

# Heart River

# VOICE

JULY 2019 | VOL. 1, NO. 7 | HEARTRIVERVOICE.COM

FREE | TAKE ONE

## Shopping locally

A win-win for our community **p6**

## Big fun for everyone

Local committee working towards inclusive park **p16**



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YOUR BEST  
CALENDAR OF LOCAL  
EVENTS: PAGE 22  
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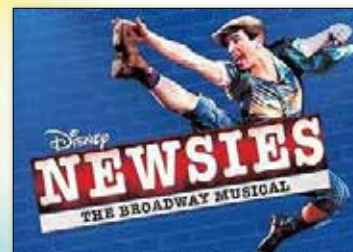


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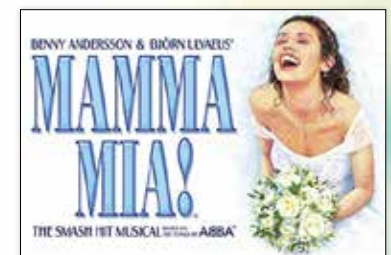
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## A note to our readers

Summer is finally settling in. Looking for things to do with the more relaxed lifestyle?

For lakeside reading, check out the column #Bookworm for the latest fiction and nonfiction for you and the kids, available at our local library.

Listen to music at either the Summer Concert Series at the Bandshell on Tuesday nights or First on First on Thursdays. Each entity has great line ups!

Roughrider Days is in full swing! Rodeo fans can take in the action while cheering for their favorite contender. How about some Derby smashing action? And don't forget one of the most spectacular fireworks displays around.

Look for these events and more in our extensive calendar.

**Kelley Jilek**  
Publisher

## On the cover

"American Girl Part 4," watercolor, by Cameron Brown. For more information about the artist, see page 5.

## PEACE OF MIND. FOR THOSE WHO MATTER MOST.

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## BEST FRIENDS MENTORING PROGRAM

# Opportunities await to support youth through mentoring

By Mark Billings

As the only independent mentoring organization in southwest North Dakota, the Best Friends Mentoring Program (BFMP) is dependent upon community support to continue supporting local youth.

Contribute to the future of someone in our community through one or more of the following:

- Attend the Badlands Big Sticks vs. Pierre Trappers game on July 20. Use the code FRIENDS when purchasing, and \$2 from each ticket will go to BFMP. In addition, the organization benefits from a 50/50 drawing and the auction of a one-of-kind, hand-made Badlands Big Sticks quilt.



- Bring your foursome to the Friday Night Lights Glow Ball at 5 p.m. on Aug. 9 at the Heart River Golf Course. Sponsorships are available and registration is open at [www.bestfriendsnd.org](http://www.bestfriendsnd.org).

- Sign up as a community or school-based mentor. As our youth population continues to grow in Dickinson, so does the need for caring role-models ages 16 and over to meet with a youth in a school or community setting to provide guidance, empathic listening and support for one hour per week. For information, contact Program Coordinator Mark Billings at (701) 483-8615 or download an application from [www.bestfriendsnd.org](http://www.bestfriendsnd.org). ■



## CHI HOSPICE AT HOME

# Hoedown for Hospice

By Wendy Baumgarten

It is almost time for the 3rd Annual Hoedown for Hospice. Choice Bank has been a strong supporter of Hospice in the Dickinson and surrounding communities as well as across the state of North Dakota for other Hospice organizations. Choice Bank has a primary role in fundraising for Hospice and providing the resources for the Hoedown for Hospice. Last year we raised \$33,587! Those funds assist to keep Hospice going in Dickinson and the surrounding communities we serve. Typically, Hospice is short \$25 a day for each patient served after Medicare reimbursements. Fundraising is an essential part of the survival of Hospice in our communities.

We are so incredibly thankful for Choice Bank and their support of Hospice. Overall, we have many wonderful sponsors that give in-kind as well as financially to support CHI Health at Home-Hospice. The support demonstrates how connected individuals and businesses are to their community.

Please join us on July 30 from 11:30-1:30 at the Prairie Hills Mall parking lot. The Medora Burning Hills singers will be performing and the Badlands Big Sticks players will be helping serve food. Come out and enjoy an incredible meal, entertainment and support CHI Health at Home. Check out last year's event recap at: <https://vimeo.com/329383545>.

CHI Health at Home offers three in-home health care programs to serve you, Home Health, Hospice and Palliative Care. Home Health provides intermittent and short-term services for patients who need skilled care in their home.

Patients can receive Nursing, Physical Therapy, Occupation Therapy, Social Work and Home Health Aide Services. Hospice provides healthcare, education and support to terminally ill clients, their families and caregivers. The program advocates home care with pain management and symptom control, which enables the patient to remain alert, pain free and as active as they can within the limitations of their disease. The Hospice team includes Nursing, Social Work, Medical Director, Hospice Volunteers, Chaplain, and Hospice Aides. Hospice offers comfort therapies including essential oils and Healing Touch. Hospice offers 13 months of bereavement to the families of Hospice patients. Palliative care provides relief from distressing symptoms including pain, shortness of breath, fatigue, constipation, nausea, loss of appetite, psychosocial stressors, problems with sleep and many other symptoms. It can also help deal with the side effects of medical treatments. Perhaps, most important, palliative care can help improve quality of life.

The Dickinson Hospice staff including Nursing and Social Work recently completed End of Life Nursing Education Consortium (ELNEC) Training which is a consortium of many organizations (nationally and internationally) launched to create nursing education to support nurses doing their sacred work at end of life. In addition, Astro Daclan, RN, Karli Dvorak, RN and Claudia Wehri, RN, Clinical Coordinator have obtained their certification in The Hospice and Palliative Credentialing Center (HPCC).

If you have any questions about Hospice or wish to make a donation, please contact Wendy Baumgarten, Director at (701) 456-4378 or Tom Fath,

President, Choice Bank at (701) 483-8282. ■

Calling all Cowboys & Cowgirls—  
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Suggested Donation

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Prairie Hills Mall Parking Lot, Southeast Corner

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**COVER ARTIST**

**Cameron Brown**

Hello, my name is Cameron Brown. I am a husband, father, artist and art teacher in Beulah, North Dakota. I will be going on my tenth year of teaching this fall. Most of my art is all over the place and is created in different media and subjects.

I have created a series of pieces entitled, "American Girl," which is a common subject I do revisit often. The piece featured in this issue of Heart River Voice is the fourth edition of my American Girl series. Each time I create this "American Girl," I use a new medium, a new location, and she is dressed differently, but always has a touch of red, white and blue. This piece, "American Girl Part 4," was created to not only show patriotism but also a touch of North Dakota/Midwest pride. She's just your average country girl taking a stroll through the prairie. I wanted to show the love one can have for land and country and maintain a personal identity. This piece was done in watercolor, which has become one of my favorite mediums over the years. I love the expressive freedom and effects I can create.

You can view more photos of my art and the "American Girl" series on my Facebook and Instagram pages @cameronbrownart. ■



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## HEART RIVER VOICE FEATURE

# Shopping locally

By Kaylee Garling

This last month, I had the privilege of interviewing Peggy O'Brien, who opened my eyes to a vitally important part of our community: supporting our local businesses by shopping locally. What does shop locally mean? Well, Peggy has taken the time to answer some of my questions, which I will now share with you. In order to preserve authenticity, the article is written in her own words.

In 2016 the merchants of Prairie Hills Mall and I sat down to brainstorm about how we can encourage and educate our customers regarding the importance of supporting local businesses. Out of that meeting, the "Thank you for Shopping Locally" campaign was created. One of the areas we needed to define was the difference between "local" and "locally." We chose the title of our campaign to spotlight "Locally." "Shop Local" emphasizes shopping (supporting) businesses and merchants that are locally-owned. "Shop Locally" emphasizes shopping (supporting) businesses and merchants that have a brick and mortar presence in your hometown. That business may be a nationally-owned chain, but they have located and invested in the Dickinson community. Locally is all-inclusive and applies to all businesses that contribute to the economy and quality of life in Dickinson.

There are so many vital components to shopping locally and the impact upon our local economy. When customers support a business in our community, they are contributing to the quality of life of not only the Dickinson community, but surrounding communities as well. Dickinson is a hub in SW North Dakota and the health of our businesses, the options available to customers, have a far-reaching effect upon our lives more profoundly than most people realize.

I must admit that up until I became keenly aware of the importance of shopping locally, I didn't give much thought to ordering online, or shopping in another community. When I became the manager of Prairie Hills Mall, the reality of the importance became obvious to me as I learned more about leakage and the impact upon our economy and merchants. When national retailers look at a market to consider whether to pursue a store in that area, they look at what is called "leakage." When a person purchases outside of the Dickinson business area, either online or in other communities, those sales tax dollars are

not collected in Dickinson.

"One of the pieces of the "Thank You for Shopping Locally" campaign is the educational element of the campaign. Providing statistics, examples and data related to the support of businesses within your own community was a key element of the campaign. One way we informed the customers was through floor graphics which featured verified facts related to shopping locally. When customers choose to spend their dollars locally, the benefits are immeasurable. The business depends upon customers supporting them or they cannot afford to keep the business open. That in turn



means that employees lose their jobs, the sales tax and property tax dollars generated by the business are no longer collected, and much more. To keep local businesses in business, they need the loyalty of the local customers.

I have challenged people in the past that have told me they can't find what they want in Dickinson. In most cases I have to disagree with them. I can find everything I NEED in Dickinson. I may not be able to find every WANT, but I can find every need. I don't mind paying a little bit more for the local product, because these businesses employ my friends and my family, they support local sports teams, they donate to local fundraisers, they pay taxes that support our city and so on.... To me, those are all priceless benefits of supporting businesses in Dickinson.

This is my twelfth year in the mall office. Prior to accepting this position, I was at Christopher and Banks (a store that was located in the mall) for 11 years. I go way back to 1978 when the mall was built. I was a student at DSU, working with my dad at the car dealership and working part-time at what was then Brauns

Fashions, the predecessor to Christopher and Banks. I was at the mall prior to Grand Opening, setting up Brauns with the staff and Mr. Braun himself. I still remember wondering why in the world the mall developers would build a mall way out there on the other side of the interstate. Fast forward and here I am; in the mall office watching the ebb and flow, the trends and the climate of retail in not only Dickinson, but around the world. Traffic has diminished over the years, in part to the loss of stores, to closure, bankruptcy and changing markets. Online shopping has had a huge impact on retail not only in Dickinson, but throughout the industry world-wide.

People don't realize how many wonderful organizations, communities and entities receive funding from the sales tax dollars that are collected in Dickinson. When people make purchases

districts of Belfield, Dunn Center, Killdeer and Richardton. Dickinson sales tax collections are also used to provide funds for Fire Districts of Belfield, Golva and Mott. Imagine the impact these sales tax dollars have on the lives of each and every person affected by these organizations. When you order online or spend your dollars in other communities, those sales tax dollars are not available for the above stated entities.

I had a person that I know well and who shops online almost exclusively, as well as supporting business in another community, stop by my office to ask if it would be okay to speak with the mall tenants about donating to XYZ (name withheld). I told her "NO, you may not ask them. Why don't you contact Amazon and ask them for a donation, or drive to the town you shop in and ask them for a donation?" The person replied, "They aren't going to donate anything." I asked, "Why not? You spend a lot of money supporting them; they should help you out and support XYZ." The response was, "They don't know me and they don't care." I said, "Exactly...they don't know you, they don't know the names of your kids, their child doesn't play on the same baseball team with your child, etc. You may think you are saving money and time by shopping online, but each time you click the mouse, think of a brick being pulled from the foundation of a local business. When that business is gone, think of the lives affected by the closure of that business."

When the brick and mortar businesses are gone....Do you really believe that online entities will offer such great prices and free shipping? Probably not because they have eliminated the competition and now control the market and thus, they control your purchasing power and ability.

I want to thank the City of Dickinson for their investment in the Thank You for Shopping Locally campaign. They know the importance of supporting local business and they graciously contributed funds to the campaign in 2017 which allowed for the placement of Thank You for Shopping Locally window decals throughout the city. Every business in Dickinson received a letter and a decal promoting shopping locally. I might add, if your business wants a decal, or if you need a new decal, please contact me via email and I will provide you with one.... pjobrien@prairiehillsmall.com.

As Peggy addresses, there are great reasons for the campaign and supporting businesses located within the community. I'm looking forward to seeing the positive impact we can make on our local businesses through shopping locally. ■

**LIVE RIGHT**

# The controversial carbohydrate continued...

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

From the two main categories of simple and complex carbohydrates follows three subcategories: fibers, sugars and starches.

Starches are comprised of long chains of glucose (sugar) molecules linked together. As digestion takes place it unlinks each glucose (sugar) molecule from the chain, which are then absorbed into the blood raising blood glucose levels. Foods rich in starch include potatoes, corn, pasta, rice and wheat.



IMAGE: PIXABAY

**Resistant** starches are a carbohydrate resistant to digestion. Acting as a prebiotic, this type of starch feeds the good bacteria within the gut. Typically, starches are digested into glucose but because resistance starch is resilient to digestion it doesn't raise blood glucose.

Foods containing resistant starches include plantains, green bananas, beans, peas, lentils, oats, barley and cooked then cooled rice. The amount of resistant starch available in foods changes with the addition of heat. Oats, green bananas as well as plantains lose a bit of resistant starch during the cooking process.

Resistant starch can also be created when cooking and cooling foods such as in rice, potatoes, beans and pastas. Prepare these foods a day in advance, cool in the refrigerator overnight. Reheating is acceptable as this process does not decrease resistant starch amount.

**Sugars & Sugar Substitutes**

Sugars are much shorter chains in comparison to starches allowing for quicker absorption into the bloodstream.

On the other hand, sugar alcohols do not raise blood glucose levels. They are commonly found among the ingredients list as sorbitol, mannitol, xylitol, isomalt and hydrogenated starch hydrolysates. Sugar alcohols are chemically processed by altering the carbs found in certain plant products like fruits and berries. They are not well absorbed and may even have a slight laxative effect along with stomach upset.

One difference between sugar alcohols and artificial sweeteners is the carbohydrate and caloric difference. Whereas artificial sweeteners such as

Sweet & Low (saccharin) and Equal (aspartame) contain no calories or carbs, sugar alcohols contain a trivial amount of carbs and about 3 calories per gram. Overall, both can be included in a healthy diet and be useful in the management of certain conditions.

Sometimes referred to as "roughage" and "prebiotics", fiber is a type of carb found in plant foods. Unlike starches and sugars, fiber is bound in such a way that our bodies lack proper enzymes needed for fiber digestion. This is where the good bacteria living in our guts digest it. Once fiber passes into the colon the good bacteria ferment it using fiber as food to grow and multiply. There are two types of fibers: soluble and insoluble.

Soluble fiber dissolves in water forming a thick gel-like viscosity. It helps soften stools and adds bulk while reducing the absorption rate of carbs into the bloodstream alleviating blood glucose spikes. Soluble fiber also interferes with the absorption of fat and cholesterol helping to lower "bad" LDL cholesterol.

Unlike soluble fiber, insoluble fiber does not dissolve in water. It provides bulk for stool formation and speeds up the movement of material through the gastrointestinal tract preventing constipation.

Both types of fiber increase satiety helping one to eat less and stay fuller longer. The recommended intake of dietary fiber is 38 grams per day for men and 25 grams per day for women.

**The Bottom Line:**

A healthy diet is about moderation and portion control. Carbohydrates are an important part of a healthy balanced diet and it is recommended to aim for 45-65% of calories from carbs. If unsure where your needs lie, meet with a registered dietitian for insight.

Sugar is sugar whether it comes from honey, a candy bar or a piece of fruit. Our bodies process it all in the same way. Nevertheless, not only are we evaluating the sugar content but other nutritional aspects a food item contains like fiber, vitamins and minerals content. ■

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ONE N DONE

**08.08.19**  
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MUD BUTTE

## #BOOKWORM

# Summer activities that are out of this world!

By Cindy Thronburg

July 20th marks the 50th anniversary of Apollo 11 landing on the moon. It was a momentous occasion, and to celebrate, the library is hosting several themed events throughout July.

On Friday, July 12th at 10:00am, the Traveling Lantern Theatre Company will be doing a performance of its play "My Mother the Astronaut," about a young girl who goes with her mother to NASA on "take your child to work day." She learns all about space travel and imagines what it would be like to be in space. Children will enjoy this fun and educational show. It is free to the public.

On the day of the anniversary, Saturday, July 20th, the library will be hosting a Moon Landing Party from 10:00am to 2:00pm, which is free and open to all ages. There will be tons of activities throughout the day. There will be four sessions of Story Time from Space with Astronauts. Attendees will get to watch astronauts in the International Space Station read storybooks. There will also be four sessions of shows in the DSU Discovery Dome. Other activities include a Solar System Hike, a Moon Rock Hunt, and Sun Scopes. There will also be an opportunity to make LEGO space shuttles



and take them home! Food trucks will also be available to get some tasty treats. We hope you can join us on this fun-filled day celebrating Apollo 11.

The Summer Reading Program joins in on the moon landing celebration with its "Universe of Stories" theme, and it is in full swing! There is still time to turn in reading logs and book coupons. The last day to do so will be July 31st. The coloring contest deadline is July 13th. Winners will be announced at the Summer Reading Wrap-Up Ice Cream Social, which will be held Friday, August 9th, from 2:00pm to 4:00pm.

To round off the space theme for the summer, there will be a Night Sky Viewing (ages 11+) on August 1st at 8:30pm, which will provided the opportunity to look through telescopes at stars and planets.

These are only a handful of the many events we have going on for the rest of the summer. I invite you to take a look at our new website we launched in mid-June, if you haven't had a chance to do so. It's a great place to check out all the events we have scheduled! We will continue to evolve the website and add more exciting features in the future!

New titles added to the collection:

- **Adult Fiction:** Neon Prey by John Sandford; City of Flickering Light by Juliette Fay; The Better Sister by Alafair Burke; Normal People by Sally Rooney; Redemption by David Baldacci; The View from Alameda Island by Robyn Carr; Willing to Die by Lisa Jackson

- **Adult Nonfiction:** Booked: A Traveler's Guide to Literary Locations Around the World; Fall and Rise: The Story of 9/11; D-Day Girls; A Florida State of Mind: An Unnatural History of Our Weirdest State

- **Adult DVDs:** Glass; Cold Pursuit; Aquaman; Vice; The Light between Oceans; Call the Midwife: Season 8; The Mule; What Men Want; On the Basis of Sex; Fantastic Beasts: The Crimes of Grindelwald; If Beale Street Could Talk

- **Children's DVDs:** PJ Masks: Cracking the Case; Playtime with Puppy Dog Pals; LEGO DC SuperHero Girls: Super-Villain High; PawParazzi; My Little Pony, Friendship Is Magic: Hearts and Hooves; Shimmer and Shine: Flight of the Zahracorns; Octonauts: Reef Rescue

- **Children's Easy Books:** How to Two; Curious George Seek-and-Find; The Color Monster; The Fox on the Swing; Another; Because; Oh So Brave Dragon; Puddle

- **Children's and Teens' Fiction:** Tin by Pádraig Kenny; The Hawaiian Heist by Geronimo Stilton; The Benefits of Being an Octopus by Ann Braden; Marcus Vega

Doesn't Speak Spanish by Pablo Cartaya; Dig by A.S. King; Comics Will Break Your Heart by Faith Erin Hicks; Internment by Samira Ahmed

- **Children's Nonfiction:** The Super, Epic, Mega Joke Book for Kids; Soaring Earth; Dreaming in Code: Ada Byron Lovelace, Computer Pioneer; 100 Things to Be When You Grow Up; The Hyena Scientist

### Monthly Mini-Review:

With the celebration of the moon landing approaching, it occurred to me that I don't know that much about the history of space exploration. I decided to watch Space Men, a film by PBS and American Experience. This short documentary (less than an hour) details

the very beginnings of what would become the space race. It was a fascinating look at Project Manhigh and Project Excelsior, and all those who performed the initial experiments that were a precursor to NASA's missions. It tells of the experiments done like those by Army doctor John Paul Stapp, who tested the limits of

exposed to high altitudes and g-force, or those individuals who went up in balloons to perform tests at heights never before achieved. It was an intriguing film that showed what it took to even begin thinking about going to space, and it was definitely worth the watch. ■



## AWARENESS

# Talk saves lives

By Karen Frank

My name is Karen Frank. I am a suicide loss survivor and a member of the Out of the Darkness Dickinson Community Walk Committee. The walk is an event held through the American Foundation for Suicide Prevention. Our mission is to: remember the loved ones we have lost to suicide; provide support for attempt and loss survivors; raise funds for education and research, and promote advocacy. The American Foundation for Suicide Prevention is

the number one non-profit organization supporting mental health and suicide prevention.

Everyone was so shocked when Nevin took his life. He loved life and was friends with everyone. I knew there were things about his life he wished were different, but he never seemed to be depressed. I don't believe he wanted to die, he just wanted to get rid of the pain.

One of the American Foundation for

Suicide Prevention programs is Talk Saves Lives. I believe it! When Nevin's son was eleven, he had been feeling hopeless and couldn't seem to find joy in anything. He had accompanied his mom to various Out of the Darkness Walks and had learned it is okay to talk about feelings and ask for help. He asked a teacher if it would be possible to talk to a counselor at school. He told the teacher he might be feeling suicidal.

We are all so thankful and proud that he asked for help.

If you are struggling

or know someone in crisis, please call the National Suicide Prevention Lifeline at 1-800-273-TALK (8255) or contact the Crisis Text Line by texting TALK 741741.

Please join us at the West River Ice Center, September 21, 2019, for the Out of the Darkness Community Walk. You can register at [www.afsp.org/dickinsonnd](http://www.afsp.org/dickinsonnd).

Be the Voice. Talk Saves Lives. ■



**American  
Foundation  
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**OUT OF THE  
DARKNESS  
Community Walks**



## WHERE BUSINESS GOES TO GROW

# Child care grant program

By Stark Development Corporation



New location of Learning Ladder Preschool & Childcare

Our community is getting younger! Learning about our community and its makeup is a constant challenge for a dynamic community like Dickinson. The median age of Stark County according to Job Service North Dakota is 34.1 years of age. CHI St. Alexius Health Dickinson reported 689 births in 2018 and through May of 2019 is already reporting 284 births. CHI projections suggest births will top 2018 numbers and may approach 800 babies in 2019!

There has been a lot of discussion in the community regarding school-age children and the need for additional capacity in our public school system. The

topic of daycare is often left out of these conversations. It doesn't necessarily affect everyone but for the working families of our community, it is a difficult and concerning topic. New families to the community typically do not have the larger family support network locally to watch their children while they remain in the workforce.

Childcare Aware of North Dakota published a childcare profile for Stark County in 2018. The profile states there are 3090 children between the ages of 0 and 5 years of age. 60.9% of children between the ages of 0 and 5, or 1881 children, have both parents working in the labor force. Currently there are 733 licensed daycare spots total in the county leaving a gap of over 1100 spots.

Daycares are licensed through Stark County Social Services and can be classified under three different licenses based on their capacities. Family daycares can be run out of the provider's residence and can provide care for 7 or fewer children, including children already in the home. Group daycares can provide care for up to 30 children and can be run in approved homes or public facilities but are based on square footage and adult-to-child ratios. Daycare centers

provide options for caring for large numbers of children in public/private facilities and licenses are restricted by both square footage and adult-to-child ratios.

Recognizing this very apparent need for additional daycare resources, Stark Development offers a child care grant program geared towards increasing child care by providing matching funds to new or expanding center or group facilities throughout communities in Stark County. \$1000 per licensed child in matching funds are available for group or center facilities, up to a maximum grant of \$100,000.

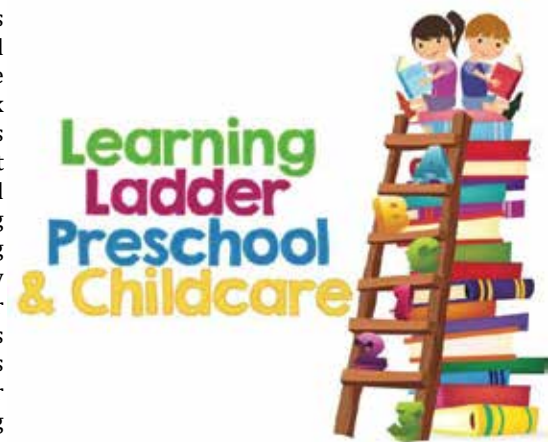
Recently, the Learning Ladder Preschool and Childcare came before the SDC board and presented their plan to expand their licensed group facility to a center with a final capacity of 140 children. Alyssa Kuntz, owner of the Learning Ladder, explained their expansion plans which included the acquisition and renovation of a property in north Dickinson that has been vacant for a number of years.

The SDC Board unanimously approved the grant application and awarded Alyssa and the Learning Ladder a grant of \$100,000. Once completed and at full capacity, they will employ approximately 24 full-time employees and several part-time individuals.

Alyssa says, "the calls for available daycare spots is almost constant and there are virtually no places to refer parents creating a real problem in our community." Even with the expanded capacity, the Learning Ladder will help address the lack of daycare, but there is still so much opportunity for providers.

SDC still has grant dollars available under their child

care grant program and encourages anyone with a desire to expand or create a daycare center or group facility to



apply. Ultimately, we want to see families with working parents have the ability to enjoy their professional lives while knowing their children are well cared for in an enriching, secure and engaging daycare environment.

For more information regarding the child care grant program through Stark Development, please contact our office at 701.225.5997 or email team@starkdev.com. ■



## THE URBAN HOMESTEADER

# Sensible summer lawn care

By Jon Stika

As we progress into summer, a great deal of time, energy, and money will be spent on lawn care. Since most lawns in our area consist of cool-season grasses (Kentucky Bluegrass and/or Crested Wheatgrass) it is important to examine how those plants respond to whatever approach we use to manage them as a lawn. Two important things to consider in grass turf management is mowing height and watering.

The axiom of "mow it high and let it lie" sums up the first important point of turf management. Most lawn grasses will do their best when cut to a height of three inches. At this height, the plants shade the soil, develop deeper root systems, and suppress weed seed from germinating. Also, grass plants suffer if more than a third of the plant is removed at once. If we strive to maintain grass at about three inches in height and not remove more than a third of the plant at a time, then grass should be cut again

measure it. From my observation of lawns around town, most of them are typically mowed shorter than three inches in height. Mow a test area and measure the height of the standing grass afterward and adjust the mower until the grass no shorter than three inches. Keep the mower blade sharp so the grass is cut even and clean, without torn and ragged leaf ends that turn brown. Do not bag the grass clippings, leave them on the lawn where they can decompose and feed the organisms in the soil that will in turn feed the grass.

Fresh grass clippings are high in both moisture and nitrogen and will break down quickly, acting as a slow-release fertilizer. Mulching mowers cut the grass clippings up into small pieces so they decompose more easily and are less likely to lie around for long. The leaves on grass plants are the solar panels that collect energy that the plants store in their roots. If grass plants are cut too



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

summer, which is common in our part of the world.

Proper mowing will set up grass plants to shade the soil and develop deep root systems, two things that help the plants tremendously when the weather turns warm and dry. This leads us to the second important aspect of turf management... soil moisture. Soil moisture is important to keep grass plants from going dormant and turning brown. Proper turf management strikes a balance between over-watering, that can lead to insect, disease, and thatch problems; and under-watering which may result in the plants going dormant. Allowing a grass lawn to go dormant during the summer is not detrimental to the plants, it is just not look as nice.

Watering less frequently and more deeply is the best approach. Frequent, light watering is detrimental to the plants and soil, and often wastes water from evaporation and runoff. It can even support a breeding population of mosquitoes! The best way to know how much water is in your soil (and to what depth) is to probe the soil. An old screwdriver pushed into the soil by hand is an easy way to determine soil moisture. The screwdriver will penetrate moist soil, but not dry soil. If there is only three inches of moist soil below the soil surface, water until there is six or more inches of moist soil. On most soils, this would require the application of about an inch of water, easily measured by putting a rain gauge out in the area being watered.

I will not get into fertilizing or weed control in this article except to say that a lawn that is mowed and watered properly will have little need for fertilizer and minimize the need for weed control. So, before you begin your summer lawn maintenance routine, pause and consider that the most important aspects of turf grass management center on thoughtful mowing and watering, which will result in a better lawn with less work, energy, and expense. ■



PHOTO COURTESY OF JON STIKA

when it reaches a height somewhere between four and five inches.

Do not guess the height at which you are cutting your grass! Get a ruler and

short, both the solar panels and root storage of energy will be compromised. This leads to plants that are susceptible to stress during dry periods of the

## DID YOU KNOW?



**Did you know one of the most common homeowner insurance claims is completely preventable?**

It is not fires or theft; it is water damage. To prevent water damage, check appliance hoses for kinks and cracks. Inspect the floor near your water heater, refrigerator, dishwasher and outdoor faucets for leaks and crimps.

To learn more about these and other homeowner tips contact Insurance Agent Nick Weir with American Insurance Center at 701-483-3258.

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## PIECE BY PIECE

## Wacky July holidays

By Suzy Rummel

Independence Day is a well known holiday in July but did you also know that in 1984, Ronald Reagan deemed July as National Ice Cream Month and the third Sunday as National Ice Cream Day? What a guy! Ice cream is my favorite dessert and Mint Chocolate Chip is my favorite flavor. I don't know too many people that don't like ice cream except my almost 2-year-old grandson; not sure if I trust him because of that.

There are also a few strange holidays such as World UFO Day on July 2, Sidewalk Egg Frying Day on July 4, Bagpipe Appreciation Day on July 27 and National Lasagna Day on July 29 (Garfield would be happy). I love those weird holidays, and I think we should celebrate those more often simply because I love a reason to party, and what better way

than with an offbeat holiday.

Some events coming up at the stash include our Craft Class for Kids on July 2, 16, 30 and Aug. 6. Sew Days which is held once a week from July 17 - August 21. Each week, there will be a new project such as a Placemat, Apron, Table Runner, Catch All, Back Pack and Tote. Cost is \$5 for the class plus supplies.

We are also having a summer retreat and have a few spots open. It is July 13 - 15 and you can come for two or three days. Call for more information. Other classes in the works are a Color 101 class, Machine Needle class and Rag Wreath Class. Look at our website for updates; [www.SuzysStash.com](http://www.SuzysStash.com).

We also serve lunch from 11 - 1:30 daily - menu is listed on our Facebook page or our website. Fresh flowers

are available with delivery to Richardton, Taylor and Hebron, plus a wide array of specialty coffee and drinks. The most popular in summer are frappes and smoothies, along with iced coffee.

New Fabric, new notions and gadgets plus kits are arriving daily. Newest are a line of Patriotic, You are my Sunshine and a new Minky. There is also a bin of Stash Cash Fabric; buy a yard and get \$5 worth of Stash Cash to be used on anything in the store. The bin changes often.

Have a great month, and enjoy summer! ■



## UKRAINIAN CULTURAL INSTITUTE

## Welcome to the 2019 ND Ukrainian Heritage Festival

By Kate Kessel



BITAEMO/Welcome: The Ukrainian community invites you to join them in celebration of their 2019 ND Ukrainian Heritage Festival July 12, 13, 14, and 17. 39 years ago, a group of the first born, in southwestern North

Dakota, Ukrainians started a festival to honor their parents, grandparents, and the first immigrants that left their native Ukraine and moved to southwestern North Dakota. Throughout those first years, the theme, dates and places of the festival changed before they decided on the third weekend of July, but one thing has never changed, their respect for their ancestors and heritage.

Since July 12 is the annual Feast/Celebration Day of Sts. Peter and Paul, the board of directors of the Ukrainian Cultural Institute decided to move this year's celebration up a weekend.

On Friday, July 12, starting at 5:30pm with the theme "Rooted in Faith," opening ceremony will be held at the historic Sts. Peter and Paul Ukrainian Orthodox Church, 414 3rd St. NE, Belfield, ND. Upon leaving Sts. Peter and Paul, we travel to St. John the Baptist's Ukrainian Church, 307 6th St. NE, Belfield, for an evening meal at 6:30pm. This is a free-



will offering ceremony and meal.

On Saturday, July 13, from 9:00am to 11:00am at the Ukrainian Cultural Institute located at 1221 W. Villard, Dickinson, come to learn a little bit of the Ukrainian language and listen to Ukrainian folk tale stories. From 11:30am to 1:30pm, a delicious meal will be served for the price of \$13/person (over 12 years old) and \$6.00/person (under 12). At 1:30pm, be guided on how to do genealogy research. There will also be a Pysanka (egg decorating) demonstration, a bouncy castle and face painting to enjoy throughout the day.

The drawing of raffle prizes will be at 3pm, which you do not need to be present to win. Prizes are: a hand embroidered

quilt, framed quilt square, \$100 cash, Ukrainian hand embroidered pillow, Ukrainian casserole dish, Echo Trails book Volume I, chicken Pysanka egg, and Baba's Kitchen - Ukrainian Soul Food Cookbook.

On Sunday, July 14, Mass will be held at 10:00am at St. Demetrius Ukrainian Catholic Church, 15 miles north of Belfield. At 11:15am, a Panakhyda (memorial service) will take place on the church grounds near the grotto and the old wooden cross in commemoration of the 45th anniversary of the

Ukrainian Memorial Pioneer Cross and all of our ancestors. A noon meal will follow at the church. This is a free will



offering meal.

On Wednesday, July 17 at 5:30pm, an evening meal for \$8.50/person will be served at the Pavilion on Main Street in Belfield which will end Ukrainian Cultural Institute's festival.

Stop by UCI to pick up a festival schedule, which will include the menu, and to purchase a raffle ticket. While there, enjoy the museum with its rich Ukrainian immigrant's history to southwestern North Dakota and shop in the gift shop for pysanka eggs, books written by local authors, Ukrainian embroidered items, and more. ■

## PARKS AND RECREATION

# Dickinson Parks and Recreation is Game On for Park and Recreation Month with FREE activities

By Matt Mack, Director of Recreation/Facilities, Dickinson Parks and Recreation

Get ready to get in the game this July with Dickinson Parks and Recreation, and the National Recreation and Park Association (NRPA).

Since 1985, America has celebrated July as the nation's official

Park and Recreation Month. Created by NRPA, Park and Recreation Month specifically highlights the vital and powerful role local parks and recreation, such as Dickinson Parks and Recreation, play in conservation, health and wellness, and social equity efforts in communities all across the country.



This year, it's all about highlighting the fun, games and exciting offerings at your local parks and recreation centers. From providing special events, to exciting sports leagues and everything in between, Dickinson Parks and Recreation has a wide variety of programs that are not only fun, they also bring the community together. NRPA and Dickinson Parks and Recreation are encouraging everyone to

get out there and get in the game in their own way at their local parks and recreation centers.

In Dickinson, you can celebrate Park and Recreation Month by participating in a number of FREE activities planned by Dickinson Parks and Recreation starting with our Bandshell Concert Series.



Every Tuesday evening until August 13th, join us at 7:00 pm at the Phil Patterson Memorial Bandshell located in Memorial Park, to take in the different bands arranged for each week. Performances range from old time folk music to more modern rock music and everything in between. We even have performers coming from different states this year. Come watch the sunset and take in the amazing artists that have been lined up this summer.

On July 11th, Dickinson Parks and Recreation is offering free green fees at the Heart River Golf Course. For those of you looking to try our course out, it would be a perfect day for you to get some fresh air, take in the beautiful scenery, and get some exercise. If that doesn't interest you, you may also stop out to Patterson Lake. Admission is free all day, and we will be hosting a beach party from 3:00 pm to 6:00 pm that includes scavenger hunts, bouncy houses, free food, beach activities, live DJ and so much more. It's a great opportunity to come socialize and have some fun with your family.

July 18th, is free admission to the West River Community Center including all of our amenities and access to the outdoor pool. Not only would this be a great time for you to try one of our fitness classes or use our fitness equipment, but bring your kids to the outdoor pool between 2:00 pm and 4:00 pm and they can party with the Badlands Big Sticks at the outdoor pool party. The Big Sticks baseball team will be there to take pictures with fans, sign autographs,

and swim all afternoon. There will also be door prizes given away, ice cream and other activities planned.

July 25th, is Family Health and Fitness Day at Optimist Park from 12:00 pm to 2:00 pm. This special day promotes the importance of parks and recreation in keeping communities healthy. There will be different activities



for children to participate in including arts and crafts, interactive games, and a splash area. Adults can participate in our Bootcamp or Mommy and Me fitness classes. Please bring your family and help us celebrate health and fitness in our parks!

Last, but certainly not least in

our lineup of free activities for the month of July is one of the most talked about events all year. On July 26th and 27th from 8:00 pm to 10:00 pm is the famous Swim Under the Stars event, sponsored by MIDCO at the West River Community Center's outdoor pool. Come swim under the stars with us to the sounds of a live DJ, not to mention free food, door prizes, a photo booth and so much more. It's fun for the entire family, but make sure to get in line early because this event fills our pool to capacity very quickly. Though this is a free event, we do encourage everyone attending to bring a canned food item for admission to help supply the Amen Food Pantry in Dickinson.

Dickinson Parks and Recreation is leading initiatives and providing opportunities for people of all ages to achieve healthier lifestyles as well as bringing the community closer through a variety of programs and services. NRPA also encourages everyone that supports parks and recreation to share how they are Game On for parks and recreation with the hashtag #GameOnJuly.

Learn about the exciting Park and Recreation Month activities planned by visiting us online at [dickinsonparks.org](http://dickinsonparks.org) and enjoy the rest of your summer! We all know it goes by too quickly. ■



## Call for Artists

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

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

We'd love to show off your talents!

Email to:  
kelley@heartrivervoic.com

## PIPER'S PALS Pet Name Match

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

- A: Colin (#\_\_\_)
- B: Gabe (#\_\_\_)
- C: Nilo (#\_\_\_)
- D: Kali (#\_\_\_)
- E: Gustaf (#\_\_\_)
- F: Olive (#\_\_\_)

(Answers in our August issue!)

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

Last month's answers:

- A: #4 Peanut      D: #3 Adelaide
- B: #5 Jasper      E: #6 Minnie
- C: #2 Rue Bee Blue    F: #1 Luke Short



## NDSU EXTENSION

# Communications Arts Contest

By Holly Johnson

On Wednesday May 29, 2019, ten 4-H'ers from Stark/Billings County participated in the District 4-H Communication Arts Contest in New England, ND. Communication Arts is a public speaking event for 4-H youth ages 5 to 18. Youth can give readings, speeches, demonstrations, electronic presentations, and more. The event gives students the opportunity to present in front of an audience - strengthening their public speaking skills while building their confidence. The judges provided constructive feedback through one-on-one conversations after each presentation - explaining what each 4-H'er did well and where there was room for improvement.

All the youth who participated from Stark/Billings County should be very proud of their hard work and accomplishments! Their results are as follows:

Receiving first place medals were

Garett Bargmann, Hadley Talkington, and Matthew Pretzer. Garett and Hadley competed in the junior division and gave a team dramatic presentation. Matthew gave a persuasive speech in the senior division. Receiving honorable mention ribbons were Layne Melchior and Desmond Cain. Layne gave an illustrated talk in the junior division. Desmond gave an interpretive reading, competing in the senior division.

Phaden Schrum competed in the junior division and gave an interpretive reading. Charlie Wyman, Sawyer Wolf, Beckett Wolf, and Kyron Schrum participated as Cloverbuds. Cloverbuds are students ages 5 to 7 who participate in 4-H events but are not quite old enough to compete. Reciting the Pledge of Allegiance or the 4-H Pledge are common presentations for Cloverbuds, but they are welcome to give more in-depth presentations if they wish. Any opportunity to have young people speak publicly is of immeasurable value, no matter the age.

Youth who received first place medals have the opportunity to advance to the State 4-H Communication Arts Contest on Sunday, July 20, 2019 at the Ward County Extension Office in Minot, ND. For any senior division youth who

were awarded a first-place medal or an honorable mention ribbon, they receive a full scholarship to the 2019 Extension Youth Conference on June 17-20, 2019 at the NDSU Campus in Fargo, ND. ■



Pictured Left to Right:  
Back row: Desmond Cain, Matthew Pretzer  
Middle row: Phaden Schrum, Garett Bargmann, Hadley Talkington  
Front row: Kyron Schrum, Layne Melchior, Beckett Wolf, Sawyer Wolf, Charlie Wyman

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Phat Fish Brewing  
Dickinson Theodore Roosevelt  
Regional Airport  
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Southwestern District Health  
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Stark Development Corporation  
Dickinson Area Chamber of  
Commerce  
Dickinson Convention and  
Visitors Bureau  
Downtown Dickinson  
Association  
Dickinson Museum Center  
West River Community Center  
Edgewood Hawks Point  
Consolidated  
Dan Porter Motors  
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City Hall  
High Plains Dental  
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and Lounge  
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La Quinta Inn & Suites  
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Sanford Health East Clinic  
Ukrainian Cultural Institute

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## THE ARTS

# North Dakota artist spotlight - Tama Smith

Tama Smith has worked as a professional potter since graduating from the University of North Dakota with a Bachelor of Fine Arts degree in 1988. While there, she worked closely with Japanese ceramist Kesuki Ueno who strongly influenced her in the development of high-fire glazes and Cone 10 reduction kiln firing techniques. Tama then continued her ceramics studies with post-graduate work at Michigan State University.

In 1995 she and her husband, Jerry DeMartin, moved to Beach, North Dakota



where they opened Prairie Fire Pottery. Today this small-town pottery shop on the Montana border is a popular tourist stop.

Tama's work is prized by collectors and pottery enthusiasts for its vivid and complex glaze colors. She describes herself as a "fire potter." For her, the real fun begins when she eases open the kiln's gas valve, dials in just the right amount of air, then touches an open flame to the burner ports. With that, her 85 cubic foot downdraft kiln roars back to life.

The firing process usually takes about 18 hours. Behind the 9-inch thick brick walls of her kiln bangs a 2400° fire ball. This is the same temperature the Space Shuttle would reach on re-entry to the Earth's atmosphere. Along the way, there are numerous critical decisions and precise adjustments to be made: the air-to-gas ratio, the shape and color of the flame, the amount

of visible back-pressure, the aperture of the flue, the slow progression through quarts inversion, the steady per hour temperature climb, and, most importantly for the production of color, the pursuit of an ever-elusive reduction atmosphere.

The combination of original glaze recipes, a unique style of glaze application,



and the painstaking precision with which she coaxes color from the firing process is what gives her pottery its distinction and unique standing in the marketplace. Prairie Fire Pottery is located in downtown Beach or you can visit online at [www.prairiefirepottery.com](http://www.prairiefirepottery.com). ■



HEART RIVER GEMS

# Little Buddy Foundation

By Kaylee Garling

"There are approximately 150,000 children in the United States with amputations and in need of prosthetics. Coach Pruitt's commitment will allow the Little Buddy Foundation to help at least one child in need of a prosthetic each year. We hope that with your support, the Little Buddy Foundation can help even more children in the years to come." The opening statement of Greg Pruitt's website [littlebuddyfoundation.org](http://littlebuddyfoundation.org) says it all: Here is a foundation, created by a person who cares about more than just himself. For this month's Heart River Gem, we dig into a world that changes the outcome of a child's life.

Greg, the head basketball coach at Glen Ullin-Hebron, met the late Don



Meyer, who won many awards on and off the basketball court, while he presented motivational speeches across the nation after he lost his leg in a car accident. He would lovingly refer to his prosthetic as "Little Buddy", which inspired the name of Greg's foundation. Don gave

a clear message, "Each day I think about myself rather than serving others, is a miserable, wasted day." When Greg received an autographed book from Don, his message was, "Live your life to serve others." Greg, who teaches and coaches basketball for a living knew this was his destiny. He wanted to share the Ultimate Gift Don had given him.

The Little Buddy Foundation was created in 2017 and has raised almost \$37,000 in the last 2 years. Greg's goal for the foundation is to have it continue long after he is dead and gone, but for now, he reaches out to children's hospitals around the nation to select recipients. Greg says, "The recipient does not have to be an athlete; it is meant to help anyone in need of a prosthetic. Our main focus is children. We have built a rapport with



Ossur Prosthetic in helping us get the correct prosthetic for the child."

"There's no better feeling than seeing a child smile and overcome adversity," Greg continues, and he definitely holds true to his word by committing his entire

recipient from the foundation. After he broke his leg during warm-ups, the doctors found a tumor that needed to be shrunk before the break could be healed. Doctors were confident they could save his leg, but unfortunately, couldn't, which led to amputation. As an outstanding young man, Jacob was selected for a "Cheetah Foot Explorer," which allows him to walk, run, and participate in sports again.

Anyone can contribute to the foundation through Facebook or going to [littlebuddyfoundation.org](http://littlebuddyfoundation.org). Donations can be put toward endowment or non-endowment. If the endowment account gets enough funds, the interest could pay for prosthetics of 2 or 3 children a year.

Though Greg and his wife, Dawn, were unable to have children, the Little Buddy Foundation is creating a



coaching salary, along with registration fees from the Little Buddy Basketball Camp. Prosthetics cost between \$5,000 and \$75,000, depending on the child's needs, so it's a major financial commitment that most families cannot afford.

Jacob Petermann, a student at Wahpeton, was the first prosthetic

legacy and changing children's lives in profound ways. A very noble way to live life, and worthy of our attention here at Heart River Voice and throughout the community. We look forward to seeing the second chances Greg and his foundation give with this wonderful program throughout the years. ■

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## HEART RIVER VOICE Q&amp;A

# Local committee working towards inclusive park

By Nathan Zent



The Friendship Park Committee was formed to get a park in Dickinson that is inclusive, which means the park will provide opportunities for people of all ages and abilities to play in a fun and safe environment. Another goal of the park is to foster connection, friendship, and acceptance. Angela Skaarvold is a Dickinson mom who is enthusiastic about an inclusive park being built in Dickinson as soon as the fundraising phase is completed. Angela shared with us her thoughts on the park.

## HRV/Nathan Zent: Why did you become involved in the Friendship Park project?

Angela: My twins were born premature at 24 weeks, 3 days – my son weighing 1 lb. 10 oz. and my daughter 1 lb. 8 oz. They spent the first 138 days of their fragile lives in the Bismarck NICU where they endured so much. Currently, they are doing so much better than expected, yet they have some challenges. They will soon be 4! We are also blessed with a 6 year old daughter. We are so fortunate

that God gave her to us through adoption.

We started the twins at Rehab Visions very young and have been fortunate to work with Katie Schlosser (Physical Therapist) and Jenna Weisz (Occupational Therapist). I was sharing how difficult it is to take all 3 children to the parks in Dickinson. I told them how I talked to Deb Schweitzer (KIDS Program), about how it would be great to get a group together to bring an inclusive park to Dickinson, like Mandan's. Katie and Jenna replied that they just formed a group with Sarah Carlson (ABLE and Parent Advocate) to bring such a park to Dickinson. I was excited to become a part of this initiative. I couldn't wait to help!

Before becoming a stay-at-home mom, I was a kindergarten teacher and met many wonderful families in Dickinson. This project is a way for me to help my kids and the amazing people of Dickinson!

## From a parent's perspective, what features of Friendship Park are you most looking forward to and why?

As a parent of three children with

Special Needs, I wanted a park that I could take my children to that would provide a safe and engaging environment. My oldest daughter has some sensory issues. My twin daughter has vision issues and wears glasses to help her, yet it affects her balance. Then my son has Cerebral Palsy and is not walking independently, but that doesn't stop him from getting from place-to-place. He has an adaptive walker and he crawls really fast. He is able to take some steps independently, but is very unsteady on uneven surfaces. I feel that having a park with the rubberized flooring and inclusive features would be ideal for my family, and it would benefit our community, all ages groups and abilities!

## What struggles, if any, do your children face when they attempt to play at other parks in Dickinson?

With my son having Cerebral Palsy, taking him to a park can be challenging. When we take his walker, it is really difficult for him to push it through rocks, sand, wood chips, etc. When he crawls, even though his knees are really tough, he still gets cut up from the different surfaces. Then when he finally gets to the equipment, if it is too hot, it is miserable for him to crawl on. It is tough taking all three kids to the park by myself, because my son needs to have an adult near him, yet I need to keep an eye on my other children. My daughter has some balance issues and stairs make me nervous. When I take all three kids to a park, my husband or Grandma/Grandpa comes with us to make sure all of my kids are safe.

## What are your children most looking forward to about the park?

My children love the Mandan park and my oldest always asks me when "our park" will be here! She often asks me to drive by the location [on Gum Avenue] and tell her about it!

## Why is Friendship Park needed in Dickinson?

This park will benefit Dickinson and the surrounding towns. We are referring to this park as a "Destination Park" and

want it to feature activities that are age and developmentally appropriate, sensory stimulating, and provide a safe environment for all age groups.

## How is the playground at Friendship Park going to be different from other playgrounds in Dickinson?

No other playground in Dickinson has the foam, rubberized flooring, so that alone sets us apart from the others. Then the playground equipment will specialize in being accessible and inclusive to everyone, with strong and high-quality materials.

## What, if any, safety features will be on the Friendship Park playground that are not at other playgrounds?

We are being very conscientious of the design of this park. We want it to be a welcoming, safe and inclusive environment. The pathways and ramps will meet the ADA (Americans with Disabilities Act) requirements so they will be wide enough for a wheelchair and someone walking next to them. There will be signs informing park visitors of accommodations for children requiring special adaptations. The surface will be the flat, rubberized flooring making it easier to navigate. Like any park, the risk of falling is always there and our park has this feature: The thickness of the rubber is calculated based on the height of the

tallest structure to help with impact. We would like to put a fence up to make it safe to get from the park to the parking lot.

Will there be shade canopies throughout the park to accommodate for the hot summer days and the fact

This project will become the destination park to bring people together from all ages and abilities in Dickinson.

that black wheelchairs are not very breathable and absorb sunlight which causes them to become hot?

In the location where we are putting the park, there are mature trees to help with shade. We have discussed different shade options within the park design.

## When is the estimated groundbreaking for Friendship Park?

The cost of the first phase's estimated cost, which includes the park equipment, parking lot, a structure for the bathrooms,



Continued from page 16

sheltered area and surfacing for the playground, is 1.2 million, and we still need to raise two-thirds of the funds.

**How do you envision the multi-purpose building being used?**

We are looking at a shelter area for gatherings.

**Will there be a family-style restroom at the park for situations where the parent assisting their child is of a different gender than their child?**

We are working towards family-style/handicap, wheelchair accessible bathrooms.

If you have questions or would like to make a donation or host a fundraising event, contact Angela Skaarvold at ang\_mil@hotmail.com, Sarah Carlson at sb.carlson@hotmail.com, or Facebook search "Friendship Park - Dickinson, ND". ■



Above is a rendering of an inclusive space. It is not the final design of Friendship Park in Dickinson.

# Walk to Fight Suicide



**Out of the Darkness Walk**  
**September 21, 2019**  
**Time: 8AM Registration, 9AM-11AM**  
**West River Ice Center, Dickinson, ND**  
**Register at [afsp.org/DickinsonND](http://afsp.org/DickinsonND)**



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## TRINITY CATHOLIC SCHOOLS

## A great time to be a Titan

By Steve Glasser, President, Trinity Catholic Schools

It's a great time to be a Titan! What an incredible year at Trinity Catholic Schools. Our administration, faculty and staff worked hard to awaken greatness in our students by faithfully living our mission, educating the whole student – mind, body and soul.

Allow me, in this article, to highlight a few mind, body, and soul successes of the 2018-2019 school year:

**MIND**

- Trinity Junior High and High School recently completed an AdvancED Engagement Review as we are in the midst of the accreditation process.

- Our elementary Titans are actively engaged in the 7 Habits of Happy Kids.



- Trinity Elementary is proactive in growing responsible digital citizens who can use technology as a tool for academic success through weekly technology classes.

**BODY**

- Trinity Catholic Schools has had zero recordable violent incidents in the last two academic years.

- 94.5% of our junior high and high school students are involved in an extracurricular activity and 82% are involved in two

- or more.

- 88 students were involved in this year's musical production, The Music Man.

- The Titan Volleyball Team won the

- Region 7 Tournament and went on to capture the consolation championship at the State Class B Volleyball Tournament.

- The Titan Football Team made it to the "final four" in State Class A Football.

- Both the girls and boys basketball teams were runner-up in the Region 7 Basketball Tournament.

- The Trinity Speech Team placed third in the North Dakota State Class B Speech Tournament with four individual champions.

- 13 Titan Vocalists and Musicians performed at the State Music Festival with 10 of them receiving a Star rating – the highest rating a performer can receive.

- The Titan Boys Track and Field Team finished third at the State Class B Track and Field Meet. The boys and the girls team had several top 10 finishers on both the track and the field, with two state champions.

**SOUL**

- Students have daily opportunities to participate in prayer and Holy Mass. Students – as young as kindergarten – have the opportunity to serve in Holy Mass as readers, gift bearers, servers and singers.

- The St. John Paul II Chapel has the second most weekly Holy Mass offerings in the Diocese of Bismarck.

- Three Titans are current seminarians for the Diocese of Bismarck, and a 2019 graduate will be entering the seminary this fall.

- Nearly 30 of our 2019-2020 seniors are on the summer 2019 University of Mary Rome Pilgrimage – giving them a once-in-a-lifetime opportunity to experience the rich traditions of our faith in daily prayer and Holy Mass; sacred art and architecture; and early Christianity.

All of this and so much more makes today a great day to be a Titan! ■

## ND UKRAINIAN DANCE ASSOCIATION

## Badlands Ukrainian Days

There is something cool happening on July 19th and 20th in Belfield that you just won't find anywhere else in North Dakota.

It's the Badlands Ukrainian Days.

And it's much more than you think. Here's what you need to know.

First step, make your way to Main Street, Belfield.

As you approach, you'll first encounter the chatter of people and the distinct melodies of

Ukrainian music. From traditional folk to more modern Zabava Band styles, the music is a convergence of beauty, energy, and happiness.

The aroma of mouthwatering Ukrainian food fills the air leading you to a tasty Ukrainian meal. And for people who enjoy a refreshing adult beverage? Those will be waiting for you too.

It's small town. It's big world.

You'll see people from all over the United States, Canada and the world who have come to visit or to perform. The atmosphere is down-home nice

with old friendships re-kindled and new friendships made. Everyone is welcome! Everyone can be Ukrainian for a day!



Saturday is known as "Showtime Saturday" and for good reason. No Ukrainian event is complete without Ukrainian dance. Not only does North Dakota have its own Ukrainian dance ensemble, "The Ukrainian Dancers Stepovi", but guest groups from far and wide come to perform as well.

Showtime Saturday is always a crowd favorite.

As day turns to night, the ultimate Ukrainian dance party takes over Belfield's Memorial Hall. People of all ages fill the dance floor for "Zabava", a fun-filled celebration, as the Badlands Ukrainian Days nears its end.

But wait...

A special tradition



like none other is about to take over the dance floor, "Kolomeyka", a must-see Ukrainian experience. Join the circle and if you are feeling adventurous, jump in and show everyone your best Ukrainian

moves!

As Zabava ends so does the Badlands Ukrainian Days... at least until the next year.

So now you know. We'll see you July 19th and 20th in Belfield!

For more information, find us on Facebook or visit us online at [www.badlandsukrainiandays.com](http://www.badlandsukrainiandays.com). ■

*The Badlands Ukrainian Days is organized by the North Dakota Ukrainian Dance Association (NDUDA), a 501(c)(3) non-profit based in Dickinson, North Dakota.*



## DICKINSON STATE UNIVERSITY

## Open to opportunity: Living a 'Yes' life

By Marilyn Lee, Interim Vice President for Academic Affairs



Marilyn Lee

In April of 2002, while I was in Dickinson interviewing for the assistant professor of art position at Dickinson State University (DSU), a realtor gave me a tour of the community that included Patterson Lake. I took one look and asked, "What's wrong with the water?" She answered, "Nothing." She looked at me, then back at the water, and said, "It's frozen." I had never seen a frozen lake. Ever.

Shortly thereafter, I decided to take a chance on this opportunity and said, "Yes." And I have never looked back. Since then, I have taken many opportunities to say 'yes' that have come my way. In using this philosophy I have grown personally and professionally. I found I loved living in this state with its buttes and rolling hills. My dogs and I enjoy our hikes in the country and parks. I have formed friendships with my colleagues, who included me in their activities, and introduced me to their friends. One of those friendships led to finding my wife.

My good fortune in love includes her three children, and our grandchildren. How lucky is that?

Living a 'Yes' life led me to accepting a position as the chair of the Department of Fine and Performing Arts at the University in 2014, and most recently to a position as interim vice president for Academic Affairs.

Early in my career at DSU, I created an Arts Entrepreneurship degree

to provide opportunity for students. Whether aspiring to be a self-employed artist or to work for business in graphic design, these art entrepreneurs need the business skills to make their goals a reality. To create this opportunity, the Department of Fine and Performing Arts worked collaboratively with the School of Business and Entrepreneurship (SoBE). This pathway allows students to complete their education in fine or graphic arts with an entrepreneurship minor.

And that is not the only time in my tenure at this University that I have experienced collaboration amongst faculty, departments and the community. The University has recently been designated a Dual Mission institution. I am very proud to work with faculty and staff who are eager to develop new curriculum that will continue to provide opportunities for our students while meeting the workforce needs in our region. Several of these opportunities

will be available in the near future.

On July 1, the Department of Nursing is offering Certified Nursing Assistant training for the first time. Through conversations with local industry we heard there was a need for this training, and the demand was proven as all 20 available seats were claimed prior to the registration deadline. We will continue to explore future offerings.

In fall 2019, the Department of Fine and Performing Arts will begin to offer a musical theatre track within the structure of the Bachelor of University Studies degree.

Students will have an opportunity to complete a Business Education degree online in fall 2019, offered by the Department of Teacher Education and SoBE.

Also beginning fall 2019, the Department of Social Sciences will offer both an associate and a Bachelor

of Science in Criminal Justice. In addition, Dickinson State University is looking forward to developing further partnerships with Lake Region State College for a police academy in Dickinson, at DSU.

Lastly in this academic year, Dr. Chip Poland, chair of the Department of Agriculture and Technical Studies at DSU, myself and representatives from Bismarck State College (BSC) are exploring a collaboration agreement to offer welding from BSC on the DSU campus. Our goal is to have it in place as soon as possible.

While DSU is eager to pursue the many

applied technical opportunities available as a Dual Mission institution, our anchor is in liberal arts education. Our liberal arts curriculum is designed to give students a broad knowledge of the world through studies in arithmetic, grammar, science, culture, communication, analytical reasoning, critical thinking, problem-solving skills, and the ability to utilize these skills in real-world situations. In today's global economy, it is essential students are engaged citizens, adapt to a rapidly changing economy, communicate effectively, and work collaboratively. The liberal arts provides the foundation to be successful for jobs yet to be imagined.

Dickinson State University is excited to be able to provide these opportunities to our students and our region, as well as seek out future business and educational partnerships.

I once heard it said that you cannot have change and comfort simultaneously. Embracing opportunity often means we must change. What we most often find on the other side of the discomfort is something bigger and greater than what we could imagine. This adventure begins with three simple letters: Y-E-S.

I still think lakes should not be frozen in April. But because of a simple 'yes,' I have found community, friends, and family here. I have found that through the power of yes, we can find and embrace new opportunities and together, we can build something beyond what we could do alone. ■



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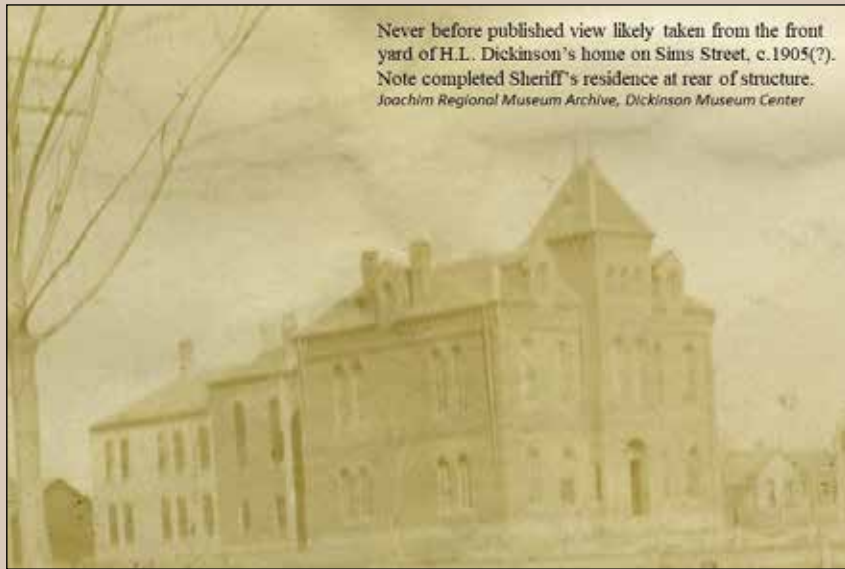
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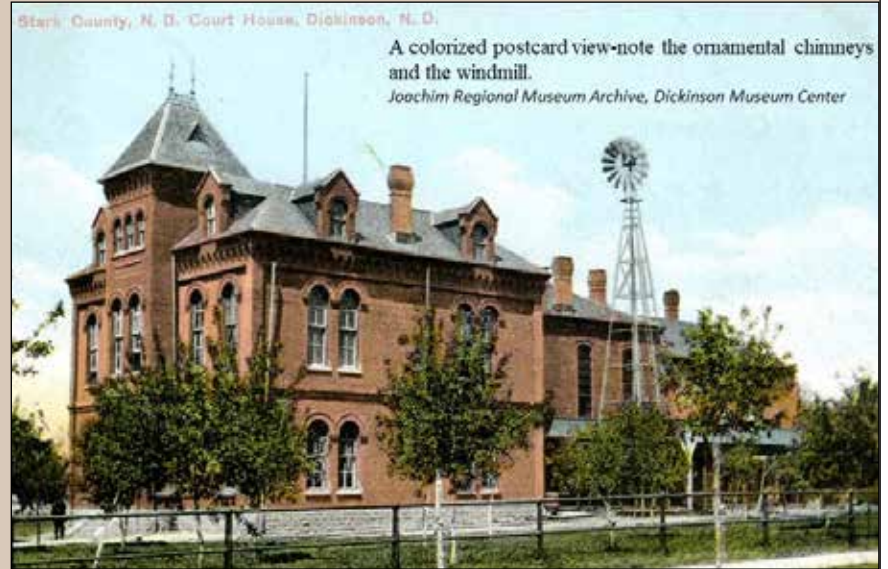
## GOING POSTAL

This issuance honors artist Ellsworth Kelly (1923–2015). Kelly pioneered a distinctive style of abstraction based on real elements reduced to their essential forms. His artworks include paintings, sculpture and works on paper. The 20 stamps on the pane feature 10 pieces, each represented twice: Yellow White (1961), Colors for a Large Wall (1951), Blue Red Rocker (1963), Spectrum I (1953), South Ferry (1956), Blue Green (1962), Orange Red Relief (for Delphine Seyrig) (1990), Meschers (1951), Red Blue (1964) and Gaza (1956). A detail from Blue Yellow Red III (1971) appears in the selvage. Derry Noyes served as art director and designer for this issuance. ■





Never before published view likely taken from the front yard of H.L. Dickinson's home on Sims Street, c.1905(?). Note completed Sheriff's residence at rear of structure.  
Joachim Regional Museum Archive, Dickinson Museum Center



Stark County, N. D. Court House, Dickinson, N. D.  
A colorized postcard view-note the ornamental chimneys and the windmill.  
Joachim Regional Museum Archive, Dickinson Museum Center

## THEN... and Now: Dickinson's lost landmarks

By Bob Fuhrman

While Dickinson is fortunate to have several surviving historic buildings, like any town, we have lost some notable buildings along the way. In this issue of Heart River Voice, we'll take a look at the history of one of those lost landmarks.

### First Stark County Court House

Stark County was created in 1879 from sections of Howard and Williams counties (both now defunct) and was organized as a governmental unit in May 1883. As with the naming of so many things in that era, the county was named for a Northern Pacific Railway luminary, Vice-President George Stark. At the initial meeting to organize the County on May 30, 1883, Dickinson was designated as county seat, two of the three governor-appointed County Commissioners (H.L. Dickinson and James Collister) casting their votes for their hometown and James Campbell casting a vote for his hometown of Gladstone. The location of that initial meeting was not recorded in the Dickinson Press, however, the subsequent meetings on June 4th and 11th were held at Mr. Collister's residence with the decision to move future meetings to the office of the Dickinson Press.

The Press' office apparently served for county business and court sessions until the first Stark County Courthouse was constructed after the Territorial Legislature approved a bill in March 1885 to allow Stark County to issue \$15,000 in courthouse construction bonds, pursuant to the affirmation of local voters which was announced in early July 1886, the measure approved "by a good majority." 1886 issues of the Press are few and far between, but the

Jamestown Weekly Alert reported on July 22 that a contract for the courthouse and connected jail was awarded to the Pauly Building Jail Manufacturing Company of St. Louis, with Plettenberg & Renken (of Mandan and Jamestown) sub-contracted for erection of the building.

Details on the progress of the build are few and there are no known floorplans of the two-and-one-half-story red brick building whose cornerstone was laid in September 1886. A.D. Gallagher of Bismarck handled the brickwork on the building while Nicholas Mueller of Jamestown had the carpentry contract, the whole to be complete by January 1, 1887. Photos of the structure show a square main building (the actual courthouse) featuring a 3-story square tower centered on the southern face, pierced by double doors in an arched doorway, the arch pattern repeated throughout on the main building's windows. The roof features six gables and tall chimneys with decorative brickwork on the east and west faces. The architectural style is Romanesque Revival.

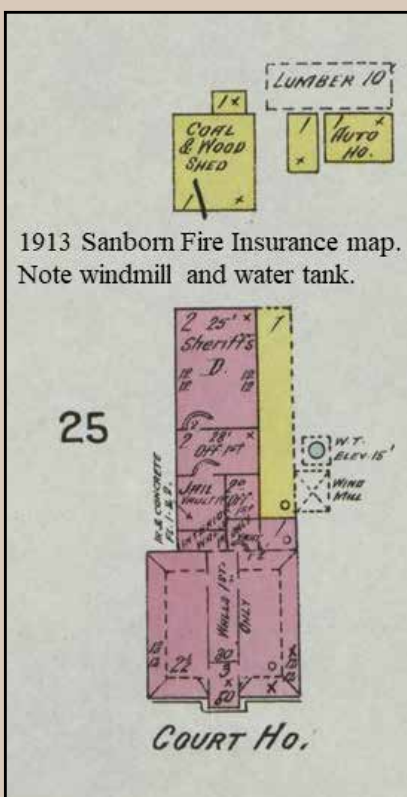
Built off the north face of the courthouse was a two-story combination jail/sheriff's dwelling. Centered on that north face, the jail wing was about half as wide and slightly less in length than the courthouse. The sheriff's living quarters consisted of four rooms located on the first floor

with a wooden porch on the east side of the structure. The windows of the second floor jail are long and thin, gently curved at the top as opposed to a true arch-shape. The hipped roofline of the jail is somewhat lower than that of the courthouse and features three chimneys similar to those of the main building, one each on the east, west and north faces of the roof.

It appears no great local fuss was made over the courthouse as it neared completion although the Bismarck Weekly Tribune opined in November 1886 that Dickinson "is the possessor of a fine court house and jail connected, now building... Stark County is financially in an enviable condition, when compared to other counties along the railroad. She has \$4,000 in the treasury and a bonded debt of \$15,000...for which...she will have to show the completely furnished court house and jail..." In December, the county commissioners inspected the new structures and accepted them from the builders, issuing "highly complementary" letters to Plettenberg & Renken and the Pauly Brothers "for the very excellent manner in which the whole work was done."

Following completion in mid-December 1886, activity at the new courthouse was reported sparingly in the local paper. In June of 1887, the local Episcopal congregation held Sunday services in the courthouse, a

*Continued next page*



1913 Sanborn Fire Insurance map. Note windmill and water tank.

*Continued from page 20*

practice which would become common over several years for this and other congregations just starting out until they could afford their own churches. Public gatherings for a variety of issues and causes also took place at the courthouse as would meetings of Civil War veterans from the local Grand Army of the Republic's Sumter Post.

In August of 1887, furniture for the Court Room arrived; on October 18th, District Judge William H. Francis offered dedicatory remarks from the bench as he opened the first court session in the new courthouse, closing his remarks thusly: "And now, in the name of the Great Law Giver, and in the name of the people of this country and in the name of Honor, of Law, of Equity, of Justice, or Virtue and of true Progress, I dedicate this building to the purposes for which it was designed. The court is now open."

The judge then empaneled the Grand Jury and moved on to the civil docket, the first of eight cases being Becket & Foote vs. Insurance Co. of Dakota, settled with plaintiffs paying the costs. The next day the first case from the criminal docket was heard, Territory of Dakota vs. Edward Pomeroy, indicted for grand larceny. The result reads like a line from many modern-day cases as Pomeroy entered a plea of guilty to the lesser charge of petit larceny and was sentenced to 30 days in the Stark County Jail. All-in-all, Judge Francis

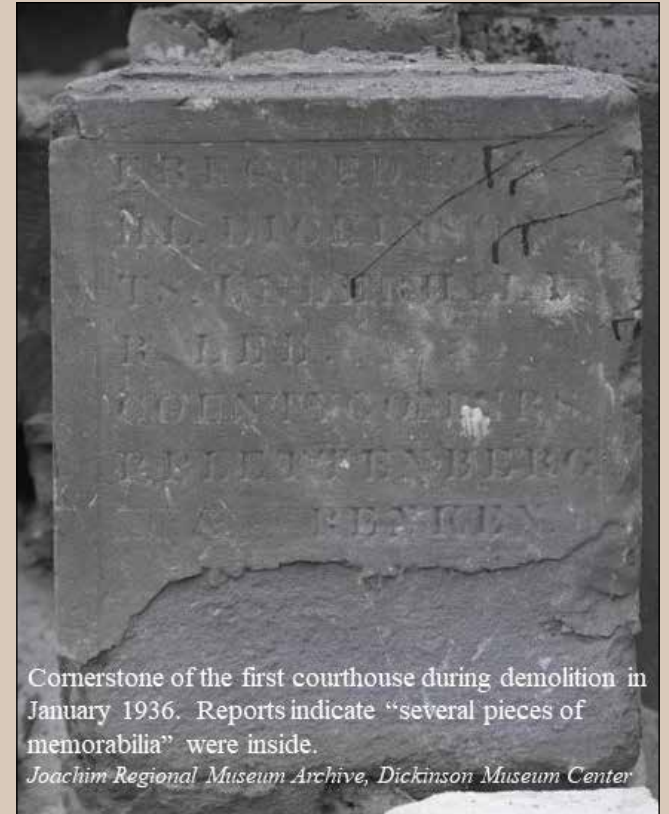
adjudicated 15 criminal cases and wrapped up the court session in four days, also admitting two attorneys to practice in the district and completing the naturalization of three Irishmen, Timothy, William and Patrick Cuskelly. Before leaving Dickinson Judge Francis "complimented the attorneys and officers connected with the court for their assistance in pushing through the business of the term without delay."

One case that should have been on that first docket would have been Dakota Territory vs. George Prentiss on a charge of burglarizing Vinton's store. However, four months before the opening of the District Court Prentiss, noticing that the door of his jail cell was bolted but not locked, reached through and slid the bolt back and simply walked away. Despite the best efforts of Sheriff Sebastian, Prentiss apparently made good his escape as his name never shows up on the local docket again.

As Dickinson grew, the first Sanborn Fire Insurance Map set for the town was issued in 1898. It shows a third structure affixed to the rear (north) of the jail wing, a frame 'fuel house' (coal shed) added in 1894 at the cost of \$310.75. Two small single story frame buildings just north of the fuel house are also shown on the map although their use is not listed. In February 1895, the desirability of a more commodious sheriff's residence was expressed by the Press which carried a short editorial statement: "We do not believe this county wants to

build a residence for its sheriff just now. Better wait a while." Five years later, the wait continued but the County Commissioners contracted in April 1900 for extensive courthouse and jail brick replacement (primarily soft and crumbling bricks in the cornice and chimneys), new gutters, shingle repairs and painting. In October, they voted to install electric lights in the courthouse.

Oddly, in March 1904, there was no fanfare in the local press when the County Auditor advertised for bids to install two vaults in the courthouse and construct a sheriff's residence attached to the north side of the jail (requiring the removal of the coal shed). Bakke & Connelly's bid of \$3725 won the job and work started in April. By fall, the



Cornerstone of the first courthouse during demolition in January 1936. Reports indicate "several pieces of memorabilia" were inside.  
*Joachim Regional Museum Archive, Dickinson Museum Center*

building was complete, characterized as a "spacious, two-story brick" residence with internal access to the jail's second floor cell block. Also completed was the conversion of the old first floor living space into offices for the Judge, County School Superintendent, and States Attorney, these officials heretofore occupying rented space in commercial buildings.

Despite the improvements, two years later there were calls to tend to badly needed repairs for the jail which, it was contended, also needed more cells. In 1908, the County Bar Association and the Commercial Club both were discussing the need for the county to bond to replace the 22-year-old courthouse/jail but no action was forthcoming. In 1912, the County Commissioners put a \$100,000 bond issue for a new courthouse on the ballot but it was soundly defeated. It would not be until 1935 that a successful effort to finance a new courthouse would come to fruition when Stark was one of eight North Dakota counties to vote on new courthouse bonds which would be supplemented by funding from the Public Works Administration, resulting in the current edifice, one of only two art Deco style courthouses in SW North Dakota, and a National Register property. ■



Stark County officials, 1935. Note brick arch details.  
*Joachim Regional Museum Archive, Dickinson Museum Center*

# Heart River VOICE Events

## JUNE 22-JULY 6

**ROUGH RIDER DAYS** A rodeo and so much more! For a 2019 schedule of events, go to roughriderdaysfair.com.

## JUNE 28-JULY 4

**KIDS FREE WEEK IN MEDORA** Free events for kids 17 and under during this special week. See Medora.com/WishWeek for more info.

## VARIOUS DATES IN JULY

**JULY IS PARKS AND RECREATION MONTH** Many free activities available through our local parks and rec. See p. 12 for more information.

## TUESDAY JULY 2

**OUTDOOR FAMILY MOVIE NIGHT** 7PM Ralph Breaks the Internet 2. Doors open at 6:30PM. \$10/family, \$5/individual. Concessions available. Biesiot Activities Center.

## BANDSHELL CONCERT SERIES

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

## WEDNESDAY JULY 3

**HEADLINER CONCERT SAWYER BROWN** 6:30PM Special guest Emerson Drive. Admission: \$39 until June 26th, \$45 June 27 and beyond. Stark County Fair Grounds. Contact: Kevin 701.290.0010.

## THURSDAY JULY 4

**FIREWORKS** 10PM End the perfect summer celebration with a boom! Experience one of the most spectacular fireworks display for miles. Watch as the skies explode with brilliant color! Admission: FREE. Location: Former DSU Rodeo Grounds.

## FRIDAY JULY 5

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

## SATURDAY JULY 6

**RUN FOR REASON 5K/10K/HALF AND FULL MARATHON** Lots of options for the whole family! More info, visit Facebook.com/runforreason19/

## GLADSTONE 4TH OF JULY CELEBRATION

4PM-1AM Join the city of Gladstone, The Pub and the Gladstone Fire Department for a Cornhole Tournament, beer/food garden, music, kid's inflatables, fireworks and street dance. More info, contact Cody 701.690.1836. Gladstone City Park.

## DEMOLITION DERBY

2PM Maybe smashing action is what you are looking for! Gates open at 12PM. Admission: \$15/adults, \$10/kids ages 6-12, FREE/ages 5 and under. Stark County Fair Grounds. Contact: Travis 701.290.9179.

## FULLY LOADED & 32 BELOW

**CONCERT** 6PM Continue the 4th of July celebration with an outdoor concert in the Paragon parking lot. 1125 W Villard St.

## BADLANDS BIG STICKS HOME

**GAME** 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

## SUNDAY JULY 7

**SUNDAY FUNFEAST - ALL AMERICAN BBQ** 4-7PM South Heart Community Events presents this FREE community event. Games for kids, music, and a gathering spot to come hang out with your neighbors. Parking lot of the I Don't Know Bar in South Heart. More info, contact Kristie Murray 701.609.0310 or Brock White 701.690.3451.

## BADLANDS BIG STICKS HOME

**GAME** 4:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

## MONDAY JULY 8

**BADLANDS BIG STICKS HOME**

**GAME** 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

## JULY 8-20

**NDUDA PRESENTS UKRAINIAN SUMMER CAMP** Weekdays. A unique experience in all things Ukrainian! Everyone is welcome. Only \$200 for the two weeks! More info, contact 701.340.9496 or ndudaworkshop@gmail.com.

## TUESDAY JULY 9

**BANDSHELL CONCERT SERIES** 7PM Ryan Keplin. Live music and family fun! Memorial Park. Inclement weather location - West River Ice Center.

## BADLANDS BIG STICKS HOME

**GAME** 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

## WEDNESDAY JULY 10

**BRUNCH & LEARN: WHAT ARE YOU WAITING FOR?** 10-11AM Learn the facts about Independent and Assisted Living and why it's never too soon to start enjoying all the benefits! Edgewood Hawks Point.

## BADLANDS BIG STICKS HOME

**GAME** 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

## SOUTHWEST SPEEDWAY

**30TH ANNUAL DAKOTA MODIFIED TOUR** 6PM Watch some of the biggest names in the modified and stock car world battle it out! Southwest Speedway, South of Dickinson on HWY 22 10 miles and 1 mile west.

## THURSDAY JULY 11

**BEACH PARTY** 3-6PM Join us for some fun in the sun at our annual Patterson Lake Beach Party. Scavenger hunt, leisure sand volleyball, beach balls, water toys, bouncy house, sand tug-of-war, and more! Free event. Patterson Lake.

Send your events to [kelly@heartrivervoices.com](mailto:kelly@heartrivervoices.com) to list your events for FREE!



**Movie Night in the Park!**  
Consolidated's 2019 Summer Series

July 10 – Mott Legion Park  
July 17 – Dunn Center Park  
July 24 – Gladstone City Park  
July 31 – South Heart Lions Pavilion  
August 7 – Richardton High School Football Field  
August 14 – Bowman City Park

Go to [www.ctctel.com](http://www.ctctel.com) for details!

**FIRST ON FIRST DICKINSON SUMMER NIGHTS** 5PM Keith Burns and Will Dakota. Downtown Dickinson. See their ad, p. 7.

## FRIDAY JULY 12

**2019 ND UKRAINIAN HERITAGE FESTIVAL** 5:30PM "Rooted in Faith" is this year's theme. Opening ceremony at Sts. Peter and Paul Ukrainian Orthodox Church, 414 3rd St. NE, Belfield. 6:30PM Meal at St. John the Baptist's Ukrainian Church, 307 6th St. NE, Belfield. Free-will offering ceremony and meal. More info, see article, p. 11.

## SATURDAY JULY 13

**CHI ST. ALEXIUS HEALTH DICKINSON FOUNDATION GOLF SPORTS CLASSIC** Come out for the day and play a game of golf for charity. More info, 701.456.4746.

## BREAKING EIGHT

7:30PM Performing at the Golden County Fair in Beach, ND.

## TUESDAY JULY 16

**BANDSHELL CONCERT SERIES** 7PM Thunder and Rain. Live music and family fun! Memorial Park. Inclement weather location - West River Ice Center.

## THURSDAY JULY 18

**SWIM WITH THE BIG STICKS** 2-4PM Join in the fun of swimming with the baseball team. They will be taking pictures with fans and signing autographs. Door prizes, memorabilia, ice cream, and more! West River Community Center outdoor pool.

**FIRST ON FIRST DICKINSON**

**SUMMER NIGHTS** 5PM Zeona Road. Downtown Dickinson. See their ad, p. 7.

## FRIDAY JULY 19

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

## I DON'T KNOW BAR'S STREET

**FESTIVAL** 8PM Performance by Mike Nash & Southern Drawl Band. "Southern Rockin' Country music with a twist of lime distilled in the backwoods of Tennessee."

## SATURDAY JULY 20

**SOUTHWEST SPEEDWAY FREE FAN ADMISSION NIGHT** 6PM Wisconsin Race of Champions. All fans are FREE! Southwest Speedway, South of Dickinson on HWY 22 10 miles and 1 mile west.

## JULY 19-20

**BADLANDS UKRAINIAN DAYS** The Badlands Budmo is back in Belfield, ND! Not Ukrainian? Not a problem! The Badlands Ukrainian Days is an event for our entire community. 2019 Special Guests- The Soloway Live Music Band from Philadelphia, PA! The Famous "MnMs" from Russell, Manitoba! The Svitlo Ukrainian Dancers from Vegreville, Alberta! And of course...North Dakota's own Ukrainian Dancers Stepovi from Dickinson, ND. More info at [badlandsukrainiandays.org](http://badlandsukrainiandays.org) and see article, p. 18.

## SATURDAY JULY 20

**LEMONADE DAY** Kids (Kindergarten-6th grade) will have lemonade stands at various businesses in town. Help support these mini entrepreneurs

in their ventures. Find them all around town during this day.

**BADLANDS BIG STICKS HOME GAME** 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com.

**SUNDAY JULY 21 BADLANDS BIG STICKS HOME GAME** 4:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

**TUESDAY JULY 23 BADLANDS BIG STICKS HOME GAME** 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, back cover.

**BANDSHELL CONCERT SERIES** 7PM Dakota Nights. Live music and family fun! Memorial Park. Inclement weather location - West River Ice Center.

**WEDNESDAY JULY 24 MOVIE NIGHT IN THE PARK** 6-10PM Consolidated's 2019 Summer Series presents Smallfoot at the Gladstone City Park. Free movie for families! Concessions start at 6PM, with movie starting at 8PM.

**BADLANDS BIG STICKS HOME GAME** 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com.

**THURSDAY JULY 25 CHAMBER OF COMMERCE GOLF SCRAMBLE** More info, dickinsonchamber.org.

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

**FILL THE BUS** Bring much-needed back-to-school supplies and clothing donations to the Whiting parking lot. Items will be distributed to area residents in need by United Way of Dickinson. More info, contact Nichole De Leon at 701.483.1233.

**FIRST ON FIRST DICKINSON SUMMER NIGHTS** 5PM KIX and Booz N Tuna. Downtown Dickinson. See their ad, p. 7.

**JULY 26-27 SWIMMING UNDER THE STARS** 8-10PM Live DJ, photo booth, door prizes! WRCC Outdoor pool.

**MONDAY JULY 29**

**SUMMER SERIES MENU TAKE OVER** 5 pm to close! Come and join us for our Summer Series Menu Take Over at The Crossing 1770 19th Street West. 701.483.5252 for reservations.

**TUESDAY JULY 30 HOEDOWN FOR HOSPICE** 11:30AM-1:30PM Help support Hospice while enjoying smoked brisket, baked beans, chips and YUM Froyo ice cream. See ad, p. 28 for more info.

**BANDSHELL CONCERT SERIES** 7PM NU-BLU. Live music and family fun! Memorial Park. Inclement weather location - West River Ice Center.

**WEDNESDAY JULY 31 BADLANDS RIGHT TO LIFE RUMMAGE SALE** 8AM Garvin Hall of St. Patrick's Catholic Church.

**SOAKING UP SUMMER FUN DAY** 3:30-5PM Join us for drinks, music & yard games on the patio! FREE meal at The Kettle restaurant. Edgewood Hawks Point.

**MOVIE NIGHT IN THE PARK** 6-10PM Consolidated's 2019 Summer Series presents Hotel Transylvania at the South Heart Lion Pavilion. Free movie for families! Concessions start at 6PM, with movie starting at 8PM.

## ONGOING EVENTS

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

**THE EAGLES CLUB** 5:45PM Wednesdays and Fridays Stop in and play Bingo. Games played in succession. 5-9PM Thursdays Beer and Wings. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

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

**FOOD KITCHENS WELCOME TABLE** 6PM Tuesdays Free to the public.

Garvin Hall St. Patrick's Catholic Church 310 2nd St. West.

**ANGEL 37 KITCHEN** 6-7PM Tuesdays Free food to everyone. Nourish your body and soul. Queen of Peace Catholic Church 725 12th St. West.

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

**FAMILY FUN BANDSHELL CONCERT SERIES** 7PM Join us every Tuesday for live music and family fun! This concert series invites local and regional talent to perform at Memorial Park.

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

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

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

**UNIVERSITY THEATRE** 10AM Free, family movie the first Saturday and Sunday of month. Family fun in luxury electric recliners. First come, first served, doors open at 9:30 AM. DSU Student Center.

**CLUBS/GROUPS HEART RIVER HOMEBREWERS** 7:30PM 4th Thursday of each month. Calling all home brewers! Custom Data, 677 E 10th Street.

**SEW SISTERS** AccuQuilt demo and deals - June 1, Sew Sisters - June 4, Topper Club - June 22, Craft Class for kids ages 4-12 - June 5, 19. More info, see www.SuzysStash.com. 118 N Ave,

Richardton. 974.7899.

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

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

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

**BADLANDS ART ASSOCIATION** 6:30PM 1st Tuesday of each month. All community artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

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

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

**MEETINGS DICKINSON CITY COMMISSION MEETING** 4:30PM Commission Room at 99 2nd St East 2nd & 4th Tuesday of the month. dickinsongov.com/boards-and-officials/city-commission/

**STARK COUNTY COMMISSION MEETING** 8:00AM 1st Tuesday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

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

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

**WOMEN OF TODAY** 7PM 2nd Thursdays of each month. Dickinson Eagles Club, 31 1st St East.

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

## SAVE THE DATE

**AUGUST 6-8 BATTLE OF THE BADGES BLOOD DRIVE** Ages 16+ able to donate. Biesiot Activities Center.

**THURSDAY AUGUST 29 GLOW RUN 5K WALK/RUN FOR DIABETES** Join CHI St. Alexius Health and Sanford Health for their annual Glow Run. Register on active.com.

**SATURDAY SEPTEMBER 21 OUT OF THE DARKNESS WALK** See article, p. 8., and ad, p. 17, for more info.

**2019 Outdoor Family Movie Nights AT THE BAC**

**Save The Dates**

**JUNE 4**  
SPIDER-MAN: INTO THE SPIDER-VERSE

**JULY 2**  
RALPH BREAKS THE INTERNET 2

**AUGUST 13**  
THE LEGO MOVIE 2

MOVIE - 7 PM | DOORS OPEN - 6:30PM  
\$10/family | \$5/individual  
CONCESSIONS OPEN  
No coolers, outside food/drink.  
Seating available in stands.  
Bring a blanket and sit on the turf!  
*Children 12 and under must be accompanied by an adult.*

**CONVENTION AND VISITORS BUREAU**

**Gary Greff - Enchanted Highway sculptor**

ND Tourism Division – [ndtourism.com](http://ndtourism.com)

Take exit 72 off I-94, and you'll find a nicely paved road that winds through the rolling hills in the area of the state that was not smothered out by the glaciers of the last ice age. But this is no ordinary Midwestern road. Here you'll find 70-foot fish, 60-foot pheasants, Teddy Roosevelt riding a horse and so much more. The man behind this wonder is Gary Greff and he's always full of oversized ideas that center on bringing people to one



small town in southwest North Dakota.

Gary fondly remembers his childhood days in Regent, walking along the river, riding bike and scrounging at the dump ground. "It became a place of growing up where you developed yourselves, you developed your character," he states. Education was his chosen career path, one he stayed on until a fateful day helping his mother in the garden. Gary pulled an onion and wondered why there wasn't a fresh diced onion on the market. "If I could develop this product," he thought, "I could have a factory in Regent. Now that would help keep Regent alive, keep the school going and employ people." With nieces and nephews in school, he wanted to see them continue life in their

small town. Gary adds, "There's so much they learn by being in a small town."

A research firm took on Gary's idea and wanted him readily available for the next couple years, meaning he would have to get out of education. With time on his hands, he contemplated other ways to bring people to Regent, and the idea for the Enchanted Highway was born. He thought, "Nobody's going to drive 30 miles off the interstate for normal sculptures but they might drive for the world's largest."

Gary set forth learning how to weld, working on regional support, recruiting volunteers and designing giant whimsical sculptures to fit North Dakota. And – long and short of it – the onion product

went by the wayside and the Enchanted Highway put down roots and grew.

It's not been all rainbows and roses, or rather deer and grasshoppers, along the Enchanted Highway. The day Regent School closed was a low point. Instead of moping around, Gary looked at ways to transform the school, making it a destination in Regent. "If Regent was ever to be a destination," Gary thought, "we had to have a hotel." But it couldn't be just any hotel. To fit the enchanted theme, the school has been transformed into the Enchanted Castle, a medieval style hotel with a tavern and steakhouse. "When you walk into the steakhouse and tavern, you have a completely different atmosphere," Gary says. "I've had people ask what this is doing in Regent, North Dakota. This is so unique."

To fully experience the Enchanted Highway, get out of the car and be mindful of the feeling you get as you stand beneath each colossal structure. Allow yourself to become more and more enchanted at each stop. And, at the end of the road, walk into the Enchanted Castle to enter a whole new realm. Each person taking the journey is important to Gary. He states, "If it wasn't for the visitors, I probably would have given up a long time ago. I always use one quote one guy said to me when we visited in the gift shop: 'You know, I would have died a poorer man if I hadn't seen the Enchanted Highway.'" With feedback like that, Gary is going to keep dreaming, keep building and encouraging others to do the same. He emphasizes, "You've got a dream. Live that dream. Don't hesitate. If I can do it, a person who didn't know how to weld and didn't have an art class, if I can go out and build 110-foot metal sculptures, I think you can do whatever you put your mind to." ■



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## SOUTHWESTERN DISTRICT HEALTH UNIT

# Health maintenance program

By Susan Kontz, RN

The Health Maintenance program began its first year of operation in 1977. Our nurses strive to provide health screenings, education, information and referral services.

Our program focuses on senior citizens and people with disabilities ages 60 and over. In compliance with the Civil Rights Act of 1964, the health maintenance program does not discriminate against applicants for services based on sex, race, religion, national origin, political preferences, age or handicap.

Services are provided on a participation donation basis. No person will be denied service due to the inability to contribute financially.

Blood pressure, pulse, and weight screenings are done every month at each clinic site throughout the eight counties.

Screenings offered yearly or upon request include:

\*Diabetic screenings which measure blood sugar levels in blood.

\* Hemoglobin screenings measure iron level in blood by obtaining a drop of blood from a finger poke.

\* A colo-rectal kit is available for testing stool for the presence of blood. This test is done in the privacy of your home.

Medication set ups are done to promote continued success for individuals to remain in their homes. A variety of pill box containers are available through referral to agencies that supply this equipment.

Adult immunizations are available to participants. With a doctors order other injections can be administered.

Foot care/toenail trimming is a popular service in our program. Education/referrals are also provided as needed to keep feet as healthy as possible. In all areas, if concerns arise our nurses will refer clients for treatment and can assist to expedite the process as needed. ■

*Southwestern District Health Unit*



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**Heart River**  
**VOICE**

### SHARE WITH US!

We welcome articles from the community, so send us your submissions. Go to [www.heartrivervoices.com](http://www.heartrivervoices.com) or email [kelly@heartrivervoices.com](mailto:kelly@heartrivervoices.com).

# BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



McKinley Lemieux and Hesston Garling share a smile at the Artistic Exchange Under the Big Top dance recital.



Library launches its Summer Reading Program at their Kick-Off Carnival.



Blue Chicks enjoying a beer at the new Phatfish Brewery.



Fans enjoy the sounds of Slaughter at the first First on First event of the summer.



A young girl enjoys a puppy hug at State Avenue Vet Clinic's Yappy Hour.



103.7 The Connection shared their mission at State Avenue Vet Clinic's Yappy Hour.



Trinity River Band performs at the DPR Bandshell Concert Series.



Community members enjoy an evening of the Bandshell Concert Series on a beautiful summer night.

## YOUR HEALTH

**Histamine: Friend or foe?**

By Steve Irsfeld

The weather has finally changed for the better and for many, this is allergy season, which brings on many symptoms like watery itchy eyes, sneezing, and runny nose. These are our bodies' natural response to allergens (things we are allergic to) in the environment. Our immune system reacts to alert our bodies that something we are coming in contact with is not friendly.

One of the most common responses to allergens is the release of histamine, which is an integral part of our immune system and when provoked is released throughout our bodies, leading to the symptoms listed above.

At this time of year, we are bombarded with advertisements talking about allergies and how to treat them. One popular treatment is the use of antihistamines. There are many options when it comes to choosing an antihistamine. All of them can cause dry eyes and mouth to some extent which is why they work so good at drying up our sinus passages. They can also be purchased in combination with a decongestant, usually pseudoephedrine or phenylephrine. Both decongestants help with the symptom of congestion but they are stimulants and can potentially cause anxiety and sleeplessness if taken in the late afternoon or later.

Natural products are also available to treat seasonal allergies. They include products that contain ingredients like Vitamin C, Quercetin, Stinging Nettle, Bromelain and N-Acetyl Cysteine. These natural products work on the areas of congestion, inflammation, stabilizing mast cells so they don't release histamine, and thinning mucus secretions. They don't come with the side effects of the antihistamines and decongestants previously listed and are a good option

for treating allergies.

This may come as a surprise to many of you, but histamine is not all bad because we need it to help produce stomach acid and to aid our digestion. It can also be found in hundreds of foods that you consume daily. Exposure to histamine in foods can cause an intolerance which is a reaction that occurs later. It is only after the blood levels of histamine reach a certain level that this reaction takes place. You are reacting to the histamine in the food, not the food itself.

Some of the conditions that can be a cause of excess histamine include; migraine and cluster headaches, anxiety, worsening of Hashimoto's thyroiditis, stomachaches or diarrhea, dermatographia, vertigo or dizziness, asthma, abnormal or erratic menstrual cycles and pain. If you have been suffering from one of these conditions and don't seem to be getting to the bottom of the cause, this might be something to look into and at least rule out.

Here are some of the most common foods that contain histamine:

- Farmed seafood, including shellfish
- Smoked meats
- Tomatoes and tomato sauce
- Sulfites – often found in wine
- Bologna
- Eggs
- Citrus fruits
- Spinach
- Dried fruits
- Fermented dairy products like buttermilk, yogurt, cheese and kefir
- Vinegar-containing foods like salad dressing, pickles, relish, etc.

There are many foods on this list that are extremely healthy for most people,

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but for some, their bodies may not be able to deal with the excess. Elevated histamine levels can be caused by your body's inability to break down histamine due to a genetic issue or due to a nutritional deficiency. Both of these can be tested to rule them out.

What can you do if you suspect that you have excess histamine? You could have your practitioner test to see if you have excess histamine in your system. You could try a strict non-histamine-containing food diet for 2 to 3 weeks to see if your symptoms improve. You could have a genetic test done to see if your body's genetic makeup is unable to break down histamines. Or you could

try taking a supplement like diamine oxidase, an enzyme that helps to break down histamine in your system.

So, is histamine a friend of foe? The bottom line is that as much as we think histamine is bad, we need it in our systems for many reasons, we just don't need an excessive amount.

Please stop in or call the pharmacy if you would like further information on how to naturally take control of allergies and elevated histamine levels. Access this and other articles on our website at [irsfeldpharmacy.com](http://irsfeldpharmacy.com). Until next time, be vigilant about your health! ■

**ADVERTISE WITH US**

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

CONTACT KELLEY JILEK AT 701.290.2063 or email us at [kelly@heartrivervoive.com](mailto:kelly@heartrivervoive.com) or [www.heartrivervoive.com](http://www.heartrivervoive.com)

**THAT'S CHEESY****Parmigiano Reggiano**

By Tara Laber

Parmigiano Reggiano is made from raw cow's milk and aged for over 18 months and full-flavored and nutty with a wonderful grainy texture.

Here in the States, Parmigiano Reggiano is primarily thought of as purely a grating cheese. Connoisseurs around the world, especially in its native northern Italy, savor Parmigiano Reggiano as a delicious, full-flavored eating cheese as well as a key addition to their finest dishes.

**LEMON PARMESAN RISOTTO WITH PEAS****Ingredients**

- 5 1/2 cups low sodium chicken stock or broth
- 2 tbsp unsalted butter
- 2 tbsp olive oil
- 1 shallot or small yellow onion, finely chopped
- 3 cloves garlic, minced or pressed
- 2 cups arborio rice
- Zest of 1/2 lemon
- 1/2 cup parmesan cheese, grated
- 1-2 tbsp unsalted butter
- Juice of one lemon
- 1/2 cup frozen sweet peas
- Kosher salt and freshly cracked black pepper, to taste
- Lemon zest, parsley, extra parmesan, for garnish



In a medium-sized sauce pan, heat the chicken stock over medium-low heat until the stock begins steaming. Keep on low heat.

In a large saucepan over medium heat, add the 2 tbsp butter, olive oil and onion. Saute for 6 to 8 minutes, stirring occasionally with a wooden spoon until soft and golden. Add in the garlic, stirring to ensure the garlic doesn't burn, cooking until fragrant for about 1 minute.

Add the rice and lemon zest to the onion mixture, stirring for 2 minutes or until the rice is becoming translucent with an opaque white center.

Add the hot stock 1/2 cup at a time, stirring continuously, until the stock is almost completely absorbed and the rice is creamy and translucent (the center is no longer white) and no longer crunchy when tasted (around 25-30 minutes).

Stir in the parmesan, butter, lemon juice, and peas. Let the peas cook until warmed through, about 3-4 minutes. Season with salt and pepper to taste.

Garnish with extra lemon zest, chopped parsley, and parmesan.

**UNITED WAY****Back-to-school supplies**

By Nichole De Leon

As the new school year approaches, the National Retail Federation estimated families will spend an average of \$674 on needed back-to-school supplies and clothing—an amount many low-income families can't afford.

Menards and United Way of Dickinson are back to help bridge the gap between what families can afford and what students need. Donations go a long way in helping over 500 local children experiencing homelessness and poverty in the Stark county area. Joining our partnership this year is Whiting and iHeartRadio to help us Fill the Bus on 25th in the Whiting parking lot.

Area schools and nonprofits receive the supplies that are distributed to those most in need.

"It makes a huge difference," said Nichole De Leon, executive director at United Way of Dickinson. "I don't know what we would do without these groups helping us. These families don't have that kind of discretionary funding."

During the month of July, supplies may be dropped off at Menards of Dickinson. On July 25th, supplies and donations may be brought to Whiting. Students in need may also be sponsored by contacting Nichole De Leon at 701-483-1233. ■



**United Way of  
Dickinson, Inc.**

**THE 63RD ANNUAL  
CHAMPIONS RIDE SADDLE BRONC  
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# HEART RIVER VOICE

## Community Bulletin Board



The Medora Gospel Brunch, starring Emily Walters.

### CHI St. Alexis Health Dickinson named a Top 67 CAH nationwide

Becker's Hospital Review, an industry leading print publication, has named CHI St. Alexis Health Dickinson as one of the "Top 67 Critical Access Hospitals (CAH) to Know" in the country.

It is the third consecutive year that CHI St. Alexis Dickinson has been recognized by the health care print publication. CHI St. Alexis Dickinson was on Becker's "Top 62 Critical Access Hospitals to Know" list in 2017 and their "Top 66" list in 2018.

"This is not something that we applied for or asked to be recognized for," said Vice President of Patient Care Services DeeAnna Opstedahl. "Our focus is totally on the patient. So it is amazing to be recognized for all the hard work the staff does on a daily basis."

Becker's Healthcare editors selected the hospitals based on awards and rankings from respected

organizations including iVantage Health Analytics, The Chartis Group, the National Rural Health Association, CareChex, Healthgrades and Medicare star ratings. Editors also considered the hospital's community impact and reputation for innovation.

"It's always humbling when an outside organization recognizes you or your organization for the accomplishments that you have achieved," adds President Reed

Reyman. "To be listed as one of the top 67 critical access hospitals in the United States is a great honor."

CHI St. Alexis Health Dickinson was one of three North Dakota health care facilities on the "Top 67" list. There are 1,400 critical access hospitals in the United States.

### CenteringPregnancy named Outstanding Rural Health Program

CenteringPregnancy

Prenatal Care Program at CHI St. Alexis Health Dickinson was named the Outstanding Rural Health Program by the Center for Rural Health at its annual Dakota Conference Banquet on June 12th in Minot. The award honors a program that delivers services in innovative ways through collaborative partnerships to improve the access and quality of care to rural North Dakota residents.

The CenteringPregnancy



The CHI St. Alexis Health CenteringPregnancy team.

group prenatal care program offers the same care as a traditional prenatal appointment, but also gives patients added educational time, opportunities to connect with other women in the same gestational stage, and extended time with prenatal providers.

The program has shown measurable decreases in pre-term labor rates, decreases in the number of unnecessary visits to the emergency room, and decreases the rates of gestational diabetes. In addition, participating mothers are less likely to experience postpartum depression and are more likely to breastfeed their babies, reducing infant illness and reducing the cost to the patients and the rural health care system.

### The 55th edition of the Medora Musical

North Dakota's favorite family show is back with another summer of rootin' tootin' dancing and singing! The 2019 Medora Musical features a new theme this season: "Be Legendary". This theme hits close to home as it adopts North Dakota's new state slogan and allows the show to feature the legends of Medora, even some you might not know of. Through a brand-new script and music selection, and an all-star cast, the new be legendary theme will be woven into the entire show as it tells the story of Theodore Roosevelt and the American West.

As for one legend of Medora, this is "Wild" Bill Sorensen's final year adding comedy, magic, and a little bit of the unexpected to the Medora Musical. He'll be around Medora in the

future to be sure but, audiences won't want to miss his final season at the Burning Hills Amphitheatre.

The show is packed full of Harold Schafer and fan-favorites: the famous "Dakota" song, a gospel section, a salute to Teddy Roosevelt, live horses and fireworks, and an exciting, patriotic finale!

The cast is rippin' and roarin' to take the stage for this season and hosts, Chet Wollen (Knoxville, TN) and Bill Sorensen (Bismarck, ND) are bringing the music, the dance, the story and of course the jokes, to audience members.

### The Medora Gospel Brunch is back!

The 2019 Medora Gospel Brunch opens this Friday, June 14. It is back for its fourth season and features a gospel quartet, three-piece band, Bill Sorensen delivering an inspirational message, and it's all hosted by, Queen of the West, Emily Walter.

Last year, the Gospel Brunch welcomed over 12,000 guests and sold out nearly every show.

This year the Gospel Brunch plays four days a week, Wednesday, Friday, Saturday, and Sunday with brunch starting at 9:30am MDT and the show starting at 10:30am MDT.

"Adding a gospel show in Medora four years ago was a step towards creating more to do in Medora. Little did we know that within its first couple of years it would become so popular that it would often sell out shows!" - Justin Fisk

The Medora Gospel Brunch is proudly sponsored by Fred and Joyce Evans and is produced by Stagewest Entertainment. ■

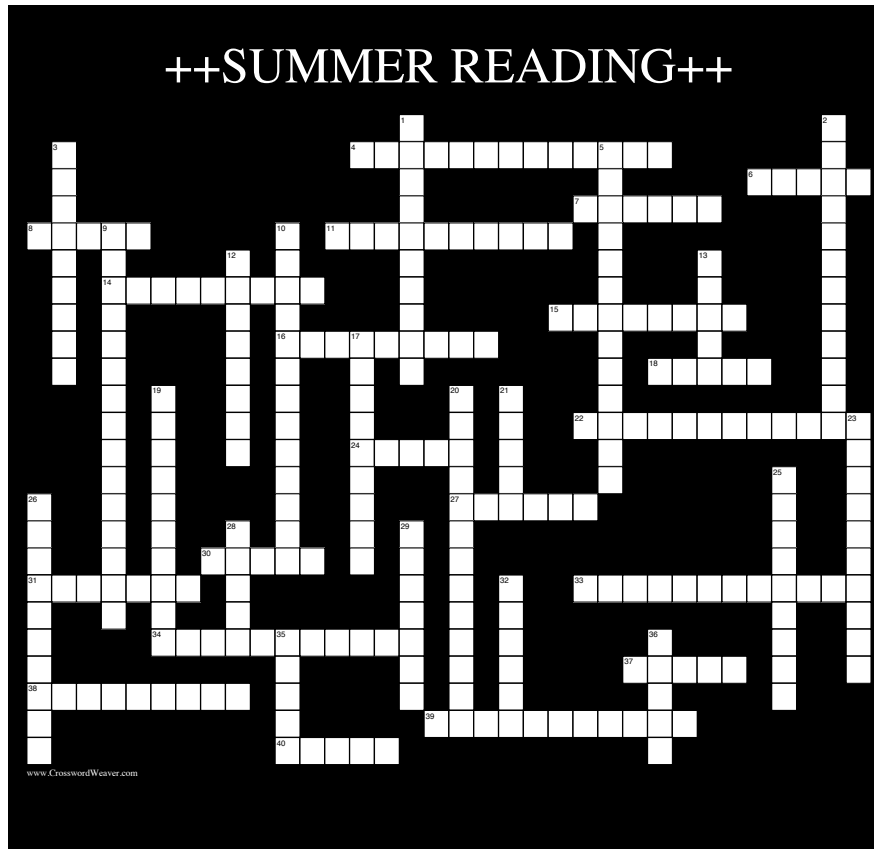
**CROSSWORD BY CARLINKA**  
**PASTIMES**

**Heart River**  
**VOICE**

**JULY 2019**

**HOROSCOPE**

by Hilda De Anza



**ACROSS**

- 4 +Spider and pig...
- 6 Water: Prefix
- 7 Tailor's pant measurement
- 8 Old saying
- 11 + Shel Silverstein's "The- --."
- 14 +Author of "The Very Hungry Caterpillar"
- 15 +All children, except one, grow up
- 16 +"The Little Engine \_"
- 18 +Orphan girl in the Swiss Alps
- 22 +Pippi\_
- 24 +Elephant King
- 27 Port city in Ukraine
- 30 "Shh!"
- 31 Make extraordinary demands
- 33 +Antoine Saint Exupery "The \_"
- 34 +Mike Mulligan's \_
- 37 Gate fastener
- 38 +Munro Leaf's bovine
- 39 B. Potter's "The Tale of \_"
- 40 Group valuing high I.Q's

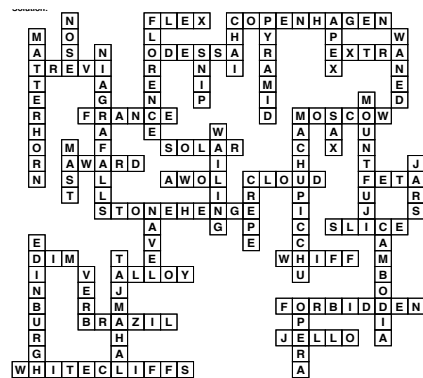
**DOWN**

- 1 +"A Bear Called \_"
- 2 +"Harold and the \_"
- 3 +"\_ Moon"
- 5 +A.A. Milne classic
- 9 +Seuss' breakfast?
- 10 +Sendak's "Where the \_"
- 12 +Ludwig Bemelman's French Lass

- 13 Somewhat : prefix
- 17 +"The Phantom \_"
- 19 +"One Hundred and One \_"
- 20 +H.A. Rey monkey?
- 21 Painting holder
- 23 +Dahl's "James and the \_"
- 25 +\_the Willows"

- 26 +Frank Baum collection
- 28 Mystic's board
- 29 +"Amelia \_"
- 32 +She lived at the Plaza
- 35 City associated with witches
- 36 AM or FM

**Last month's puzzle solution**



**ARIES**  
March 21- April 20  
July delivers what you need:

fun and games. This is the perfect month for expeditions. If you are romantically inclined, then few will be able to resist your charisma and persuasiveness. This is your rock star moment. This month is made for good times, but there are residual issues affecting home and family. What helps is for you to temper your need to indulge yourself and reassure loved ones of your commitment to them.



**TAURUS**  
April 21- May 21  
There is a

transition on several fronts and there will be significant developments and specific challenges. Mid-July is a time when you need to carefully assess how much responsibility you want to take on and eliminate attachments or commitments that weigh you down. At home and in romantic partnerships, the trends are happy and positive. Last few days of the month are characterized by romance and excitement.



**GEMINI**  
May 22- June 21  
First part of July promises

to be lots of fun. Expect to team up with good colleagues or friends, or perhaps a sibling, and go off on an adventure. It is a wonderful month to explore both local and international destinations to communicate and learn and to express your creative side. This is also an excellent time for partners, who may come with exciting proposals for adventure and play.



**CANCER**  
June 22- July 22  
July promises to be a very

significant month for you. The solar eclipse on July 2nd highlights relationships connected with the past, and you take on a lot of personal responsibility at this time. The lunar eclipse mid-month puts the focus more on partnership. You are in a romantic frame of mind and you can expect caring and kind people to turn up in your life. The last week of July, life gets less emotional and more enjoyable.



**LEO**  
July 23- August 22  
Early July is a time for

introspection and spiritual searching. A focus on the past is relatively strong. On July 23, a new and far more confident period starts. The last part of July is a fantastic period, and this is an ideal time to go on an adventure, especially with kids and long-distance travel. Everything goes well. Your confidence is infectious, and you are destined to win if involved in something competitive.



**VIRGO**  
August 23- September 22  
This month, you encounter

or experiment with unusual ideas and part of a process of intellectual discovery which characterizes your life now. After mid-July, your focus moves towards a matter connected with the past and concerning the developments in your social life with crucial developments in your social life. Some friendships reappear from the distant past; some old friendships disappear as you change your criteria.



**LIBRA**  
September 23- October 22  
You start July pondering

career moves and consider the balance between your professional and domestic life. You are highly motivated by ideals that are ecological and compassionate, and things could take off in a new direction. The past exerts an extraordinary pull on you. The lunar eclipse could remind you that taking too much responsibility can be very exhausting. End of July is an excellent time for social events.



**SCORPIO**  
October 23- November 21  
A month of confidence

and excitement for you. You're at the top of your game with a positive outlook so expect to compete at a high level and win. Your positive thinking is rewarded, and you can expect an expansion of your earning capacity. A strong focus on travel this month. You'll think a lot about the future, especially regarding education. This could be the time to drop something and start something else.



**SAGITTARIUS**  
November 22- December 21  
This July is going to be a lot more

exciting than most. Your thirst for adventure cannot be quenched, and you are ready to go on expeditions, preferably internationally. There are also important matters connected with relationships and security this month. With challenges on the financial front, you are still in a strong position and have the ability to call the shots. July is a month to believe in the rightness of your cause.



**CAPRICORN**  
December 22- January 20  
Early July is rewarding,

particular in regard to creative projects and professional investments. During the month, you may have to deal with difficult people, people you tend to attack verbally and inaccurately. End of July is a more positive period in relationships. Partners are more in control of their situation. There is a greater sense of exploration, intimacy and fun, and both you and your partner are in a position of strength.



**AQUARIUS**  
January 21- February 19  
A very active and exciting

month in relationships. Expect uplifting journeys together with friends and lovers, and the more adventurous you are, the more fun you are going to have. Tectonic plates are moving affecting your spiritual orientation and the meaning of your life. Mid-July, you are particularly sensitive to rejection, even though your defenses are up, which makes it difficult for others to show their love.



**PISCES**  
February 20- March 20  
This is a time when you

digest any disappointments you may have had career-wise over the past few months. By August you will be able to advance and achieve your dreams, precisely because you have tailored your expectations to what is achievable. Mid-July you can expect some great success, which arises through dynamic actions on your part and the creative people you work with. It is a winning streak; make every effort to capitalize on it.

**A FEW THOUGHTS**

**The "July" story**

By Helma Lein, Hawks Point Resident, Age 103

In the month of July, the most important date, many would say, is the 4th. It is the birth of our nation, the United States. It became independent from the rule of King George and the British Government. The thirteen colonies became free when the Continental Congress signed papers July 4, 1776. Thomas Jefferson is called the author of the Declaration of Independence. He, John Adams and Benjamin Franklin played the biggest role in creating this new nation. The British tried to stay in control but their fleet was defeated on Staten Island.

The founders of the new nation considered this day an occasion for rejoicing for many generations. John Adams said "with pomp and ceremony, games and bonfires, we commemorate this day of deliverance." The American Flag should be displayed.

**What else do we think of  
When July 4 is here?  
A day to be with  
Our families so dear.  
There might be a parade with  
handouts of treats  
That make children happy  
'Cause they really like sweets.**



Photo by 4n3 Photos

Other important dates in July are:  
The District of Columbia was established in 1770.  
The first person to walk on the moon was U.S. Astronaut Neil Armstrong in 1969.  
President teddy Roosevelt opened the first Pacific cable running between San Francisco and Manila in 1903.  
Amendment 26 set the voting age for 18 years old in 1971.  
Amelia Earhart, American aviator and first woman to fly the Atlantic, was born in 1897. ■



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VOICE**

**ADVERTISE WITH US**

Contact Kelley Jilek at 701.290.2063 or email [kelly@hearttrivervoices.com](mailto:kelly@hearttrivervoices.com)

**Sports Physicals**

At CHI St. Alexis Health Dickinson

- Schedule your child's annual check-up, at which the sports physical form will be completed. Check with your insurance on how this may be covered.
- **-OR-** Schedule a Sports Physical only - cost is \$50 per child

Those who schedule a Sports Physical on these blitz days will receive a free nylon back sack!

Thursday, July 11<sup>th</sup> from 8a - 5p

Tuesday, July 16<sup>th</sup> from 8a - 5p

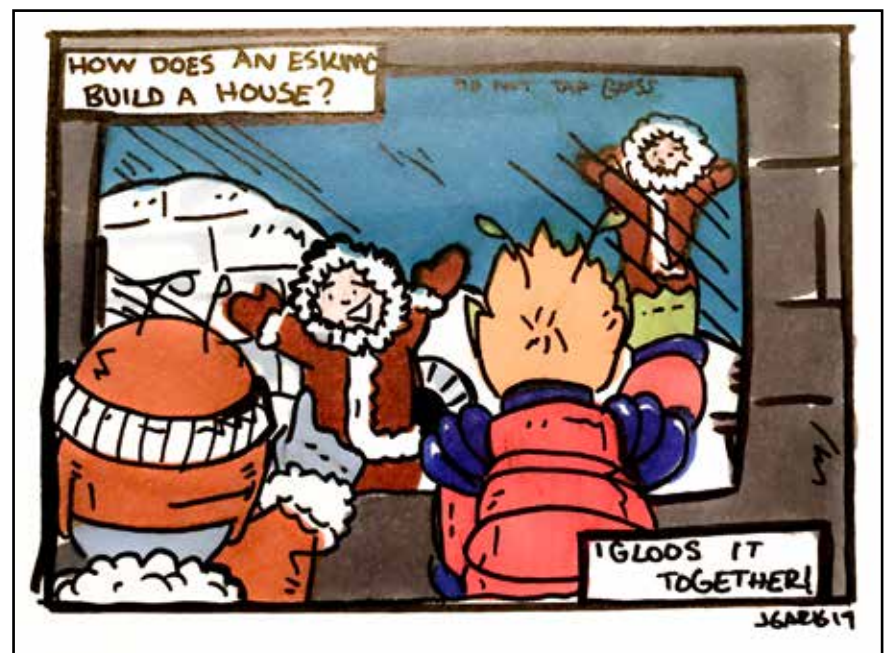
Call **701-456-4200** to schedule!

Bring your child's completed Sports Physical Form to their exam.

CHI St. Alexis Health  
Medical Clinic  
2500 Fairway Street  
Dickinson, ND 58601

 **CHI St. Alexis Health**  
Dickinson Medical Center

**RINGO**



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



# 2019

**MAY - JUNE** ALL TIMES MOUNTAIN

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

**JULY**

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

**AUGUST**

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

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

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