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Published Monthly by Heart River Voice, Inc.

PO Box 2117
Dickinson, ND 58602

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mation, contact us at
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A note to our readers

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

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

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

Kelley Jilek
Publisher

Cover art "Prairie Oasis" by Greg Walter. For more information about the artist, see page 5.

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#BOOKWORM**Treat your boredom at the library****By Cindy Thronburg**

For some, summer is the opposite of enjoyment. Hot, sticky weather makes it miserable to be outside. I would much rather go snow-shoeing than hiking in the hot summer heat. Some kids are bored, missing their friends and the structure of having something to do every day, and they've exhausted all their ideas of fun things to do.

Never fear!

July is National Anti-Boredom month, and the Dickinson Area Public Library has the cure! With plenty of programs and activities happening over the summer, new collections, and good old-fashioned books to give you plenty of ideas, you will never run out of things to do this summer.

We now have over 120 games in our Board Games collection! Patrons can check out 2 games at a time for a week on an adult card. You can find our collection in the historical section on the main level of the library. With offerings for all age groups and a multitude of types of games to choose from, you won't even have time to be bored over the summer!

We also have begun to circulate our Learning Bundles again, and there are some new ones in the mix. These are themed kits focused on a topic your youngster may want to learn more about! There are currently two age groups for the bundles: the Early Learning Bundles for ages 3-5 and the Kids' Learning Bundles for ages 6-10. Current topics include Dinosaurs, Constellations or Stars, Music, and My Body. These can be checked out for two weeks at a time, one per adult card.

We also have LeapFrog and Me Readers kits for children to continue to work on their reading over the summer. We also have the new addition of Me Reader Jr. kits! These are for younger children (ages 6 months and up) and come with smaller board books, so they are perfect for toddlers and young children.

We have another new collection to

announce as well, and it will definitely aid in alleviating your summer boredom! We have added Binge Boxes to the library. A Binge Box contains 4 to 6 DVD

format movies to satisfy your viewing needs for hours on end. Approximately 30 Binge Boxes are now available. They include collections based on actor, director, subject matter, genre, era, and

eclectic themes such as What Did I Just Watch?, Never Travel with Tom Hanks, Kid's Movies - The '90s, and Don't Think a Flu Shot Will Cut It. Binge Boxes may be checked out for 4 weeks. There is a limit of two per card. You can find them next to our DVD collection.

If you prefer reading as your cure for boredom, you can participate in the next Big Library Read! The Dickinson Area Public Library is connecting their community of readers together during the next Big Library Read, the world's largest digital book club. From June 28-July 12, readers can solve a compelling mystery in S.F. Kosa's debut thriller, *The Quiet Girl*, ebook for free without waiting by using Overdrive or by downloading the Libby app. Readers can then discuss online at <https://biglibraryread.com/join-the-discussion/>. Big Library Read is an international reading program that connects millions of readers around the world with an ebook through public libraries. *The Quiet Girl* is the 25th selection of this program which began in 2013 and takes place three times per year. If you need assistance in setting up Overdrive or the Libby app, please feel free to call or stop by the library, and library staff will be happy to assist you.

We still have plenty of programs to enjoy yet this summer! We have a few special events happening in July. On July 16th at 10:00am we will have Michael Gallo's Imagination Theatre, which includes puppetry, creative dramatics, storytelling, songs, poems, and activities that are fun for all ages. On the 20th and



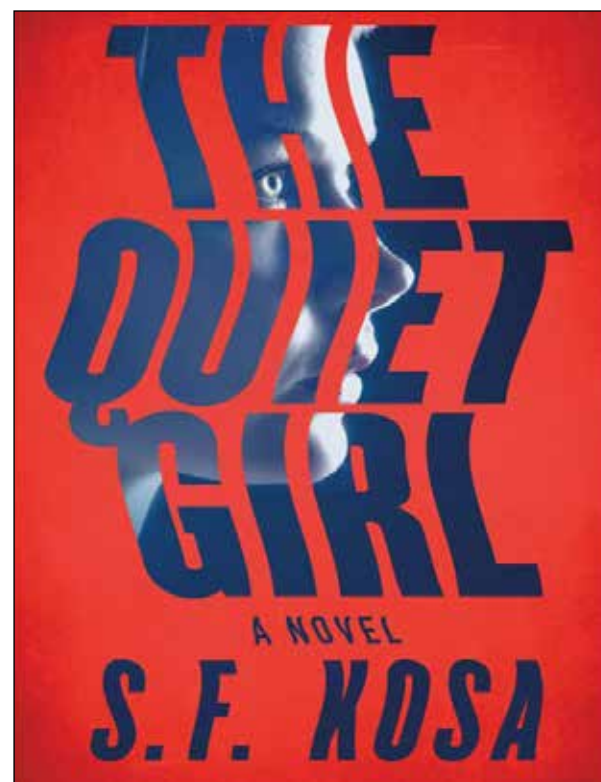
21st, Will Struck will be visiting us and will be performing three great shows!

the library this summer, boredom doesn't stand a chance! ■

On the 20th at 10:00am will be the MESS Menagerie Comedy Show and at 3:00pm will be Animal Cartoon Drawing Instruction for ages 10-17. On the 21st at 3:00pm will be the BOOM! Stories and Science Show. This is just a sample of the events, so be sure to check our website and Facebook page for all of the upcoming events.

You can still sign up for our Summer Reading Program as well. Participants of all ages have a chance of winning some great prizes! Visit our website or stop by the library to learn how to sign up for the program and keep track of your reading on Beanstack.

With so many fun things to do and find at



The Quiet Girl by S.F. Kosa

COVER ARTIST Greg Walter

I was born in La Crosse, WI, and grew up in that region of the Mississippi River valley. I remember having a love of arts and crafts from an early age, especially drawing. Living in the country, I would also spend a lot of time outdoors, hiking, fishing, and camping, which has a positive influence on my artwork in later years. When I was in high school, there was no Art Department, but a generous and dedicated chemistry teacher



Greg "plein air" painting in the Badlands

began an Art Club, and I was the first student president. When I applied for college, I used the portfolio I had built in that club to win an art scholarship at Bethany Lutheran College in Mankato, MN. I began college as an engineering major because my father, in particular, was concerned that I get a good job after graduating. However,

Calculus convinced me to consider other options, and since I was taking art classes to fulfill my scholarship obligations, I put my time and energy into Art as a career. I went to graduate school at the University of Nebraska at Lincoln, and began teaching college in 1998; I have been at DSU since 2013. In addition to teaching studio art and art history, I have taught community education classes on home brewing beers and wines, and led study abroad trips to Europe.

My preferred method of landscape painting is to work Plein Air, which means outdoors, within the landscape. This allows for the best lighting and atmospheric conditions, which affect the values and colors, and even the best cameras cannot fully capture. When this is not possible, I do rely on photographs, but I will always spend time studying the place carefully in person. I can often be found painting in the local countryside and parks, particularly TRNP.

The location for Prairie Oasis is the former Renner farm north of Richardton. My friend Dorothy asked if I would paint a landscape for her, and I spent an afternoon wandering around with my camera. It was a remarkably bright and hot day, with the sun causing blinding highlights, deep shadows, and intense colors. When I discovered this relatively small area of cool shade within the prairie, I knew that I had found a space of inspiration for not just one, but a series of paintings. ■



"Bend in the Little Mo" from a series of plein air paintings created at Theodore Roosevelt National Park

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COMMUNITY

Straight from the heart

By Janelle Stoneking, Training & Development Specialist, ABLE, Inc.

When ABLE, Inc. has questions or needs support with our AEDs, Michelle Tipton is now our first call. As our AED Everywhere Account Representative, it is her job to provide this support, but to Michelle it is more than just a job. Her passion resonates straight from her heart.

Michelle has been a ND EMS Instructor and an American Heart Association Instructor for over 30 years. She had those credentials before her life dramatically changed the day her 17 year old son, Shannon, passed away in his bed from sudden cardiac arrest. His death took her on a complex journey as she yearned to learn the cause. With persistence and a routine sports physical for her younger son, discoveries came to light, leading to her & her loved ones gaining a diagnosis for the genetic defect LQT1, a disorder of the heart's electrical system. Her son, Shannon, was soon one of the first to be genetically diagnosed with Long QT Syndrome using molecular autopsy...a year after he died in 1999.

Michelle soon found her and her loved ones viewed as Mayo's poster family with their story published in

medical journals and changing the way many viewed sudden cardiac arrest cases in youth. She went on a mission to share her experiences and educate others, anything to help prevent another mother from suffering the same loss.

Michelle has become passionate about AEDs because if they would have witnessed her son's cardiac arrest and had an AED available, it could have saved his life. She shares, "I have been on a mission for 22 years now assisting in the placement of AEDs and educating owners of them. I even had a bill written in 2007 ND Legislative Session that provided AEDs to all ND schools."

For 12 years, Michelle provided a free service for AED owners to notify them when parts were expiring and needed replaced. Now that she works for AED Everywhere, this is paid work as she receives commission on the AEDs or parts that she helps sell. AED Everywhere has even assisted her in getting her story out there to help educate people. Michelle currently assists in the maintenance of over 600 AEDs!

ABLE, Inc. was using a different company to track the maintenance of our AEDs but Rosie Jahner was looking for more cost effective options. Her colleagues highly recommended AED Everywhere and Michelle, our local AED Everywhere representative, residing in Beulah, ND. We look forward to this new partnership as it is wonderful to work with people who have such dedication to their career. Thank you Michelle for your passion and advocacy!

You can learn more about Michelle's story and Long QT Syndrome (LQTS) by reading the full article at:

<https://www.emsworld.com/article/10324605/my-child-just-fainted-no-big-deal-or-sudden-death-warning> ■



Michelle Tipton

THE ARTS

First annual Praise in the Badlands

Home on the Range announces Praise in the Badlands featuring Big Daddy Weave with special guest Colton Dixon. The event will be Monday, August 9 at 6:30 pm at the Burning Hills Amphitheatre in Medora.

Josh Helvik from Home on the Range had a vision of bringing Christian concerts to the area. He brought in the band Citizen Way to the ranch in 2019 and the response from the Home on the Range residents was amazing.

He joined forces with 103.7 The Connection radio in Dickinson and the Theodore Roosevelt Medora Foundation to bring in an even bigger name to a bigger stage – the Burning Hills Amphitheatre. This event was named "Praise in the Badlands" and was scheduled to debut in 2020. But, like most things last year, it was cancelled due to the pandemic.

Known for honest songs that tell personal stories of freedom in Christ, Big Daddy Weave fans have long admired the band for their particular brand of real-

life, real-person openness. With songs like "My Story," "Overwhelmed," "I Know," and "Redeemed," Big Daddy Weave has cemented its status as one of the most beloved bands in Christian music.

Colton Dixon is best known for finishing seventh on season 11 of American Idol in 2012. Dixon's 2013 debut album set the record for biggest first-week sales by a new solo Christian act. Now signed to Atlantic Records, Dixon channels growth into his new self-titled EP featuring the hit "Miracles" and latest single "Made to Fly."

Funds raised through this event will go to the HOTR Spiritual Department to help fund various spiritual events, including concerts, for the HOTR residents.

Tickets are available at Medora.com or by calling 1-800-MEDORA1. More information on the event can also be found on The Connection's website at 1037theconnection.com. ■

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HEALTH**Stay hydrated**

By Steve Irsfeld



Summer is by far my favorite season of the year. Being active outdoors and sweating go hand in hand. Temperatures can spike into the 90's over the next month, and the summer is heating up. Many people don't like it too hot to the point of sweating, but sweating is a great way to pull toxins out of your body and the increased heat of the season expedites that process. Losing water from your body during activities or in the heat naturally occurs, and rehydration of the body is a must. What is the best option to staying hydrated? Diet drinks or those listed as sugar free, are not the answer as they are a risk factor for dementia, wreck your microbiome, and cause weight gain.

The answer is not surprising, water or H₂O if you want to be scientific about it. When speaking to patients about increasing their water intake, one of the responses I hear most is, "I don't like water." That is kind of funny because our bodies are composed of up to 60% water, so you may not like it, but your body is hungry for it.

According to H.H. Mitchell, Journal of Biological Chemistry 158, the brain and heart are 73% water, and the lungs are about 83% water. The skin contains 64% water, muscles and kidneys are 79%, and even the bones are watery: 31%.

Most of our population is severely dehydrated, and that can affect our wellness or lack thereof. Checking your hydration status can be as easy as checking the color of your urine or having a more sophisticated test such as a bio-impedance analysis (BIA). The darker your urine, the more likely you are dehydrated. You should have clear urine or slightly yellow. The exception is after taking vitamins, causing your urine to be almost a florescent yellow color, which is perfectly normal. You are not radioactive. Your lips are yet another indicator. If they're dry, you may be

dehydrated.

Back to the "I don't like water" comment; adding lemon or lime to your water can influence the flavor, as can a host of healthy additives that provide nutrients as well. You will be surprised when you make changes to what you drink, how you don't miss the bad stuff, and start to crave water.

The best water to drink would be natural spring water, which can be obtained from free-flowing springs. Springwater is loaded with healthy minerals that your body needs to function optimally. You can find a local spring by looking them up at the following website www.findaspring.com. Unfortunately, our closest spring is about halfway between Bismarck and Jamestown, so filtered or bottled water may be better options for you. I have a whole house water filter that filters everything that comes into the house, so we drink it and bathe and shower in it. Any time you can decrease your exposure to chemicals and toxins, it is a good idea.

The most common question regarding hydration is, "how much water do I need to drink?" That is a great question but first things first, you must

drink when you are thirsty. Thirst is a natural urge that should be heeded. It means your body needs water. A simple rule of thumb for daily consumption is ½ your body weight in ounces per day. It is best to sip on room temperature water throughout the day and not guzzle large amounts a couple of times a day.

My staff and I would like to help you with questions you might have

regarding hydration testing and mineral/electrolyte supplementation, so please call 701-483-4858 with questions or schedule a free 20 minute Strategy Session. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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THE ARTS

The Capital Gallery West featuring demonstrating artist in Medora

By Marci Narum

The Capital Gallery West, in the Harold Schafer Heritage Center in Medora, is now open seven days a week, from 10:00 a.m. to 5:00 p.m. New this year, Sally Chernenko is demonstrating painting in the gallery Wednesday through Friday, all summer.

The gallery features Western Americana original art including regional and nationally-known artists, both in the Schafer Center and the nearby Historic von Hoffman House. The House is open noon to 5:00 p.m. every day. Both attractions are free admission.

"Sally, from Michigan, fell in love with Medora and the Bad Lands last year, when she found employment here. She is back this season and we are thrilled to have her working with us, demonstrating her art for visitors to enjoy," says Marci Narum, gallery co-director. "Her expressions of what she sees here every day come through on canvas in a delightful way," she adds.

The gallery is presented by Starion Bank, and in partnership with the Theodore Roosevelt Medora Foundation. The Capital Gallery West is offered by



Sally's "The Code of the West"

The Capital Gallery, located in downtown Bismarck, with additional displays at Curated by Trever Hill Design on Roberts Alley in Fargo. ■



Sally Chernenko demonstrating her work at The Capital Gallery West

LESSONS IN BUSINESS

Seven habits of highly ineffective presenters

By Debora Dragseth

One of the first rules of giving a speech is: Say what you're going to say, say it, then say what you said.

If only it were that simple. Employees suffer through untold hours of misery every year at the hands of poor speakers and trainers. From my point of view, sitting through a bad presentation is a highly frustrating experience.

Following is a list of seven things not to do when giving a presentation:

1. Don't come unprepared and disorganized. Winging it is never a good idea. You may be an expert in your field, but that doesn't negate your obligation to give a well-organized presentation. Develop an overall theme and outline and stick with it.

2. Don't tell us about your eight grandchildren and three dogs if you are giving a speech about sustainable agriculture. It is all right to give a brief background sketch, how you chose this profession or where you earned your degree. But, in general, don't go beyond a few statements designed to establish your expertise, because we really don't care. Tell us what we need to know—information we'll find useful and helpful.

3. Don't tell bad jokes. We'll feel obligated to laugh, which will annoy us. Be especially careful about poking fun at minority groups. Most of us have heard enough Norwegian jokes to last a lifetime. This advice is not for everyone. Some speakers are truly funny and tell entertaining jokes that amuse and relax their audiences. The trouble is, only a small percentage of speakers are good joke-tellers, the rest just think they are. Instead of telling a joke, telling a humorous story about yourself is almost always a safe bet. Make sure the story has relevance to the topic of your speech. For example, if your topic is customer service, tell about an interesting experience you had in a local restaurant.

4. Don't put us to sleep. If you speak with a monotone voice, it will indicate to the audience that you are boring yourself as much as you're boring us. Vary your voice inflection to indicate your

enthusiasm. Let us know you are alive with excitement about your topic and we will likely follow your lead.

5. Don't distract us by doing things like jingling the coins in your pocket. Excess fidgeting indicates you don't have confidence in yourself, therefore neither will we. It's normal to be excited and a bit nervous when speaking in public. Studies



indicate that Americans fear public speaking more than skydiving, job interviews, or even getting married. It helps to remember that your audience is supportive and wants you to do well.

6. Don't try to dazzle us with unnecessary technology. PowerPoint and

other multimedia tools are wonderful, but don't use them as a crutch to replace content. Furthermore, if you are going to use presentation tools, please come early to test your equipment before we get there.

7. Never, never go over your time limit. Let's assume your talk is going magnificently, the audience loves you, but you haven't covered all your material yet. Surely, you think, they won't mind sitting there an extra 15 minutes will they? The unequivocal answer is "yes," they most definitely will mind. A speaker can go from being a hero to being a zero very quickly by disregarding prearranged timetables.

Adhering to these basic rules will make your speaking experiences more satisfying for you as well as your audiences.

Debora Dragseth, P.D. is a professor of business and VP of Academic Affairs/Provost at DSU. Her column appears monthly, providing commonsense answers to common workplace issues. ■

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HEALTH

Weight loss struggles

By Gabrielle K. Hartzel, RD, LRD

The feeling of frustration throughout a weight loss journey is to be expected, especially if results are failing to appear as quickly as you'd like. Weight loss success tends to be measured by how quickly it comes off, but the matter is that true success lies among the long-term aspect. What good is it to lose weight to only gain it back a few months later? No bueno.

There is no "quick fix" when it comes to weight loss. Making lifestyle changes like preparing more meals at home or replacing full fat with reduced fat dairy products can be impactful but also takes time and commitment. Ultimately, everyone's weight loss journey is unique and what works for one may not work for you. Take these questions into consideration to get started on your weight loss journey.

Are you following a certain diet because it worked for someone else? Weight loss is not reliant on a specific diet or a certain set of rules to be

followed. A successful weight loss plan should be approached with a long-term outlook in mind, not instant gratification. If the weight you're hoping to lose wasn't gained in a week, is it reasonable to lose it all in a single week? Of course not! Healthy weight loss should be between 1 to 2 pounds per week. Anything more than that is unhealthy and is surely to return as quickly as it was lost (likely more), once normal eating habits resume.

How realistic are your goals? At the start of a weight loss journey, it's common to set lofty, unrealistic goals out of excitement. But don't fool yourself. In reality, it only leads to disappointment. Setting expectations too high causes motivation to dwindle and the tendency to fall back into unhealthy habits if your goals fail to be met. Instead, set smaller goals and celebrate the wins with that confidence boost. For instance, if 20 pounds of weight loss is desired, it can either be divided by 1 for one pound of weight lost per week or divided by 2 for 2 pounds lost per week. Therefore,

20 pounds of fat should take anywhere around 10-20 weeks to lose healthfully. Important note: keep hydrated! A dehydrated body weighs less than a hydrated one.

Are you finding excuses? Even though we know something may be beneficial for us, doesn't mean

it's always a priority. The "lack of time" excuse card cannot be drawn here. Start searching for windows of opportunity to include exercise and healthy eating into your schedule. Look at the time spent scrolling through social media or watching TV. There's a minimum of 10 minutes there and that's low balling it, by a lot. What's lunch look like these days, sunny? Awesome, get a quick walk in. How far, or close is your vehicle to the entrance at work? Park farther away for



more steps. How about the time saved with grocery pick up, where is that time being used now? Prioritize, minimize and combine activities to free up time. Having difficulty? Put yourself in the perspective of third person and review your schedule again. Ask yourself what activities are really necessary, and which ones help or hinder your goals?

To be continued. Check back next month for the remainder of this article. ■



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WHERE BUSINESS GOES TO GROW

LEGISLATION**Dickinson legislative look****By Rep. Vicky Steiner**

Hello! The last legislative session ran from January 5 until April 30, 2021. One bright spot was House bill 1205. Dickinson obstetrician gynecologist Dr. Thomas Arnold approached me with a proposed bill for last session. He chairs a committee that investigates all statewide

maternal mortality – if a North Dakota woman gives birth in the last 12 months and dies, this group of professionals from UND investigate the cases to see if it was related to the birth. In some cases, for example, it can be a car accident and completely unrelated. This committee has been doing this review since the

1950's. House Bill 1205 increased access to information which will lead to best practice methods and better patient care. Much credit is due to the dedication of Dr. Arnold!

Isolation and law changes addressed new protocol to allow for in-person visitation in nursing homes, along with exceptions for hospice care, during a declared emergency or disaster. This new protocol allows residents to appoint one or more “essential caregivers” who can visit regardless of executive orders or proclamations.

We also passed legislation for young people by enacting additional funding for alternative education and mental and behavioral health resources in schools.

The \$8 billion dollar Legacy fund generated over \$450 million in interest and that interest money can be distributed by the legislature. Some of those dollars were dedicated to water projects, to clean coal technology by creating a Clean Sustainable energy fund and some of it was distributed to infrastructure-roads and bridges- to offset local tax increases.

If you have questions or comments, please email me at vsteiner@nd.gov God Bless, Rep. Vicky Steiner ■



Back row (L to R): Rep. Michelle Strinden, Sen. Rich Wardner, Rep. Lisa Meier, Sen. Janne Myrdal, Rep. Karen Rohr, Rep. Mike Lefor, ND Medical Association E. D. Courtney Koebele,
Front row: Dr. Thomas Arnold, Governor Doug Burgum, Rep. Vicky Steiner

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Dr. Marcus Lewton



Dr. Marcus Lewton and his family

In 1997 Pam Kosteleyk gave me a job that molded my view of leadership. I had been changing oil and performing light-duty automobile maintenance at Sax Motor Co. when Caly Marsh, the Service Advisor, went out on medical leave. I was asked to replace Caly for a short time, paving the way for a tremendous learning opportunity that I continue to reflect on today.

Al Meyer was the Service Manager at that time, and I learned much from him about how to treat others and enable them with the tools to be successful. Al knew the strengths and weaknesses of all Sax's technicians, and he took the time to know each person on an individual level.

I also learned the definition of "service" to others from Al Meyer. Al was not afraid to push a broom, help a technician or answer the phone. No job was beneath Al Meyer, which I have remembered over the past 25 years. Because of his service mentality and ability to build relationships, Al garnered the trust of the people around him.

This year marks a significant change for me, as I assume the role of Interim Superintendent of Dickinson Public

Schools. Yet, the lessons I learned so long ago are still very relevant today. I am honored to serve as superintendent of the same school system I graduated from in 1996 and where my three children walk the halls today. Two years ago, we changed the vision of Dickinson Public Schools to "success for all," and the role of the superintendent is to carry out that vision. For me, this means success for all students, teachers, and staff.

My plan for the next year is to build on our successes and create more collaboration and communication within our district and the community. It starts with three main goals: trust, transparency, and teamwork.

- Trust - I believe the foundation of all relationships is trust. Listening to others and treating all as if they mean well is vital in building trust. The idea that one can disagree but still listen and recognize

the other's perspective is important. I do my best to emulate this every day as an educator, husband, father, friend, and now as superintendent.

- Transparency - Transparency is paramount in building trust. My goal is for our district to provide clear communication with all stakeholders when possible.

- Teamwork - If you have trust and transparency with stakeholders, teamwork can solve most problems. Our schools are full of hard-working, talented individuals who have the tools to continue to drive success for DPS.

Servant leadership is something I learned in this very community. Although I probably only had 20% of Caly Mash's leadership ability, the teamwork at Sax Motor was enough to get us through that summer of 1997. DPS will continue to strive for greatness for our students, staff, and community. I believe we can achieve this by focusing on the three goals listed above. I love Dickinson, and I look forward to serving you as Superintendent of Dickinson Public Schools for the 2021-2022 school year. ■

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CONVENTION AND VISITORS BUREAU Summer top picks

The plains and badlands of western North Dakota have plenty of opportunities for you and your family to have a great experience in your own backyard.

Here's a few of our Top Picks for you to

see and do in the area:

- Assumption Abbey in Richardton is a breathtaking Bavarian Romanesque style church, home of Benedictine monks. Take home a bottle of wine and some handcrafted pottery.

- Travel down the Enchanted Highway just east of Dickinson to Exit 72, turn south, and be amazed by the world's largest metal sculptures created by one man.

- Dinosaurs! Not just fossils, but also beautiful rocks and minerals are at the Dickinson Dinosaur Museum. Kids love this place!

- History at the Dickinson Museum Center in Dickinson makes you wonder - how did those people live without cell phones? Cell phones? How about living in a sod house?

- The intricate Ukrainian, handcrafted

Pysanky egg artwork is at the Ukrainian Cultural Institute in Dickinson.

- Theodore Roosevelt National Park, once home to President Theodore Roosevelt, is also home to wild horses, elk, buffalo, prairie dogs, and coyotes. You can drive the scenic loop, hike the trails, ride a horse, and enjoy the nightly summer Medora Musical.

- Paul Broste Rock Museum. What? Well, it's actually in Parshall, ND, but because it is so cool, we had to tell you

about this. Over 10,000 items, including rocks and minerals, many that are polished spheres, were created by one local man in the 1920's. There's a fluorescent room, amazing mirror room, and the flooring is Mexican Onyx stone. His own artwork and Native American artifact collection are additional amazing exhibits. Parshall is within an easy day drive, located just east of New Town... check it out! ■



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MAY
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JULY
AUG

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

PIPER'S PALS Ask Alfie

Dear Alfie:

With the rising temps this summer, I was wondering if I need to do anything differently to keep my pet cool?

Sincerely, Too Hot

Dear Too Hot:

So often people forget that dogs, cats, and other pets can experience heatstroke, dehydration, and burns just the same as people!

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

Lastly, never ever leave your pet in the car, not even for a minute! On an 85 degree day, for example, the temperature inside a car with the

windows cracked can reach 102 degrees in under ten minutes. After a half hour, the temp rises to 120 degrees, which can cause organ damage or even death to your pet.

Play it cool this summer and stay safe!

Sincerely, Alfie

Dear Alfie:

My daughter wants to get a dog but she's far too irresponsible and never completes her chores like she is supposed to. Should I just get her a fish instead?

Sincerely, Fishy Business

Dear Fishy Business:

It is a common misconception that pet fish do not require any work beyond the occasional sprinkling of flakes. That is false! While they may require a bit less attention than a dog or cat, fish have needs which cannot be neglected.

For example, a fish's tank water must be properly conditioned, maintain the proper pH, and hold a stable temperature. Some of that water needs to be replaced monthly and the tank must be regularly cleaned of debris and algae. Often new fish owners are shocked to discover just how delicate fish are and how careful they must be

to acclimate fish to their aquarium. If their water is not kept clean, the fish will suffer from a variety of illnesses and eventually die.

There's also the matter of environment. Many people think that all a fish needs is a bowl, some water, and food. But fish are living creatures who deserve to be treated as more than just home decor. Fish spend their entire lives in a tank and deserve ample room to swim, plants or caves to hide in when they feel scared, and an environment that is clean and enriched. Sadly, some pet stores will still tell you that fish such as Bettas only require a small bowl or vase to survive. This is not only false, but downright cruel. Small bowls make it harder for the fish to breathe and leave them without mental stimulation. A Betta fish should have a minimum of five gallons.

To answer your question: no. If you do not think your daughter is responsible enough to have a dog, she will likely shirk her duties as a fish caretaker as well. If you decide to



proceed, please be aware that it is your duty as a parent to step in should she fail to complete her responsibilities. Until she proves herself to be capable, save yourself the trouble and stick to stuffed animals.

Sincerely, Alfie ■

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

Pet Name Match

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

A: Hugo (#___)

B: Trixie (#___)

C: Edda (#___)

D: Trish (#___)

E: Nina (#___)

F: Caesar (#___)

(Answers in our July issue!)

Last month's answers:

A: #4 Thunder

D: #6 Sally

B: #3 Millie

E: #2 Yogi

C: #1 Maisy

F: #5 Jett

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NDSU EXTENSION

4-H Achievement Days

By Holly Tuhy

On Wednesday, June 2, 2021 nine 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! Many youth attended weekly practices held at the Extension office leading up to the contest. All students' results are as follows:

Receiving first place medals were Sawyer Wolf, Phaden Schrum, Desmond Cain, and Michaela Mitchell. Sawyer gave an illustrated talk in the junior division. Phaden gave an illustrated talk in the senior division. Desmond presented in the category Fish Tank; a spin-off of the television show Shark Tank. He gave a presentation in the senior division showcasing a business he started. Michaela received two senior division



first place medals: one with an interpretive reading and another with a dramatic presentation.

Receiving honorable mention ribbons were Beckett Wolf and Kenya Kilwein. Beckett gave an illustrated talk in the junior division. Kenya did a demonstration in the junior division.

Layne Melchior competed in the junior division and gave two presentations. She gave an illustrated talk along with a team demonstration with Sawyer Wolf. Kyron Schrum also competed in the junior division by giving a speech. Madigan Schrum participated as a Cloverbud. 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 25, 2021 at the North Dakota State Fair 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 2021 Extension Youth Conference on June 21-24, 2021 at the NDSU Campus in Fargo, ND. ■



Back Row (L-R) Michaela Mitchell, Desmond Cain, Phaden Schrum, Sawyer Wolf, Kyron Schrum. Front Row (L-R) Beckett Wolf, Madigan Schrum, Kenya Kilwein. Not pictured Layne Melchior

THEN... and Now: Dickinson's early schools - Part 4

By Bob Fuhrman

Dickinson Press
Oct. 3, 1903



DICKINSON'S ENLARGED HIGH SCHOOL.

Through the courtesy of W. C. Albrant, the architect, we are able to give our readers this week a cut of the Dickinson High School as enlarged by the new annex, which will more than double the present capacity. The building is a credit to the city and every resident is proud of it.

The building fronts east with the new wing south of the old, separated from it on the west by an open court. A large gable in the new wing corresponds to the old and while the plans do not call for this, a room similar to the present high school room, may be furnished there when needed.

Entering the new part and passing through the vestibule into the spacious hall, the stairs leading to the second story are in front in the center, while on either side of these stairs are steps leading to the rear hall, looking into the court and to the basement stairs under the others.

The basement is well lighted and is finished with concrete floor and plastered walls and contains a gymnasium, girls' room, laboratory and toilet rooms.

Connection between the old and new parts is made at the foot of the old stairs with a cloak room on the left in the corner of the tower.

Turning to the left in the new hall one enters another hall extending south, and separating the rooms in the annex. The superintendent's room and library, 16x14 feet is the first room on the left, fronting east and provided with shelves, etc.

The southeast room, about 33x22, is designed for a second primary room. The southwest corner room is 23x36 and the west room, 21x27 the north windows of the latter opening upon the court. All the rooms have good light and each a spacious cloak room.

The plan of the second floor calls for an assembly room 48x36 on the west side of the new wing and two recitation rooms 23x18 and 23x22, on the east side.

Over the new vestibule is to be a reading room, 16x11, which may be used as a recitation room, while the space over the vestibule of the old part and lower cloak room is utilized for cloak rooms above.

Thorough work is being done by the contractor Charles Bakke, and his able corps of workmen and the annex will be much better built than was the old part.

The teachers are working at a considerable disadvantage and will be greatly relieved when the new rooms are ready.

As the new century drew near, the Dickinson School Board was facing the challenge of a growing city, more students than there was space for instruction. In January 1899, an editorial in the Press estimated the next year would see 60 to 80 new students enrolled and both the High school building (Primary-Grammar-High School levels) and the Southside School were already "crowded in every

department." While some folks favored renting additional space as a temporary fix, the Press favored proposals that would complete un-finished rooms in the High school building (to help alleviate short-term crowding) and then build an addition as a long term solution.

However, editorials are often not the precursor to rapid change but rather a component of the slower, steady

course toward progress and such was the case here. Although there was no immediate action on overcrowding, steps were made to improve the existing buildings and protect the community's investment therein. Indeed, the needs addressed over the next several months might be interpreted as the School Board proving its worth as custodians of existing facilities before approaching the citizenry for expansion funds.

In June 1899, the Board began advertising a 'Notice to Steam Fitters' calling for bids on a new steam heating plant for the school. Despite the 1894 improvements, the original hot air furnaces were still inadequate. In July 1899, the Fargo Plumbing Co. won the contract for new steam heating with the 'heavy work' to be finished by September 4 (when school started). Although material delays slowed work, installation did not interfere with classes. The Board formally accepted the heating plant in November, the Press noting that the \$2647 system used half the fuel of the old furnaces and would prove to be one of the Board's best investments 'ever.' The next spring the Board replaced soft bricks in the building and then in July, a news item reported, "The School Board find the South Side school building must be enlarged." In that same issue was the solicitation of bids for the erection of a school room on the South Side, local contractor John Waggoner winning that contract with the project underway in less than two weeks and completed in time for the start of classes, when Miss Sadie Nefsy welcomed 56 first graders and Mr. Richardson's 2nd and 3rd graders totaled 60 pupils. The cost of the addition, including furniture and such was \$1400.18.

Although concerns about overcrowding at the High school building had been voiced in 1899, it would be two years before steps were taken to meet that challenge. A call in April of 1901 asking bids to finish the large third floor room of the building was successfully answered by contractor Waggoner who quoted \$899 for the job. Upon reporting this the Press opined that the addition of this eighth room would "relieve the pressure for the

coming year and possibly for two or three years." Ready for students that next fall, the 'new' room had steam heat added by plumber Charlie Crowl and in October the building was fitted with fire escapes.

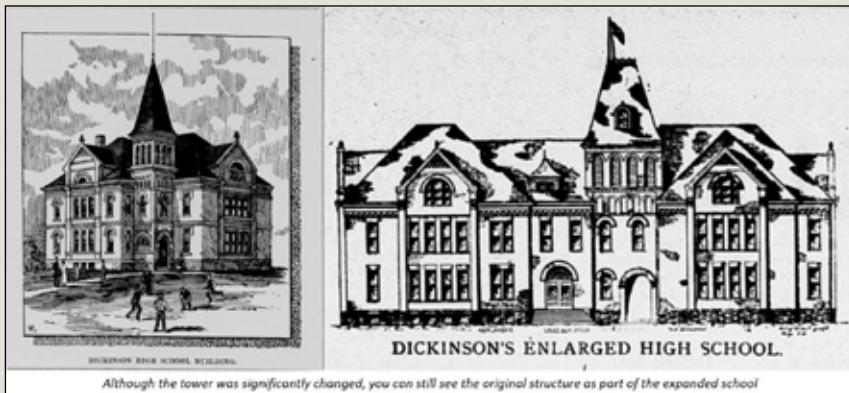
While the new space seemed to help the High school situation, by January 1902 Miss Nefsy reported an enrollment of 103 in her room on the South Side, signaling a dramatic need. In February a bid of \$1200 to enlarge that school was rejected on the grounds the board thought no offer less than \$2000 was realistic and apparently the matter languished for several months before the board once again advertised in July for two new rooms south of the tracks. It's only speculation, but the board's slow action to rectify the space problems on the South Side may have contributed to Miss Nefsy declining "re-election to her position" in August a week before the contract was finally awarded to Stewart and Polson with the first room scheduled for use October 1st.

Like many happenings on the South Side, school reporting in the Press



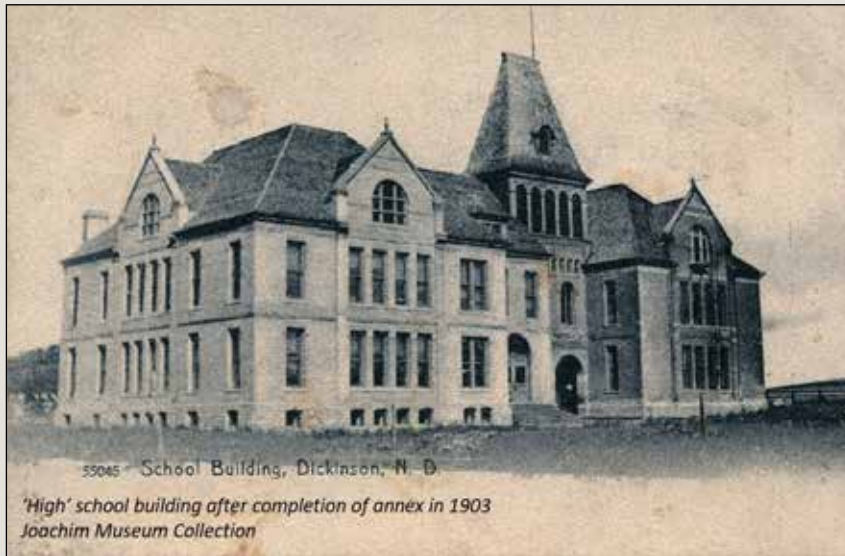
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Continued from page 16



was scant and no updates on the work were carried until the paper drolly reported, "The new room on the South Side will be ready about Oct. 10. Mrs. Richards (Nefsy's replacement) has an enrollment in the first room over there of 73. Evidently the new room is needed." At any event, the new room wasn't ready until the 16th when a Miss Potter "began her work as primary teacher...with an enrollment of 42. The new room is very pleasant and

voting for the bond issue and 45 against. Initially the South Side voted heavily against the issue until "Representative Lish and Judge Kono explained matters a little, (and) the German people began to see that they had misunderstood the real situation and were no longer opposed to the bond issue," the practice of electioneering at the polling place obviously still tolerated in 1903. Twenty days later the Press began to carry the bid notice for the erection and



comfortable," the paper said.

With issues on the South Side addressed the Board turned to overcrowding at the High school building once again in 1903, calling a May 2nd 'meeting' of the voters (perhaps more properly an 'open house' at which votes would be cast as it was scheduled from 9 AM to 4 PM) "for the purpose of determining upon the question of issuing \$15,000 in bonds for the purpose of erecting an annex to the present High school building." One-hundred sixty-four voters attended, 119

completion of a High School Annex in which W.C. Albrant of Fargo was named as architect.

On July 4th the Press announced that respected local mason Charles Bakke was awarded the \$15,200 contract with L.K. Granteer in charge of the carpentry. By July 18th the call for heating bids went out and a week later the Dickinson Fire & Pressed Brick Co. began delivering bricks with which Bakke rushed construction. One month later Bakke began work on the new McCloy & Senour building, his crews working

there as they waited for deliveries of school materials. The day of this announcement it was also reported that Fargo Plumbing and Heating Co. would be installing the extension of the steam heat to the annex for \$2688.

Work continued into September as materials became available, the Superintendent shortening the fore-and after-noon sessions and skipping regular recess as a safety precaution while bricklayers worked. Parents were also asked to see that their children did not arrive at school too early as they were "apt to get in the way of the workmen" or injured by falling bricks or timbers. Pushing on, Bakke's crew finishing the walls to the top of the second story by the 26th. Repairs to the South Side school were also mentioned (making the building "really a credit to the place") but class size on the South Side was still an issue - Miss Thomson having 60 primary pupils getting their first lessons in the English language when "thirty pupils are all she should have in order that she may do what is expected of her." Tellingly, the Press carried a grade-by-grade comparison of Dickinson and Bismarck's enrollments, Dickinson's huge primary grades giving it the larger school population, 547 to 409.

As the new annex took shape considerable excitement was building, especially related to the gymnasium which would be incorporated in the annex, a 20' x 40' room with 12' ceilings. Three fund-raising performances were planned at the Dickinson Opera House to support the purchase of "such paraphernalia as is usually found in such a place." Also, a local athletic association was formed - with all offices held by young ladies - as "the boys are so far doing the practice," meeting every evening, according to the report provided the Press by Superintendent Davidson, primarily running and

jumping. Davidson noted a 12-pound hammer and shot had been ordered along with a vaulting pole and it was hoped that Dickinson students might compete the next May when the high school athletic meet would be held in Grand Forks. Not to be limited to official duties, the girls had obtained a 'basket ball' and engaged in some 'preliminary' practice. Sadly, the last thing Davidson noted was that football was 'non est' (not found) "for the lack of enough large boys to make it interesting."

The lack of football notwithstanding, the October 3rd, 1903 edition of the Press featured a woodcut of the enlarged High school furnished by architect Albrant along with a description of the rooms within. The next month, as completion neared it was noted January enrollment for the expanded building was to be 607 (with another 212 students on the South Side) and that the "teachers were getting very anxious for the new annex rooms." Happily, the new spaces were complete for the January 4th opening with all ready except the slate blackboards. The High School classes were all on the second floor of the 'old' section, sixth grade on the 3rd floor with the Primary, 4th and 7th grades in new annex rooms. By lack of mention it is assumed that the 5th graders remained in their former room.

It was also reported that new classes in higher algebra, elementary geology and business law would be organized and added to the High School curriculum. Before January ended two tons of Pennsylvania slate arrived direct from the quarry, 900 square feet of blackboard then installed by A.P. Folsom. Even as this progress was reported the Press noted that even with three new rooms, the Primary grades were still overcrowded. It seemed the ever-growing school population was already taxing the enlarged High school.



HEART RIVER GEMS

Animal rescues

By Kaylee Garling

This month, we hear from “furry friend” heroes in our community who rescue animals in need. These wonderful people fill big shoes and don’t often get recognized for all their hard work and dedication to those whom they help. We’d like to give them our version of a “thank you,” even though it isn’t near as good as a doggy lick or cat cuddle, by highlighting them as this month’s Heart River Gems. We will start with Oreos Animal Rescue.



“Oreo’s Animal Rescue is a nonprofit 501c3 and has been active in the community since 2005. Sick and injured animals were showing up at the city shelter with few options available to them. A cat name Oreo was rescued from the shelter and became the motivation for us to start an organization to help the animals in need. We advocate for the humane treatment of animals and educate the public on the importance of responsible ownership and population control. We rescue abandoned and abused pets and welcome those with special needs. We are fully committed to the animals that are entered into our program. We work through foster homes and do not have our own building. We use West Dakota Veterinary Clinic as our home base, and they are located at 93 21st St E in Dickinson. The easiest way to reach us is through email at oreoanimalrescue@yahoo.com or go to



From left to right - Rain, Riley, and Storm

our website at www.oreosrescue.org.

We focus on those animals in need of medical attention. Because we often take in animals in need of extensive care, we do not admit more animals than we can be fully committed to. Donations are always welcome. People can choose what they would like to support- pet food, litter, blankets, or a monetary donation. Monetary donations can be to sponsor a specific pet, go towards medical needs in general, or go to the Angel Fund which will help a pet owner cover a major medical expense.

Our mission statement: To protect the quality of life and improve the well-being of abused, neglected, and unwanted animals through prevention, education, intervention placement, and lifelong care. Motto: Loving pets in need.

Our greatest success is repeated on a monthly basis. Taking in the broken, those near death from starvation or injury and watching them come back to life and finding joy in being alive. This followed by then watching them go home with a loving family and knowing they will never need to fear or be hungry again. Every time it happens, it is our greatest success.

Greatest learning experience? Understanding the difference between an animal’s sheer grit and will to live versus the need to end an animal’s suffering. We want to save them all, but some times we need to offer them a peaceful end to their suffering. Every animal and situation are different and we must listen to them.

We are proud to be a part of the Dickinson Community. Dickinson is a community of animal lovers and we are fortunate to have more than one rescue active in our area. Through the years, we have started focusing on fewer intakes, but are still active and making a difference in lives of many animals every month.”

Our next rescue is Woofta. Tasha Hermanson said, “Woofta is a Retail Pet Store that hosts rescue cats for Bakken Paws and allows us to follow our rescue dreams (most of the time, haha). We are located at 2625 3rd Ave West, Dickinson, ND 58601. With either Bakken Paws or Woofta, our primary focus is educating about pets and helping the animals that need us. We rescue everything from

dogs and cats to snakes and guinea pigs. For community involvement, we have a variety of needs. Fosters for dogs and cats, volunteers to come into the store and clean up after the cats we host at woofta, volunteers for social events and fundraising. We always need litter donations for the cats and monetary donations for vet bills & supplies. We currently don't have a mission statement or motto other than "Dedicated to Pets". Our previous



mission has evolved over time as initially we started to help with medical case for strays (such as hit by car, otherwise injured or ill with no owner found but needing medical treatment.)

We were inspired by our love for animals and the great need for rescues & education, which was more than we ever thought when we started.

Gosh, our greatest learning experience in rescue? There has been so much. We have learned a lot about loss, a lot more about dog genetics. We have learned that we have an amazing and super supportive community that always rallies around all our local rescues and we have

learned that sometimes, people with animals need help just as much as the animal needs help. Our greatest success? Seeing our adoptable pets with amazing new families! Healing broken pets and watching them completely transform into happy, healthy pets.”

The third rescue we reached out to, but didn’t hear back from, is Raise the Woof. They are another great option for animals in need within our community, located at 32 W Villard St, Dickinson.

We hope you enjoyed learning a little more about these literal life savers. Keep them in mind if you have extra love to give to an animal in need. ■



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Christmas in July

DRIVE THROUGH



On July 14 Benedict Court will be hosting a Christmas in July toy drive for the Domestic Violence and Rape Crisis Center in Dickinson.

We will accept only new toys that are still boxed as we want to give a little boy or girl the opportunity to feel excitement when they get to open that box on their birthday, Christmas, or a special holiday.

We will also be handing out refreshments at our drive through with Melted Snowmen (water) and Christmas in July Cookies.

Please help us to make a little boy or girl have their birthday and Christmas wishes come true when they open up their presents!

**For more information contact us at:
(701) 456-7320**

830 2nd Ave E, Dickinson, ND 58601

ABLE What's happening at the T-Rex Mall?



You have probably heard “What is happening at the T-Rex Mall?” Well, the response may surprise you. ABLE, Inc. is at the heart of this renovation project. ABLE is a private non-profit providing residential, employment, and social supports for people with intellectual/developmental disabilities for nearly 40-years.

But first the story behind the story. In North Dakota, 53.6% of persons with a cognitive disability are not in the labor force or employed according to the 2018 Employment Status by Disability and Type. Many people with cognitive disabilities live below the poverty level. Jobs and jobs adapted for people with intellectual disabilities are always at risk. For this reason, creating employment and providing work supports was the primary objective of ABLE when the property was purchased in December 2019.

ABLE's team, led by Executive Director Mary Anderson, has been thinking creatively and acting as change agents in their field of supports for people with disabilities for many years. While ABLE's focus has been on innovative housing projects, the time was right to look to new employment opportunities. The Centers for Medicaid and Medicare Services (CMS) endorsed new public policy measures to see more jobs for people with disabilities in community settings. ABLE believes in this vision but recognizes the barriers this creates for people who have more complex support needs to do their work. Without employment opportunities, many people with disabilities would no longer be able to work jobs they love, earn a paycheck and give back to their communities.

The building project is key to ABLE's

ability to meet CMS new requirements. ABLE will be able to provide community integrated jobs with supports in multiple locations in various ways through new businesses and entrepreneurship opportunities. Rather than one Thrift Center, ABLE is creating many smaller establishments. This includes a children's store, called ABLE Kid Thrift featuring clothing and items from birth to 5T. If you are shopping for furniture, you will find a great selection at the ABLE Used Furniture Store. The Used Furniture Store also features a section called “New Tag Thrift” where every item is brand new with the original tags. Of course then there is the store DECADES with antiques, vintage and more. The name says it all. It's like a walk through time.

ABLE also added job opportunities in the newly acquired on-site Wash 'n Go Coin Laundry. Space in separate suites or even kiosks can create additional employment options for people with disabilities. These changes bring needed affordable goods to the community while providing meaningful jobs. It's a place where workers can build relationships with the public as well as offer a service to the community. Revenues generated support overall operations of ABLE which in turn directly enhance the lives of those they support.

Thanks to extremely generous donors in SW North Dakota the items donated are abundant. Clothing is sorted. Items that need recycled are manufactured into products at ABLE's Repeat Outlet in Bowman where loomed rugs and other sewn articles are produced and sold in Bowman as well as at Decades in Dickinson.

Back to renovations: June 2020 a new roof was installed on the south third

of the building. The west parking lot was hard surfaced for the 1st time ever. This provided tenants, delivery trucks and others access to service areas with handicapped accessible “mud/dust free” entrances.

2021's renovation plan includes a new façade' on the east and north sides and a partial upgrade to the east parking lot including new doors with accessible doors openers at the main entrance and two restrooms that include universal adult changing stations, one of which will be designated for public use further supporting persons with disabilities.

Future phases include renovation to the south section and moving the ABLE Thrift Center to this location. ABLE is working hard to secure grants and other funding to add a drive through drop-off for the future location of the ABLE Thrift Center as well as other interior improvements.

ABLE, Inc. encourages the community to continue to support the mall businesses throughout the renovation process.

For more information about ABLE, Inc. you can go to our website at <https://www.ableinc.net/> or follow us on Facebook by searching ABLE Bowman, ABLE Inc. or ABLE Thrift Store. ■



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HUMANS OF DICKINSON



Becky Olheiser

By Brooke Jacobs

Out of the 22,000 people in Dickinson, North Dakota, there's only one person like Becky Olheiser. Her considerate, responsible, and hardworking traits are a few things that make her unique. Becky has made Dickinson a better place for many years. She has followed her dreams, been kind to others, and made opinions about our community.

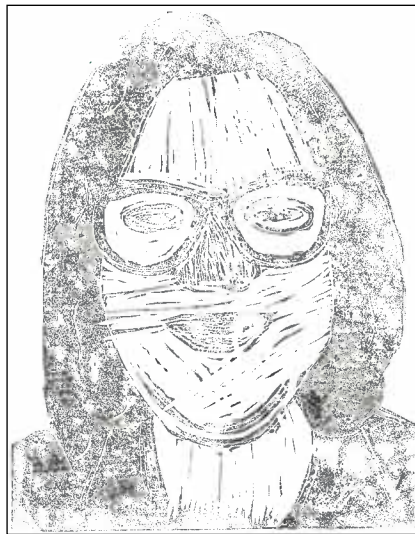
To begin, Becky was born and raised in Dickinson. She has lived here for the majority of her life. Becky went to elementary school at St. Joe's Catholic School. Then, Becky attended middle school at St. Patrick's Catholic School, and high school at Dickinson High School. After graduating, she went to school to become a hairdresser.

Once she became an adult, she decided to stay in Dickinson. "I liked the friendliness of Dickinson," Becky said. Becky liked the community and people here. Becky continued to be hardworking and responsible into her adult life. She went on to become a hairdresser. "It was my lifetime dream," Becky stated. Once Becky got her dream job, she worked hard as a hairdresser for many years. The job she chose didn't have any benefits and eventually started to have an effect on her arms and back from standing so often. Once these problems began to have a negative impact on her, she decided she should find a job with benefits and one that wouldn't effect her arms and back.

Then, she found a job at a bank. "It's more than just a job, it's a career. Something I can retire with," she said.

She has worked for the bank for several years now and continues to work there. The bank benefits greatly from Becky's responsible and hardworking traits.

She loves the friendliness and feeling of our community. "It's a city with a small-town feeling," Becky had explained. "Everybody knows each other." Becky also likes the variety of sports that are offered in Dickinson. They offer options to find hobbies and stay in shape. This accommodates having more sports tournaments as well. As much as Becky likes our community, she has a few ideas as to how Dickinson could improve. She believes that we could benefit from more restaurant and shopping varieties. Becky Olheiser is a unique citizen. She has followed her dreams and helped others for many years. Becky's hardworking, responsible, and considerate nature are all part of how she makes our community a better place.



Sandy Tibor

By Phaden Schrum

Music is delightful to listen to, but to play it with Sandy Tibor, is even more delightful. Sandy Tibor is a piano teacher living here in Dickinson, North Dakota. I interviewed Sandy Tibor on Google Meet. She told me about her interesting life and this is her story.

To begin with, Sandy had an interesting childhood. During her childhood, she was adopted by a nice family who lived in Bottineau, ND. In

that family, she had a sister who was older than her by 16 years, who later died from cancer. Sandy said, "My dad worked with auto parts and my mom was a stay-at-home mom." She went to Bottineau Public Schools.

She then moved to Beach, ND later in her life. When she lived there, she met her husband, Chris Tibor. When Sandy found out that her husband had a music degree, she wanted to get hers. "I moved to Dickinson to get my degree in music," she confirmed. So she went to Dickinson State University to get that degree and is now teaching music.

Sandy has lived in Dickinson for 20 years since she moved from Beach. Ever since she has lived in Dickinson, she started to see the things she loved about her new home. She said, "Dickinson is small so you know a lot of people, and it is big so you have everything. It's a great place to raise a family." She also saw some downsides to Dickinson. She said that "Dickinson can improve by having more shopping options and more things to do such as parks." Even though she might not like some things, she still loves living in Dickinson.

Sandy also loves to do many different

things in her free time. She loves to do scrapbooking, play piano, reading, hanging out with family, and trying new recipes. She loves the piano and playing the piano, so she started teaching piano to other people with a passion for music. Since she started, she has kept going and has now taught for 30 years.

She has had to go through challenges during her job. She said that "The challenges of my job are that I have to battle student's curricular activities." She also loves things about her job. She says that she loves to watch her students learn, enjoys teaching, and loves the sound of music. Sandy just loves to do her job, even if there are difficulties trying to teach her students.

Sandy is a fantastic person that teaches students piano because she wants to share her love of music. She has an interesting background story that people would want to listen to. Sandy is a piano teacher with a lot of heart for her students and a passion for music. ■

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HEART RIVER VOICE | JULY 2021

Calendar

VARIOUS DATES IN JULY

DICKINSON PUBLIC LIBRARY
Various events taking place at the library. See article, page 4, for dates and details.

TUESDAYS AND SATURDAYS

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

THURSDAY JULY 1

CHI BLOOD DRIVE 9AM-2:30PM Help increase blood supplies before the Independence Day Weekend. CHI St. Alexius Health Dickinson will be hosting a blood drive with Vitalant in Conference Rooms

A, B, and C. Sign up with Marla Pegg at 701-456-4476. Or, sign up online: <https://www.bloodhero.com>.

JULY 2-JULY 4

98TH ANNUAL KILLDEER MOUNTAIN RODEO ROUNDUP
See flyer, this page.

SATURDAY JULY 3

SHOP DOWNTOWN WITH A BANG! 9AM-1PM Downtown shopping and vendor show celebrating the Roughrider Days Fair and Expo 50th Anniversary. See flyer, next page.

FAMILY FUN DAY 2021 11AM-5PM Join the community celebration for fun activities, food & vendor booths. See flyer below.

STOCK CAR RACES 6PM \$12/

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

TUESDAY JULY 6

BANDSHELL CONCERT SERIES PRESENTS QUEEN CITY BAND
7-9PM Free outdoor concert.

Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. The Amen

SPONSORED BY THE KILLDEER SADDLE CLUB AND THE KILLDEER LIONS CLUB

98TH ANNUAL
KILLDEER MOUNTAIN RODEO 2021

★ **FRIDAY JULY 2ND** 5PM BARREL RACING & BREAKAWAY SLACK

★ **SATURDAY JULY 3RD**
5:30PM CALCUTTA
6:30PM RODEO
9PM STREET DANCE AT THE RODEO GROUNDS
ALL AGES WELCOME!

★ **SUNDAY JULY 4TH**
8AM RODEO SLACK
11AM-2PM BBQ AT HIGH PLAINS COMMUNITY CENTER
3PM PARADE
5:30PM CALCUTTA
6:30PM RODEO
9PM FIREWORKS DISPLAY

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FOR MORE INFORMATION OR TICKETS CALL 701-590-6820

2021 Family Fun Day
COMMUNITY CELEBRATION
Sat. July 3
11 a.m. - 5 p.m.
Dickinson State University
291 Campus Drive

JOIN US FOR FUN ACTIVITIES, FOOD & VENDOR BOOTHS
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10K & 5K RUN
on the parade route
1/4 MILE YOUTH COMPETITION
1 MILE WALK CHALLENGE
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SHOP DOWNTOWN
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SATURDAY, JULY 3
9AM-1PM

VENDOR FAIR JOIN US DURING THE PARADE!
FOOD TRUCK AND VENDORS

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1ST AVE W
SIMS
VILLARD ST

DICKINSON Please check each business participant for hours and specials. DICKINSON

Food Pantry will be collecting non-perishable food items each week to stock our local food pantry. Artist is subject to change. 801 5th Ave W.

JULY 6-JULY 7
BADLANDS BIG STICKS HOME BASEBALL GAME 6:05PM each night. Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

THURSDAY JULY 8
PATTERSON LAKE BEACH PARTY 3-6PM Join us for some fun in the sun at the Patterson Lake Beach party. Participate in our photo scavenger hunt, beach balls & water toys, sand tug-of-war and so much more! There is a little something for everyone best part of all is it's all FREE!

FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for

outdoor summer fun. Starting at 5PM. Food trucks, vendors and more. Downtown Dickinson. See page 8 for full summer schedule.

FRIDAY JULY 9
ADULT MENTAL HEALTH FIRST AID TRAINING 8AM NDSU Extension and FirstLink are jointly supporting, particularly in support of those working in agriculture. It gives participants skills to recognize, understand, and respond to signs of mental health concerns. This training is FREE, with costs covered by the ND Farm and Ranch Stress Assistance Center grant project (USDA-NIFA). CEU's are available. To register, go to myfirstlink.org/events/. Stark County Family & Ag Resource Campus, 2680 Empire Road.

SATURDAY JULY 10
GOLF SPORTS CLASSIC 9AM CHI St. Alexius Health Dickinson Foundation's 30th Annual! Registration for teams and sponsors at the 2021 Golf Sports Classic is now open! <https://www.chistalexiushealth.org/>

[dickinson-foundation/golf-sports-classic](https://www.dickinson-foundation.org/golf-sports-classic).

JULY 12-JULY 13
BADLANDS BIG STICKS HOME BASEBALL GAME 6:05PM each night. Come cheer on our local expedition league baseball team. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

TUESDAY JULY 13
BANDSHELL CONCERT SERIES PRESENTS MBJ 7-9PM Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. 801 5th Ave W.

WEDNESDAY JULY 14
CHRISTMAS IN JULY DRIVE THROUGH Benedict Court will be hosting a toy drive to benefit Domestic Violence and Rape Crisis Center in Dickinson. See ad on page 18 for more info.

THURSDAY JULY 15
FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for outdoor summer fun. Starting at 5PM. Food trucks, vendors and more. Downtown Dickinson. See page 8 for full summer schedule.

JULY 15-JULY 18
BADLANDS BIG STICKS HOME BASEBALL GAME 6:05PM Thursday-Saturday; 4:35PM Sunday. Come cheer on our local expedition league baseball team. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 13 for full schedule.

TUESDAY JULY 20
BANDSHELL CONCERT SERIES PRESENTS SOUTH DAKOTA FIDDLERS 7-9PM Free outdoor concert. Bring blankets or lawn chairs and sit back and enjoy the sounds of music at its best. Concessions available. 801 5th Ave W.

JULY 24-JULY 29
BADLANDS BIG STICKS HOME BASEBALL GAME 6:05PM Saturday and Monday-Thursday; 4:35PM Sunday. Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240

2nd St SE. See page 13 for full schedule.

THURSDAY JULY 22
FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for outdoor summer fun. Starting at 5PM. Food trucks, vendors and more. Downtown Dickinson. See page 8 for full summer schedule.

SATURDAY JULY 24
STOCK CAR RACES 6PM \$12/adult; \$5/children 12-17; under 12, free. Southwest Speedway, 47th St SW. 10 miles south on Highway 22 and 1 mile west on 47th St SW.

TUESDAY JULY 27
HOEDOWN FOR HOSPICE 11:30AM-1:30PM Sponsored by Choice Bank. Guests enjoy entertainment and a western-style outdoor lunch to benefit our local CHI Health at Home - Home Health & Hospice program. \$5 suggested donation. Prairie

Hills parking lot.

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

THURSDAY JULY 29
FIRST ON FIRST - DICKINSON SUMMER NIGHTS LIVE concert! Brought to you by Prestige Worldwide, Odd Fellows and The Rock. Bring the family for outdoor summer fun. Starting at 5PM. Downtown Dickinson. See page 8 for full summer schedule.

JULY 30-JULY 31
SWIM UNDER THE STARS Live DJ, Free Food, Prizes, Fun For All. Bring canned/boxed food item for the food pantry. More info, contact 701.456.2074. West River Community Center outdoor pool.

Calling all cowboys and cowgirls, come on down and help support Hospice!

\$5 Suggested Donation

HOEDOWN FOR HOSPICE

We're serving up smoked brisket, beans, chips and YUM Froyo Ice Cream. In person or to go options available.

Tuesday, July 27 11:30AM - 1:30PM
Prairie Hills Mall Parking Lot, Southeast Corner

MAKE A DONATION ONLINE AT
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MISS BEA'S KITCHEN

I love Brussel Sprouts!



By Laura Walters

I've never really been a picky person when it comes to food, but there are definitely things I did not like when I was younger. Potato soup for instance. I don't know why but it always made me gag. Also, growing up in a very German household you would think we experienced a lot of German food... we didn't. But my dad did make sauerkraut and to this day he is flabbergasted that I don't care for it at. All. Sorry, Padre!

While I don't remember my mom making a lot of things that I didn't like, I also don't remember there being a ton of experimenting with ingredients either. For whatever reason, I don't remember her ever making brussels sprouts. I do, however, remember reading books and comic strips in which kids all complained about their mom making them eat their brussels sprouts and I often thought how glad I was my mom never made me eat them.

Now that I can experiment with food a bit more in my own kitchen I'm finding myself actually wanting to try all these ingredients that I've read horror stories about but never tried. I've found out I actually like pan seared or grilled shrimp, coleslaw is delicious on Mississippi Chicken (does anyone else still spell that in their head when they write it? M-i-s-s-...), knoepla is super good and mushrooms are tolerable when chopped up super tiny. Who knew?! Also, I LOVE BRUSSELS SPROUTS!!! Not just 'like', but LOVE!

I think both my husband and I were surprised when I made brussels sprouts

in cream sauce the first time. He took one bite and asked, "Are there more of these over there?!" Since that first foray into the sprouts game we have tried them a few different ways with the same success. I have several recipes for brussels sprouts but I can't decide on a favorite! I don't know why, but I'm still surprised every time I like them... I hope you do too!

Maybe you have a similar food history? I would encourage you not to fear the foods you don't know or understand. Try them! Even if they aren't your favorite on the first try, if you can stand the taste then find a different recipe and try them again a different way. Just don't give up. Unless it's sauerkraut.

I'll see you around the kitchen, Miss Bea

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

DICKINSON AREA PUBLIC LIBRARY PRESENTS

Will Stuck

Two days of fun with three different shows!

Tuesday, July 20th at 10:00am

Amusing animals tales, silly songs and an experiment or two will surely have you chuckling like hyena!

ALL AGES WELCOME!

Tuesday, July 20th at 3:00pm

Join Will Stuck as we learn how to draw some of his favorite cartoon critters, as well as tips and techniques for creating your own amusing animals. All supplies provided.

SIGN-UP REQUIRED! AGES 10-17

Wednesday, July 21st at 10:00am

Will Stuck demonstrates the importance of fiction and non-fiction, in this show featuring a hilarious story and some awesome science experiments that you can do at home!

ALL AGES WELCOME!

Feta, Sprouts & Pasta

Instructions:

Pasta
1 lb brussels sprouts, trimmed and halved
Olive oil
Salt & pepper
Block of Feta
Lemon juice, to taste
Lemon zest, to taste
Basil
Real bacon bits

Directions:

1. Place brussels sprouts in a pan and toss with olive oil, salt and pepper. Position the block of feta in the middle of the pan and drizzle with more olive oil, salt and pepper. Top with bacon bits.
2. Bake at 350F until the brussels sprouts are tender and the feta is creamy, about 30 minutes.
3. While the sprouts are baking, cook the pasta according to the box.
4. Once the sprouts are done, stir to create a nice sauce and toss in cooked pasta, lemon juice, lemon zest and basil to taste. ■



BEST FRIENDS**Record number of mentors, mentees participate in Badlands activity****By Mark Billings**

Nearly 30 Best Friends Mentoring Program participants joined in activities at Badlands Ministries on June 12, setting an attendance record while building deeper mentoring relationships.

The 6th annual event, cancelled last year due to COVID, drew 14 mentors and a matching number of mentees in a half-day of facilitated events at the Medora-based camp. Attendees participated in team-building activities on a low rope course,

its program.

"Seeing our mentors and mentees unite in such well-facilitated activities at Badlands Ministries is extremely rewarding," said program coordinator Mark Billings. "Reflecting on how deep some of the relationships have grown and seeing the commitment of our mentors makes this day an annual highlight."



Participating mentors included: Dawson Kuylen, Urja Aryal, Joe Hauglid, Hailey Enney, Austin Raatz, Amy Wegner, Alex Praus, Sarah Mendiota, Madeleine Billings, Lorenzo Palacios, Garrett Billings, Daniel Suazo, and Mark Billings. Also joining the group and helping to facilitate the event was 10-year mentor and Badlands Ministries Executive Director Brent Seaks. Attending staff included Angie Rabbitt, Katelyn Nguyen and Paige Langhoff.

Contributors to the event included the Dickinson Rotary Club, Harlow's School Bus Services, Al Leighton, and Badlands Ministries.

Best Friends is recruiting mentors for the 2020-21 school year. Candidates must be at least 16 years of age and a high school junior. For more information, visit www.bestfriendsnd.org or call (701) 483-8615. ■



played GaGa Ball, hiked the camp's signature butte, ate lunch and s'mores and drew depictions of their mentoring relationships on cloth squares. Best Friends staff plan to add the pieces to an existing "quilt" for display and to ultimately illustrate the various types of mentoring relationships represented in

ND POTTERY**Trenton Trades****By Arley Olson, NDPCS Historian**

Spring of 1943, the Civilian Public Service (CPS) established a non-military camp (CPS Camp #94) near Trenton, ND southwest of Williston, ND and ran thru April 1946. CPS was an alternative service for conscientious objectors (CO) who opposed World War II. This camp was run by the American Friends Service Committee (AFSC) and worked for the Farm Security Administration (FSA). Soil conservation was the type of service this camp provided. CPS

Camp #94 along with WPA, CCC, Bureau of Reclamation and private contractors worked on the Buford-Trenton Irrigation and Land Development Project which was started in 1939. This consisted of leveling over 13,000 acres of Missouri River bottom land, digging irrigation ditches, and building over a hundred farm units. Each unit included a barn, a house, auxiliary buildings and a water supply. There were about 150 men in the camp.

To occupy the men's after work hours, spare time programs were established. Harold "Hal" Riegger a CO draftee who had completed his resident work on his



masters at Ohio State University in 1939 in ceramics started a camp ceramics program (Trenton Trades). Trenton Trades allowed the men to explore their creative talents in pottery and was the outgrowth of one of the spare time programs. Other programs were woodworking, metalworking, music, lapidary, jewelry, weaving and

photography.

The pottery shop and most of the equipment was built from scrap or second hand materials. The kiln was built by hand and used weed burners as an inexpensive burner. Most of their clay came from western North Dakota. The single fired salt glazed process was both affordable and suited to the needs as improvisation was the mode of operation. The men learned how to throw and made their own dinnerware, although some preferred using molds or jiggering. ■



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WHERE BUSINESS GOES TO GROW

Your business plan

So, you have an idea for starting your own small business. Now you're asking yourself, "Ok, how do I get started?" It's a big question and over time many folks have worked to break it down into a checklist of to-dos and basic steps. This article is a continuation of 'Starting Your Own Business', answering some of those questions and providing resources to take the next steps.



You don't have to look very far or search very hard to find articles, books, seminars and even college courses intended to provide the answers. In fact, the local Small Business Development Center, SBDC, is a resource available for precisely this purpose. In a previous Heart River Voice article back in February 2021, the topic of 'naming the business' was discussed. In this article we'd like to discuss another step in getting started; the Business Plan. To many it may seem intimidating, but it shouldn't be viewed that way. This isn't a dreaded homework assignment. Rather it is your own recipe for creating prosperity. We write the plan out on paper so that we can test the ideas within it, refine as necessary and communicate with others who have an interest in it.

A Business Plan is a fundamental step in preparing to start a new business. At the most basic level it provides answers to the who, what, where, when, why and how for anyone with an interest in the business. Developing a plan, that is getting the ideas on paper requires an organized, systematic, and thorough approach. Not only does it communicate to other individuals the proposed business but in addition, and arguably more importantly, it helps the entrepreneur be sure important steps are being given consideration. It doesn't have to be a long or perfect document and in many instances it may never be read by anyone else. But it is well advised, whether solely for the entrepreneur's benefit or for potential

lenders or investors, to give thought and provide descriptions to the following broad topics:

- Product(s) and/or service that the business provide
- Industry, the competition, and the market potential
- Marketing plan - how you will create public awareness and messaging
- Operating plan, that is, the daily process for the business; staff, roles and responsibilities, facilities, equipment, supply of raw materials, delivery of finished goods, getting paid, etc.
- Management and ownership
- Strengths, Weaknesses, Opportunities and Threats (SWOT) to this idea
- Financials - sources and usage for money to get start and projections of monthly budget, balance sheet and cash flows

The goal of a business plan is more than the finished document to present to others. Rather, much of the effectiveness lies in the process of thinking through and answering the bullets above. There are many tools available for getting a Business Plan started. In fact, the local ND SBDC has an easy-to-use, 'fill-in-the-blank' template that guides you through the plan writing. You can find them online at ndsbd.org or call 701-456-9044.

If you're thinking of starting a business go ahead and start jotting down the outline of your vision. ■

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Fearless Faith Retreat
August 13-14, 2021 Medora, ND

BADLANDS MINISTRIES
Dining Hall

Featuring Dynamic Speaker
Melanie A. Brown

Aug. 13 ~ \$40
Fearless Faith Friday: 1-4:30 pm

Aug. 14 ~ \$40
Soul Sisters Saturday: 9 am -noon

Full Retreat ~ \$200

Refreshments Served

Call 701-290-8482 for more details
Register today: www.badlandsministries.org

KUDOS**Nancy Johnson**

Submitted by Ray Ann Kilen

May and June are big months for family events. School ends; Kids advance a grade and many graduate. From these year-end events, our kids look forward to the next big step in their lives. Moms are thankful they survived this year and they are excited to see their children take those next big steps. This is especially true for those parents who graduate their kids. Some parents are working through new emotions. This is the last concert, the last dance, the last report cards. Celebration is now mixed with tears.

Recently, while attending the June 6th Artistic Exchange Dance Studio's Showcase watching dance after dance, attendees heard constant words of support. "You can do it!" "Great job!" "You nailed it!" There was clapping, cheering and unconditional support.

There is a long observed culture here created with a positive tone, set as a group like this dance family forms over time. There is one woman who has influenced these customs and attitudes that result in a continuing body of belief in how we should act towards one another.

In a large part, this culture of support, love and family is because of the example set by Nancy Johnson. Nancy is a mother of three, married to Michael and works at Southwest Grain Petroleum in Dickinson. Nancy's girls are dancers. Nancy has been a staple in the dance community for so many years now we forget there was a before!



It is easy to admire Nancy Johnson. She reminds us that our job as parents and grandparents are important. She reminds us that one woman can positively model a culture that can become infectious to others.

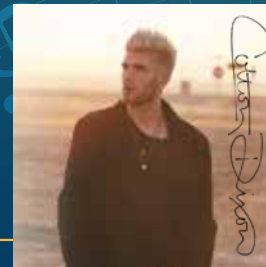
This recent event was one of those last times at dance for Nancy as her youngest graduates. Those attending understood and appreciated the legacy of Nancy Johnson and her family, her impact on this dance group and the culture she helped create. We all share memories of Nancy at every dance event, working with props, setting up, tearing down, selling tickets, doing whatever was needed. Sometimes alone, sometimes her husband was willingly recruited to help. As her daughters grew older, they helped too. She was always present, helpful and kind. Her dedication and support was for not only her girls but all of the dancers and their families.

However, not all dance families understand the impact this woman has made. So, this is definitely a good time to put a spot light on that and say thanks to Nancy Johnson for her hard work, dedication and for having touched our lives. ■

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- "The Only Name"
- "Overwhelmed"
- "My Story"
- "Alive"
- "I Know"

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HEALTH

Got questions?

By Tara Zettel, RN and Executive
Director of Connect Medical Clinic

We get it. You have questions about sexual health and aren't sure where to get reliable answers.

Parents are usually a good choice. So is your primary healthcare provider. These trusted adults care about you and will walk beside you to find solutions for the best health outcomes.

Google is not a good choice. Anyone can put anything out there and claim it a fact.

Netflix and Hulu

programs or the like are also untrustworthy for sound sexual health answers. Even "Reality" TV (which is perhaps an oxymoron anyway) is a dubious source of information.

Maybe you haven't asked your questions yet because you feel embarrassed; you don't know how the other person will react or what they will think of you. Maybe you're worried you'll use the wrong terms. Maybe you are feeling ashamed of past choices. Maybe you suspect you need to be tested, but aren't sure what that all entails, or what would happen if you were positive for STIs or pregnancy.

We see countless patients every day who have the same concerns. Like them, maybe you just need someone to talk to who will listen, understand, and help you examine your options.

Our RNs are here to help you. Our free Sexual Health Education appointments are designed to provide space for questions in a safe, nonjudgmental environment. No question is off limits and no matter what is on your mind, your concern will be treated with respect.

At a Sexual Health Education appointment, you will receive the education you need and/or be connected with resources to empower



you to make confident sexual health decisions. No testing is required, but may be offered, at this appointment.

Sexual Health Education appointments can address questions surrounding:

- Sexual risk behaviors
- Sexually Transmitted Infections (STIs)
- Contraception methods
- Abusive relationships / Teen Dating Violence and other relationship questions
- Sexting
- Pornography
- Peer pressure

Or any other topic related to sexual health and wellness

Because of our generous community of support, we are able to provide Sexual Health Education appointments free of charge. We see patients from age 14 and up and are confidential to the extent of state and federal (HIPAA) laws.

Call us today at 483-9353 or visit our website ConnectMedicalClinic.com. ■

NOTES FROM THE BADLANDS

Teddy Roosevelt: Dakota Territory rancher

By Joe Weigand

In 1886, Theodore Roosevelt, a twenty-seven year old native of New York City with less than three years under his belt as a Dakota Territory rancher was invited to keynote Dickinson's Independence Day Celebration. Following are a portion of his remarks:

"Much has been given to us, and so much will surely be expected from us; and we must take heed to use right the gifts entrusted to our care. The Declaration of Independence derived its peculiar importance not on account of what she was to become; she shared with other nations the present, and she yielded to them the past; but it was felt in return that to her, and to her especially, belonged the future. It is the same with us here. We – grangers and cowboys alike – have opened a new land; we are the pioneers and as we shape the course of the stream near its head, our efforts have infinitely more effect in bending it in any given direction than they would have if they were made farther along.

So it is peculiarly incumbent on us here today to so act throughout our lives as to leave our children a heritage for which we will receive their blessings and not their curses. We have rights but we have correlative duties; none can escape them.

We only have the right to live on as free men, so long as we show ourselves

worthy of the privileges we enjoy. We must remember that the republic can only be kept pure by the individual purity of its members, and that if it once becomes thoroughly corrupt it will surely cease to exist. If you fail to work in public life as well as in private, for honesty, and uprighteousness and virtue – if you condone vice because the vicious man is smart, or if you in any other way cast your weight into the scales in favor of evil, you are just so far corrupting and making less valuable the birthright of your children. The duties of American citizenship are very solemn as well as very precious, and each one of us here today owes it to himself, to his children and to all his fellow Americans to show that he is capable of performing them in the right spirit.

I do not undervalue, for a moment, our national prosperity. Like all Americans, I like big things; big parades, big forests and mountains, big wheat fields, railroads – and herds of cattle too; big factories, steamboats and everything else. But we must keep steadily in mind that no people were ever yet benefitted by riches if their property corrupted their virtue. It is of more importance that we should show ourselves honest, brave, truthful, and intelligent than that we should own all the railways and grain elevators in the world." ■

DOWNTOWN DICKINSON ASSOCIATION

Meet Abigail Rohrer

The Downtown Dickinson Association has hired Abigail Rohrer as their Executive Director.

Rohrer will be leading the non-profit membership organization to create a vibrant downtown through effective development, communication, promotion, and education. Currently an eleven-member Board meets monthly to move initiatives, events, and development in the downtown area to create not only a quality of place for current residents, but also as a recruitment for new employees that local employers are searching for.

"We are pleased to have Abigail join our organization as our new Executive Director. We have confidence that she will elevate the organization to an effective capacity that will move the Downtown into a new and exciting phase, especially with the development of the Downtown Public Square. As a local resident, Abigail is familiar with the community and regional area," said Shea Thomas, President of the Downtown Dickinson



Association.

Rohrer has been involved in the community as one of the directors for the Develop Dickinson Chamber Committee, House of Manna, a Life Enrichment Coordinator at CountyHouse, and a volunteer for the Alzheimer's Association. She is beginning her new position on July 5th. ■

GOING POSTAL

Heritage Breeds

With unique traits, versatility and adaptability, heritage livestock breeds return us to our agricultural roots. The U.S. Postal Service pays homage to the priceless genetic diversity of heritage breeds with 10 different Forever stamps showcasing these unusual and culturally valuable animals.

With the industrialization of farming, a few breeds of livestock have been standardized for maximum productivity. This expansive growth of the few breeds resulted in the critical endangerment of many other breeds, with several becoming extinct. These pre-industrial breeds, known as heritage breeds, possess

a priceless genetic diversity that can help farmers, and society at large, adapt to variable conditions, ranging from new consumer tastes to varied landscapes.

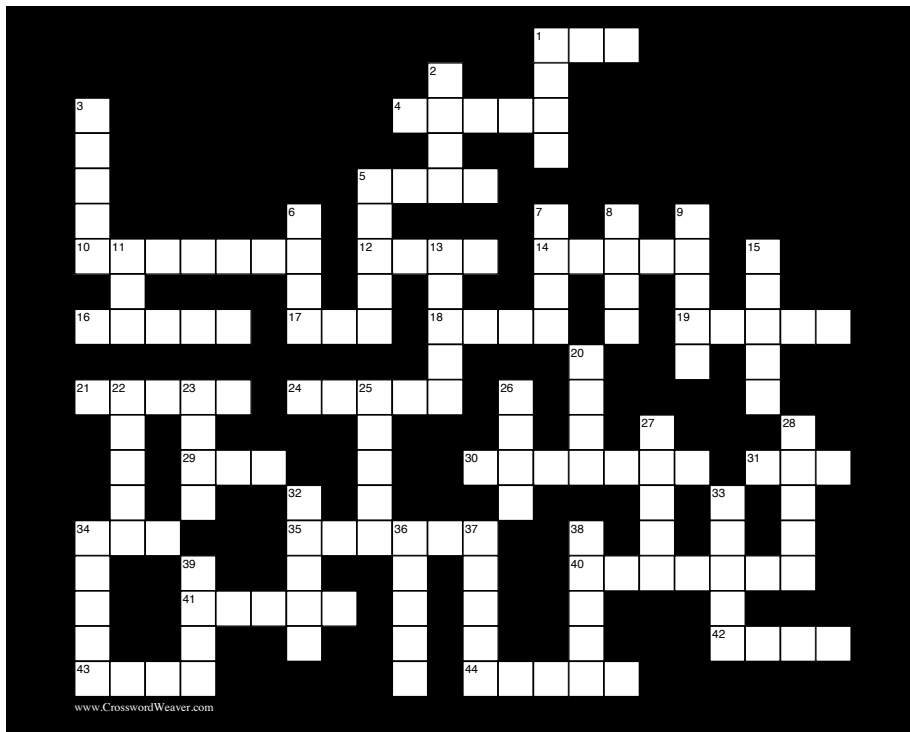
The pane of 20 stamps includes photographs by Aliza Eliazarov of 10 heritage breeds: the American Mammoth Jackstock donkey, the Narragansett turkey, the Cayuga duck, the San Clemente Island goat, the Mulefoot hog, the Cotton Patch goose, the American Cream draft horse, the Barbados Blackbelly sheep, the Milking Devon cow and the Wyandotte chicken. These stamps can be purchased at your local post office. ■



Source: store.usps.com

Heart River **VOICE** PASTIMES

CROSSWORD **THEMELESS** by Carlinka



www.CrosswordWeaver.com

ACROSS

- 1 It has its peas in a queue
4 Computer screen dot
5 Ten below?
10 "Mona Lisa" painter
12 Professor's evaluation
14 Animal w/ canine teeth that can reach 1.5 feet
16 One might get dressed for dinner
17 The "E" of R.E.M. sleep
18 Where talk is cheap?
19 Butterfingers
21 Gossipy person, from the Yiddish
24 Like some gossip and fruit
29 Popular oil derived from weed
30 Gushing letters to celebrities
31 Pack animal of Tibet

- 34 Sound of "Silence!"
35 Port city in Ukraine
40 Furious
41 Order of drinks
42 Remove, as a hat
43 Helpful facts, for short
44 Bit of birdsong

DOWN

- 1 Hit repeatedly with snowballs
2 5,280 feet
3 Not married
5 Proof of car ownership
6 Tobacco holder
7 Not this
8 Insanely awesome
9 They can stretch over two feet
11 Letters before an alias
13 Like some blonde hair and beaches

- 15 Unable to stop watching
20 Play a tom-tom or snare
22 It means the world to me
23 Thoughtfulness in delicate situations
25 Magazine release
26 Annual celebration, for short
27 Approximately, for a date
28 Easily duped, maybe
32 Like dad jokes
33 Company's public perception
34 Dinner rolls?
36 A mile-a-minute speed
37 C.I.A. operative
38 Blackjack player's request
39 Alternative to Airbnb



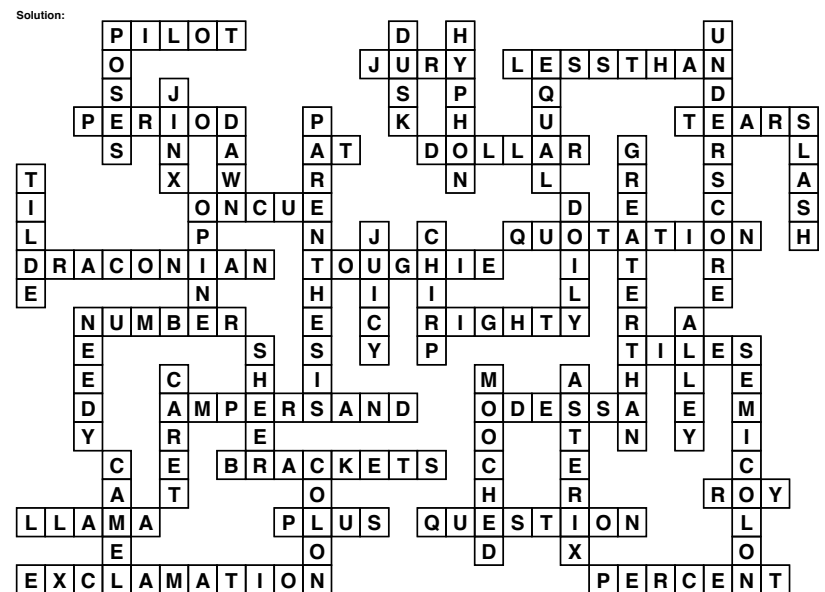
id·i·om Hairy at the heel

This disparaging phrase was originally used by the British upper-crust to refer to someone who is ill-bred, dangerous or untrustworthy. The image of a hairy heel is indeed striking and funny.

Example: I can't say I like Bob. I've once or twice had a row with him. He's a bit hairy at the heels. ■

Last month's puzzle solution

KEY SYMBOLS



HOROSCOPE

JULY 2021 by Hilda De Anza



ARIES
March 21-
April 20

Early July is challenging, but not necessarily problematic. The circumstances around relationships are highly unusual, because it seems that rules or taboos must be broken to get together. For single Aries, the likelihood of being swept off your feet in mid-July is extremely high. Make the most of the opportunity to celebrate life, because by the end of July, the focus switches to work and frenetic activity resolving a myriad of practical issues.



TAURUS
April 21-
May 21

This is an important month for relationships, and the single Taurus can link up with a partner through associates or family connections. You are attracted to someone who is untraditional and not afraid of being an outsider, this is also a period in your life when you want to break free from conventional bonds. End July brings some extraordinary developments socially. Expect to get involved with a friend or group who are trying to realize a big dream or idea.



GEMINI
May 22-
June 21

You are finally able to resolve some chaos or misunderstanding that in recent weeks have affected your personal life and career choices. In dealing with others, you have learned that they are not operating rationally, but rather intuitively or emotionally. Mid-July you grasp what is required, and partnerships can blossom at this time. There may be some good news in store, with marriages and happy romances on the agenda.



CANCER
June 22-
July 22

You are in an upbeat mood, feeling comfortable about your place in the world and your understanding of it. The new moon on the 10th highlights this confidence and a desire to go your own way with your own ideas. You are attracted to people now who represent an alternative to conventional society, and personal growth is a high priority. This an inspiring time for you when your intuitive powers peak. You are somehow in tune with the divine at this time.



LEO
July 23-
August 22

July promises to be an interesting and exciting month, because the two heavenly lovers, Venus, and Mars, conjoin in your sign, which is something that only happens once every eight years. It's a paradoxical situation because part of you wants to keep yourself to yourself and enjoy seclusion and privacy, whilst other people want to celebrate life and love. It's a good month for romance, and you'll find that other people may be more serious in their intentions.



VIRGO
August 23-
September 22

Early July, you manage to sort out misunderstandings. You are someone who needs facts and clear communication. But the people you have had to deal with operate with a completely different perspective, being motivated more by hopes and dreams than by reality. Around July 12th you suddenly can get onto the wavelength of the people you are close to, and a deep and rewarding understanding arises. End of July life gets busy bringing a huge boost of energy. There is a sense of connecting with someone larger than life or seeing the big picture.



LIBRA
September 23-
October 22

July promises to be an extremely exciting and enjoyable month, and for the single Libra, the likelihood of meeting a romantic partner is strong. In mid-July, your sign ruler Venus conjoins Mars in Leo, which only happens once every eight years. As these two planets are seen as universal lovers, then a passionate connection is likely. There is also a special twist to things, something untraditional, internationally or culturally special.



SCORPIO
October 23-
November 21

July is a high-profile month for you. Confidence is high, and you need to be in control of things as an undisputed leader. Your charisma is supercharged, and you attract people into your sphere of influence. An excellent month for love and romance and for more formal commitments. You'll find other people want to do things in a different and more unconventional way, and you do too.



SAGITTARIUS
November 22-
December 21

There is a major focus on an expansion of your horizons through study or international contacts. Mid-July is a great time for social outreach and journeys in the name of love. There are significant events during the last week of July. This is still a good time for travel, but there are important developments at work too. New associates are arriving, which gives you pause for thought. This is a time when you may want to return to some unfinished projects.



CAPRICORN
December 22-
January 20

July is a good holiday period for you, not least because relationships become more demanding and require greater engagement. There is an even stronger emphasis on relationship pressure on the 6th when Venus also opposes Saturn. The suggestion is that you may be feeling inhibited in some way, or unable to join in the fun. It's probably a good idea to let your hair down and break all those rules that you have made. The Venus-Mars conjunction this month is a rare event, and it highlights passion and romance.



AQUARIUS
January 21-
February 19

During the first week of July, first Mars and Venus oppose Saturn, which is currently in your sign Aquarius. This highlights relationships, both with the family and romantically. There is no doubt that for the single Aquarian, this is a good time for love and partnership. Early to mid-July is an unusual time, when you are willing to experiment more. Romantic partners in this period may well come from unusual environments or be culturally different.



PISCES
February 20-
March 20

Jupiter will retrograde out of Pisces and back into Aquarius right at the end of July. It will return for many months at the end of the year, awakening massive dreams and expectations, but this month is like a bubble or balloon, which you can enjoy for a month before the air goes out of it. This can be a wonderfully creative period, and the first part of the month is an excellent time for doing things with kids and loved ones.



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Carrot Weather

For a bit more snark with your weather report, check out Carrot Weather. This free Android app delivers the forecast with a hefty side order of biting commentary. It pulls data from Dark Sky to provide current, hourly, and 7-day forecasts leavened with sarcastic humor to cushion even the gloomiest outlook.



Visit Dickinson Podcast

From its beginnings in the 1880s, Dickinson, ND has grown in to a regional center for a variety of activities, ranging from medical care and business to arts and entertainment. Join us on the Visit Dickinson Podcast as we dig deep into the history of Dickinson, ND. Relive our history!



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