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Advertising Sales

Kelley Jilek
kelley@thejileks.com
(701) 290-2063

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Jamie Tescher

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mation, contact us at
kelley@thejileks.com

A note to our readers

HRV is YOUR community paper written by readers like YOU who want to share upcoming events and happenings around our community. Feel free to suggest topics or entities for stories, Heart River Gems, or perhaps a new monthly feature. Are you an artist or know of one who might be the perfect fit for our cover? Contact us!

Thank you for your contributions to making Heart River Voice the voice of Stark County and beyond.

To get in touch, email us at kelley@heartrivervoic.com.

Kelley Jilek
Publisher

Cover art "Stocked Pantry" by Nicole Gagner For more information about the artist, see page 5.

HERE FOR YOU, EVERY STEP OF THE WAY.

Whether you are in the planning stage of your dream pursuit or you're looking to safeguard all that you've accomplished, I will meet you wherever you are in your journey.

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#BOOKWORM**What to read next?****By Cindy Thronburg**

The Summer Reading Program is over, and you've tackled all of the books on your reading list. What should you read next?

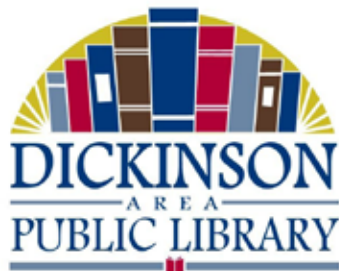
The library has several resources for book suggestions. If you would like to browse some titles online, head to our website's Online Resources page and click "Book Suggestions and Reviews." There you will find some links that will help you decide what to read next.

The most interactive of the links is our database called NoveList. This database is multifunctional in how it offers book suggestions. One of the easiest ways is to enter in a title of a book you have read and enjoyed, and it will offer "read-alikes," or books that are similar in content or

genre. When you search for a book, it will bring up information on the title, with a column on the side containing the read-alikes. At the bottom of the page it will show a search box with various fields containing the book's characteristics. You can checkmark which fields you would like to search for more books containing those characteristics.

One fun feature of NoveList is that you can enter in keywords of a book you would like to read, and it offers up suggestions. For example, searching

for "WWII teenage romance" brings up a list of 79 books. Results can be further filtered by publication date, target age group, genre, theme, pace, tone, writing style, and many others. Any of the results can be clicked on, and it will take you to the title's information page that contains the read-alikes and the searchable



characteristic fields.

Besides being a searchable database, NoveList also offers Recommended Reads Lists. Accessible from the front page of their website, these are pre-curated lists featuring different genres or topics. Most categories are broken down into different sub-categories, making the lists even more specific. The lists are also broken down by age group.

There are two ways to browse online books that have been newly added to the Dickinson Area Public Library. The first is to go to our website and click the Search dropdown bar and click "Featured New Items." This will take you to a list that is grouped by collection of titles we have newly added. Clicking the picture of the book takes you to a link on our online catalog that will show you a description of the book, its availability, call number, and other information. You can also request a hold for it on that page.

Another way to look at new items is to go directly to our online catalog by clicking on "Search our Online Catalog (ODIN)" link on our website. The landing page shows recently added titles, also broken down by collection. Those can also be clicked on for more information.

If you are looking specifically for fiction, one great website we librarians use as a searching tool is www.fantasticfiction.com. When you are on an author's page, there is a section titled "Visitors to this page also looked at these authors," and it will show you similar writers. It also has lists of new authors, new books, upcoming titles, and the most popular titles and authors.

If you prefer a less digital way of searching for book suggestions, I recommend stopping by the library and picking up a free copy of our BookPage magazine. According to their website, "BookPage is a monthly book review publication . . . [which] serves as a broad-based selection guide to the best new books published every month." BookPage highlights and reviews newly published books of all genres. It also features interviews with authors and other featured articles. All of the content that is published in the print copy is also available online at www.bookpage.com.

After you've gotten your to-read list all filled up again, stop by our Ice Cream Social on Friday, August 6th, to celebrate the end of the Summer Reading Program. We look forward to seeing you there! ■

SALE!

Sale on fitness equipment, treadmills and air bikes!



ADVANCED COLLISION
C E N T E R , I N C

COVER ARTIST Nicole Gagner



Nicole working on a pantry painting

Nicole Gagner is an artist living and working in Bismarck, North Dakota. She studied in Georgia and California and has traveled extensively painting and drawing around the world, including painting in Utah, New Zealand and at a Voices of the Wilderness Artist Residency in Selawik, AK- but she is delighted to be living and working on the northern prairies again. She works as a teaching artist with a variety of students of all ages and abilities- from the young to elders in care facilities and all in between.

Her work began with teaching students living with disabilities, and that has informed her practice as a teaching artist and the belief that art is for everyone. Since the beginning of the Covid 19 pandemic in March, Nicole has worked to take residencies and workshops online in a variety of ways, including live video classes, instructional youtube videos and any other way to bring art to her community, including completing a collaborative mural while maintaining safe social distancing. She started the Bismarck Mandan Studio Virtual Crawl to connect



Nicole Gagner

artists to an audience while everyone stayed safe at home, and has started Meadowlark Mercantile Art vending machines as a new way for artists to sell their creations. She was selected as a Change Network Cohort for 2021, and was selected to participate in the Springboard for the Arts Creative Community Leadership Institute.

Nicole is a passionate community development organizer and rural arts activist. This has led her to become

a board member of BisMarket, the regional farmers market, and has manifested in collaborative artist residencies and facilitating the organization of a collaborative touring art show with the BisMan Writers Guild called The Art of Writing. More information about Nicole's artwork can be found at PainterNicole.com, or follow @PainterNicole @MeadowlarkMercantileArt or BisManCrawl.com ■

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HEALTH

Self-care for mental health

By Crystal Sullivan, FNP-C

There can be a stigma against seeking help for our mental health, taking time to improve and learn new coping mechanisms, and taking care of ourselves. Our community has many opportunities for learning new ways to take care of our mental health and physical health. In this article, I'll outline four topics that are important in self-care and mental health.

can tell a difference in my mental and physical strength when I do not fuel my body with the items it needs.

4. Socialization: Our community is strong! Seek out the help of the people around you and/or your medical community for support. There are social media groups that support physical fitness, community races and events to promote health, and various counseling services available.



CHI St. Alexius Health

Dickinson Medical Center

1. Sleep: A regular pre-sleep routine can help you to relax prior to bedtime. Make it a priority to eliminate items in your environment that will cause disruptions in sleep. For example, I have to sleep with a fan or I don't get deep sleep!

2. Exercise: Make your physical health a priority. Even just 30 minutes a day in 15-minute increments will help you increase the endorphins or happy hormones that are in your system. You are worth the investment! Exercise has helped me to stabilize my mood and increase my patience with my daily life stresses.

3. Eating: Eat a balanced diet, avoiding fad diets and extreme restrictions. Your healthcare providers can even refer you to a dietitian to help you get on track! CHI St. Alexius Health has an in-house dietitian available for meal planning education, help in understanding what a balanced diet consists of, and general nutrition support. Knowledge is power! Teach yourself to fuel your body with the items that help you build strong, lean muscles, improve mental clarity and help you reach your goals. I made big adjustments to my diet and I feel the changes in everything that I do. I

Isolation and loneliness are listed by the CDC as reasons for increased risk of heart disease, dementia and suicide. I have to lean on my husband for help in identifying when I am in need of changes in my life to achieve balance. Having all of the aspects of a healthy lifestyle are important to achieve balance in your life. Without proper sleep you cannot exercise or feel up to socialization. Without proper eating habits your energy levels may not promote mood stabilization and sleep. Balancing your lifestyle is something that can be a lifelong learning experience - but you will never regret investing in your health.

Knowing when it is time to seek help is the most important aspect of self-care. Come to your primary care provider to talk through any symptoms. We can find you the help you need and make sure that your mental and physical health are aligned with the goals you have for your healing. There is never a reason to suffer alone.

Crystal Sullivan is a Family Nurse Practitioner at CHI St. Alexius Health Dickinson Medical Clinic. To reach Crystal or to schedule an appointment, call 701-456-4200. ■



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HEALTH

Fun in the sun

By Steve Irsfeld



We are now in the dog days of summer. Some would say it is so hot that the temperature is not fit for a dog. According to the Farmer's Almanac, the dog days of summer are the days between July 3rd and August 11th. The phrase refers to when the sun occupies the same region of the sky as Sirius, the brightest star visible from any part of the earth and part of the constellation Canis Major, the Greater Dog.

In the summer, Sirius rises and sets with the sun. On July 23rd, specifically, it is in conjunction with the sun, and because the star is so bright, the ancient Romans believed it gave off heat and added to the sun's warmth, accounting for the long stretch of sultry weather. Hence, the Dog Days of Summer came to mean the 20 days before and 20 days after this alignment of Sirius.

Just a little history lesson for you before we begin to look at the positive and negative effects of the sun. The sun is our natural source of Vitamin D, and 15 minutes of sun exposure per day to uncovered skin will give us adequate amounts of that precious vitamin. This is a good idea. Sitting in the sun for hours can lead to severe baking of the skin and potentially set you up for issues, such as skin cancer, later down the road. This is not a good idea.

Vitamin D is, in my mind is one of the most essential nutrients to help support your immune system. It is free when obtained naturally from the sun and, if you need to supplement, is a dime a day which equates to \$36.50 per year, and testing to make sure you are getting the correct dose is another \$50. Why wouldn't you test and take something?

Here is a statistic that will blow your

mind. In a small study, the researchers found that 80% of patients diagnosed with Covid had low Vitamin D status, and those with an adequate Vitamin D level had a 51.5% less chance of dying from Covid. I have always wondered why a typical influenza season seems to dry up come summertime. Is it because people are outside soaking up the sun and boosting their D levels?

Occasionally we will have a patient struggle to get their levels up to an acceptable range. When that happens, we ask them if they are taking their vitamin D with a fatty meal as it is a



fat-soluble vitamin. The other things that can affect vitamin D are magnesium and vitamin K2. A high magnesium intake is associated with a reduced risk of vitamin D deficiency, and with up to 50% of the population being deficient, this is a concern. Vitamin K2 is like the conductor for calcium in our system. Vitamin D helps get calcium into the bloodstream. Vitamin K2 channels it to areas we want it to be, like our bones instead of our arteries.

Summertime in North Dakota is such a precious time. We get to be outside, enjoying the sun and the heat, but eventually, September will come, and things start to change. It is at this time that I need you all to take this Vitamin D information seriously. Take vitamin D, get tested, dial in the level, and get your immune system cranking because we don't know what is around the corner.

Stop by the pharmacy if you would like more information about Vitamin D and Vitamin Testing. Please visit my website at www.irsfeldpharmacy.com to view this and other health-related articles in the blog section. Until next time, be vigilant about your health! ■

THE ARTS

If Music Be the Food

By Kelsey Rogers

As we enjoy life returning to some kind of normal this summer, we are also finding that some of the ways of doing things we discovered during the pandemic had benefits we want to hold onto. This was the case with last summer's If Music Be the Food – Dickinson benefit recital. Due to the pandemic, we held our first outdoor event. I am happy to announce that this will become a summer tradition. Our twelfth If Music Be the Food – Dickinson event is going to be a Summer Music Festival! On Tuesday, August 24 at 7:00 pm, our music festival will be the last in the series of free bandshell concerts. We are extremely grateful to Dickinson Parks and Recreation for donating the use of the Veteran's Memorial Bandshell for our event.

Although we are holding our summer festival in the same place and at the same time as the other bandshell concerts, ours has a special mission – to help bring both food security and great music to our community. To this end, in place of paying admission, we invite everyone who attends to generously donate non-perishable foods, garden vegetables, and/or cash donations to the AMEN Food Pantry. We are grateful to be part of a generous community that has raised substantial donations in the past, and we are confident this will be the case again. However, we invite all to come participate in the music festival, whether or not they are able to

donate.

In addition, in the summers, we want to provide a venue that makes classical music more welcoming to people who aren't familiar with traditional classical concerts. To make that happen, we are excited to be partnering with Dickinson's first ice cream truck – So Chill – which is the brainchild of local 8-year-old, Averie Wood. Averie has agreed to donate a portion of her proceeds to the AMEN Food Pantry. We will also have several other family-friendly activities that the audience can enjoy beginning at 6:30 and during the show, from face-

painting to bubbles to crafting. We look forward to a fun evening!

As always, we are pleased to share with our community the talents of gifted local musicians who agree to volunteer their time and talents, so all the money collected can go straight to the Food Pantry. This summer, we are excited to feature some local high school students – Sunshine Diem, Dominic Tibor, and Kira Zeller, as well as current DSU music student Kirstyn Bohn. We'll also be enjoying return performances from DSU music alumni Mackenzie Hicks, Kayla Kilwein, and Julianne Skaff, as well as DSU's new band director, Brian Holder and beloved former DHS choir director Michael Stevenson. We will be performing a wide range of enjoyable music including everything from classic Gilbert and Sullivan songs, to numbers from modern musicals like Wicked, and beautiful art songs by Ivor Gurney.

Come enjoy great classical music, say farewell to summer, and help our community find food security – there's not much better! ■



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07.15.21 JUDD HOOS NATHAN DEAN BAND	08.12.21 ENUFF Z NUFF BOOZ N TUNA

THE ARTS

Cover artist featured in The Capital Gallery exhibition

This issue's cover artist, Nicole Gagner, is currently one of 26 artists on display in The Capital Gallery, downtown Bismarck, with their exhibition "Walking on Sunshine." Nicole was a demonstrating artist for the gallery during its "Holiday Showcase" at Kirkwood Mall in Bismarck November through December. Her work is also prominently displayed in downtown Bismarck's "Art Alley," off 5th Street.

Nicole was one of the gallery's demonstrating artists during the summer of 2019 in Medora, where she was a hit with visitors from across the country.

"Nicole's lively, expressive art exudes a joyfulness like no other artist," says gallery co-director Marci Narum. "She was a delight to work with during our holiday showcase, and hundreds of mall shoppers enjoyed watching her demonstrate in our gallery. We are so happy to have her displayed again, and look forward to continuing to bring her work into The Capital Gallery."

Walking on Sunshine includes other regional artists, including Sally Chernenko, who can be found demonstrating her painting

THE CAPITAL
GALLERY

Wednesday through Friday of every week in The Capital Gallery West, located in the Harold Schafer Heritage Center in Medora. For more information, go to www.TheCapitalGallery.com or find them on Facebook, Instagram, and YouTube. ■



Nicole enjoyed visiting with shoppers during the gallery's Holiday Showcase.



NDSU EXTENSION

Process vegetables safely with pressure canning

Summer is a great time to enjoy fresh vegetables. But with proper preparation and planning, you can enjoy produce from your garden, grocery store or local farmers market all year long.

Canning properly so your food is safe is a must, so check to make sure you have up-to-date and appropriate equipment for the canning you plan to do.

If you intend to can low-acid foods such as most vegetables, meat, poultry and fish, you will need to use a pressure canner. A properly working pressure canner will reach a temperature of 240 F. Processing low-acid foods for the proper amount of time in a pressure canner kills harmful and potentially deadly bacteria.

Be sure to have your pressure canner's pressure gauge checked annually for accuracy. Gauges can be checked at many county Extension offices. NDSU Extension Stark/Billings County offers free gauge testing year-round!

When canning acidic foods such as fruits, pickles, jams, jellies, sauerkraut and most tomato products, you will need to use a boiling water-bath canner. When you can tomatoes, you also need to add lemon juice or citric acid to acidify them because some tomato varieties are lower in acid than others.

You should examine the rest of your equipment to see if you need to buy



anything new. For example, check all jars for cracks, dents and chips. Throw away any damaged jars because they may not seal properly, which is a safety hazard.

If your jars are very old and have been reused many times, you may need to purchase new ones because the old ones can break under pressure and the heat. Mason jars are best because they are designed specifically for home canning.

After examining your jars, inspect your lids and screw bands. The U.S. Department of Agriculture recommends that home food preservers use two-piece, self-sealing metal lids. Throw away used metal lids; never reuse the self-sealing lids. You can reuse the screw bands as long as they are not damaged or bent.

Next, be sure your canning instructions are up to date and reliable. Recipes from family and friends may be tempting to use, but you don't know if they were scientifically tested for safety.

Visit NDSU Extension's website at www.ag.ndsu.edu/food for free canning information and some tasty, research-tested recipes. You also can contact NDSU Extension Stark/Billings County at 456-7665 for more information.

Remember, with proper planning and preparation, canning can be safe and easy, and you can enjoy summer's bounty any time of the year. ■

Source: Julie Garden-Robinson, NDSU Extension food and nutrition specialist



HEALTH

Choosing a senior care community that's right for you

– “Continuum of care” services help couples stay together –

Choosing a senior care community, like any significant decision, can take time. Doing your research and asking the right questions can help you decide which living environment is right for you, a loved one, and your family.

Consider the services available

- Do they offer different services/care on the same campus if a person's healthcare needs change over time?

- What living options do they offer for spouses who require different levels of care yet want to stay near each other?
- Is the care community close to familiar surroundings, friends and family?
- Does the community provide engaging activities and an active social lifestyle?

Determine the care offered

- How is care planned and communicated to all staff and family members involved?
- How is the individual involved in planning care delivery? What accommodations are provided for

individual preferences, such as bathing, rising and bedtime, meal preferences, routines and personal pursuits?

- Who provides the care? What disciplines are involved and how is work assigned and coordinated?
- What type of training and experience do staff members have?
- How is the care plan communicated, and changes made and monitored?
- How is feedback to staff shared and received?

- How is spiritual care provided? Are there others at the community who share your spiritual beliefs and interests?

Think about your personal preferences and needs, and ask how they can be accommodated.

Benedictine Living Community-Dickinson offers a “continuum of care” that provides a range of services on one campus that adapts to meet seniors' changing needs over time, from in-home care and assisted living to short-term care or long-term nursing care.

“It creates better peace of mind for residents and their families knowing that they are receiving the right level of care at the right time, with a plan in place should a resident's needs change,” explained Jon Frantsvog, Executive Director of Benedictine Living Community-Dickinson. “We treat our guests like family and believe a long-term relationship enhances the health and well-being of our residents, enabling them to remain independent and live a better quality of life longer.”

Additionally, this also lets spouses with different care levels reside on the same campus, such as a husband in skilled nursing and a wife in assisted living. Benedictine-Dickinson currently has several couples on campus residing in different care communities yet able to see their spouse on a regular basis, enabling them to spend quality time together and maintain loving connections. This provides great comfort and reassurance not only to spouses but to their adult children who want to see their parents remain together.

Benedictine Living Community-Dickinson also has therapy and rehabilitation services conveniently

located on-site, including occupational therapists and physical therapists.

Considering a major life change, such as moving from home to a senior community, is an important decision. Individual preferences can vary, so taking time to do the research, ask good questions and understand options can help make the process easier. Involving key family members in the discussion, and starting early instead of late, can help make it a positive experience for everyone involved.

An experienced, trusted provider of senior care services for more than 30 years, Benedictine Living Community Dickinson has the highest nursing facility ranking (5 Stars) from the Centers for Medicare and Medicaid Services, as well as recognition in US News World Report's “Best Nursing Homes” guide. The faith-based senior care community offers assisted living, short-term care and rehabilitation, long-term skilled nursing care, inpatient rehabilitation therapy, Alzheimer's and dementia care, respite care, in-home care, end-of-life care and other services. For information, visit www.benedictinedickinson.org. ■



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COMMUNITY

New Little Free Pantries installed in community

St. John Lutheran Church has announced the installation of NEW Little Free Pantries in Dickinson. Little Free Pantries are a fun, convenient, and unique resource for community members to 'give what they can and take what they need.' The pantries were constructed, decorated, and installed by St. John Lutheran Church volunteers, with funding made available by the St.

John Trust Fund through a God's Work, Our Hands service project.

While Dickinson has resources available to help supplement food and household goods for individuals or families in need, Little Free Pantries help fill the gap on a smaller and more convenient scale. Pantries are located throughout communities across the country, and similar to Little Free Libraries, the pantries are not managed by any particular group or organization. The intention is that community members will help keep each one stocked.

Transportation and hours of operation can be limiting to some who need help putting food on the table, therefore pantries are conveniently located in many corners of the community and are open 24 hours a day, 7 days a week.



Little Free Pantry located at St. Luke's

The NEW Little Free Pantries can be found at the following locations:

- St. John Lutheran Church, Garden of Grace (146 6th Ave W)
- St. Lukes (Intersection of 2nd Ave W and W 10th St)
- Peace Lutheran Church (intersection of Prairie Oak Dr and Country Oak Dr)
- Cliff Weiler - Nodak Insurance (2898 5th Ave W)
- COMING SOON: Engage Church (706 5th Ave SW)

"This project has involved many people and will become a blessing to many more. I encourage anyone to stop by and check them out, drop off donations as you are able or pick up items as you need!" says Christina Jorgensen, Faith Formation Director at St. John Lutheran Church. "The Gospel reminds us to love our neighbors, and Little Free Pantries allow us to more readily share God's love by feeding our neighbors."

All are welcome to utilize the Little Free Pantries, but please be mindful of donating goods that can be damaged in extreme heat or extreme cold, depending on the season. For more information on Little Free Pantries, visit littlefreepantry.org. Get connected with St. John Lutheran Church at stjohnelc.org. ■

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DICKINSON PUBLIC SCHOOLS FOUNDATION DPS Foundation Announces 2021 Scholarships Congratulations to the recipients and all 2021 DHS Grads!



Brady Yoder

Brady Yoder was awarded the Jack Carlson Memorial Scholarship. He will be attending the Purdue University in West Lafayette, Indiana this fall and plans to major in General Management and to run cross country and track.



Landon Amann

The Michael Callahan Hockey Scholarship was awarded to Landon Amann. Landon will be attending the University of North Dakota and pursuing a degree in Nursing.



Maya Thompson

Maya Thompson is the recipient of the Ruth Lenz Memorial Music Scholarship. She plans to attend Dickinson State University and major in Accounting & Business. Maya has been very involved in music her entire life and she loves music.



James Rehbein

James Rehbein is the recipient of the William & Connie Connolly CTE Scholarship. He plans to attend the North Dakota School of Science and pursue a career as a diesel technician. He will be enrolled in the Butler/CAT Think Big Program.



From left to right: Hailey Rathgeber, Kiah Jahner and Mattilyn Biel

Hailey Rathgeber, Kiah Jahner and Mattilyn Biel were awarded the Rewarding Kindness Scholarship. Hailey will be attending Augsburg University in Minneapolis and major in Environmental Science. Kiah Jahner will be attending the University of Mary this fall and major in Psychology. Mattilyn Biel will be attending Montana State University and major in Architecture.

For more information about the Dickinson Public Schools Foundation, contact Karen Heidt, Director of Development at 701-590-0495. ■

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CONVENTION AND VISITORS BUREAU Event assistance

The Dickinson Convention & Visitors Bureau created an Event Grant Program in 1997 to assist local organizers with some of the start up costs of putting together their event, along with assisting with advertising funds for the annual events that continue to attract attendees to the city of Dickinson. Since that time, the program criteria has routinely undergone reviews and changes to meet the outcomes of creating additional hospitality tax revenue for future events, and capital construction for visitor attraction.

This program has attracted regional and state sports tournaments, assisted with many of our local festivals, concerts, art shows, rodeos, bull riding, and more. The economic impact has been important to our local restaurants, bars, and hotels, who collect the 1% Hospitality Tax when

patrons visit their business. The more events, the more people in the doors of business! Events also are a part of the quality-of-life aspect for our residents. People want to live where there are social activities, it brings them together as a community, with the quality-of-life factor being weighed into the picture.

Do you have an Event that you would like to start or bring to Dickinson? The CVB office can assist you to discuss the project and answer any questions you may have about the Event Grant Program and what you need to do to qualify to submit an application.

The application process that the CVB has for the Event Grant Program is available either online at www.visitdickinson.com (go to About tab), call 483-4988, or stop by the office at 72 E. Museum Dr, next to the Dickinson Museum Center. ■



2021 BADLANDS BIG STICKS HOME SCHEDULE

MAY
JUNE
JULY
AUG

25 6:05 PM	26 6:05 PM	4 6:05 PM	5 6:05 PM	6 4:35 PM	6 6:05PM	7 6:05PM	6 6:05PM	7 6:05PM	
		8 6:05 PM	9 6:05 PM			12 6:05PM	13 6:05PM	15 6:05PM	
		15 6:05 PM	16 6:05 PM	17 6:05 PM	16 6:05PM	17 6:05PM	18 4:35PM		
		18 6:05 PM	19 4:05 PM	20 4:35 PM	24 6:05PM	25 4:35PM	26 6:05PM		
		25 6:05 PM	26 6:05 PM	27 4:35 PM	27 6:05PM	28 6:05PM	29 6:05PM		

THEN... and Now: Dickinson's early schools - Part 5

By Bob Fuhrman



Dickinson High School, opened 1910.
Joachim Museum collections

With the 1903 completion of the High school annex and the addition of new classes, Dickinson's annual state aid for education increased from \$100 to \$200 when its high school curriculum evolved from a two to a three year course of study, the third year making Dickinson's a "2nd Class high school." (Note the capital 'H' but small 's' - it was known as the 'High' school but contained within it primary, intermediate and also "High School" classes).

With the completion of the 1903/04 school year the school was inspected by state university President Mansfield who was pleased with the school and its curriculum progress, saying that the only thing lacking to make Dickinson's a First Class High School was sufficient laboratory equipment, the Press reporting an effort would be made to secure the equipment by the annual meeting of the state Board of Education in July when, hopefully, Dickinson's designation as a First Class High School might be put in motion.

In the meantime, the School Board again was taking steps to deal with overcrowding, bids being solicited in July for finishing a High School recitation room. Once again J.H. Waggener was winning bidder, completing the room for the start of the next school year. However, the additional room did little to alleviate the overall space problem as enrollment continued to increase, 552 students for 1904/05 versus 491 the year before. In addition to finishing the recitation room the district also hired a room from St. Joseph's parish on the

South Side as the first day at the South Side School found one room crammed with 80 students.

Despite these challenges the district was still making progress. In mid-October '04 the hoped-for elevation of Dickinson's High School from 2nd to 1st Class was confirmed, increasing state aid to \$300 per year and making the Queen City of the Prairies home to just the 12th First Class North Dakota high school and the only one west of the Missouri River. In March of '05 it was announced that the very first issue of The Tattler, "official organ of the Dickinson High school" was "a credit to the editor-in-chief, Nina Campbell, and her efficient assistants."

The summer of 1905 saw the School Board advertising to finish more rooms in the new annex, Andrew Walsh winning the contract with a bid of \$829. Later, Senour & Langley's \$921.39 bid was accepted for outfitting the rooms with steam heat (a job completed in time for fall term). At the same time cement walks were laid on the south and east sides of the 'school house square,' bringing the property into compliance with city ordinances.

The '06 spring term was marked by what would prove to be an important step in the evolution of Dickinson schools. In March Superintendent Davidson announced he would leave at the end of the term to assume a similar position in Washington State. Also announced well in advance was the selection of his replacement, Peter S. Berg, who would assume his duties

in late August after completing work as superintendent of the Larimore, ND schools.

Berg would guide Dickinson schools for the next 32 years and was well remembered in the Centennial Roundup history of Dickinson: "As the new superintendent gathered up the reins of the district's academic and business affairs, the system was beginning to refine its educational programs and set tougher standards for its teachers. By 1908 the board had agreed that no teacher would be employed in town schools who had not received a diploma from a qualified Normal School."

By the time he arrived Berg had already purchased two lots in Young's Second Addition with work started on his new home. He also posted an advertisement seeking room and board for teachers as most positions were held by out of towners, no institutions of higher learning being located in the western part of the state at the time, meaning many qualified teachers were from out-of-town. Billets for teachers weren't the only accommodations sought. Immediately after the high school program achieved First Class status the local news column of the Press began to be populated by notices and reports related to students accommodations for the school year:

The Misses Elsie and Mary Pelissier

came down from Medora Wednesday to attend the Dickinson high school.

Wanted - Young lady would like place to work for her board and attend high school.

Near the end of November 1906 a change in teaching assignments was announced when Miss Cora Colwell of Iowa (her brother was affiliated with the Dickinson Fire & Pressed Brick Co.) arrived to take over the 2nd grade room in the 'High school' building, thus freeing up Miss Palmer who would then be able to give attention to music and drawing instruction. This change was to comply with state law requiring a 'regular instructor' for these subjects, the lack of which would have cost the school district a portion of its \$500 state support.

Dickinson regularly trumpeted its First Class high school, Berg penning a long article on high school education in general in August 1907 with a March 1908 article in the Press' progression edition giving further emphasis to its advantages in preparing young North Dakotans for careers. While the old problem of crowded classrooms simmered in the background, pride in Dickinson schools abounded nonetheless with the city ranked 5th in North Dakota student population.

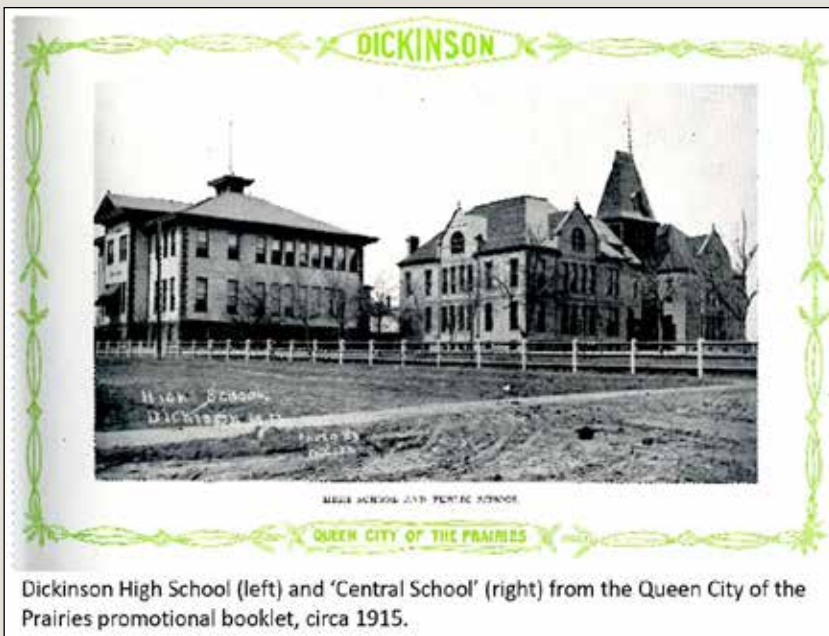
The end of 1908 brought the City's zeal for continuing improvement and



Dickinson High School's chemistry lab - a key component for a high school to achieve 'First Class' status in North Dakota c.1910. Joachim Museum collections.

Continued, next page

Continued from page 14



the necessity for better accommodations to a head, the improvement now given shape by outside forces in the form of the State High School Board which announced that as of September 1, 1909 First Class high schools must add manual training and domestic science courses (the former for boys, the latter for girls) or lose their ranking and suffer a drop in state aid. The article announcing this indicated these improvements mirrored those in eastern schools which were experiencing great success. Two new instructors would be required as well as two new rooms. The question of space seemed to point to a new building solely for the high school program, though it was doubted that it could be realized in time for the deadline.

The School Board wasted immediately starting to wrestle with the situation and competing thoughts were given review in the Press, some advocating for a \$10,000 "Ward School" in the east end to provide more space (but not addressing what was needed to retain a First Class high school). The alternate \$30,000 plan called for a dedicated high school building on the central school campus, thus meeting the new standards set by the State High School Board and freeing up more space for younger students in the existing building.

On April 24th the Press reported one-third of district voters had petitioned for a vote on issuing bonds for a new high school, the article including a letter from state High School Inspector Heyward who strongly endorsed the

concept. On May 11 the bond was approved 135 to 82, the School Board moving quickly to meet the September deadline for the First Class high school ranking. Ironically, on the same day the request for bids was published, it was announced the State High School Board was pushing back the new manual training requirement until 1910 due to concerns expressed at the annual state teachers' conference. Nonetheless, with bonding in place and plans and specifications in hand the new high school building project went forward.

By the time another month had passed architect C. A. Bloom (designer of Dickinson's Armory) delivered plans for a brick school from which bids were solicited for opening July 3rd when well-regarded local contractor/master mason Charles Bakke won the job on a bid of \$29,730. Work commenced immediately on the southern part of the central school block with a completion timeframe of 90 days. A decision to forego expensive cut stone in the brick building was made specifically to allow funds for a stand-alone heating plant to serve the new building and the old, a safety measure deemed desirable in the wake of a recent hospital boiler explosion in Bismarck that severely damaged the building and scalded two workers.

Work progressed, although a delay for millwork and other factors (one perhaps being too optimistic a schedule) caused doubling-up in primary classrooms, students divided into morning and

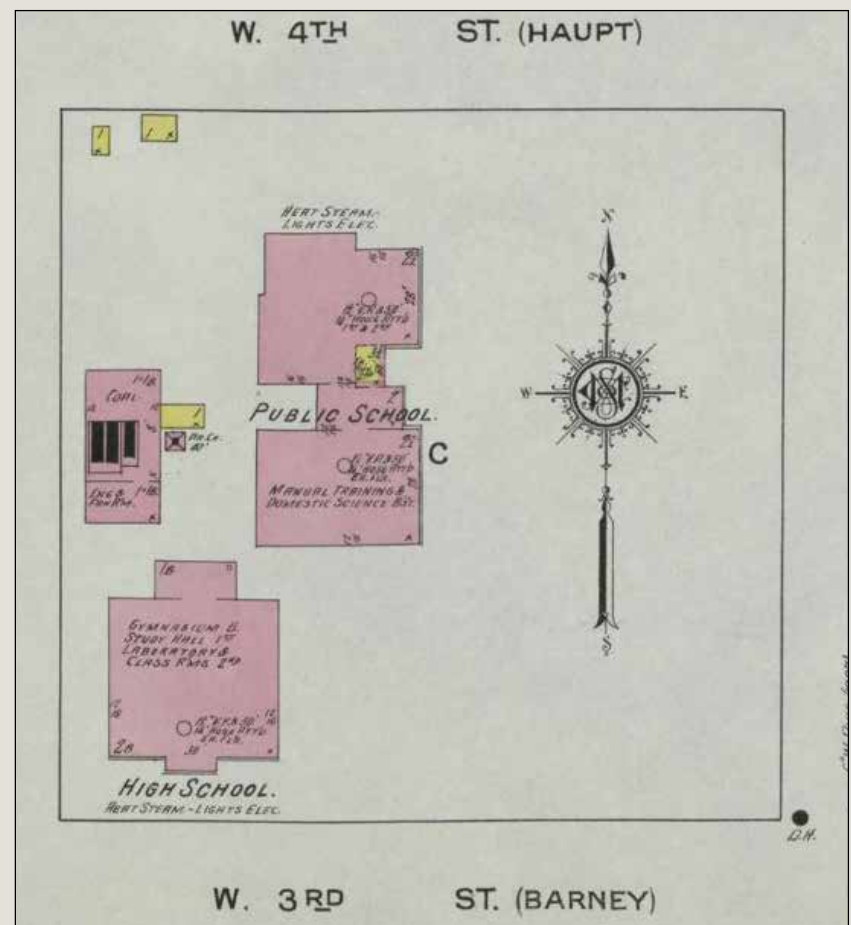
afternoon sessions in the 'old' building as the 90-day completion stretched to more than double that length. Regardless of the tardy completion, no complaints surfaced in the Press, rather, excitement and pride in the new building were trumpeted as the March 1910 opening approached:

HEADLINE - Best High School Building In State - Dickinson's New Building Ready for Use. Up-to-Date, Sanitary and Convenient. Assembly Room on First Floor. Fine Science Laboratories. Large Gymnasium. Built by Local Firms from Dickinson Material.

The accompanying article provided a detailed description of the new school, emphasizing both the economies of layout and materials while noting the overall success of the design, "Other buildings have cost more but in none have so many good things been secured for the money."

Excellence in education is a moving target but the construction of the dedicated High School building in 1909/10 put to rest, for a time, the perpetual need for instructional space. Attention could focus on what was happening in the classrooms rather than the classrooms themselves. Dickinson's first true High School would serve for 22 years and eventually 'Ward Schools' would be built too. In the 1920s Wilson & Roosevelt schools were erected, although the former fell victim to the Great Depression (it survives as Queen City Manor) while the latter continues welcoming students.

The story of Dickinson's early public schools is one of perseverance and determination, reflecting the growth of our city and, indeed, doing much to foster that growth, a legacy that continues down to the 21st Century. ■



1913 Sanborn Fire Insurance Map, Plate 7 showing the "Central School" and the then relatively new High School.

HEART RIVER VOICE FEATURE

How does your garden grow?

By Kelley Jilek

Many of us turn to gardens — even if they're just tiny ones on a balcony or a collection of potted houseplants — as a means of finding a moment of peacefulness. What sparks this feeling for you may be different from the next person, whether it's views of a sun-dappled patio or the sound of a bird's song that brings you a sense of peace. Joan Murphy has created a calming garden space and invited me to spend some time with her there. She shared her garden adventures as we chatted. Joan has sprinkled decorative vignettes throughout her garden oasis to be discovered by her grandchildren and other people lucky enough to set foot into it. Perhaps you'll be inspired by an idea she mentions or one of the many photos below for making your own space feel like a peaceful retreat.

HRV: How long have you been working on your garden? Was your yard a clean slate when you started?

30 years and counting. We started right away when we bought the house. There were a few shrubs and an apple tree.

How has your garden changed since you first started it?

Our yard has changed drastically. Both ends of our back yard are now perennial gardens. We put a pond in and a lot of walkways and brick. We also added a new deck that was built around our



Joan's peaceful retreat with dapples of garden art

aspens tree. Needless to say, the only plants from the original yard are two shrubs and an apple tree. We now have a small vegetable garden on the south side of our garage which is flourishing.

Have you always loved gardening? Who or what inspired you to garden?

I grew to love gardening. My mom always had a beautiful flower and vegetable garden. I was a self-taught gardener with lots of help from family and friends.

Where did your gardening knowledge and ideas come from?

Learn as you go. I had a folder of pictures from magazines along with Pinterest.

Is your garden a result of solely your hard work or did you

have help?

I've definitely had help. Bill (my husband) and I have put a lot of hours,

sweat and many discussions into our yard.

Have you made any mistakes while



Joan has lots of garden art vignettes sprinkled throughout her yard



A glimpse into the serenity of Joan's garden



learning to garden?

Yes, many mistakes. Biggest drawback was not reading the tags that came with the perennials and then having to move them either out of the sun and out of the shade.

How did you decide what to grow?

Do you have a favorite plant in your garden? Why is it your favorite?

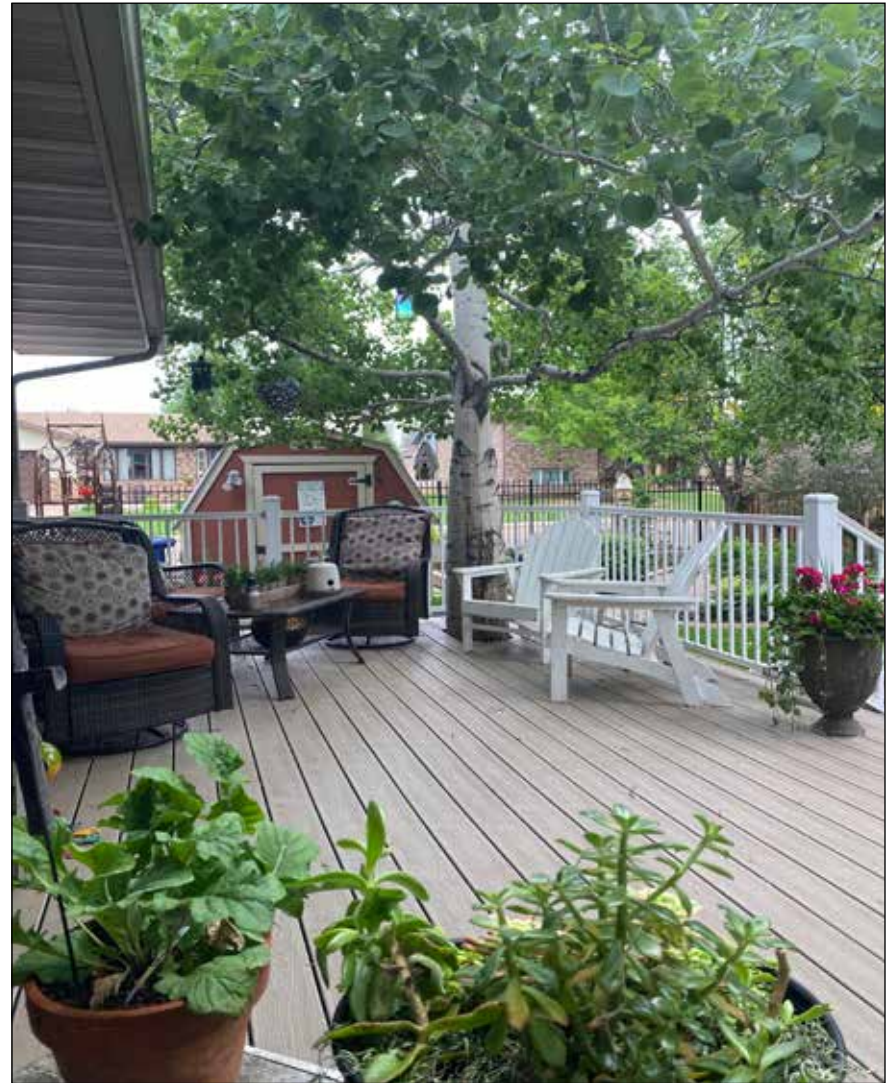
The area, the nurseries and what my family and friends have given me. My favorite plant is my sedum, which is a plant my mom had 50 years ago. She gave me a portion of it, and it flourishes in my yard. I have also split this sedum off over 20 times to give to family, so they have a piece of Gramma in their yard.

What is the hardest plant you've ever tried to grow?

Phlox - I have never had luck with that plant. I don't give up and keep trying to grow it though!

I do everything on a drip system or do you water by hand?

Both - we are fortunate to have a well to run everything.



Joan's favorite place to spend time with friends and family

What advice would you give to a new gardener?

Start small and grow from there. Too much at once can be overwhelming ... and never give up. Always take any advice you can get.

This looks like a lot of work. Is this your only hobby?

Absolutely not! I sew lots of t-shirt quilts, memory quilts and pillows, tea cup ornaments and many crafts.

Where did you get all of your garden art?

We have made quite a bit of the garden art. We've gotten a lot for gifts and picked up things when we are traveling. I know where every piece is from or who it is from.

Your yard looks like the perfect venue for a wedding or a garden party. Have you hosted any here?

Two of our children have gotten married in our yard, we've hosted two

anniversary parties and many brunches and barbecues. It has also been used for graduation photos.

Where do you spend most of your time in your garden?

On our back porch.

What do you enjoy most about your garden?

The beauty of the garden and the people that stop by to admire the garden.

What is your least favorite part of gardening?

Weeding and hoeing!

What are your future plans for your garden?

We are totally satisfied with the end result. We will now maintain and enjoy!

And enjoy they will. Joan has created a beautiful space that not only she and her husband benefit from, but also anyone who walks by. Thank you for sharing your garden with us Joan! ■

HEART RIVER GEMS

Lisa Lewton

By Kaylee Garling

Getting a babysitter and sneaking out of the house on Friday night with my husband to do this month's Heart River Gem interview with Lisa Lewton was a guilty pleasure. With a frappe and Lisa's book, *Spiritual Longing in a Woman's World*, sitting on the coffee shop's table between us, I felt like I'd met a kindred spirit, someone who not only understood me, my life and challenges, but someone who wanted to walk beside me through those challenges. Her book is an uplifting approach to marriage, children, worship, and view of ourselves. Since her words are better than mine, I hope you enjoy getting to know her as much as I did as I share a few of her inspired words.

"I have been a pastor in the Lutheran Church, in what's called the ELCA, which is a lot of letters, and stands for Evangelical Lutheran Church of America, for about 17 years. My husband is Marcus, and we have 3 kids. I wrote this book because I hear women tell stories about the tough spots in their lives. I noticed the common denominator is that we don't always have realistic expectations of what we can do. We want a perfect relationship, or house to be brilliantly decorated, or to make special meals every night, all these things that we think we have to do really well, and when we don't do them really well, then we become really hard on ourselves.

I hope this book gives women encouragement and shows that when we're hard on ourselves again and again, it's a really lonely place to be. We think we've done it all wrong, wish we could've done things better, or just need to try a little harder. As a woman who is Christian, I feel like the gift that Jesus has given us already, abundant life, we don't have to make our lives quite so hard. I hope the big message that people hear is that you can be more gentle on yourself. You are enough as you are. You don't have to do everything right. It's never going to be perfect. I hope women investigate their lives and see where those expectations come from, then let go of trying to do it all perfectly. We have these unrealistic expectations. We've learned them from people in our lives.

I tell a story in the first chapter about marriage and how I thought it wasn't very fun at first to be married, and largely because I didn't tell my husband



Lisa Lewton

what I needed, how I was feeling, when it was kind of miserable, because I didn't know what marriage was supposed to be. I didn't realize how it was so much work, and it is. Then I realized that none of the women I saw growing up asked for help or said how they really felt. Once I could look back and realize that I learned this from my family of origin, that I should just tough it out, then I could acknowledge some of those things. You only know what you know in a marriage based on what you know from growing up. Some of those are helpful, and some of them are not, but they never go away. We are always carrying around things that we learned from childhood.

I hope women become reflective of the tough spots and what we learned growing up. You think you're never going to have this one argument again, but you're going to have it again, because every time you get stressed and tired, all those things we learned that weren't so healthy come back. You never arrive at anything; you're just always starting over. Be gentler this time."

Her words sooth the soul. She continued, "I love to read. I often have a book in my hands or my ears. I have a hunch that the more curious we are about the world, the better we can

relate with one another. I think I learn a lot from the stories people tell about their lives. I was 26 when I became a pastor. I didn't know very much about life, but those you walk with through intense times, ordinary and extraordinary, you learn about life and God's presence with people. I have a lot of quotations in my book, because I learn a lot through others, so I wanted it to have more than just my voice. My big dream was for the book to be healing. For people to understand that the goal isn't to be perfect, but to acknowledge we are broken and that's where Jesus turns up in His goodness. Christ doesn't expect us to be perfect. There was one perfect person who made it so we don't have to be. We

look at Pinterest and think,

maybe it should be me that's perfect. If I could just be a little classier. But we're perfect how we are.

"My inspiration comes from my kids, the daily life I live, and what I notice when I slow down. I write a blog once a week. I try to pay attention to my family and what my kids learn about God. Part of the joy of being a parent is paying attention to those moments when you might open up some curiosity about who God is, what He is doing in their lives, and what a difference it makes that Jesus died for their sins. I don't often slow down and pay attention, but it's amazing when I do. What God will tell you, show you, give us an elbow to do. It's great to notice how



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present God is in our lives."

As you read, Lisa is an incredible, understanding person who has used her curiosity and dedicated her life to a life of learning. You can find her online at lisalewton.com, and her book, *Spiritual Longing in a Woman's World*, at Faith Expressions in downtown Dickinson, online at Amazon.com, or at our local library. You will be uplifted with her words of affirmation and generosity.

Editor's note: Audrey McMacken sent a review on Lisa's book. See page 20 to read her thoughts. ■

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PIPER'S PALS Ask Alfie

Dear Alfie,

The other day my kids and I were at the park and we saw someone walking a very cute dog. We're all animal lovers so my children ran up to pet the dog. However, before they could pet it, the owner yelled at them and told them to back away. Can you believe it? How rude!

Sincerely, Don't Yell at Me

Dear Don't Yell at Me:

You're very lucky that person stopped your children before they reached the dog; it is likely not friendly with strangers. If your children had run up and startled it, it is possible the dog might have tried to bite them!

You must always be cautious around strange animals, even if they look harmless or friendly. Every animal's temperament is different, and some dogs might find the fast approach of a stranger to be threatening. They may react defensively in an attempt to protect themselves or their owner.

It is up to you to teach your children how to safely handle situations like these. The first step is to keep your

distance while you ask the owner if you may pet their dog. Besides being a safety issue, it is also an issue of manners. You would not like it if a stranger hugged your child or touched you without permission, would you? Please show the same respect toward people and their pets.

If the owner tells you that you may not pet their dog, simply move on and admire it from a distance. If they say yes, approach cautiously and let the dog smell your hand before you pet it. This is a gesture of respect in the eyes of the dog. If they smell you and pull away or growl, that is your cue to back off, because the dog is telling you that he does not want your attention.

Never make assumptions about an animal you do not know and always remember your manners!

Sincerely, Alfie

Dear Alfie:

My cat recently had a bladder infection and the vet told me he needs to drink more water. However, he never seems to be interested in his water bowl. How am I supposed to make him drink?

Sincerely, Thirsty

Dear Thirsty:

Cats are finicky about water, and therefore many are chronically dehydrated - something most people do not realize. Cats should drink approximately one ounce of water per pound of body weight each day. For example, if your cat weighs eight pounds, he should be drinking at least eight ounces of water per day. This amount may need to be increased if your cat is more active than usual or the weather is warmer.

Here are some helpful tips to encourage your cat to drink more water:

- Always make sure your cat's water bowl is clean. If it is slimy or has debris floating in it, your cat will avoid it the same way you would if your water glass was dirty.
- Cats prefer fresh water over water that is stagnant or been sitting in the bowl for some time. You can easily meet their demands by dumping the water from the bowl, giving it a rinse, and filling it up with fresh, cool water at least once a day.
- Purchase a pet water fountain. Specially designed cat water fountains



allow the water to be constantly filtered and circulated, keeping it fresh and clean.

- Help your cat meet his hydration needs by offering canned cat food or broths, which supplement water intake.

Dehydration in cats is a serious issue, as you already know. By keeping your cat's water fresh, you can help him stay healthy and happy!

Sincerely, Alfie ■

Have questions about your pet(s)? Ask Alfie for advice by emailing bethlhurt@gmail.com

Pet Name Match

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

A: Mr. Wilson (#___)

B: Archer (#___)

C: Ruby (#___)

D: Koda (#___)

E: Gracie (#___)

F: Chevy (#___)

(Answers in our next issue!)

Last month's answers:

A: #3 Hugo

B: #4 Trixie

C: #5 Edda

D: #6 Trish

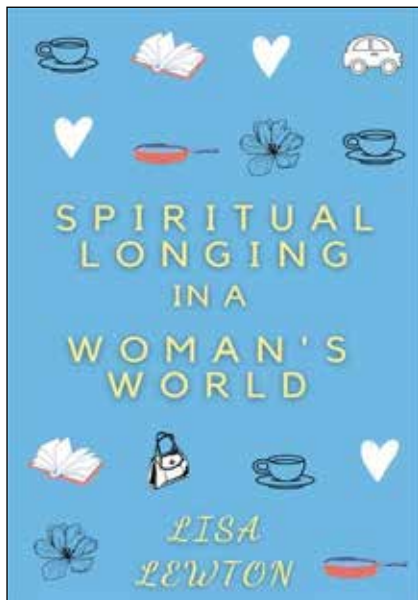
E: #2 Nina

F: #1 Caesar

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BOOK REVIEW**A review of Lisa Lewton's Spiritual Longing in a Woman's World**

By Audrey McMacken

Modern life is hard. Now, in addition to the traditional roles of wife and mother, women can have it all. They are challenged to “lean in” and do more in busy, careers or live up to the carefully curated social media feeds displayed by other women. With more opportunities can come more guilt when our lives don’t quite measure up to the professional women on news stories or the Instagram accounts we follow. These pressures have been amplified as responsibilities increased in the midst of a pandemic. In *Spiritual Longing in a Women’s World*, we are challenged to take a breath, to listen to our own longings and to and for the voice of God.

I am a voracious reader— on the order of 100 or more books most years. With that I’m also fairly picky about what I choose to read and reasonably harsh about admitting what I don’t enjoy. I had the privilege of reading this one early on and when my friend and pastor Lisa asked me to read it, the request came with a disclaimer “We are avid book lovers but not lovers of all books.” I’ll admit I was a bit nervous as this was a request for an honest opinion. And, Lisa, who is the lead pastor at St John Lutheran in Dickinson, ND is someone to whom I am not comfortable lying. Even if it is the sort of white lie designed

to not hurt feelings. Fortunately, I was completely hooked after the first chapter. The stories, followed by questions to ponder left me, a solid introvert, wishing for a small group with whom to discuss this book. I found myself eagerly waiting the next chapter (they came to me in every few week installments) and the last one left me misty eyed.

This little book is readable. I suspect the practice of delivering memorable messages in concise 12 minute sermons designed to get Lutherans out of the pews and back home in a reliable 55 to 59 minutes helped with this. But the substance that fills these 78 pages was impressive. Many similar books end up irritating me as they say the same thing in fifteen different ways without adding much depth. There is none of that here. A busy, non-reader will still find themselves flying through these pages and hopefully find much to process after.

In the chapter titled Rest, Lisa asks, How often have you heard or responded to the question, “How are you?” with the word, “Busy.” And goes on to discuss how often over her career of visiting with and counseling women she’s talked to women who assume they should be busy or find that the majority of the household tasks fall to them either because they have assigned them to themselves or because that is typical. This rang true for me as it is something I hear very often in talking to other women. A coworker of mine once reflected that if when she was engaged someone had told her most of her marital fights would be related to household chores she would have laughed at them, and yet years in she found that was the source of most of her conflict. So, a challenge to find ways to, “Don’t just do something, sit there” followed by discussions of why this is important to our spiritual health was so refreshing. In a world that rewards “busy” the reminder to slow down is important.

This book would create fun, meaningful discussions for a small group but can also be read as I did — alone with jotted notes and journaling. Pandemic mindset has also taught me that important friend conversations can happen via group text, so don’t let

time and distance constraints keep you from reading this with friends. There is material here for anyone - single woman to grandmother. And while this is a Christian book, I do think there is material here that would be significantly useful regardless of your background. Read it. Ponder about the questions it brings up in your mind. Talk about it to your friends and recommend it to your friends. It belongs in the world and I for one and glad it is there. It is on my gifting list for many women I love and I plan to read it again. And given the size of my to be read list a reread is rare. ■

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Soul Sisters Saturday: 9 am -noon

Full Retreat ~ \$200

Refreshments Served

Call 701-290-8482 for more details

Register today: www.badlandsministries.org

HEART RIVER VOICE | AUGUST 2021

Calendar

TUESDAYS AND SATURDAYS

FARMERS MARKET Opens Tuesday at 4 PM and Saturday at 10 AM from mid July through October. We are located in the southeast corner of the prairie hills mall parking lot. We consist of several members from the SW region of North Dakota.

MONDAY AUGUST 2

BADLANDS STREET VAULT 3-10PM The Badlands Street Vault is a Pole Vault competition that will be held in downtown Dickinson! The street will be closed off and there will be

a pole vault pit set up around your favorite bars and restaurants! It's going to be HUGE with some of the best vaulters around the midwest competing later in the day!

TUESDAY AUGUST 3

NATIONAL NIGHT OUT 5-8PM Join the Dickinson Police Department for our annual National Night Out. Dinner will be on us while you check out community programs and watch live K-9 and Fire Department Demos. For more information on NNO check out <https://natw.org>.

org. West River Ice Center

BANDSHELL CONCERT SERIES PRESENTS DACOTA BREEZE

BAND 7-9PM Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. The Amen Food Pantry will be collecting non-perishable food items each week to stock our local food pantry. Artist is subject to change. 801 5th Ave W.

THURSDAY AUGUST 5

FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for outdoor summer fun. Starting at 5PM. Downtown Dickinson. See page 8 for full summer schedule.

AUGUST 6-AUGUST 7

BADLANDS BIG STICKS HOME BASEBALL GAME 6:05PM each night. Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

SATURDAY AUGUST 7

KETO DESSERTS 10AM-1PM Palate Professor cooking class at Newby's ACE Hardware. Advance tickets only at Palate-Professor.com \$60 per person. Contact Chef Michelle Kauffman for more information: Palate-Professor@gmail.com or 715-309-9331.

A TASTE OF CULTURE 11AM-5PM This event exposes Dickinson and its surrounding communities to the various cultures represented throughout western North Dakota. A wide variety of food vendors as well as opportunities to shop! Cultural entertainment through out the day. Family event - lots of kids' activities! Free admission to venue, with unlimited wristband for bounce houses

and other activities for only \$10. 6 and under are free! DSU Pavilion and lawn.

THE 65TH ANNUAL HOME ON THE RANGE CHAMPIONS RIDE SADDLE BRONC MATCH 1PM For more than six decades, the Match has been the premier saddle bronc competition. This event has a history of promoting the top-rated cowboys and broncs. Adult: \$15.00 (\$20.00 at the gate) Student: \$8.00 (\$10.00 at the gate). Exit #7 on I-94, 16 miles west of Medora. Sentinel Butte.

STOCK CAR RACES 6PM \$12/ adult; \$5/children 12-17; under 12, free. Southwest Speedway. 10 miles south on Hwy 22, 1 mile W on 47th St SW.

TUESDAY AUGUST 10 BANDSHELL CONCERT SERIES PRESENTS GREG BLAKE 7-9PM Free outdoor concert. Bring blankets or lawn chairs

and sit back and enjoy the sounds of music at its best. Concessions available. 801 5th Ave W.

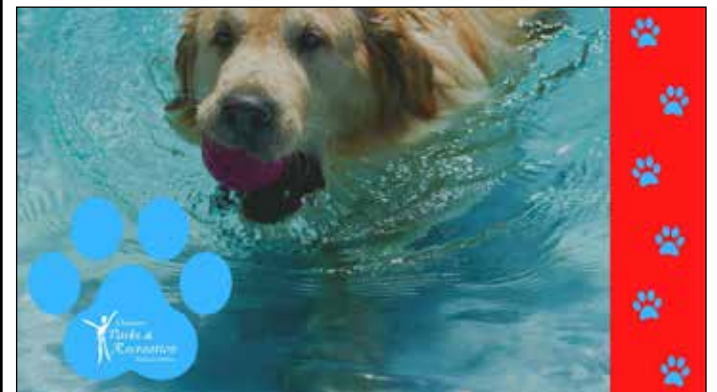
THURSDAY AUGUST 12 HIGH PLAINS DENTAL OUT-DOOR FAMILY MOVIE NIGHT 7PM Join High Plains Dental for an outdoor family movie night featuring The Croods: A New Age. No coolers or outside food/drink. Concessions will be available. Children under 12 must be accompanied by an adult. Henry Biesiot Activities Center

FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for outdoor summer fun. Starting at 5PM. Food trucks, vendors and more. Downtown Dickinson. See page 8 for full summer schedule.



2021 INAUGURAL
SKID STEER RODEO
SATURDAY
AUG 14
10am Registration | 11am Event Begins
AT SOUTHWEST SPEEDWAY, DICKINSON, ND
TWO EVENTS: SKID STEER & MINI-EXCAVATOR
WINNER WILL BE CHOSEN BASED ON THE LOWEST COMBINED TIME
Presented by
TITAN MACHINERY
ROUGH RIDER
MIDWEST EROSION CONTROL
EQUIPMENT WILL BE ON-SITE FOR CHILDREN TO EXPLORE!
Equipment provided by TITAN MACHINERY
ADMISSION \$2 OR NON-PERISHABLE FOOD DONATION
All proceeds will be donated to Amen Food Pantry
COME AND SEE WHO HAS THE BEST EQUIPMENT OPERATOR IN DICKINSON!

Tuesday, August 24 POOCH POOL PARTY 5:30-6:30PM - Small dog party; dogs weighing less than 30 pounds. 6:30-7:30PM - Big dog party; dogs weighing more than 30 pounds. It's a party for the pooches! Dickinson Parks and Recreation Department is holding its annual Pooch Pool Party for the dogs of our community. All pool chemicals will have been turned off for 24 hours, so it's safe for the furry ones. Donations will be accepted with all proceeds going towards the City of Dickinson Animal Shelter. Local businesses will be set-up at the event for information related to dogs. West River Community Center Outdoor Pool.



AUGUST 13 - AUGUST 14**FEARLESS FAITH RETREAT**

Friday 1-4:30PM Saturday 9AM-12PM Answer God's Call and Ignite that powerful Purpose he has placed in your heart, mind and soul! You will go farther than you ever thought possible and experience a Purpose beyond purposeful. Ignite Your Purpose and Bold Faith, that will create God Miracles for your Life! Register at badlandsministries.org. Call 701.290.8482 for more information.

SATURDAY AUGUST 14**KIDS FAIR** All day Saturday.

ALL FREE: admission, shows, events, and kids lunch - all provided by the Fair Association and our sponsors! The only cost to adults is lunch. Come have a fun time and enjoy the facility. The Kids Fair activities will consist of a dunk tank, unique jumping castles, sensory stations, magic shows, balloon animals, and much more! Stark County Fairgrounds, South 4024, ND-22.

2021 INAUGURAL SKID STEER

RODEO 11AM Come and see who has the best equipment operator in Dickinson! Equipment will be on-site for children to explore. Admission \$2 OR non-perishable food donation. All proceeds will be donated to Amen Food Pantry.

TUESDAY AUGUST 17

CHALK WALK 4-7PM Get ready, Get Set, CREATE! We provide the chalk, and you provide the inspiration! Vendors | Music | Chalk | Food | Fun. Sponsor Square Art Competition. Individual Art Advocate Competition. Contact Alissa Karsky at 701-456-2074 to be entered into competitions. Phil Patterson Memorial Bandshell.

BANDSHELL CONCERT SERIES PRESENTS PAUL FAMILY

BLUEGRASS 7-9PM Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. 801 5th Ave W.

WEDNESDAY AUGUST 18

POWER BOWLS 10AM-1PM Palate Professor cooking class at Newby's ACE Hardware. Advance tickets only at Palate-

Professor.com \$60 per person. Contact Chef Michelle Kauffman for more information: PalateProfessor@gmail.com or 715-309-9331.

SATURDAY AUGUST 21**NORTHERN PLAINS ETHNIC**

FESTIVAL 9AM-2PM An event celebrating the cultures and flavors of the Ukraine, Russia, Norway, Sweden, and Germany with grafts, food, and live music! Prairie Outpost Park, 188 Museum Dr East.

STOCK CAR RACES 6PM \$12/

adult; \$5/children 12-17; under 12, free. Southwest Speedway. 10 miles south on Hwy 22, 1 mile W on 47th St SW.

TUESDAY AUGUST 24**POOCH POOL PARTY** 5:30-

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All pool chemicals will have been turned off for 24 hours, so it's safe for the furry ones. Donations will be accepted with all proceeds going towards the City of Dickinson Animal Shelter. Local businesses will be set-up at the event for information related to dogs. West River Community Center Outdoor Pool.

IF MUSIC BE THE FOOD BENEFIT CONCERT 7-9PM

Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. The Amen Food Pantry will be collecting non-perishable food items each week to stock our local food pantry. Artist is subject to change. 801 5th Ave W.

WEDNESDAY AUGUST 25**FARMERS MARKET MEALS**

10AM-1PM Palate Professor cooking class at Newby's ACE Hardware. Advance tickets only at PalateProfessor.com \$60 per person. Contact Chef Michelle Kauffman for more information: PalateProfessor@gmail.com or 715-309-9331.

SATURDAY AUGUST 28**2021 DICKINSON PRESS**

WOMEN'S EXPO 9AM-4PM FREE COMMUNITY EVENT! Shop the best in local direct sale businesses, brick and mortar shops, and crafts; also food sales and samples! West River Ice Center

BAKKEN INFLATABLE 5K

FUNDRAISER 9AM-2PM Fun Family Event 5k with inflatables, Mechanical bull, Gaming

bus, and food vendors. A fun family event where everyone is a kid at heart. It features a 5K course with seven inflatable obstacle stations, a new mechanical bull, a gaming bus for kids, pre-teens, teens, and those who just love to game, and delicious food vendors! Any age and fitness level can enjoy the obstacle course. Help support your favorite nonprofits, House of Manna, United Way of Dickinson, and West Dakota

Parent and Family Resource Center. Contact Nicole for more information at 701-483-1233.

CRUISE INTO DOWNTOWN

10AM-4PM Car show, vendor street fair, farmers market, food trucks and more! Featuring regional breweries. Downtown Dickinson.

Saturday August 28th

Bakken Inflatables 5K

Family Fun Event featuring a beautiful 5k course with inflatable stations!

All ages, fitness levels and strollers are welcome!

REGISTER ONLINE NOW

By searching "Bakken Inflatables 5K"

REGISTRATION OPEN UNTIL THE DAY OF THE EVENT

Register by August 16TH to receive a FREE event T-shirt!

THANK YOU TO OUR SPONSORS

INFLATABLES BY Bounce Right Rentals

Run times every 15 minutes from 8:30-10:00am

Please arrive 30min before your start

There will be local Food Truck vendors- a mechanical bull- a gaming bus- and much more....more details to come!!

Any Questions?? Call 701-483-1233

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 •Gate City Bank •Odd Fellows •Martins Welding & Refrigeration
 •Pokorny Chiropractic Clinic •D Frank •Dickinson Parks and Rec
 •Iron Works

MISS BEA'S KITCHEN

Bloom where you're planted

By Laura Walters

I remember when I was about twelve that my church hosted a mother-daughter banquet around Mother's Day and the theme was "Bloom Where You're Planted". The room was decorated like an English garden, and each place had a beautiful tea setting with rose adorned cups and saucers and I thought it was absolutely magical. The daughters performed a skit and the majority wore headbands with giant flower petals to represent the garden and I think a few even wore bunny ears... there may have even been a lady bug or two. Anyway. I was the lucky one who did not have to wear a funny headband, but I did wear a giant floppy hat and an apron as I got to play the gardener. We sang songs and recited lines which have long since been forgotten, but the message behind it all has lingered: Bloom Where You're Planted.

Sometimes it's easy to look at others who seem to have more on the ball than us and we start to feel bad about what we have or about our abilities, traits, etc. It's not that what we have is bad, but we assume that what the other person has is better or more desirable. In reality though, that person who you think has it all together is probably struggling with their own insecurities and doubts. We have to remember that we are each uniquely gifted and blessed with different abilities, interests, personalities, and strengths. Our uniqueness is what keeps the world spinning and makes life interesting.

What in the world does that have to do with Miss Bea's Kitchen? Let me tell you. Every once in a while I will be approached by someone in public who has read my column or seen me on Facebook and I will get comments about a recipe that I've shared. Most of the time they are very nice comments but other times not so much. I always try to respond graciously and voice the truth that not everyone has the same set of taste buds so it's understandable that we won't always like the same things, but I'm always glad that they have stepped out of their comfort zone and tried something new. After all, that's exactly what I hope to do here - encourage

people to try new things!

I've also had the comment that my recipes are "too complex" for the average person cooking at home, and this is where I want to sit for a second. I know that some of my recipes may get a little "ingredient heavy" or may be a little tedious in the directions, but I work hard to make them accessible to everyone. Please keep in mind, we are all different and every recipe is open for your own personal interpretation. Read that recipe twice or thrice and then substitute the heck out of it if you want to! Then tell me about it! I will be so proud of you for experimenting! Seriously. If you want to use canned gravy or a mix - GO FOR IT. You don't have time to make homemade sauce? Try every brand of sauce in a bottle and let me know which brand you found and love! Don't trust yourself mincing fresh garlic? Buy it in a jar - I DO!

We don't all have to make it the same way every time and that's why I love cooking way more than baking. There is so much more freedom in cooking to allow for taste, budget, and ability. Nothing is inaccessible unless you just don't even try. It may flop. Do it differently the next time. But don't stop and don't feel like a failure and for pete's sake, DON'T limit yourself because you're too afraid to try something new. The phrase "bloom where you're planted" doesn't just mean spread your roots and survive. It means spread your roots, let the sun and rain feed your soul and help you grow strong as you are,

and then get that MiracleGro out to give you that boost you need to step out of our comfort zone and push yourself to be your best.

I'll see you around the kitchen, Miss Bea

Laura Walters is a wife and dog mom who curates monthly menus both for her home and for sale. Her menus are perfect for busy moms, beginner homecooks, clueless bachelors or really anyone looking to switch up their usual at-home menu. Find her on Facebook, or email her at MsBeasKitchen@gmail.com ■



Cut peaches into smaller pieces



Simple ingredients needed!



Top with butter

Surprise Cobbler

NOTE: I call this Surprise Cobbler because first it's surprisingly easy and delicious and second, it's a quick dessert to make for that surprise company who just dropped in! Enjoy!

- 1 box yellow cake mix (yep, just the dry mix)
- 1 large can peach slices in juice (don't even think about draining that juice!)
- 1 stick unsalted butter

1. Preheat oven according to the cake box - will vary depending on what kind of pan you're using.
2. Pour the peaches into your pan and use two butter knives to cut them into smaller pieces.
3. Pour dry cake mix over the peaches.
4. Slice the butter into thin slices and distribute evenly across the top of your cobbler.
5. Bake for 25-35 minutes or until the top is bubbly and slightly golden. ■



HUMANS OF DICKINSON



Mary Jane Jeske

By Sierra Skaare

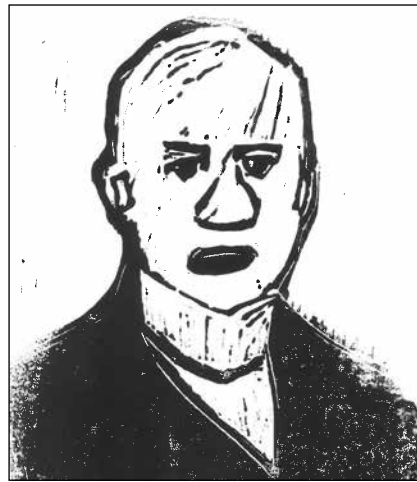
Who doesn't miss a single day of high school and has moved over 20 times? Mary Jane Jeske has! Not only did she not miss a day of high school but she always comes to school ready to teach. She has been teaching for 42 years and 7 of those years have been in Dickinson. Some people are born to teach, Mrs. Jeske is one of these people because of her kind and caring personality.

Mrs. Jeske was born in Dickinson, North Dakota, and moved around to Richardton, Watford City, and Beach. She came back to Dickinson as a 5th grader and stayed until she graduated high school. She graduated from Dickinson State University with her teaching degree. After getting married she and her husband Mark Jeske moved to many different places.

They moved to Bismarck North Dakota for 6 months, moved to Billings Montana for 2 years, moved back to Bismarck North Dakota for 6 years, Sioux Falls South Dakota for 10 years, Kansas City Kansas for 4 years, Columbus Ohio for 2 years, Minneapolis Minnesota for 4 years, Charlotte North Carolina for 2 years, then back to Dickinson North Dakota and has been here since. She has a lot of experience living in different parts of the United States.

Since Mrs. Jeske has lived in so many different places she has developed great qualities. One quality is that she is hardworking. An example of hard work is that she grades student's homework the day that it's due. When replying to the question, What is the hardest part

about your job?, she said, "Keeping up with being ready for class and then having the kids work corrected and on time not like 3 weeks after, staying current, and doing all the jobs that come with it like teaching, correcting papers, attending meetings, being organized. It's hard to have so many things going but somehow it works." Another great quality she has is that she can listen to others and can listen for a very long time. She also puts other people first. She is always looking for solutions to problems by gaining everyone's input.



Levi Long

By Jaxon Braun

Who teaches students, works in the National Guard, and builds his own business from the ground up? Levi Long does all those things and more.

Levi grew up on a farm with two sisters and three brothers in a little town called Timber Lake, South Dakota. "I contribute many of my successes in life from what I learned on the farm," Levi stated. He also said that while working on the farm he learned the values of hard work. After high school, Levi went to Dickinson State University to get his teaching degree. He is very proud of that. Now he teaches the advanced program math classes and small group math classes at Dickinson Middle School. Beyond getting a teaching degree, he also enlisted in the National Guard.

On November 16th, 2000 Levi joined the National Guard. Levi goes to training one weekend every month and an additional two week period once a year. He drives from Dickinson to Minot for

his training. I asked Levi if he thought his training was hard and he said that he did not think it was. While he is doing his training, he still has to get lesson plans done for the whole week. As if the two jobs were not enough for Levi, he also started a fencing business.

One summer Levi was putting up a fence in his yard and he really enjoyed doing it. When Levi had a break from teaching in the summer he knew he would get bored, So he put an idea together of starting a business. In 2008 he started his fencing business called Premier Fencing, LLC. Levi worked hard to get his business off the ground. Levi

stated that what makes a good business owner is "putting your customer's needs first and being honest". Levi's business puts up fencing all over western North Dakota.

Levi likes the people in the Dickinson area and how Dickinson is a bigger town but still has a small town feel. Levi also likes the caring that everyone has in this community and how everyone is willing to help. In the future, Levi hopes to do some hunting, fishing, farming, and ranching which are all some of his hobbies while he still juggles his three jobs. He continues to work hard and serves the people in our community. ■

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WHERE BUSINESS GOES TO GROW

ND SBDC launches a whole new way to shop local through an online marketplace



The North Dakota Small Business Development Centers (ND SBDC) recently launched a brand-new platform for small businesses to come together and sell their products and services online.

"We're excited to be able to offer ShopND.com at no-cost to our clients. It's one of many programs we are rolling out in order to help businesses compete and grow in the marketplace, now and in the future," said Greg Syrup, CARES Program Director for the organization. "This platform provides an opportunity for North Dakota patrons to support local businesses from the comfort of their own homes. Customers can choose local

pickup, shipping, or even local delivery if offered by the business."

"Customers are interested in buying local and supporting their communities, but oftentimes it can be time consuming to visit multiple stores to find what they're looking for," said Syrup. "A key component of this platform is that local small businesses can all sell on one website, which provides an incredible convenience and a variety of product offerings for shoppers to choose from and then buy with just one checkout."

Businesses have just started to add products to the site. The community should check back frequently as more businesses add products and services. Kolling Woodworks, of Dickinson has begun offering products on ShopND. Lane Kolling produces wood and epoxy serving boards in different shapes and sizes as well as tables and bar tops. If a business is interested in adding items for sale, they are encouraged to register on the website or contact Greg Syrup at gregory.syrup@und.edu for more information.

Since its inception in 1986, the ND



SBDC network has helped business owners and entrepreneurs start, manage, and grow their small businesses through confidential, individualized, professional business advising and training workshops. Services are provided at no-cost to clients thanks to funding from SBA, ND Department of Commerce, UND, and local supporters across the state. The ND SBDC has eight service centers across North Dakota, including one in Dickinson. The Dickinson Center serves Hettinger, Dunn, Stark, Golden Valley and Billings counties. The purpose of

the ND SBDC is to assist both start-ups and existing businesses. As the program looks to help business owners emerge strong on the other side of the pandemic, an opportunity like ShopND.com is just one of the many ways the credentialed advisors of the ND SBDC are empowering North Dakota's small businesses and entrepreneurs to thrive.

For more information on the ND SBDC programs or services, call John Diem at (701) 456-9044, email him at johnd@ndsbdc.org or try the website <https://ndsbdc.org/>. ■



"Providing private, financial support to enrich the quality of education in the Dickinson Public Schools."



Rhinestone Rhonda at the Reading Rodeo

The DPS Foundation has awarded over \$515,000 in grants projects which impact nearly 100% of the students enrolled in the Dickinson Public Schools.

Our main focus areas are:

- Grant Projects to "enrich" education
- Our Scholarship Program
- Sponsorships for students that qualify for National Competitions

To learn more about gifting opportunities, or to establish a Scholarship contact:

Karen Heidt, Director of Development

Phone: 701.590.0495

Email: kheidt@dpsnd.org

Website: www.dickinson.k12.nd.us/Foundation

DICKINSON AREA CHAMBER OF COMMERCE

3rd annual Banquet in a Field: Western Style cultivates awareness of agriculture



After taking 2020 off due to the pandemic, the Dickinson Area Chamber of Commerce Agricultural Committee hosted their 3rd Annual Banquet In A Field: Western Style at the family farmed Ridl Farms on Tuesday, July 13, 2021.

The event brought together approximately 140 guests for a feast at Ridl Farms. The evening included a social hour, al fresco dining, farm tour, locally brewed beverages, live music and more!

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.

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 plot, listened to live music by Jessie Veeder, and engaged with growers and producers. The evening's guest chefs were Sodexo and NDSU BBQ Boot Camp. The commodity stations included barley, canola, corn, dairy, grapes, honey, meat (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.

During the dinner, the evening's host, Arthur Ridl shared the story of their operation.

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.

"At the Dickinson Area Chamber of Commerce, we connect business and community, and we reach outside of city limits. Farming and ranching isn't just a business; it's a way of life that often



spans generations. We saw that in our hosts, the Ridl Family. In an era where we allow others to do more of our cooking and even our grocery shopping, we cannot lose that hunger to understand everything that it takes to bring food from field to table," said Carter Fong, 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.

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 have an opportunity to join us at the next Banquet in a Field! ■

ND POTTERY

C. C. C. Ceramics

By Arley Olson, NDPCS Historian

Camp 2775V-C.C.C. (Civilian Conservation Corps) located south of Mandan, ND started restoration of Fort Abraham Lincoln State Park July 1934. Camp educational adviser, F. A. Nunn introduced a ceramics program to the camp. In a camp newsletter of August 1939, the ceramics/pottery program made several hundred articles the past year. The potter's wheel was used for making bowls, pictures, jugs etc. Moulds were used for making animals



and flower pots. Much of the pottery was decorated in colors using a colored mineral oxide base. Some of the clay

products were burned in outdoor kilns. In the fall of 1939 plans were being studied for the construction of a kerosene or gas kiln. Items were marked with a blue ink stamp: **COMPANY 2775 V-C.C.C. MANDAN, N. DAK.**

Civilian Conservation Corps was created in April 1933 and was active thru June 1942. The Corps was specifically intended for the purpose of relieving the widespread

unemployment and distress existing in the United States. At the same time, it was to provide for the restoration of the

country's depleted natural resources (lands, forests, and parks) and the advancement of an orderly program of useful public works.

Most C. C. C. camps were made up of enrollees between the ages of seventeen and twenty-three, but to help

the pressing problem of unemployed World War I veterans some camps were made up of veterans. These camps were designated with the letter "V" in the camp number and it was this type of camp that was at Fort Lincoln State Park, Mandan, ND. ■



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HEALTH

A new step for Connect Medical Clinic

By Tara Zettel, Executive Director

In July, Connect Medical Clinic marked its third year in their State Avenue location, celebrated a baby boom among our staff, and welcomed three new team members into newly created positions.

Responding to the increasing needs of our patients and services, and in gratitude to our donors who sustain the mission of Connect, positions that increase awareness, efficiency and patient satisfaction were filled by outstanding individuals.

First, Dr. Samantha Kiederowski agreed to be Connect's Assistant Medical Director. Dr. Kiederowski joins Medical Director, Dr. Thomas Arnold, in assuring Connect provides appropriate health care to patients and maintains professional standards of care. She also reviews labs and prescribes follow-up care to the steady flow of patients served at Connect.

Arnold and Kiederowski both serve on a volunteer basis; we are grateful for the dedication of these physicians to the clinic, ensuring at-risk men and women have accessible, affordable and compassionate sexual health care.

Next, with a vision of expanding sexual health services in the future, Connect hired their first Advancement Manager, Mark Billings. Billings brings years of experience to this role and is enthusiastic about raising awareness of Connect's

services and nurturing the growth of both patient and donor referral sources. His first order of business is to Chair the planning committee for Connect's Annual Fundraiser on September 30th at the Astoria Hotel and Event Center. If this event is something you are interested in, or you just want to say hello, email him at Mark@connectmedicalclinic.com.

Finally, an assessment of each department of the clinic showed a need for support staff. Toward that end, Lexi Karey was brought on as our first Clinic Assistant. Her primary role is in the medical department, rooming patients and supporting nurses with patient care. She also aids our office manager and Billings in advancement duties. Karey's "whatever I can do to help" attitude made her a perfect candidate for this ancillary position.

I must, once again, recognize our community of support. They make it possible for exceptional people like Samantha, Mark, Lexi and the rest of the CMC team to provide education and sexual health testing to the vulnerable, at-risk population, a needed service in our area.

If you'd like to join community of support, you can reach out to myself or Mark Billings at Connect, 483-9353, or visit our website, connectmedicalclinic.com. ■



Left to right: Lexi Karey, Mark Billings, and Dr. Samantha Kiederowski

KUDOS

Stark County Spirit of Excellence awards teen

A 17-year-old Dickinson High School student was recently honored with the Stark County Spirit of Excellence Award. Anika Saylor of Dickinson was nominated for the award following her Good Samaritan/Random Act of Kindness in providing CPR to Richardton resident Duane Sattler, and saving his life following a vehicle rollover accident.

Surrounded by family, friends, state and local dignitaries, co-workers, and other special guests, Anika was honored at a surprise celebration at the Stark County Family & Ag Resource Campus on Saturday, July 10.

Julie Obrigewitsch, award organizer, led the award ceremony with details of how the Stark County mayors selected Anika in a blind process out of 34 total nominations. Presenting the award to Anika was U.S. Congressman Kelly Armstrong.

"Your bravery and your astute behavior are some things that's not learned in

isolation. Rather, I believe must be molded and modeled by your family," said Dickinson High School Superintendent Dr. Marcus Lewton in praise of Anika's upbringing and selfless actions.

The local hero was showered with many donated gifts from Stark County businesses and individuals. Bismarck State College President Dr. Doug Jensen presented Anika with a scholarship to pursue her nursing career and special video messages were shown from Governor Burgum and Tina Pavlicek, Anika's Dickinson High School CPR instructor.



During the presentation, Duane Sattler remarked, "The only reason I am here today is because of Anika and so many other people. It was surely wonderful that you had the courage to stop and the knowledge to perform CPR."

"It's really gratifying knowing that if I hadn't been there, he wouldn't be here either. It's really gratifying knowing



Anika and the Sattler family

that he's there because of me and it's something that I'll remember for the rest of my life," stated Anika Saylor.

The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts within Stark County, ND.

All submitted nominations who were not selected in the first award presentation will be carried over to the

following bi-monthly awards. There is no need to resubmit.

The next deadline to nominate Stark County residents for the bi-monthly award will be August 15. Nomination forms are available at www.starkcountysheriffnd.com or by emailing award@starkcountynd.gov.

If you are interested in becoming a sponsor or to receive more information on the awards program, visit www.starkcountysheriffnd.com or call 701-290-1640. ■



Anika smiling with her award



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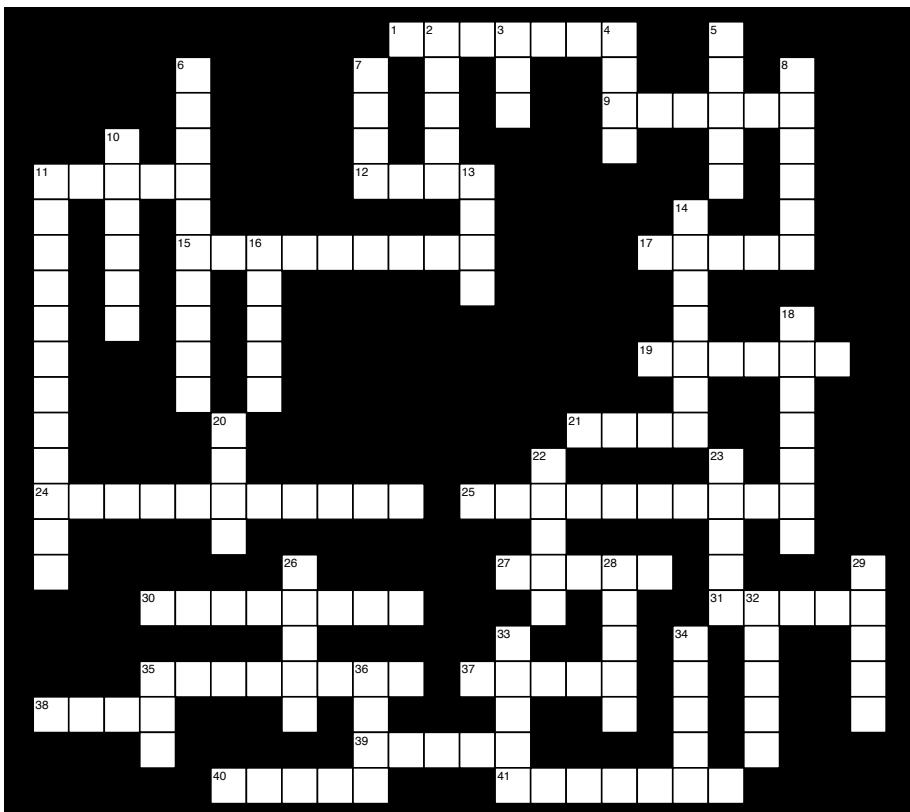
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ACROSS

- 1 +Awards all genres of music
- 9 Port city in Ukraine
- 11 It's a small world
- 12 Units of corn
- 15 + Musical chart performance award
- 17 Total legends
- 19 Letter-writing friend
- 21 +Award in theater
- 24 +Britain's award for literature
- 25 +Honoring pop music in Britain
- 27 Few and far between
- 30 +Award for best film director
- 31 +British film and T.V. award
- 35 +Prize for journalism, literature and music
- 37 Past, present or future
- 38 General feeling

- 39 Molten underground rock
- 40 _-turvy
- 41 +Award for storytelling on social issues etc...

DOWN

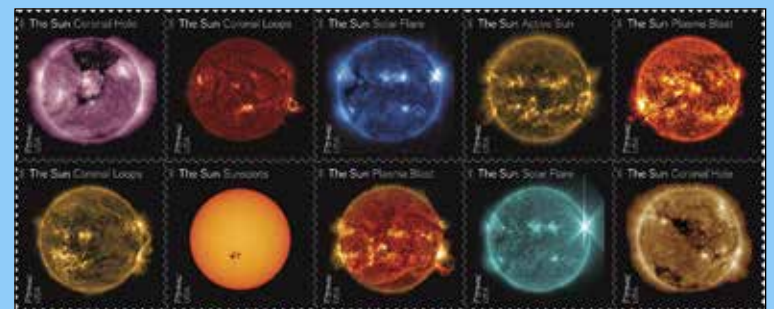
- 2 Tracking device
- 3 +America's music video awards
- 4 Opening for a coin
- 5 +America's award for the film industry
- 6 + Award for culinary excellence
- 7 +Award for offbroadway
- 8 +Film festival in France
- 10 Easy baseball outs
- 11 +Film industry honoring each other
- 13 Soap bubbles
- 14 +_Awards ceremony for cinema

- 16 Like lettuce and kale
- 18 Carpenter's sweepings
- 20 Round number
- 22 Music genre of the 70's
- 23 Tiny bit of food
- 26 Spiteful over little slights
- 28 +Coveted prize for sciences
- 29 Turning tool in a woodshop
- 32 Brimming with activity
- 33 Post game summary
- 34 \$1,000, informally
- 35 +Poets, essayists and novelists
- 36 +American television industry award

GOING POSTAL

Sun Science

These new stamps highlight stunning images of the sun that celebrate the science behind the ongoing exploration of our nearest star. The striking colors do not represent the actual colors of the sun as perceived by human eyesight. Instead, each image is colorized by NASA according to different wavelengths that reveal or highlight specific features of the sun's activity. Art director, Antonio Alcalá, designed the stamps with digital images from NASA's Solar Dynamics Observatory, a spacecraft launched in February 2010 to keep constant watch on the sun from geosynchronous orbit over the craft's ground station in New Mexico. ■

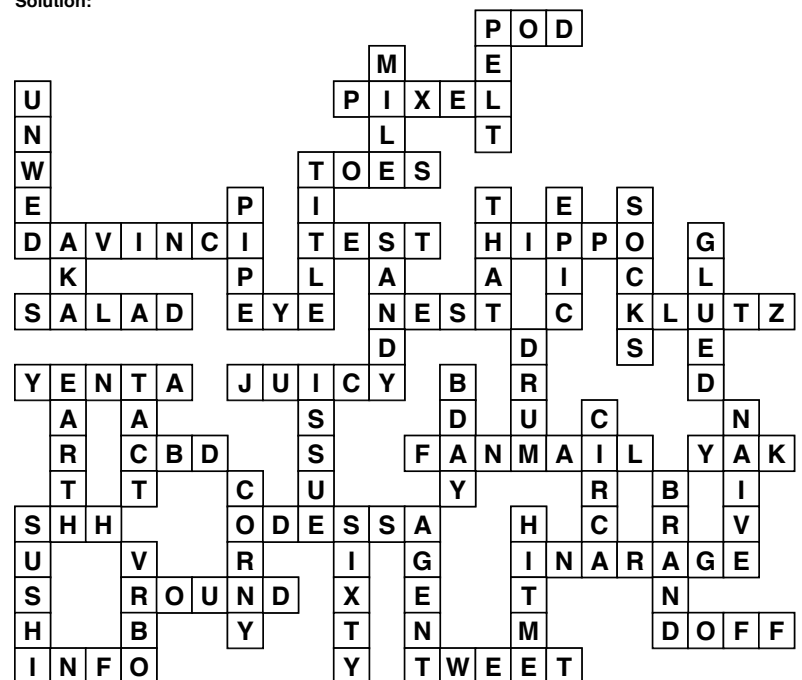


Source: store.usps.com

Last month's puzzle solution

++Themeless++

Solution:



HOROSCOPE**AUGUST 2021** by Hilda De Anza**ARIES**
March 21-
April 20

August is about work, but there are still opportunities for creative ventures with kids or a team. A major group event around the time of the full moon on the 22nd can bring recognition and success, and this is also an excellent time for partnership commitments with trustworthy people. It can get both busy and stressful, but if you can channel your impatience, great things can be achieved and innovations at work can lead to new revenue streams.

**TAURUS**
April 21-
May 21

Creativity and self-expression are key themes for August, and there is a strong focus on children, who you may need to help. You will find that loved ones are naughtier than usual, and they want to push your limits. Mid-August, you are in your element, and it is an exceedingly good time for career advancement, primarily because of your sense of responsibility and people skills. There is an opportunity to harvest good fortune from your professional connections.

**GEMINI**
May 22-
June 21

August begins on an intense note with high expectations demanded of you mentally and creatively. From August 11th, the rest of the month is characterized by practical challenges. By the end of August, life becomes more light-hearted, and currently there are excellent trends for being with children, and for their good fortune and advancement. This is also a good period for romance with a focus on creativity and learning something new.

**CANCER**
June 22-
July 22

August is a month with a major focus on organizing your thoughts this can relate to education, communication, and planning in general. It is an excellent time for getting into extreme details, analyzing and improving plans and working with groups on innovative methods. From mid-August there are favorable new trends for family matters. Excellent developments for the family with a lot of activity taking place in the home environment.

**LEO**
July 23-
August 22

You may be burning the candle at both ends, and it is difficult to be objective. As this is a period of restructuring professionally and in important relationships, your mind will probably be working overtime processing your options. It is an excellent time for affectionate communication, people you meet at this time have an excellent character and are fortunate for you.

**VIRGO**
August 23-
September 22

You have a strong urge to take control of your life. You are full of inventive new ideas which you develop and implement. The full moon on August 22nd highlights a transition period, and it is an especially good time for work and partnerships. Someone who has been absent for a while may re-enter the scene and has a trump card for creating expansion and growth.

**LIBRA**
September 23-
October 22

This is a time for formal occasions, and it is also a time when there may be a heavier than usual responsibilities. This changes when your ruler Venus moves into Libra on the 16th, highlighting an outgoing period where your self-confidence grows stronger and stronger. This begins a really positive period for committed relationships, especially in creative teams. This is a wonderful period for love, self-expression and success.

**SCORPIO**
October 23-
November 21

The main focus this month is on building social relationships. It is a time to engage wholeheartedly with friends and the groups and organizations of which you are part. This is a time to join forces with an administrative genius who can familiarize you with the inner workings of your friends and allies. The full moon highlights expansion and good fortune. Someone who was absent from the home may return bearing gifts.

**SAGITTARIUS**
November 22-
December 21

From August to the end of 2021 Jupiter returns to Aquarius, and this gives you the opportunity to complete a group project connected with a vision for the future, in terms of both mental and social development. The last half of August and the beginning of September are really great for friendships and solidarity, and success is guaranteed regarding social events and communication or learning projects. This is a time when a future you dreamed of can become reality with the help of your community.

**CAPRICORN**
December 22-
January 20

After a shaky start, August turns out to be productive and successful. In mid-August, there is a new leadership trend which wins you respect, and you can forge a really great partnership with an associate. Together you create the conditions for unstoppable economic growth, with rewards coming early in September. By optimizing strategies and streamlining organization, practical results are achieved. An unexpected development around the 18th brings a turning point.

**AQUARIUS**
January 21-
February 19

Early August, the focus is very much on relationships. After mid-August, things really start moving in your favor. This is a great time for travel, and connections with abroad. A really strong ally gives you intellectual support and this is a wonderful boost to your confidence. It is also likely that a friend who was temporarily absent returns to your side, and this enables you to realize any plans that may have been put on hold. Good fortune smiles on you from mid-August to early September.

**PISCES**
February 20-
March 20

August to the end of the year is excellent for developing your ideas and dreams, especially in a secluded environment. It may be a lonely time, but there will be a deep contact with people on an emotional level. Other people may have some brilliant ideas which can help things function smoothly, so the wise Pisces takes a back seat and lets other people get on with implementing their plans.

**Sync, Me**

Sync, Me puts an emphasis on caller ID and spam blocking features, but there's enough contact management functionality in here to make it a worthwhile download. It also boasts features like text ID, reverse phone lookups and call recording. This is the app to get if you're bothered by robocallers.

**Signal**

A fantastic messaging solution for security-conscious mobile users. It is an all-in-one messaging and voice call solution that uses end-to-end military grade encryption. You can send text, voice, group messages, media and attachments. It's one of the many top encrypted messaging apps for mobile devices out there.

**Side Hustle School**

A daily show for everyone who works a regular job and wants to start an income-earning project on the side. In each episode, listeners will hear a different story of someone who's started a side hustle - along with what went well, how that person overcame challenges, and what happened as result.

**Boardroom: Out of Office**

Boardroom: Out of Office brings fans inside the candid conversations entrepreneurs, athletes, entertainers, and executives have with each other once they've left the confines of work itself. From career trajectories to the ins-and-outs of entrepreneurship to the "aha!" moments along the way, the host gives fans a look at culture in a brand-new way by examining life at the intersection of business and entertainment.



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