from the National Association of Teachers of Singing. She will be joined in performance by her husband and pianist Dr. Brent Rogers. Together they will share well loved music from the opera and musical theatre stage. Their diverse program will include repertoire by J.S Bach, Manuel de Falla, Libby Larson, and Erik Satie, and will also include popular music from the theatre show, Wicked.



Our concert series was founded in 2009 by violist Carol Rodland in Rochester, NY. IMBTF has become a national musicians' movement with wonderful artists across the country creating projects based upon this idea in their own communities. Ours is a completely volunteer endeavor. All of the musicians donate their services, the venues donate the space and print the programs free of charge, and the community, students, and local volunteers assist with publicity, stage management, and anything else that needs to happen for each concert. The goal of IMBTF is to raise awareness and support for the hungry in the local community by sharing great music. Our mission also includes teaching music

students about the importance of community service via their art. Each concert is a fully grass-roots community event involving professionals, students, and local volunteers in joyful collaboration. We are striving to address nourishment in all of its forms; our bodies need it in the form of food and our souls need it in the form of music and community.

See you at the show! ■

History of the Dickinson Area Concert Association

Citizens of Dickinson showed interest in creating an area concert association as early as 1948. On June 25th of that year, a Dickinson Press article stated that "Dickinson is not ready to support a concert series to be presented by Civic Concert Service, Inc. Other efforts to establish a concert series in Dickinson have also fallen through." However, determined music-lovers continued their efforts, and by 1952, an active Dickinson Civic Music Association had been created. This organization sponsored four or five concerts annually through 1965, when it ceased operations.

On March 18, 1975, 24 citizens met at Dickinson State College to revive the concert association. Dr. O.T. Belsheim led the meeting, and became the Chairman of the newly formed Community Concerts Association. The group of 15 board members officially affiliated with Community Concerts, Incorporated, and scheduled four concerts for the 1975-1976 season. At the close of the first membership drive, there were 797 members. The Community Concert Association of Dickinson was an active, thriving organization, sponsoring four or five concerts each year and frequently overselling seats available by as much as 13%.

By 1979, reciprocity was established with Glendive, Williston, and Bismarck. Reciprocity still exists today with associations in Hettinger, Hazen, Williston, and Watford City, North Dakota. Over the years, ushers were members of the Dickinson High School Drama Club, DSC college students, and PEO members. Today, volunteers from the Prairie Rose Chorus serve as ushers and may be seen at each concert with their beautiful beaded collars and welcoming smiles.

Occasionally, the Association hosted a "Meet the Artist" reception following a concert, and master classes and mini-concerts were offered to schools at their own expense. These classes and school performances are still available with select artists, and concert goers are invited to visit with visiting artists following each concert. Many of them have CD's for sale and are more than happy to take pictures and autograph CD's as well as concert programs.

Although the years have brought about many changes, the fact remains that the Dickinson Area Concert Association, with a loyal and supportive membership, continues to provide a rich variety of musical experiences to Dickinson and the surrounding area. Dickinson State University has been an extremely effective partner throughout the years, graciously offering a venue for the concert series. When the auditorium is not available in May Hall, Trinity Catholic Schools has been generous in providing its fine facility for the presentation of concerts.

Currently, Jacobsen Music serves as headquarters for membership activities. If you are interested in purchasing a membership, please visit our website, or stop by Jacobsen Music and talk to one of their knowledgeable staff about membership or sponsorship options.

Visit us online: www.DickinsonAreaConcertAssociation.com

Find Us on Facebook: Dickinson Area Concert Association ■



Community Concert Association Board - March 1975

Front Row, L to R: Carol Edstrom, Jennie Myrand, Gaye Kloster, Dr. O.T. Belsheim, Lonna Nace, Helen Belsheim

Back Row, L to R: Appie Hammel, Elaine Federenko, Norman Iverson, Lauren Haacke, Ed Sahlstrom, Louise Sherman, Lyle Britton

CROSSWORD BY CARLINKA
PASTIMES



++Stones vs Beatles++



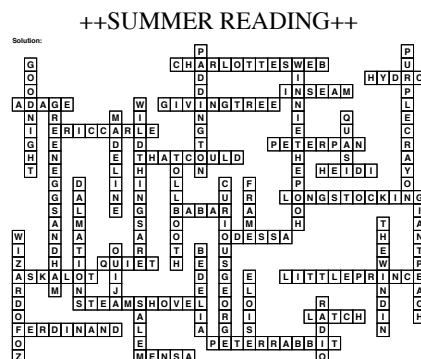
ACROSS

- 1 ++Get off my__
- 2 Unwanted plant
- 4 Private teacher
- 6 ++__of burden
- 7 Shoe shiner's application
- 8 ++Harlem__
- 9 ++Far away__
- 11 ++I am the__
- 13 ++__for the devil
- 15 Shoelace hole
- 16 ++Good day__
- 18 ++Sexy__
- 20 ++And your bird can__
- 21 ++Can't you hear me__
- 23 ++I'm happy just to __with you
- 25 Russian port city
- 27 ++Let it __
- 30 Little ship
- 31 ++Play with me, play with__
- 32 ++Under my__
- 33 ++Can't buy me__
- 34 ++You never give me your__
- 35 ++Emotional__
- 37 ++__is on my side
- 38 Many a Disney character
- 39 Wee jazz band
- 14 ++Paint it__
- 17 ++__morphine
- 19 ++Ob-la-di__
- 22 ++__909
- 24 ++Do you want to know a __
- 26 ++When I'm__
- 28 ++Fixing a __
- 29 ++Mother's little__
- 34 ++Please, please__
- 36 Partner of calm and collected

DOWN

- 1 Cantaloupe kin
- 2 ++Paperback__
- 3 ++I can't get no__
- 4 ++Ruby__
- 5 Chore list heading
- 6 ++19 nervous __
- 10 ++__day's a week
- 11 ++Happiness is a__
- 12 Sci-fi zapper

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GOING POSTAL

The Postal Service honors Sesame Street as one of the most influential and beloved children's television shows. For the last 50 years, it has

provided educational programming and entertainment for generations of children. The stamp art features photographs of 16 Muppets from Sesame Street - Big Bird, Ernie, Bert, Cookie Monster, Rosita, The Count, Oscar the Grouch, Abby Cadabby, Henry Monster, Julia, Guy Smiley, Snuffleupagus, Elmo, Telly, Grover and Zoe. Art Director Derry Noyes designed the stamps. You can purchase the stamps at your local post office or online at www.usps.com. ■



AUGUST 2019

HOROSCOPE

by Hilda De Anza



ARIES
March 21-
April 20
August is a
great month

for travel and adventure. Partners are also in the mood for romance. The end of August is a very busy time when both you and colleagues or partners are interested in getting everything to work as efficiently as possible. For single Aries, the last part of August is perfect for partnership and love can be found in the workplace. This is also an excellent period for self-discipline and healthy daily rhythms.



TAURUS
April 21-
May 21

It is a great time to invite and entertain guests, be with kids and meet new friends. Things change August 20th, the single Taurus has every chance of finding a true partner at this time. There is a strong element of perfectionism at the end of the month, so try not to be too critical or self-critical. It's a month of psychological insight, when you can share deep experiences with those you love.



GEMINI
May 22-
June 21

The month begins with a sense of things being a bit stagnant, your worst fears are not going to be realized, so you can relax and enjoy. You can have a lot of fun being with people who know how to have a good time. On August 11th, you are ready for a bit of excitement. Mid-August is an excellent time for travel and meeting people, it is also a brilliant time for education and anything cultural.



CANCER
June 22-
July 22
August gets
off to a bright

start, and the new moon brings very favorable circumstances regarding your assets, talent and money. The projects you start now are going to be very lucrative and financial expansion is on the agenda. By the full moon you can expect rewards to come your way. Towards the end of the month, start focusing on details, acquiring skills, and committing to mastering a field of learning.



LEO
July 23-
August 22

A warm, creative and passionate start to the month. An excellent time for starting new romantic relationships or celebrating relationships you have. If love has not entered your life by the mid-month full moon, then you can count on it coming soon. This is a brilliant period for getting together with large crowds. End of August, things settle down and you get down to practical matters.



VIRGO
August 23-
September 22

As the month develops, you are motivated to take refuge in practical matters where you can help people but keep your distance at the same time. Peace and seclusion are very important to you. The 2nd half of the month, things begin to change. You are more willing to fight for what you want, and quite suddenly you find yourself in the company of people who are motivated to work for you and support your personal agenda.



LIBRA
September 23-
October 22

This is going to be a happy period both socially and romantically. It is time for connecting with friends, who like you, want to enjoy and celebrate life. New friends appear, new groupings are formed, and it feels like you are surrounded by an intelligent and talented crowd. There is a complete change towards the end of the month, when there is greater focus on work and on healthy rhythms.



SCORPIO
October 23-
November 21

There is a strong focus on achieving creative goals which bring greater professional recognition. It is an enjoyable period which brings an expansion in your career and high likelihood of increased income. You sense things changing mid-month. You have an urge to pass the torch and concern yourself with social issues. Recognition is not so important, getting things done is. End August is an excellent time for relationships.



SAGITTARIUS
November 22-
December 21

The month of August is something of a turning point for you. All good things come to those who wait, and early August is a fantastic period for happy connections to influential and adventurous people to share your dreams for the future. It is also a wonderful period for romance. The last part of the month is characterized by a lot of career activity.



CAPRICORN
December 22-
January 20

You are in a process of consolidation, repairing earlier damage and strengthening your foundations. You are in a strong position and you're aware that transformation must take place. You have all the creditworthiness you need to receive generous donations from others. And in your personal life this is when people are warm and giving, both materially and socially. Late August there is a profound change which suits your mentality, because it is geared towards practical achievements and future growth.



AQUARIUS
January 21-
February 19

You are ready to put your worry hat on, but these worries turn out to be unfounded. The early part of August is an excellent time for love and romance. Friendships prosper and your social circle grows. New relationships are formed with charismatic and optimistic people. In your working life, real progress take place for you in the last week of the month, building up in a very satisfying way in September.



PISCES
February 20-
March 20

This is a wonderful time for expansion and success. August is a turning point for you, when one person after another gives you unqualified support so you can achieve your highest ambitions. You can put earlier disappointments behind you. End of the month, a new period begins which is all about relationships. People will require practical initiatives and detailed plans.

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GLOW RUN 5K

WALK/RUN FOR DIABETES

Thursday, August 29, 2019

6:30PM Registration at Veterans Memorial Pavilion

7:30PM 5k Run/Walk at Rocky Butte Park, Dickinson ND

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Register before August 18th
\$30 (13 & older) • \$15 (Ages 12-6)

Register after August 18th
\$35 (13 & older) • \$20 (Ages 12-6)

Kids 5 & under
FREE

FunGLOW items for sale at event registration!

RINGO



At the young age of 9, John Garig was in his first art show which sprouted him into the artist currently living in Dickinson, ND. He finds inspiration in his dog, Astrid and Cat, Nytro. When he's not working on commissioned projects, he is teaching and encouraging the residents of Dickinson to paint their own masterpieces at a weekly Brushes and Booze class. With a varied history in all things art and a love for cartoons and animation, John continues to surprise the community with colorful artwork for all onlookers.



2019

MAY - JUNE ALL TIMES MOUNTAIN

SUN	MON	TUE	WED	THU	FRI	SAT
					24 @PTR 6:05PM	25 @PTR 6:05PM
26 OFF	27 OFF	28 HCH 6:35PM	29 HCH 6:35PM	30 HCH 6:35PM	31 SVS 6:35PM	1 SVS 6:35PM
2 SVS 4:35PM	3 @WCW 6:05PM	4 @WCW 6:05PM	5 @SVS 6:05PM	6 @SVS 6:05PM	7 @HCH 6:35PM	8 @HCH 6:35PM
9 @HCH 3:35PM	10 WCW 6:35PM	11 PTR 6:35PM	12 PTR 6:35PM	13 PTR 6:35PM	14 WCW 6:35PM	15 WCW 6:35PM
16 WCW 4:35PM	17 FRM 6:35PM	18 FRM 6:35PM	19 @CHH 6:35PM	20 @CHH 6:35PM	21 @SPS 6:35PM	22 @SPS 6:35PM
23 @SPS 3:35PM	24 OFF	25 CHH 6:35PM	26 CHH 6:35PM	27 CHH 6:35PM	28 @WNP 6:35PM	29 @WNP 6:35PM
30 @WNP 4:35PM						

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 @CHH 6:35PM	2 @CHH 6:35PM	3 @CHH 6:35PM	4 @CHH 6:35PM	5 HAS 6:35PM	6 HAS 6:35PM
7 HAS 4:35PM	8 WCW 6:35PM	9 WCW 6:35PM	10 WCW 6:35PM	11 @PTR 6:05PM	12 @PTR 6:05PM	13 @PTR 6:05PM
14 @PTR 6:05PM	15 ALL-STAR BREAK @SVS	16 ALL-STAR BREAK @SVS	17 ALL-STAR BREAK @SVS	18 OFF	19 PTR 6:35PM	20 PTR 6:35PM
21 PTR 4:35PM	22 OFF	23 SPS 6:35PM	24 SPS 6:35PM	25 WCW 6:35PM	26 @WCW 6:05PM	27 @WCW 6:05PM
28 @WCW 3:35PM	29 @SVS 6:05PM	30 OFF	31 OFF			

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1 @WNP 6:35PM	2 @WNP 6:35PM	3 FRM 6:35PM
4 FRM 4:35PM	5 @PTR 6:05PM	6	7 DPL TBD	8	9 LCS TBD	10 LCS TBD
11 LCS TBD						

CHH - CASPER HORSEHEADS
 FRM - FREMONT MOO
 HAS - HASTINGS SODBUSTERS
 HCH - HUB CITY HOTSHOTS
 PTR - PIERRE TRAPPERS
 SPS - SPEARFISH SASQUATCH
 SVS - SOURIS VALLEY SABRE DOGS
 WCW - WHEAT CITY WHISKEY JACKS
 WNP - WESTERN NEBRASKA PIONEERS
 DPL - DIVISIONAL PLAYOFFS
 LCS - LEAGUE CHAMPIONSHIP SERIES

Founding Fathers:



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