

Heart River **VOICE**

AUGUST 2023 | VOL. 5, NO. 8 | HEARTRIVERVOICE.COM

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SEE PAGE 22

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A note to our readers

We are grateful to our community for the support you have shown towards Heart River Voice. Your dedication has allowed us to continue showcasing the vibrant tapestry of talent and creativity that exists within our community. We are honored to be the platform that brings these events to your attention, and we are committed to continuing to serve as a VOICE for the arts and culture in our community. We are always open to feedback and suggestions. Contact us!

Thank you for your continued support!

Kelley Jilek
Publisher

Cover art, "Kestrel" by Barb Nechiporenko. For more information about the artist, see page 5.

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#BOOKWORM Little Mo Writers Tour

By Cindy Thronburg

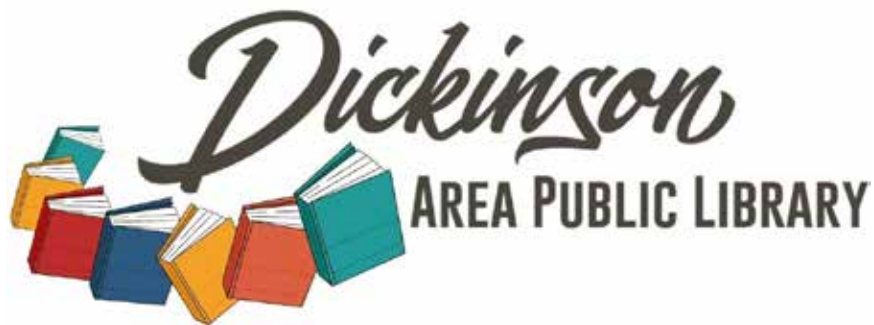
The Summer Reading Program has ended, and we would like to thank everyone who participated. We hope you all had lots of fun with the program.

August is a planning month for us. This means that all of our regular programs are paused while we take time to plan upcoming programs. However,

bootcamp with attendees. Registration (which is free!) is required for the main session and the workshops. You can register at <https://www.humanitiesnd.org/event-details/little-mo-writers-tour-dickinson>. You can also find a link for registration on the event posting on our website (www.dickinsonlibrary.org).

The main session includes a public reading and discussion from the four authors. The public reading will be held from 1:00pm to 2:00pm, with community discussion following until 2:30pm.

From 2:30 to 4:00pm there will be two separate writing workshops. The



we still have two events for the month of August, and they are both happening right at the beginning of the month.

The first is our Ice Cream Social to end our Summer Reading Program. On Friday, August 4th from 2:00pm to 4:00pm, stop by the library for an ice cream treat! We will announce the winners of the Summer Reading Program. If you can't attend, don't worry. You do not have to be present to win your prize.

The other big event we are having in August is the Little Mo Writers Tour visit, offered by Humanities North Dakota (HND). HND says, "Little Mo Tour is a series of literary outreach activities designed to meet people in their communities and whet their interest in community discussions of literary texts and creative expression. The purpose of the program is to provide a venue for interested individuals to seek mentorship and hone their craft through learning opportunities and writing workshops offered by Humanities North Dakota."

On Saturday, August 5th from 1:00pm to 4:00pm we will welcome authors Debra Marquart, Tayo Basquiat, Erika Bolstad, and David Bjerklie, who will do a public reading, discussion, small group writing workshop and/or young writers

first is a Small Group Workshop that is for adults ages 18+. Participants will submit a short writing sample to Crista at crista@humanitiesnd.org at least a week prior to the event. They will then receive roundtable feedback during the workshop. Participants may submit their final piece to HND's Sense of Place magazine issue.

From 2:30pm to 4:00pm there will also be a Young Writers Bootcamp, led by David Bjerklie. The session will start with a presentation by Bjerklie, followed by on-the-spot implementation and generative exercises, with time allowed for freewriting and feedback. This bootcamp is open to students ages 10-15, and participants must pre-register.

We would like to share an announcement regarding our Children's and Nonfiction sections of the library. The basement area of the library will be closed off from Monday, August 14th through Friday, August 18th in order to rearrange shelving. We apologize for any inconvenience this will cause.

We hope to see you around the library this August. Even though there won't be programs, we still have lots of items to check out, including board games, video games, Learning Bundles, Me Readers, and more! See you soon! ■



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COVER ARTIST

Barb Nechiporenko



Barb Nechiporenko

Growing up in a small North Dakota town, Barb Nechiporenko didn't have the opportunity for art instruction but the desire to do art was always there. While attending UND, the only art class she took was for students going into teaching. "We had one session with a model that was my very first opportunity to draw from life and I loved it. Then, after moving to Bismarck, attending yearly art shows sponsored by the Mandan and Bismarck Art Associations lit a spark in me that I couldn't ignore," she states.

After a few years teaching in the elementary grades, she decided to do something artistic and enrolled in the Commercial Art Program at Bismarck State College. "Working as a commercial artist for the State Health Department for the next 14 years was the best job I ever had. I could be creative and had a lot of opportunities to use my drawing skills. During that time, I also took as many classes and workshops as I could. Looking back now, it seems I was always searching for ways to expand my knowledge and skills," she says.

"After leaving my position at the State, I studied pastel painting with Vern Skaug, ND Hall of Fame portrait artist at the State Capitol. I also took several classes from the late Sheila

Rieman of Sentinel Butte, ND. To this day, the advice she gave continues to inspire me to be more painterly and loose with my pastels. During covid, I began taking monthly on-line lessons and workshops to improve my use of color and mark making. These classes keep me inspired to improve my skills. That is a never-ending goal for most artists," she states.

Barb is a member of the Badlands Art Association, Bismarck Art and Galleries Association and the Bismarck Downtown Artist Co-op. She shows her work at these locations and at other art shows across the state. Barb paints in pastel, oil and acrylic from her home studio and also participates in the Prairie Plein Air Painters group that meets throughout the summer to paint at different Bismarck/Mandan locations. ■



Day Lily



Under the Bridge

SPIRIT OF EXCELLENCE

Joe Wanner honored for excellence



Joe Wanner of Gladstone was recently honored with the Stark County Spirit of Excellence Award for his Leadership.

Surrounded by nearly 200 family, friends, firefighters, many other emergency responders, and other special guests, Joe was recognized at a surprise celebration at the Gladstone Fire Department on June 21. He was showered with donated items from Stark County businesses and individuals. Presenting the award was Gladstone Mayor Randy Wyatt.

Joe served as the Fire Chief of the Gladstone Consolidated Fire Department for 32 years and currently serves on the Gladstone Fire Department's Board of Directors.

Through his work with the fire department, he has brought many

trainings and educational opportunities to Emergency Medical Service members in Stark County and surrounding areas. After the attacks of 9/11, Joe accepted a position at the Southwestern District Health Unit as the Emergency Preparedness and Response Coordinator. Because of this position, he has trained many healthcare workers and Emergency Medical Service providers in isolation and decontamination procedures for potential deadly biologic weapons such as Ebola, SARS, Anthrax, and Smallpox.

He was at the forefront of pandemic training and response when Covid-19 hit the state of ND and has dedicated many long hours to keeping western ND safe and healthy. Joe has also served on the Board of Directors for the Southwest District Homeless Coalition and has found dozens of residents a warm place to sleep. Joe is the definition of a community service member.

The Stark County Spirit of Excellence Award is awarded quarterly and 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 in Stark County. All nominations are reviewed in blind format, with all names removed, by the Stark County Mayors.

Joe Wanner passed away on July 13, 2023, following a courageous battle with brain cancer. We celebrate and remember his extraordinary life, while honoring his beautiful spirit and lasting legacy. Our sincere condolences to the Wanner family. May Joe Wanner rest in peace.

Nominate and view award information at www.starkcountysheriffnd.com. ■



NDSU EXTENSION

Beware of grasshoppers

By Tom Kalb, NDSU Extension Horticulturist

Grasshoppers were devastating in Dakota gardens last year. They devoured many plants from top to bottom. Now the pests are coming back again. What caused this?

First, grasshoppers love a long, warm summer. This gives the insects plenty of time to eat, mate and lay lots of eggs. Last summer was long and warm. We had huge swarms of grasshoppers to begin with, and they feasted and laid a tremendous number of eggs. One female grasshopper can lay more than 1,000 eggs. A population explosion was waiting to happen this spring.

Second, grasshoppers want a late spring. If they get an early spring, their eggs hatch too early and die from a cold snap. We had a late spring this year and many baby grasshoppers avoided frosty, cold weather.

Third, grasshoppers enjoy a warm, dry spring. This provides the young grasshoppers with food and protects them from diseases. The month of May was one of the warmest ever. Food was abundant. Although the month was moist, rains were quickly absorbed by our parched soils.

You can spray the ditches and brushy areas where they are emerging. If you see hoppers near your garden, you can spray the borders. Spray a 10-foot swath to deter the pests. Grasshoppers are a destructive foe. We need to show them no mercy. Once they enter our garden, we need to fight back.

I prefer to kill pests using organic insecticides. These chemicals are generally safer to use, cause less harm to bees and other beneficial insects, and don't last long in the environment. Spinosad is a great organic product, but it cannot control grasshoppers. Pyrethrin only works for a day or two. That's not long enough. Insecticidal soap has to be sprayed on the pest itself to kill it. Good luck spraying soap on swarms of jumping

grasshoppers.

I tried spraying organic neem to protect my crops last year. It lessened the damage for a few days, but the pests came back in full force. I have since learned that neem is most effective on very young grasshoppers.

After my organic strategy failed, I got out the big guns. Pyrethroids and carbaryl are our most effective weapons. These synthetic insecticides are popular and available at all garden centers. Pyrethroids include zeta-cypermethrin, cyfluthrin, bifenthrin, lambda-cyhalothrin and esfenvalerate. Look at the label and its list of active ingredients.

These chemicals are powerful and long lasting. They can give you 7 to 14 days of protection.

Use carefully because these synthetic

insecticides are toxic to us. Follow the instructions on the label, and there will be a waiting period between spraying and harvesting. These products are toxic to bees. You can reduce harming bees by spraying in the evening when bees are not active and targeting the leaves of flowering plants.

Humans have been battling grasshoppers for centuries. This year is no different. Grasshoppers are gathering in huge swarms. Get ready for battle.

Contact NDSU Extension Stark-Billings County to talk to your local Extension Agent at 701-456-7665. ■




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COMMUNITY**More veteran names needed for Veterans Memorial**

Stark County veterans have a new opportunity to have their names listed on the Stark County Veterans Memorial. Nearly 7,000 names of both living and deceased Veterans are already engraved on the tablets, and the Stark County Veterans Memorial Association and the American Legion are looking for more.

Veterans who entered the military from Stark County, and any veterans who live or have lived in Stark County at least 10 years are eligible for inclusion on the tablets as long as they served honorably. The Stark County Veterans Memorial, erected in 2015, is dedicated to the men and women of Stark County who honorably served our country in any branch of the military. The impressive

memorial is located at 801 5th Ave W, in Memorial Park, Dickinson.

The memorial engravers plan to be in Dickinson this fall. To be included in this year's engraving, please submit names by August 31.

"Due to engraving and transportation costs, we are only able to put names on the wall periodically," said Association Vice President Art Wanner. "Missing this deadline means it might be a year or more before more names can be added. I don't want anyone to wait two years because they didn't get their name in this time. This is important. Don't hesitate to call."

There is a charge for the engravers, so a \$100 donation per name is appreciated to cover the costs of engraving. However, no one will ever be turned away based on their inability to pay an engraving fee, Wanner said,

To be listed or to obtain more information, contact Art Wanner at 701-225-9549. Donations may be made to the SCVMA and mailed to PO Box 929, Dickinson, ND. ■



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COMMUNITY

How to keep your kids safe online

By Alissa Thiele

Children often enjoy using the Internet for learning, exploring, socializing, and gaming with friends, but the dangers that come along with it are often easy to miss. In 2022 alone, more than 32 million reports of suspected child sexual exploitation were reported by online platforms to the National Center for Missing & Exploited Children's Cyber Tip Line.

Parents and caregivers can help promote Internet safety by following a few key tips.

1. Tell kids never to give out identifying information such as their name, address, neighborhood, phone number, school, or extracurricular activities.

2. Have kids let you know immediately if someone asks for pictures or personal information.

3. Be aware of what apps your kids are using and know their capabilities. Is there a chat function? Are they chatting with strangers?

4. Set reasonable time limits on computers and smartphones. Have rules around where devices live and can be used.

5. Use your name and email for when signing up for games or apps. This ensures you are the primary contact rather than your child.

6. For older kids, talk to them about sexting and cyberbullying. Explain the long-term consequences of sending sexual messages or pictures.

Learn more by visiting www.d2l.org/digital-safety/ ■



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GOING POSTAL Waterfalls

The U.S. Postal Service is celebrating the variety and beauty of American waterfalls with 12 new stamps. Each stamp features a photograph with the name of the waterfall and state in which it is located beneath it.

Among nature's most beautiful wonders, waterfalls come in all shapes and sizes, from serene cascades to mighty cataracts. The 12 waterfalls featured on the stamps represent many different types – and each is unique.

Art director Greg Breeding designed the stamps and pane with existing photographs. Customers may purchase these stamps through their local post office or through the Postal Store at usps.com/shopstamps. ■



VOICING SOME THOUGHTS How to really try without succeeding

By Halina Kleinsmith

How to try successfully. It sounds a bit dichotomous, as it's hard to be successful in an achievement until and unless you try.

"Giving it the old college try" is a vintage quip, referring to doing your best based upon how well you've prepared for the task at hand. Yet even with accomplished efforts, there are still times when trying to reach a desired outcome finds us stymied by things not working in our favor.

For example, we're all set with clear instructions or prior knowledge before starting a project, only to discover that parts are missing, directions aren't included, or other elements do not fit the process.

Our optimism prevails in trying to navigate such challenges, because at the very least, we stand to learn something through the struggle of our endeavors. Education, experience and attitude then go hand in hand with dumb luck, hard work and encouragement from others.

Because, if at first you don't succeed, which is pretty normal, you try, try again.

With no thought of giving up, trying brings us successful end results in tangible ways and the experience of realizing how much we've learned throughout the whole process.

In reflecting upon either realized ingenuity or exercise in frustration, it's important to step back and cut yourself some slack for those times when you valiantly tried to do something and discovered you'd either been doing it wrong, or were too tired at the start, and basically set yourself up to fail.

Through all of this, there still looms the perception of an invisible high bar that society sets when it comes to accomplishment. It seems to indicate that you can try all you want, but if you're not well equipped to handle the task, you'll likely be seen as falling below that imagined line of achievement.

Trying exercises our physical efforts, which become more expertly tangible through practice. This conjures up the famous scene from that film with all the droids and monsters, where the bright minded alien elder says, "Try not, do or do not; There is not try!"

Well, fortunately that sage advice from a sage-portraying puppet is already inherent to our earthly composition: to always try and more importantly, to do that which we had only imagined. ■



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CONNECT MEDICAL CLINIC

Having the Period Talk with our daughters

By Morgan Tisor, RN, Nurse Educator

honest. So where do we start?

Start Early and Keep it Factual

First things first, young girls start their periods between 8-16 years old making it essential to start talking to our daughters about their bodies and how they work well before then. Not knowing what is going



Morgan Tisor

CONNECT MEDICAL CLINIC
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Ever wondered about how to talk to our daughters, sisters, or just any young person in our lives about their periods? This can be an uncomfortable topic for everyone involved, but it shouldn't be. Talking about the things women's bodies do can be empowering, educational, and

to happen can be a scary and traumatic experience, especially at a young age. Fear and trauma only increase the stigma that periods are shameful and something to hide. All women and girls alike deserve and have the right to bodily autonomy and being informed. This is why starting these talks early and keeping those lines of communication open is needed and so important.

Starting the Conversation

Since this can be an uncomfortable conversation, it can be helpful to have starting points.

- Be curious. Have them tell you what they know about puberty and periods, and answer any questions they may have.
- Be prepared. Get ready for this conversation and know what you want to say and how you want to say it.
- Be relatable. If you have had or currently have periods, bring your own experience into it. This can help alleviate some of the embarrassment or shame that can come along with this conversation.
- Be flexible. Keep the conversation fluid and see where your child leads you. Do this by encouraging questions and giving time for her to express her thoughts and feelings about these coming changes.

Remember you don't have to say or do everything perfectly for your child to learn and feel more confident as well! ■

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Take steps to prepare for a long retirement

How long will you live? Of course, your longevity is somewhat unpredictable. But it may be a good idea to plan for a long life — and the financial issues that go along with it.

It's reasonable to think you've got a long way to go. In fact, 72% of retirees now think they will live longer than their parents, according to a recent survey from Age Wave and Edward Jones. Their optimism may be justified: A 65-year-old woman can expect to live almost 20 more years, while a 65-year-old man can anticipate about 17 more years, according to the Centers for Disease Control. And these figures are just averages — if you're healthy at 65, you could spend two or even three more decades as a retiree.

To help maintain the resources necessary to pay for these years, you may need to take several steps, such as the following:

- Seek income and growth from your investments. Once you're retired, you'll probably need to rely more heavily on your investment portfolio to help pay for your cost of living. That means you will need a mix of investments that provide income — to supplement your Social Security and any pensions you might have — and growth — to help keep you ahead of inflation. You might also consider specific investments designed for longevity, such as a fixed annuity, which can provide you with a regular income stream you can't outlive.

- Establish a reasonable withdrawal rate. You'll need to establish and

maintain a reasonable withdrawal rate — the percentage of your portfolio you take out each year. As a general rule, many people start out in retirement by designating a 4% annual withdrawal rate, but your individual figure will depend on a variety of factors, such as your age, the size of your portfolio, other sources of income and so on. And keeping an emergency fund on the side can help you with unforeseen costs that could otherwise cause you to withdraw more than you'd like. Unsurprisingly, the goal with choosing the appropriate withdrawal rate and monitoring it throughout retirement is so you don't outlive your portfolio.

- Consider adding some earned income. Once you've formally retired from your career, you might consider working part time or doing some consulting. The added income can improve your cash flow and take some of the pressure off your investment portfolio. Keep in mind that your income level in retirement will determine what tax rate you pay on your Social Security benefits. If you take Social Security early and are earning above a certain amount, your benefits could be temporarily reduced.

- Don't underestimate health care costs. Even with Medicare or Medicare Advantage, your out-of-pocket health care costs can be considerable. Upon first retiring, it's often a good idea to budget between \$4,500 to \$6,500 per person annually, though depending on your health, prescriptions and supplemental

insurance, your costs could certainly be higher or lower than this range. And these figures don't include the costs of long-term care, which can be enormous and aren't typically covered by Medicare. To help protect yourself — and your family — from long-term care expenses, you may want to work with a financial professional, who could recommend insurance strategies or

other techniques.

A long life can certainly be rewarding — and even more so when you're prepared for it.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisors, Marlene Bradbury and Sheyenne Haugeberg. Edward Jones, Member SIPC ■

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LESSONS IN BUSINESS

Driving change as a new leader

By Debora Dragseth, P.D.

Change is a tricky business. The adage is that the only kind of change that people like is what is jingling in their pockets. Even that isn't true anymore. Think about the last time you found yourself in possession of a handful of pennies—your focus became getting rid of them. So annoying.

This month's column is about driving change. But, let's make it a little more challenging. Let's look at bringing about change when you don't have (or aren't perceived to have) power or influence. Perhaps you are a new leader facing a daunting learning curve in a new company or division with a completely new team.

Leadership is about change. Here are some tips to help you get started:

1. Spend some time learning the roles and personalities of the people on your team. These are the people who are going to be taking this journey with you. They

likely have as much trepidation about you as you do about them.

2. Understand the history. Get an accurate temperature of the unit. Is everything running fairly smoothly? If so, take it slow with one change at a time. Is everything on fire? If so, the people on your team may be more open to change and may have some workable ideas.

3. Get in the arena, as Theodore Roosevelt would say. Getting your hands dirty will earn you respect and goodwill. Arrive early and stay late.

4. Make every lunch a tactical one. If you have a particular change in mind (for example, a reorganization), pitching it to key team members in a one-on-one or small group environment will help you understand what the level of resistance might be. This approach may also help you to see if there may be a better idea or a refinement to your proposed change.

Controversial Change

If your great idea is bound to be controversial, consider pitching it as an experiment. "Would the team be willing to try this new schedule for three months? In November, we can revisit the new shift hours and see how the process might be further refined."

Avoid dropping a "change bomb" on your entire team with no forewarning. You will spend the rest of the meeting volleying off negative thoughts and reactions, leaving you and everyone else feeling depleted and defeated.

Collaboration

Your role as a leader is to encourage your team members to be their best selves. Enticing them to get on board to become a part of the change will be a welcome approach.

Remind your team, as well as yourself, that it is more fun to be a part of a high-functioning team than a low-functioning or mediocre one. High-functioning teams are curious and creative, willing to explore change to make things better. I have yet to come across a high-functioning team with unhappy or complaint-filled customers. Nor, interestingly, have I ever come across extremely satisfied customers of a low-functioning team. It's not just about money or profit, although those tend to follow; it's about delighting your customers. Imagine less stress, fewer crises, fewer conflicts, solving problems without blame or negative repercussions, and a respectful, supportive work environment.



Recently, I attended a conference where the discussion centered on building teams that are high in autonomy, mastery and meaning. That's a change we all can embrace.

Debora Dragseth, Ph.D., is a national award-winning writer and a business professor at Dickinson State University. Her monthly column provides common-sense answers to common workplace issues. ■

SECOND THURSDAY MONTHLY

8-9 AM | STARK COUNTY VETERANS PAVILION

SPEAKER LINEUP

AUGUST 10TH - DAN LESSEN, PRIOR SPOOLTECH OWNER

SEPTEMBER 14TH - MARLENE BRADBURY, EDWARD JONES

OCTOBER 12TH - JARED SCHEELER, THE HUB

NOVEMBER 9TH - JESSICA DUKART, CRE REALTOR

DECEMBER 14TH - JAKE GAWRYLUK, JAKES AUTO DETAILING

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CHAMBER OF COMMERCE Banquet in a Field

The Chamber's Agriculture Committee hosted its Fifth Annual Banquet in a Field at Kuhn Farms on July 11th. Here's a look at our event through the lens of our photographer and friend Annika Plummer of the Dickinson Convention and Visitors Bureau. ■



Floral decorations invite guests in



Beautifully presented appetizers



Event was hosted by the Kuhn Family



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KUDOS

Rebecca Zent

"What the heart has once known, it shall never forget." -Unknown

When Rebecca Zent lost her son Bennett shortly after birth 9 years ago, she knew her life and family would never be the same. She had carried twins and prepared to bring home two healthy babies during her pregnancy, (the double stroller, the second crib), but a checkup revealed an anomaly inconsistent with life for one of her sons.



Rebecca Zent

"There was joy every day," Zent remembers, "because I had my oldest son and a newborn to care for. But the grief was like a tidal wave. It would come and crash into me to where I couldn't catch my breath."

Zent shares that the grief is still a part of her life, but she can see the waves coming and brace herself for the impact. Sometime later, Rebecca heard about the TEARS Foundation, a nonprofit that helps those who've experienced pregnancy or child loss with grief support and financial assistance.

Wanting to do something that honored Bennett and helped other families, she reached out to offer cookies for their 5K run's bake sale. That first step led her to becoming the Executive Director of the entire North Dakota chapter.



She recently secured a downtown location where she runs monthly support groups, featuring a kid's corner for siblings and a remembrance tree for parents and grandparents.

"How do I move on?" is the question I get asked the most," shares Zent. "I tell them, You've changed. Your life has changed. And now, it's up to you to learn how to live a whole new life."

She knows from experience the taboo around losing a child and people are afraid to talk about it, but Zent is hoping to combat that fear.

On September 9, TEARS is holding their 6th Annual Rock-n-Walk at the DSU Pavilion. Participants can register at the TEARS Facebook page (facebook.com/NDTEARS.) The walk includes rocking chairs for parents to stop and hold their child's memory. The path is lined with children's names and there will be a butterfly release at the end of the event. Families can even order custom shirts from the Foundation or create their own designs.

"I want those who have lost a child to know they are not alone," says Zent. "And your child is not forgotten." While this was not the life she'd planned for, Rebecca carries Bennett with her every day as she serves families around the state.

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see wewnetwork.org. ■

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HEALTH

Back to basics

By Steve Irsfeld

Summertime in our neck of the woods is also construction time. The process of building a house begins by digging a hole, then by pouring footings, and lastly, the basement walls go up. The footings and walls are made of concrete, making the structure solid and, for the most part, immovable. The same can be said about your body which is your house. If your foundation is weak, your body can deteriorate quicker than having a robust and healthy body. Lifestyle is one way to fortify your body; taking foundational nutrients is another. This article will focus on the foundational nutrients needed to maintain a healthy body.

A common question at the pharmacy is, "I don't take any vitamins, so where should I start?" That is an excellent question for a couple of reasons. First, it indicates that the patient is interested in bettering their health; secondly, they see value in supplements helping in that change.

The answer to their great question is quite simple, and we refer to it as the core 4. We call it "foundational nutrition" because it is the foundation of health; without a strong foundation, the structure or body can easily crumble. The four supplements that comprise the Core 4 are Multivitamins/minerals, Vitamin D, omega-3 Fatty Acids, and Probiotics.

Multivitamin: A multivitamin fills in the gaps our diets don't meet. Documentation shows that our food supply does not contain the same nutrients as 40-50 years ago. By taking a multivitamin, we exceed levels that prevent disease and illness. The goal is optimal health, and providing nutrients is essential for making that happen.

Vitamin D: Vitamin D is formed when your skin is exposed to sunlight. Unfortunately, we live too far from the equator to allow the sun to make this happen year-round. If it's warm enough in April, the sun is potent enough, and getting 10-15 minutes of exposure should cover us until about mid-September. That means that in our neck of the woods, we won't get our daily dose of Vitamin D for 6-7 months out of the year. It only makes sense for us to supplement, and if you are like me, my tan usually comes from the fluorescent lights of the pharmacy. I recommend 5000IU/day with K2 for



adults to aid absorption.

Omega 3 Fatty Acids or Fish Oil: Unless you eat fish twice a week, you probably are not getting the necessary omega 3's to help support cell structure. It is anti-inflammatory, essential for the brain, skin, and eyes, and has cardiovascular benefits. Omega 3's are one of the few supplements that cost less to buy a supplement than if you were going to get it from a food source. Depending on the treatment plan, the



dosage ranges from 1000 to 4000mg per day of EPA + DHA. You must read the label to make sure you are getting the proper dose. If you burp up fish, your product is either rancid or poor quality.

Probiotics: It seems a little weird that we would add bacteria to our systems, and good would come from it, but yes, that is the case. Healthy (and unhealthy) gut flora affects so many things. The immune system, skin conditions, aging, digestive disorders, mood and brain function, weight gain, fatigue, and more. It is almost impossible to help anyone not feeling optimal if they have unaddressed dysbiosis.

Now may be time to work on your foundation, keeping your body in sound condition for the next 20-30 years. Implementing the Core 4 foundational nutrition is a great way to start.

Stop by the pharmacy if you need help navigating the Core 4 or are looking for help designing a protocol to meet your needs. 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! ■



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DICKINSON MUSEUM CENTER

Western Starr, Part 3

By Bob Fuhrman

The last several months of Western Starr's North Dakota sojourn was a mixed bag of politics and legal dealings. Politically he increasingly aligned himself with the Democratic faction which earned him the occasional snide comments from the Dickinson Press' Republican perspective, a lone voice at the time as a Democratic alternative would not appear until 1892 in the form of the Dickinson Recorder. To the Press' credit, its reporting on Starr's non-political efforts was never anything but straight-forward journalism and the political jabs were not the most virulent, though they became more so after Starr was nominated for District Attorney by the 'Union Party.'

In March of 1888 Starr brought an assault charge against Dickinson butcher Fred Willard, who pled guilty before Judge Campbell and was fined \$15 plus costs. Once again, the lack of records deprives us of the how or why Willard assaulted Starr though the Press notes that the butcher's "friends contributed to pay the fine." We are simply left to speculate why Willard's compatriots chose to subsidize their friend's belligerent bent.

That same month Starr served as assignee in the dissolution Richards & Thompson, a retail establishment on Barnes Street (1st Avenue West). Starr was primarily concerned with collecting debts from customers who had outstanding balances, ensuring those funds were applied to the firm's own outstanding debts.

On the 4th of July Starr once again was on the rostrum, again reading the Declaration of Independence as he had two years previous. The Honorable Dr. William Bentley, Mayor of Bismarck

and the Honorable Johnson Nickeus of Jamestown (sixth and last Attorney General of the Dakota Territory) followed as featured speakers though their remarks did not draw as close attention from the Press as Roosevelt's did in 1886.

Starr's next notable appearance was in relation to the Bernt Olson case (sometimes 'Burnt Oleson'), "A Bloody Affray" at the Richardton hotel on August 29, 1888. Olson, a Norwegian immigrant described by the Press as "a young man about thirty...well-built and good looking" with the "reputation of being a quiet, inoffensive man," was the proprietor of the hotel who, despite his inoffensive nature, apparently had a contentious relationship with some of his boarders.

On the day before the "Bloody Affray" Herman Breum, a boarder at the hotel ("who does not bear a very good reputation") circulated a story that Olson had tried to poison the hotel's boarders. Upon hearing this Olson refused to board Breum any longer. Regardless, the next morning Breum was in his usual place at the breakfast table though Mrs. Olson refused to serve him which the Press reported, "caused a general row... in the melee which followed dishes, table and chairs formed a prominent part." The sound of the breaking of the aforementioned furnishings (a fellow named Hugh Thompson jumped upon the table, breaking it down) brought Mr. Olson into the dining room where, he recounted in a jailhouse interview, he saw "...[Michael] Callahan with a part of the table raised and in the act of striking my wife with it. Thompson also had a chair raised to hit her and I immediately pulled my revolver from my pocket and fired one shot at Callahan and missed him and the next shot I fired hit Thompson..."

The Press reported that the shot struck Thompson "took effect between the left nipple and the collarbone and lodged in the muscles of his back." Shortly,

Deputy Wilking arrived at the hotel and arrested Olson. After that Sheriff Sebastian and Dr. Victor Stickney were summoned to Richardton via telegraph, arriving by train within the hour. Stickney's prognosis for Thompson's recovery was "very doubtful" as the ball had penetrated the lung and the wound was of a very serious nature - so serious that Olson's preliminary examination in front of Judge Campbell was postponed nearly a week "to await the result of Thompson's wound," the Press inferring that a week's time might elevate an assault charge to that of murder, or at least manslaughter.

Also forced to wait that week were two travelers, Christ Stubear and William Wilson, who had stopped at the hotel and witnessed the affray. They were brought to Dickinson by the Sheriff to join Olson in jail when they, as out of towners, failed to find anyone locally who would sign their \$100 appearance bonds to appear as witnesses in the case. The Press explaining, "This may seem hard, yet these two men are the most important witnesses in the case and the law provides that witnesses may be placed under bond for their appearance."

Five days after the Press' account the Wahpeton Times carried a short summary of the incident reporting Dr. Stickney characterized Thompson's "chances of life are very slim," though the Press' next issue on September 8 reported that the delayed preliminary hearing was in progress and that "Thompson is still alive with chances in favor of his recovery. Western Starr is conducting the prosecution and H. W. Bates of Gladstone the defense."

The reason Starr was conducting the prosecution is likely due to Stark County District Attorney William Gibson's inability to serve, probably due to ill health (his eventual resignation was effectively back-dated to mid-August). Why Starr was picked is unknown but there were no complaints associated with his selection but it seems his



service only extended to the preliminary hearing before Probate Judge James G. Campbell (probate judges at this time often 'helped' carry the burden for District Associate Justices, such as Judge Francis in the 6th District, which covered 42 counties including Stark).

Olson's attorney W. H. Bates examined only two witnesses, not named by the Press but likely Bernt and his wife Anna - both mentioned in Stark County Commission minutes in relation to collecting witness fees, Anna granted \$5.50 but Bernt's claim for \$13.60 was disallowed; rather he was ordered held to appear before a grand jury but released on a \$500 bond.

In the end Thompson survived his wound (thus the expected murder charge would likely become 'assault') but the case disappeared from the papers and no other records have come to light leaving us to speculate both

Continued, next page

Continued from page 16

A BLOODY AFFRAY.

**COFFEE AND PISTOLS FOR
BREAKFAST.**

**Burnt Oleson, Proprietor of the Rich-
ardton Hotel, Probably Fatally
Wounds a Border in a
Quarrel.**

Full Particulars of the Sad Affair.

*Dickinson Press
September 1, 1888*

parties might have agreed to quietly walk away rather than sink into mutual prosecutions for assault (Olson having a pretty strong case of acting in his wife's defense). In early November the Press reported Thompson was "almost entirely recovered from the wound inflicted and is to be congratulated upon his narrow escape." Eventually, Bernt Olson left the hotel for farming in Dunn County.

While Western Starr missed out on a potentially exciting murder trial (which, in the end, undoubtedly suited Thompson and Olson) his waning days in North Dakota were not quiet. Dickinson Press publisher Joseph T. Scott's political rhetoric ramped up as the November 6th elections drew near with Stark County Recorder of Deeds Auld and District Attorney candidate Western Starr receiving much of Scott's attention - partly for aligning themselves with the 'Union Party,' an alternative to the Republicans and Democrats (though Starr had been aligned with first the one and then the other over the previous two years). Auld was lambasted for overcharging for recording deeds and other documents while Starr, who hoped to replace William Gibson whose resignation was announced in early October, found himself facing well-known (and, probably, most importantly) Republican Probate Judge

Campbell.

Starr supposedly requested of Territorial Supreme Court Justice Roderick Rose, a Democrat, that he be appointed Stark County District Attorney (which Rose did), as the post was vacant as of October 1st when County Commissioners accepted William Gibson's resignation (though Gibson was only to be paid for service through August 15th, inferring he'd not been active since that date). One supposes Starr made the request hoping to carry the mantle of incumbency

into the election less than two weeks away - and, besides, he had essentially acted as District Attorney in the short-lived Olson case, garnering no published complaints. However, it was not to be - the Press crowed with great satisfaction that his appointment would be

"the nearest he will ever come to holding the office, the judge having revoked the order before (Starr) had a chance to act. Starr has the honor of being the only man in the county whose term of office began and ended between the rising and setting of the sun. Judge Rose found that he had made a serious mistake and promptly rectified it. Starr's little scheme to force himself into an office by appealing to the judge, who was a stranger, was nipped in the bud."

No other information on this incident is available and it may simply be Judge Rose reconsidered the appointment and decided to leave the DA's office empty until voters had their say on November 6th. However, the impact of 'Starr's little scheme' (imagined or not) being called out in the Press may have cost him the election. Recorder Auld, another Union Party candidate who'd been much-vilified by Scott's newspaper, successfully defended his incumbency with 61% of the vote while Starr lost to Campbell, 53% to 47%.

Following his loss at the polls

Starr spent a subdued three months in Dickinson - singing two solos in November at a skating rink social event, seeing that pesky perjury charge dismissed with no action in January 1889 and then the Press had only this to say in February: "After a residence of five years, Western Starr departed for Chicago, his former home, Wednesday evening. He will make that city a permanent residence."

In Chicago Starr practiced law and became more deeply involved in politics, serving as legal counsel for the Civic Service League of Chicago where he established "a reputation as a fighter against political corruption" while also operating a real estate business. In 1897 he married Edith Hammond and the couple raised two children. He

made a run for the Illinois State Senate in 1902 but was defeated. A 1908 bid to represent Illinois in Congress failed as well and the next year he retired from the practice of law and moved to Maryland to farm, though he also devoted himself to Farm-Labor Party, campaigning against land monopolies and becoming a 'fervent supporter' of the single tax system - a cause he often wrote and lectured about. In 1919 he moved to Washington, D.C. where he wrote for the political journals Searchlight, the Single Tax Review, and Public: A Journal for Democracy.

Starr lost his eyesight in the mid-1930s and spent his last years in the Washington Home for Incurables, dying in May of 1940 at age 85. ■

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Our waiting list grows daily, reflecting the critical demand for our services. Many children lack positive role models and the necessary support to overcome challenges. By volunteering as a mentor, you have the opportunity to drive the spark, and ignite hope in a young person's life.

Mentoring is transformative, nurturing the potential within each child and fostering personal growth. Mentors offer guidance, encouragement, and a listening ear, empowering mentees to believe in themselves. The impact extends beyond mentees themselves—it positively influences their families and the community.

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mentees to express themselves, offer feedback, and instill responsibility and resilience. Mentors inspire mentees



to set ambitious goals, pursue higher education, and envision a brighter future. By investing in the next generation, we cultivate a stronger, more resilient community—where children thrive, dreams are realized, and the cycle of adversity is broken.

The Best Friends Mentoring Program stands at a critical juncture, striving to meet the high demand for mentors. By volunteering, you can make a profound impact on the lives of mentees, their families, and the community. Join us today and ignite a spark within these remarkable young individuals. Together, we can create a future filled with opportunity, hope, and endless possibilities.

For more information on becoming a mentor, or to participate in our upcoming event: Driving the Spark Charity Golf Scramble, please visit www.bestfriendsnd.org or call 701-483-8615. ■



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COMMUNITY

Notes from
the Badlands

By Joe Wiegand

Theodore Roosevelt wrote of the horse back competitions cowboys had when the work of the ranch or round up was through. In addition to skills in the saddle, those with the lariat were prized. When his regiment, the Rough Riders, mustered out on September 12, 1898, the men presented their Colonel with a Fredric Remington bronze sculpture: The Bronco Buster.

How appropriate that August in the Badlands means rodeo, and we are blessed to have some of the best rodeo athletes and livestock in the region competing at The Champions Saddle Bronc Match at Home on the Range, nearby Sentinel Butte, at Medora's Ranch-O-Rama Rodeo, and across the state line in nearby Wibaux, Montana.

The August 5 Champions Ride is the 67th to be held in the natural outdoor amphitheater at Home on the Range, the mission of which is to: "Under the guidance of the Catholic Church,



provide a safe home for all youth who have experienced physical or emotional trauma, where every act is done with love to help them discover the dignity of the human person and learn the skills to manage life's challenges." While thirty-two bronco riders do their best to stick to the saddle, ticket sales and other fundraising efforts will help the funding so vital to providing a productive and supportive home and school environment to the children that need the help most. Adult tickets are \$20 in advance or \$25 at the gate, while student tickets are \$13 in advance or \$15 at the gate. Visit <https://hotrmd.com/> to learn more.

In Medora, the Ranchorama Rodeo Days will be celebrated on Friday and Saturday, August 11 and 12. This 5th Annual Rodeo is "Restoring Western Traditions and Inspiring Future Generations." Kling Rodeo provides the stock and the riders provide the thrills. Tickets are \$10 and children 6 and under are free. This year's rodeo includes Women's Ranch Bronc Riding.

Before the month is out, our friends in Wibaux, Montana will host the Wibaux County Rodeo in conjunction with the Wibaux County Fair at the county fairgrounds on August 27.

To get in the mood for all things

cowboy, cowgirl, and rodeo, you might sign up for a trail ride at Medora's Stables or visit the North Dakota Cowboy Hall of Fame and Center of Western Cultures, both open seven days a week in August in Medora. At the Cowboy Hall of Fame, you can see all sorts of interesting artifacts, photos, and films of rodeo, including a display about Little Yellow Jacket, the "most famous bull in the world."

Rodeo in the Badlands in August. Bully, indeed! ■



Chad Berger Bucking Bulls exhibit



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WHERE BUSINESS GOES TO GROW

VOICING SOME THOUGHTS

The kindness of strangers, friends and heroes

By Nancy Hoff

We are in new territory following my husband's farm accident. Loud noises, lots of surrounding activity are bothersome. He fatigues easily – but being the man he is, he soldiers on. As for me, I reflect on the goodness I have seen.

The neurosurgeon who truly focused on him and his progress and explained things in plain language; the CNAs who were assigned one on one; the nursing and professional staff. One of our CNAs came to US as a teen from Bosnia with her brother, leaving her parents behind in a war torn country ... and visited with my husband about the plum trees blossoming, the beauty of her country and how she missed her parents, now deceased. A saint of a nurse conversed

with him on Native American history, sharing customs she remembered. A great speech therapist who knew all about farm life actually came to visit our farm and to reassure him how well he is doing and how to continue to heal. And of course, the many friends and relatives offered love and concern.

But our biggest heroes were the men from Farm Rescue who came to put up the hay. They were a true godsend. Ben came from Iowa – he was more familiar with corn, but he gave it the old hay try- he is one of the directors. Bill was from northern ND. His dad died when he was ten and neighbors helped with the harvest. When Farm Rescue was established, he dedicated a week each year to help a farmer in need ... to give back. And as a volunteer asks nothing in return. He told of spending 11 days with a widow in MT, who was so overwhelmed with the mountain of work she had. This is an amazing organization of the Golden Rule.

I am awed by the spirit of generosity in people. We all go about our busy lives – but what a wonder that when the chips are down, the best comes out in us. My husband has always been a giver – he gives his all to anyone who asks ... and



sometimes doesn't ask ... he knows the need and just does. You get what you give. And we are so grateful to each and every one that helped us now.

Delight of the week - I attended The Sound of Music performance of the Badlands Opera. The cast and crew were all teens, many under 13, who worked on their parts since June, and first rehearsal was a week before performance. A job

well done. I commend every one of you. We have always had a vibrant theater community – memorable performances from DSU, both high schools, community theater, and I fondly remember The Company of Wayward Saints and Sosondowah outdoor theater. COVID laid so many activities to rest, so it is wonderful to see them resurrected again!

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WHERE BUSINESS GOES TO GROW

Split seconds

By Matt Ellerkamp, Business Advisor,
Small Business Development Center

What is the most valuable commodity on earth and one of the most wasted ... it's "TIME"! There is nothing so precious on earth as time! The older and wiser we become it seems we just can't get enough of it.

With the busyness of the world not slowing, it is imperative for a small business to self-check, evaluate and implement effective time management practices. In business, it is well understood



important and impactful to the company's strategic initiatives.

Managing Interruptions – Blocking and setting aside time each day for disruptions that happen such as emails, texts, social media pings, unexpected calls, drop-ins, all of which can derail the prioritized goals. There are issues that need to be dealt with immediately,



that "time is money". Time management not only improves productivity and profits, but also mental health of owners, employees and the overall health of a company. Time management helps people manage deadlines, prioritize tasks and set aside appropriate downtime for "rest and rejuvenation".

The first step in recognizing strengths and opportunities in time management is to take a self-assessed quiz to rate time management skills and practices. The Dickinson SBDC recommends taking a self-assessed time management quiz such as "How Good Is Your Time Management?" from mindtools.com. This quiz will help identify areas of strength and opportunities to improve and offer helpful suggestions.

Here are some basic tips to help business be more productive in their operations:

Goal Setting – Setting goals can help people know where they are going and figure out what needs to be done and in what order to get there. Goal setting helps avoid time wasting, confusion and conflicting priorities.

Prioritization – Having a "to do" list of things to be done that is not prioritized, is not going to save time. Without setting goals, prioritization won't happen, and the list will be unstructured and cause lumbering around. With clear routine goals in mind, a priority list will help achieve the objectives that are most

but most interruptions can be managed with proper communication and block scheduling.

Procrastination – Procrastination often comes from fear of failure, fear of success and perfectionism. Once you figure out why you procrastinate, you can then plan to avoid the cause of the procrastination.

Scheduling – A powerful tool in time management is scheduling. A schedule is an organization of one's use of time. Scheduling keeps goals and priorities on track, but re-assessment is required at regular intervals. Scheduling requires time set aside in each day for interruptions, spare time for unexpected delays and even time to reflect and process which help with professional growth.

Time management keeps the evils of anxiety, stress and fear that rob us of our joy at bay. Sometimes our own choices coupled with outside influences eat away at our well-being and productive nature. Time management is only one avenue to help cope with the realities of life, but it has the ability to make small businesses, individuals, families and communities better.

Funded in part by a cooperative agreement with the SBA. All opinions, conclusions, or recommendations expressed are those of the author(s) and do not necessarily reflect the view of the SBA.

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HEART RIVER VOICE | AUGUST 2023

Calendar

MEMORIAL DAY - LABOR DAY HISTORY ALIVE! Every weekend Saturdays at 10:30am, 1:30pm, & 3:30pm; Sundays at 1:30 & 3:30pm, MST. Free. Listen to eyewitness accounts of adventures experienced by Medora's founding family and their friends! Join us on the porch of the Chateau as local actors bring history to life every weekend this summer. All performances are free. Donations encouraged. 701.623.4355.

EVERY TUESDAY AND SATURDAY FARMERS MARKET Tuesday 4PM-sell out/Saturday 10AM-sell out. Weather permitting. Prairie Hills Mall parking lot.

NOW THROUGH AUGUST 20 EYE OF APPRECIATION COMMUNITY ART SHOW Wed-Sat 2-5PM Join us as we celebrate the community's creativity with a show featuring found-art, hand crafted and textile art, and much more! Free Admission! DSU Kleinfelter Hall Art Gallery, hosted by the Badlands Art Association.

NOW THROUGH AUGUST 21 SUMMER YOUTH FOOD PROGRAM for children 18 and younger. Open 2-4 PM. More info, call 701-260-6997 or see article, page 8. AMEN Food Pantry, corner of Sims and 8th Street West.

TUESDAY AUGUST 1 DROP-IN STAY & PLAY 9-11AM Follow alongside the Academy of

Dance, City of Dickinson, ND Local Government, SW Art Gallery and Science Center, and Dickinson Parks & Recreation for this new and exciting summer program! Dickinson Legacy Square.

MARATHON PETROLEUM POOL PARTY 3-6PM Join us for this FREE Pool Party sponsored by Marathon Petroleum Company! Come out to this fun event! There will be a live DJ, giveaways, fun and more! Bring your water toys and floaties — All ages welcome! West River Community Center

NATIONAL NIGHT OUT 5-8PM Join the Dickinson Police Department and the local community for a FREE night out for the family! Booths from community partners, free dinner, and live demos from the Dickinson Police Department and Dickinson Fire Department. National Night Out is an annual community-building campaign that promotes police-community partnerships and neighborhood camaraderie to make our neighborhoods safer, more caring places to live. West River Ice Center

THE BANDSHELL CONCERT SERIES 7PM Free outdoor concert. Bring a blanket and lawn chair and enjoy the sounds of music at its best! The musical talent includes a wide variety of genres. Phil Patterson Memorial Bandshell

WEDNESDAY AUGUST 2 MOVIE NIGHT IN THE PARK 6PM Consolidated's Summer Series showing DC League of Super Pets. Concessions by South Heart

Lions Club. Movie begins as dusk. See ad, next page, for additional movies in surrounding towns. South Heart Lions Pavilion

THURSDAY AUGUST 3 LIVE AT LEGACY SQUARE CONCERT SERIES 6PM Live music at the NEW VENUE in Downtown Dickinson - Legacy Square! See ad, back cover, for more details. Downtown Dickinson

FRIDAY AUGUST 4 FREE ADMISSION TO TRNP All day! Enjoy free admission to the Theodore Roosevelt National Park in honor of the Great American Outdoors Act. Medora, ND



Featuring local makers, crafters, artists, performers, food producers & DIY'ers.

★ 5TH AUGUST 10-4PM ★

Hosted by: SW Art Gallery & Science Center

Admission is free to the public.
Come shop locally made products while the makers demonstrate their craft.

Contact swartandscience@gmail.com for more info.

ICE CREAM SOCIAL 2-4PM Stop by the library for an ice cream treat! We will announce the winners of the Summer Reading Program. You do not have to be present to win your prize. Dickinson Area Public Library

AUGUST 4-6

2023 SPIRIT OF THE WEST

Family fun all weekend long! Full schedule on their Facebook page and website: spiritoftthewestfest.com. Downtown Beach, ND

SATURDAY AUGUST 5

2023 SAX CENTENNIAL CAR

SHOW 10AM-2PM Help celebrate 100 years of SAX Motor Co. and GM Vehicles. More info, see ad, page 28. Rain or shine! 52 21st St East

MAKERS MARKET 10AM - 4PM

FREE ADMISSION! Makers Market will feature handcrafted items from local makers and artists. Guests can browse vendor booths and watch our local makers demonstrate their craft while selling their products. See ad, page 22, for more info. Dickinson Legacy Square.

LITTLE MO WRITERS WORK-

SHOP 1PM See article and ad, page 4, for more info. Dickinson Area Public Library

STOCK CAR RACES 5PM

Grandstands open/6PM Racing starts. Southwest Speedway, 47th St SW

PRAISE IN THE BADLANDS

Unspoken and comedian Mickey Bell. See ad, page 18, for more info. West River Ice Center

STARK COUNTY BULL TEAM

CHALLENGE 7PM Bull Team, Bull Riding, Cash & Cans Barrel Racing. Tickets: \$10/adult, 8 and under free (sold only at gate). Stark County Fair Grounds

TUESDAY AUGUST 8

DROP-IN STAY & PLAY 9-11AM

Follow alongside the Academy of Dance, City of Dickinson, ND Lo-

cal Government, SW Art Gallery and Science Center, and Dickinson Parks & Recreation for this new and exciting summer program! Dickinson Legacy Square.

CHALK WALK 4-7PM

Join us for the annual Chalk Walk event! The Chalk Walk aims to empower and support art appreciation by providing an opportunity for professional artists and people of the community to free hand with chalk and showcase their talents. Phil Patterson Memorial Bandshell

THE BANDSHELL CONCERT SE-

RIES 7PM Free outdoor concert. Bring a blanket and lawn chair and enjoy the sounds of music at its best! The musical talent includes a wide variety of genres. Phil Patterson Memorial Bandshell

THURSDAY AUGUST 10

START-UP YOUR DAY 8-9AM

Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 12, for more info on speaker. Stark County Veterans Pavilion, 801 5th Ave W.

TUESDAY AUGUST 15

THE BANDSHELL CONCERT SE-

RIES 7PM Free outdoor concert. Bring a blanket and lawn chair and enjoy the sounds of music at its best! The musical talent includes a wide variety of genres. Phil Patterson Memorial Bandshell

THURSDAY AUGUST 17

LIVE AT LEGACY SQUARE CON-

CERT SERIES 6PM Live music at the NEW VENUE in Downtown Dickinson - Legacy Square! See ad, back cover, for more details. Downtown Dickinson

SATURDAY AUGUST 19

STOCK CAR RACES 5PM Grandstands open/6PM Racing starts. Southwest Speedway, 47th St SW

BACK TO SCHOOL BASH

4-6:30PM Join Evangel Church for a night of FREE family fun! More info, see ad, page 2. Memorial Park, 801 5th Ave W

MONDAY AUGUST 21

PUNT, PASS & KICK 6-8PM Area youth will get the opportunity to show off their punting, passing and kicking skills during this event. Biesiot Activities Center

TUESDAY AUGUST 22

POOCH POOL PARTY 5:30-

7:30PM Come to the Pooch Pool Party and let the furry ones enjoy a dip in the pool. All pool chemicals will have been turned off for 24 hours, so it's safe for the pups. This is a free event, but donations are welcome and will be used towards improvements at our Dickinson Dog Park. There will be doggie bags available and prizes awarded during the small

and large dog hour. West River Community Center

THURSDAY AUGUST 24

LIVE AT LEGACY SQUARE CON-
CERT SERIES 6PM Live music at the NEW VENUE in Downtown Dickinson - Legacy Square! See ad, back cover, for more details. Downtown Dickinson

SATURDAY AUGUST 26

2023 DICKINSON PRESS WOM-
EN'S EXPO 9AM-4PM FREE COMMUNITY EVENT! Shop the best in local direct sale businesses, brick and mortar shops, and crafts; food sales and sample, speakers, entertainment, a fashion show and more! West River Ice Center



- August 2nd – South Heart Lions Pavilion
“DC League of Super Pets”
- August 9th – Rhame Hutchinson Park
“Turning Red”
- August 16th – Richardton High School
Football Field “Minions The Rise of Gru”


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PAWSITIVELY POPPY Hello Baby!

By Miranda Kuhn

Poppy is proud to let her readers know that last month, she became a proud big sister to a sweet baby girl and is taking this new role very seriously. She recognizes that her new baby sister is quite small and is not able to play with her yet, and she is working on being very gentle even though she does get very excited and wants to engage her sibling in play. Poppy has gotten a lot less sleep since the house is very busy at all hours of the day and night, but she is coping very well.

This summer will be quite different for Poppy, as we typically go on lots of camping trips, take lots of hikes, and generally do a lot of short range traveling and adventuring. We will be staying a little closer to home this summer since Poppy's sister likes to be indoors out of the heat and sun and Mom is very busy adjusting to changes in sleep schedule, feeding the baby, and (trying to) keep up with housework and cooking decent meals. Poppy has also needed to adjust to having slightly less attention from Mom, as she is very much a Momma's girl and this new sister seems to take up a lot of Mom's attention. Even still,



Poppy is thrilled to get to spend lots of time playing in her yard during the daytime because Mom has been home all day since this new baby came around! Poppy and I thank you for your kind thoughts and well wishes!

■

Ask Alfie

Dear Readers,

These summer temps sure are hot! Do you think it bothers my pets like it bothers me?

Sincerely, Steamy

Dear Steamy,

You bet it does! Often people forget that dogs, cats, and other pets can experience heatstroke, dehydration, and burns just the same as people, especially because they're wearing fur coats during this time – imagine that!

Always ensure your pet has access to shade, airflow, and unlimited clean water. Important: when walking your dog or cat, remember that the pavement and asphalt can be up to 60 degrees hotter than the air around you; it only takes one minute to seriously burn your pet's paws! Opt for walking in grass or on soil when the sun is hot, and try to take them for walks during the cooler parts of the day such as early morning and evening.

There are fun things you can do to help keep your pets cool and hydrated, while also enriching their daily experience.



For example, there are lots of recipes for "pupsicles" or other frozen treats. Some pets, especially cats, enjoy the fun of batting around an ice cube or two in their water dish, and it can also encourage them to drink more water.

Lastly, never ever leave your pet in the car, not even for a minute! On an 85 degree day, for example, the temperature inside a car with the windows cracked can reach 102 degrees in under ten minutes. After a half hour, the temp rises to 120 degrees, which can cause organ damage or even death to your pet.

Good luck keeping cool!

Sincerely, Alfie ■

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

September 16, 2023



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PIPER'S PALS Pet Name Match

Your goal: Match the correct name with the pet. Good luck!
Answers in our next issue!

A: Olive (#___)
B: Charlie (#___)
C: Bear (#___)-

Last month's answers:

A: #3 Josie
B: #2 Nicholas
C: #1 Bandit

WOULD YOUR PET LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!
Email kelley@thejileks.com



#1



#2



#3

HEALTH

National Immunization Awareness Month: Personal immunization and public health

By Nathan Zent

As August is National Immunization Awareness Month, I interviewed Melanie Wilhelm, Stark County Public Health Registered Nurse, to give readers insight into the importance of vaccination at all ages for the sake of both personal and public health.

Melanie Wilhelm graduated from Dickinson State University and has worked for Southwestern District Health Unit for nearly five years. When asked how she got her start in public health she stated, "I have always had an interest in public health, during college we had clinicals at SWDHU and I really enjoyed my clinical experience. When SWDHU had a position opening I applied, and my main focus is immunizations." In addition, Wilhelm indicated that she has "...always had an interest in helping people and learning about medical information and practices. My mom said when I was young, I always said I was going to be a nurse."

(Interview was edited for clarity.)

NZ: Given that RSV (Respiratory Syncytial Virus) was particularly prevalent during the 2022-2023 season, it may be time to consider getting vaccinated against RSV. Pfizer's Abrysvo is a new vaccine for the prevention of RSV in people who are 65 years and older. Meanwhile, GSK's Arexvy is a new vaccine for RSV that can be given to people who are 60 years and older. The FDA approved both of these vaccines in May of 2023. When are these vaccines anticipated to be available in North Dakota?

Melanie Wilhelm, RN: At this time [6/29/23], we do not know the exact time the RSV vaccine will be available but there are conversations it will become available in early fall.

What makes RSV a more significant illness than the common cold?

RSV can be more significant than a common cold because RSV can develop into a lung infection or even pneumonia due to our immune systems weakening as we age.

The new vaccines for RSV are not approved for the pediatric population

at this time because they are still being studied. What are best practices to prevent the spread of RSV?

Best practice is to stay at home when a person is not feeling well to not only help decrease the spread of illness but to also let your body rest. Wash hands often by using good hand-washing techniques with warm water and soap for at least 20 seconds. If water and soap are not available, use an alcohol-based hand sanitizer. Try to keep your hands away from your face. When you cough or sneeze try to cover with a tissue. Also, clean and disinfect surfaces often.

Some children are apprehensive about getting shots. If parents have children that are apprehensive about getting shots, what advice would you have for parents to help their children's vaccination appointments go smoothly?

Don't surprise the child with vaccines. Prior to coming help prepare the child for the vaccines. Educate the child on the importance of receiving vaccines in order to stay healthy and out of the hospital.

The COVID virus has mutated like other viruses. When do you anticipate the updated COVID vaccine to be available?

Anticipated to be available early to late fall.

How many COVID variants will be covered by the vaccine?

At this time [6/29/23], we are unsure how many variants will be covered by the vaccine, it has not been finalized.

Will this year's updated COVID vaccine be in conjunction with the annual flu shot or will it be two separate vaccinations?

The ACIP [Advisory Committee on Immunization Practices] voted not to combine the two vaccines. Therefore, this year's COVID and flu vaccine will continue to be separate vaccines.

Some people may not want to get their flu shot too early for fear of the vaccine wearing off prior to the peak of flu season. With this concern in mind, when would you recommend that people get their flu shot?

At SWDHU we begin offering flu vaccines the first week of October. Flu



vaccines need a couple weeks to build in a person's system to gain enough immunity to fight against the flu virus. October is the recommended month to receive a flu vaccine, but it is never too late to receive a flu vaccine.

What would you say to the person that believes they do not need to get the flu shot because they believe

their body will be able to fight off the flu naturally? Is there a reason that a person who is generally healthy should still get the flu shot?

The flu vaccine has shown in several studies that it can reduce the severity

Continued, next page

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Continued from page 26

and length of the illness in people that contract the flu virus. The flu vaccine has also shown to decrease flu-related hospitalizations.

Some people believe that they have gotten the flu right after receiving their flu shot. Is this possible or is it a misconception about receiving a flu shot?

This is a misconception the flu shot does not give you the flu. However, it takes a flu vaccine a couple weeks to build enough immunity to fight against the virus. If a person gets the flu after the vaccine, that person came into contact with the virus before their body had enough time to build immunity to fight against the flu virus.

What are some vaccines that adults may be forgetting to update or receive?

TDaP – Tetanus, Diphtheria, and Pertussis is recommended every 10 years.

Shingrix – Shingles vaccine is recommended after age 50, unless otherwise prescribed by a primary provider.

Pneumonia vaccines – Is recommended for healthy individuals

after age 65, some people with chronic health issues will receive the vaccine prior to age 65.

Why is having a vaccinated community important?

Most vaccine preventable diseases are spread from person-to-person. If the community has a high vaccination rate it will help decrease the spread of those diseases. The more people that are vaccinated will also help the people who cannot receive a vaccine due to medical issues stay healthier.

Is there any additional information about immunizations that you would like to share with readers?

Continue to talk to your primary provider and ask if you are due for any immunizations.

It is my hope that readers consider getting the applicable immunizations for their age group, not only for their personal health, but also to do their part to contribute to a healthy community for the 2023-2024 season and beyond. If you wish to consult the Southwestern District Health Unit about immunizations, call (701) 483-0171. Wishing readers good health! ■

COMMUNITY

Trauma Release Breathing Workshop

Hi, I'm Josh! I am here to share something that impacted my life so significantly, I couldn't keep it to myself: Breath work. This healing tool works by bringing conscious awareness to the inhale and exhale in combination with the intention to surrender. It allows us to go deep within to harness our true potential, remove blockages, and release tension in the body.

There was a time in my life I felt I was losing my grip on myself, my identity, and my relationships. I set out to reconnect to my first homes; this body and this soul. Through yoga, meditation, breath work, sound healing and more, I have done so. On this path of healing myself, I was led to Costa Rica where I became a certified Breath Work Facilitator.

I am so passionate about this work because each time I guide others in it, so many gifts, stories, and lessons unfold. Just as my clients learn from me, I learn from them. So let's meet, and breathe! Let's connect to ourselves and the beautiful world around us.

We will be having sessions on Friday, August 11 at 11:00am, 1:00pm and 2:30pm. Sessions are about an hour and a half long and cost is \$45 per person (cash only). We do require \$20 down to hold your spot (this is a deposit that is non-refundable since space is limited.) Please contact Salt of the Earth, LLC to set up your spot! 701*590*5005 or email saltoftheearth.ek2019@gmail.com ■



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CONVENTION AND VISITORS BUREAU

Thanks for showing hospitality!



The definition of hospitality is “the quality or disposition of receiving and treating guests and strangers in a warm, friendly, generous way” according to dictionary.com. The hospitality industry includes lodging (hotels/motels/bed and breakfasts, etc.), food and drink services (restaurants/bars/coffee, etc.), tourism, and more. When traveling, we engage with people in the hospitality industry in nearly every way!

Did you know Dickinson has 20 hotels/motels and four campgrounds? Did you know that Dickinson boasts more than 70 eating establishments and 17 coffee shops (including both sit-down and drive-through)? Tourist destinations like the Dickinson Museum Center, Theodore Roosevelt Center, and Ukrainian Cultural Institute in Dickinson, Enchanted Highway to Regent, Assumption Abbey in Richardton, and the attractions in Medora, among others, play a vital role in the hospitality industry. These businesses make a huge impact on our visitors to southwest North Dakota! In 2022, the food, beverage, and lodging industry revenue was \$118,368,800, generating \$7,693,972 in state and local tax revenue!

It's important to recognize those who make a positive impression on guests traveling through the area. One of these individuals is Tammy Meyer, the “breakfast lady” at the TownePlace Suites. Guests appreciate her passion for sharing the sights to see and things to do in Dickinson. In May, Tammy received the Heritage Award for a Front-line Tourism Employee, a 2023 Governor's Travel and Tourism Award. The Dickinson Convention and Visitors Bureau congratulates Tammy on receiving this award.



Tammy Meyer, TownePlace Suites' "breakfast lady"

We also applaud all the dedicated hospitality industry employees in Dickinson for showing travelers the best of the western edge of North Dakota! We appreciate your promotion of the attractions and events in our community and sharing a friendly smile with the newcomers in the area. You make a difference when you make a positive first impression. When we share our “North Dakota Nice,” we are making someone's travel experience to the great state of North Dakota a memorable one!

Learn more about all the events coming up at visitdickinson.com/events. As always, don't forget to tell us about your adventures! Use the hashtag #visitdickinson to share your stories. ■



Tammy Meyer proudly holding her award

ID*I*OM

The dog days of summer

Meaning: Here's an idiom related to summer, which is used to talk about the hottest part of summer, occurring in July and August.

Origin: This summer idiom comes from ancient Rome, referring to when the constellation Sirius - the dog star - appeared to rise just before the sun, around July.

Example: During the dog days of summer, it's too hot to work outdoors. ■



2023 Sax Centennial CAR SHOW

Saturday, August 5, 2023
10 AM - 2 PM

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WHEN:	SATURDAY, AUGUST 5 7:00 AM - 9:30 AM 10:00 AM - 2:00 PM 1:30 PM	Registration Display and voting Awards
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CLASSES: There will be 4 categories of vehicles - each celebrating a quarter century of GM vehicles. Modified and Stock will be combined.

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- 1949-1973 - 1st Place - Commemorative Sax 100 Coat, 2-4th place - \$100
- 1974-1998 - 1st Place - Commemorative Sax 100 Coat, 2-4th place - \$100
- 1999-2023 - 1st Place - Commemorative Sax 100 Coat, 2-4th place - \$100

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Registration on back of this form, online at saxmotor.com/SAX100/Events or on the Sax Facebook Page/Events

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COOKING CRAVE

Rhubarb Cream Cheese Bars

Tune into Consolidated's channel 18 to cook along with Laverne and Rhonda. You can watch their show Tuesday evenings at 6pm and 9pm or Wednesday afternoons at 2pm or 5pm (replay of Tuesday's show). New shows air every other week.

Share your recipes to be considered for the show by sending to: Consolidated, Attn - Rhonda Fitterer, PO Box 1408, Dickinson ND 58602 ■



Laverne and Rhonda

Homemade Recipes Made Easy!

Rhubarb Cream Cheese Bars

CRUST:

2 cups oatmeal
2 cups flour, can substitute 1 cup wheat flour
1 cup brown sugar
1 cup softened butter

FILLING:

2 eggs
1/2 tsp. cinnamon
1 tsp. vanilla
1/2 cup white sugar
16 oz. cream cheese
3 - 4 cups rhubarb, diced

Preheat oven to 350 degrees. Mix oatmeal, flour, brown sugar and butter in a bowl until combined. Reserve 1/3 of mix for topping. Spray a 9x13 inch pan and press crust mixture into bottom of pan, set aside. In a large bowl, add filling ingredients, except rhubarb, mix until well combined. Add rhubarb to filling mixture and pour over crust. Sprinkle reserved crust topping over filling. Bake for 45 minutes.

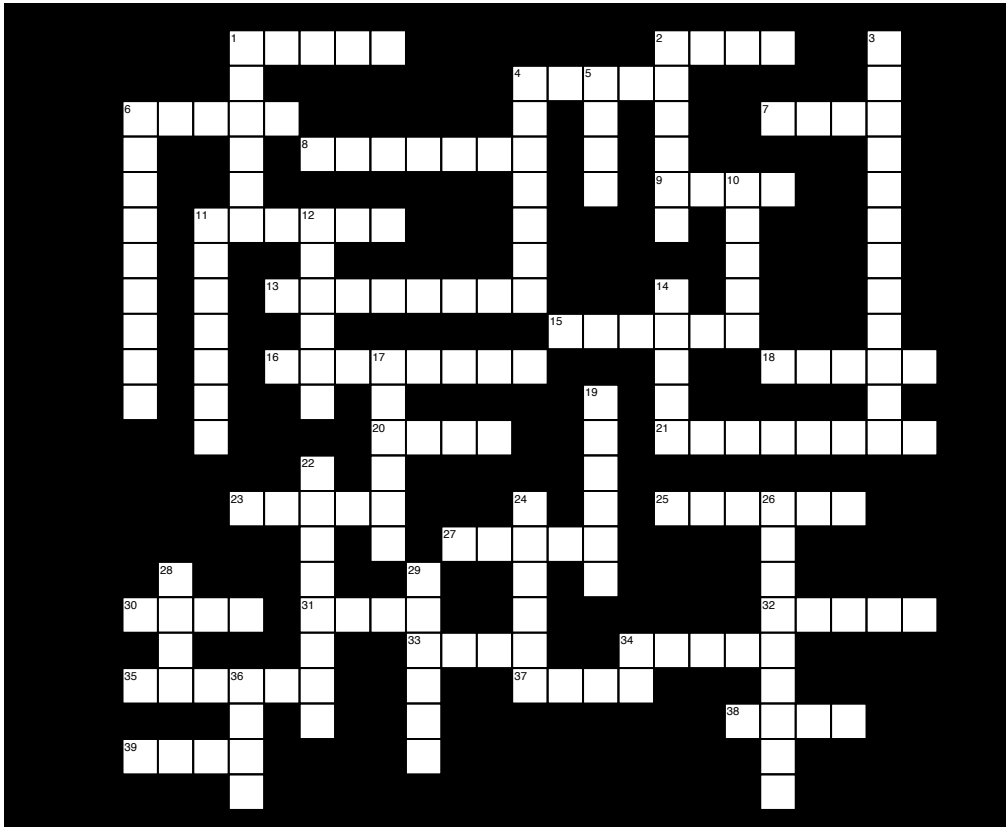
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CHANNEL 18

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STONES VS BEATLES by Carlinka



ACROSS

- 1 ++Get off my__
- 2 Unwanted plant
- 4 Private teacher
- 6 ++__of burden
- 7 Shoe shiner's application
- 8 ++Harlem__
- 9 ++Far away__
- 11 ++I am the__
- 13 ++__for the devil
- 15 Shoelace hole
- 16 ++Good day__
- 18 ++Sexy__
- 20 ++And your bird can__
- 21 ++Can't you hear me __
- 23 ++I'm happy just to __with you
- 25 Russian port city
- 27 ++Let it __
- 30 Little ship
- 31 ++Play with me, play with__
- 32 ++Under my__
- 33 ++Can't buy me__
- 34 ++You never give me your__
- 35 ++Emotional__
- 37 ++__is on my side
- 38 Many a Disney character
- 39 Wee jazz band

DOWN

- 1 Cantaloupe kin
- 2 ++Paperback__
- 3 ++I can't get no__
- 4 ++Ruby__
- 5 Chore list heading
- 6 ++19 nervous __
- 10 ++__day's a week
- 11 ++Happiness is a__
- 12 Sci-fi zapper
- 14 ++Paint it__
- 17 ++__morphine
- 19 ++Ob-la-di__
- 22 ++__909
- 24 ++Do you want to know a __
- 26 ++When I'm__
- 28 ++Fixing a __
- 29 ++Mother's little__
- 34 ++Please, please__
- 36 Partner of calm and collected

COMMUNITY

Alcoholics Anonymous fellowship

Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

For local meeting schedule, see our website: www.aanorthdakota.org

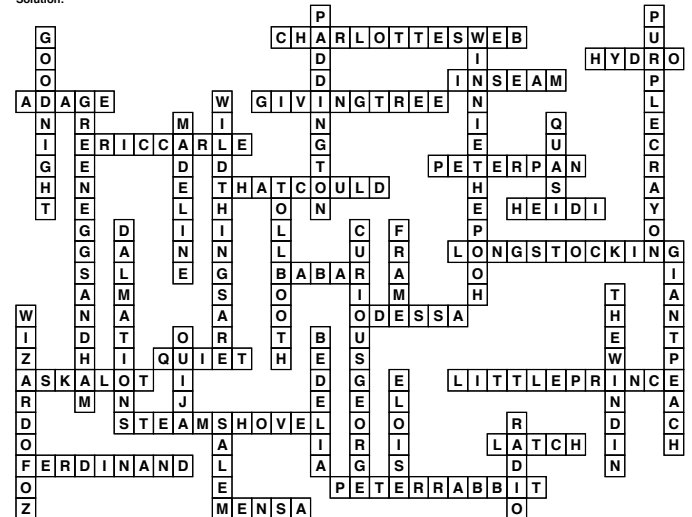
All inquiries are confidential. **AA Hotline 701.264.7552**



Last month's puzzle solution

++SUMMER READING++

Solution:



HOROSCOPE**AUGUST 2023** by Hilda De Anza**ARIES**

March 21-
April 20

August is a very special month for relationships, romantic events, and children. As far as dating is concerned, partners from a different country or culture are the flavor of the month, and romance in general is highly unpredictable. At the end of August, trends at this time mean that you make a lot of compromises for love, and potential partners pretty much decide how the game is to be played.

**TAURUS**

April 21-
May 21

On August

8th, the contact between Venus and Uranus is repeated, which continues a trend of dissonance and unpredictability in family life. Freedom and independence of spirit are important for you. The new moon on August 15th highlights this need for excitement and change. It's also a time when beliefs and ethics are important, and you may find yourself struggling with both material and romantic temptations.

**GEMINI**

May 22-
June 21

Early August is a very constructive

period, both for working with colleagues, and for activities with family. This is a great period for wellness, yoga, retreats and meditative activities. August can be a very special month for certain relationships, and strange things are going on, people make choices that defy convention and normal common sense. Relationships are characterized by people from unconventional communities, or foreign lands.

**CANCER**

June 22-
July 22

There is a major focus on the

economy, partly because of unfinished business with others who have yet to live up to their promises. There is an element of unreliability which you may have to confront around mid-August. The wise Cancer does not count unhatched chickens. Don't buy that Mercedes or Gucci handbag yet. The pressure mounts, especially during the last week of the month, you'll manage just fine, and early September should bring some successes.

**LEO**

July 23-
August 22

August begins a fascinating

period socially and in relationships. It is characterized by a sense of unpredictability and an electric aura of excitement. If romance is in the air, then you can expect a repeat of an on-off attraction, perhaps to someone from an exotic environment or culture. In early to mid-August you are in an extravagant frame of mind. Confidence is high, and restraint is low.

**VIRGO**

August 23-
September 22

Relationships

kindled in early August, will be rekindled in late August, so if an attraction begins early in the month, there will be plenty of time to follow it up. Now is the time to embark on a demanding project which requires detail and wisdom, and the finishing line will be by the end of September. You'll find that a lot of demands are made on your time during the last week of the month, so the more you organize yourself, the better you will cope.

**LIBRA**

September 23-
October 22

There is a tremendous

amount going on in your social life, which can be both exciting and disturbing at the same time. You are likely to be, or want to be wisely or not, the center of attention. At the very end of the month, a time of empowerment begins. Potential partners at this time may be trying to reconnect after getting close to you a couple of months back, and you will be firmly in charge of how relationships develop.

**SCORPIO**

October 23-
November 21

August starts on a positive note as

regards relations with friends and groups. The new moon on the 15th brings some unpredictable changes in your career, which can bring benefits for you even if it can be destabilizing for others. Second half of the month, your interests are more spiritual or creative. By the end of August, you have a desire to retreat into your own world. It's more of a nostalgic period when you nurture dreams of romance and long-lost love.

**SAGITTARIUS**

November 22-
December 21

Over the next two months you will be

working closely with associates on a complex project which needs continuous attention. What you build now will stand the test of time and be extremely useful to people. Mid-August is an interesting time for dealing with disruption that can be caused by expansion, travel, or by a conflict of interests. You are not looking for honor or recognition, but other people may be.

**CAPRICORN**

December 22-
January 20

August starts with mental challenges,

but it is a constructive period for intellectual growth when you rise to the challenge, so you can expect considerable success, especially with creative projects. Around the 15th may highlight radical decisions made in the name of love. At the very end of the month, key events take place connected with travel or education, and this can evoke some uncertainty or affect your confidence.

**AQUARIUS**

January 21-
February 19

August likely brings you into

contact with people from a very different culture, or with groups seeking consciousness change in some way, and there is a feeling that you have to be on your toes at all times. Despite uncertainty, this is actually an excellent period for economic expansion, when you remove blockages to the flow of funds. If you persevere, you may even get support from an organization, or access investments in some way, so the money continues to flow.

**PISCES**

February 20-
March 20

In August, your values, and

the values of the people you interact with at work, are at cross-purposes. This may be because certain colleagues are in it for themselves and want to promote their own interests, which goes against your own group commitments. Loved ones will be demanding and extremely busy on your behalf, but that suits you, because they will support you unconditionally. Learning and communication projects thrive now, and what is unfinished in August will be brought to a successful completion in September.

DACA
DICKINSON AREA
Concert Association

HERE COMES THE SUN
Monday, September 25, 2023

ODA VOLTERSVIK, PIANIST
Tuesday, November 7, 2023

CHRIS FUNK, THE WONDERIST
Friday, February 16, 2024

QUARTETTO GELATO
Tuesday, March 19, 2024

BRANDEN & JAMES
WITH EFFIE PASSERO
Thursday, April 11, 2024

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LIVE

AT LEGACY SQUARE *Concert Series*

KAT PERKINS - 32 BELOW - TIGIRLILY GOLD

August 3

« **Headliner: Kat Perkins**
Opener: Tripwire

August 17

« **Headliner: 32 Below**
Opener: 2 Weeks Notice

August 24

« **Headliner: Tigirlily Gold**
Opener: Ashley Wineland

September 9

« **Alive Event**
Professional & Amateur Christian Bands



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