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CALENDAR of LOCAL EVENTS

# Heart River VOICE

JULY 2022 | VOL. 4, NO. 7 | HEARTRIVERVOICE.COM

*John*



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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@thejileks.com](mailto:kelley@thejileks.com).

**Kelley Jilek**  
Publisher

Cover art, "Doll," a watercolor by Janelle Stoneking. For more information about the artist, see page 5.

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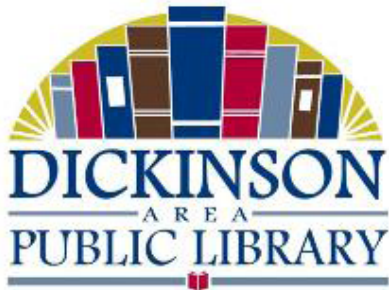
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## #BOOKWORM

# Jam-packed activities at the library

By Cindy Thronburg



July marks the halfway point of our Summer Reading Program, but there is still plenty of time to participate. The program is for all ages. Participants gain tickets to enter them into drawings for some fantastic prizes. The last day to log reading and enter tickers for prizes is Sunday, July 31st. The last day to turn in submissions for the Coloring Contest is Saturday, July 16th. Submissions will be displayed for voting the week of the 25th.

There will be an Ice Cream Social held on Friday, August 5th from 2:00pm to 4:00pm where prize winners will be announced. You do not need to be present to win.

July is jam-packed with activities and programs for all ages to enjoy. One program the whole family can enjoy is Michael Gallo's Imagination Theater, which will be taking place at 10:00am on Friday, July 8th. This program includes puppetry, creative dramatics, storytelling, songs, poems, and activities that delight audiences of all ages.

The Library will be showing a Free Family Movie almost every Friday in July at 10:00am. July 1st will be Moana. July 15th we'll show Sinbad: Legend of the Seven Seas. July 22nd is Shark Tale, and July 29th is Ponyo. These movies are all rated either G or PG.

We, of course, have all of our regular programs geared for specific age groups. Teens (ages 13-17) will enjoy activities every Tuesday of the month (except for Tuesday the 12th) at 3:00pm. On the 5th they will be making Edible Coral

Reefs. On the 19th they will be doing Underwater Ocean Life Painting, and on the 26th they will participate in a TAG (Teen Advisory Group) meeting. All activities are 45 minutes long.

Tweens (ages 10-12) will have activities every Thursday of the month (except Thursday the 14th) at 3:00pm. On July 7th they will be creating Mason Jar Aquariums. On the 21st they will be making Under the Sea Flashlight Art, and on the 28th they will be participating in a TAB (Tween Advisory Board) meeting. All activities are 45 minutes.

The S.T.E.A.M. age group (ages 6-9) will meet on two Mondays, the 18th and the 25th of July. Sign-up is required for the activities, which are 45 minutes in length. On the 18th they will be doing Building for Hurricanes, and on the 25th they will be doing activities with Tensile Bubbles.

The littlest patrons (ages 0-5) will enjoy their story-times weekly (except for the week of the 11th). Tiny Tots Storytime (ages 0-2) meets at 9:30am on Mondays and Pre-School Storytime (ages 3-5) meets Tuesdays or Wednesdays at 10:30am (storytimes on each day are the same). Ages 0-5 can also enjoy Tiny Tots Drive-In Movies on the 7th and 21st of July at 10:00am. Drive on in and add some wheels to your "car," grab some snacks, and enjoy the show! On the 7th we will be showing Bubble Guppies and on the 21st will be showing Mickey Mouse Clubhouse. Movies are typically around 30 minutes in length.

Kids and teens can also enjoy our immensely popular LEGO Club, held on the 13th and 27th at 3:00pm.

Adults will be able to enjoy several activities throughout the month of July. Adult Craft Club will meet on two Saturdays in July at 10:00am. On

the 9th they will meet to make Sea Shell Canvas Art, and on the 23rd they will be doing Watercolors.

Adult Book Clubs will meet various dates in July. Regular Book Club will meet at 6:00pm on Monday the 25th. The title to be discussed is *Ask Again Yes* by Mary Beth Keane. The Belfield chapter of Books and Brew will meet at Cup & Cake on Saturday, July 9th at 9:00am. The book is *First Women* by Kate Anderson. The Dickinson Books and Brew will meet at DePorres Lounge at 7:00pm on Tuesday the 12th. They will be discussing *The*

*Heart of Everything That Is*.

We will also be showing several movies during the month of July. At 5:30pm on Monday the 11th, we will be showing *Pirates of the Caribbean: The Curse of the Black Pearl*. On Monday the 18th at 5:30 we will show *Jaws*, and at 3:00pm on Friday the 22nd we will be showing *The Meg*.

Be sure to pick up a copy of our events calendar at the Library or check our website and Facebook page for more information on all of our events. ■

SUMMER READING PROGRAM 2022

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## COVER ARTIST Janelle Stoneking

Janelle (Carlson) Stoneking is a visual artist residing in Dickinson, ND. She enjoys expressing herself through mixed media art and conveying the emotions that we all share no matter our differences. Janelle is active in our community, serving on various boards and is currently working diligently to expand local arts with the new non-profit, SW Art Gallery and Science Center, which they hope to open in the old city hall location in 2023.

The art featured on the cover this month titled "Doll" was a 24"x24" mixed media piece on canvas. "Doll" was created to capture Janelle's young daughter Ellie. She wanted the viewers to experience the preciousness of Ellie's timeless, innocent beauty

coupled with the whimsy of her emerging free spirit. It was created from a base of acrylic paint with layers upon layers of hand stamped or stenciled tissue paper torn and positioned to build depth. This was the first piece in which she played with the power of text transfers on a gelli plate added to the piece to create highlight and shadowing. Janelle shared, "This sweet girl has stolen our hearts beyond what we could have imagined, and I hope that you feel the awe that we get to experience everyday seeing this real



Janelle and Ellie

life doll that we have been gifted." Janelle is supported by her husband Bobby Stoneking, and children: Jackson (17), Grayson (7) and Ellie (2).



Janelle and her family

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Are you a western history buff? The old trails across the prairies that were traveled by military soldiers were rough, long, and tiring. There are numerous such trails that traverse our local region, the most famous being the trail of Lieutenant Colonel George Armstrong Custer. And while today's roads don't align precisely with yesterday's trails, you can drive through the hills intersecting the historic routes at interpretive sites. The Custer Trail Auto Tour booklet available at the Dickinson Convention & Visitors Bureau and the US Forest Service office in Dickinson sets out two driving trails that tell the story of the expeditions of Brigadier General Alfred Sully in 1864 and Lieutenant Colonel George Armstrong Custer in 1873 and 1876.

Between 1864 and 1876, when tensions were high between the Native Americans and newcomers to the badlands, five military expeditions crossed the country. Though only a couple of skirmishes occurred here, this route holds a significant place in the history of the Great Sioux War.

The Auto Tour is divided into two segments that provide access to portions of Sully's Battle of the Badlands Trail and the Custer Historic Trail. The entire tour is approximately 80 miles, so an additional trip could be planned

for the second segment of your choice. The eastern segment of the Auto Tour beginning at Painted Canyon Overlook on I-94, includes interpretive site at Easy Hill Overlook, Easy Hill Camp, and Initial Rock, and a scenic drive to Medora. The western portion of the route includes Sully's Waterhole, the Battle of the Badlands site at Square Butte, Custer's Snow Camp, and a scenic segment from Square Butte to Medora via Sentinel Butte. Both segments follow maintained all-weather gravel roads and a paved county road between Sentinel Butte and Medora.

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## COMMUNITY

### What is Imagination Library?

Did you know that 90% of brain growth happens by age 5? Did you also know that providing a literacy rich environment is one of the most effective ways to support development and brain growth? Research shows that early reading experiences and literacy rich environments are the most effective ways to support the development of pre-reading and cognitive skills. This not only helps children prepare for success in school, but also throughout their entire lives!

Imagination Library is a nationally recognized program started 27 years ago by Dolly Parton. The program is dedicated to fostering a love of reading right from the start. Our Stark County chapter is funded by grants, alongside business and personal donations from

our community. The money we receive goes directly toward providing children with a free, high quality, age-appropriate book each month. Children enrolled can receive one free book in the mail

each month personally addressed to them until they turn 5 years old, no matter the family's income.

Isn't it amazing to think that as a parent, you have the power to boost your children's learning potential simply by making books an

integral part of their lives?! Studies show that children that are read to frequently become better readers later in life. How do I enroll my child you ask? Simply go to [www.imaginationlibrary.com](http://www.imaginationlibrary.com) to register your child today!

Read on, friends! ■



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## KUDOS

## Pat Billings

*"If you have the power to change the world for the better, you should do it." – James McGregor*

Living in Dickinson has never been so safe. For your heart, that is.

Pat Billings, an RN/BSN Educator at CHI has been dedicated to making Dickinson a Cardiac Ready Community – a designation that means our town has an abundance of life-saving equipment and educated members to provide CPR and AED Rescue in the event of a cardiac arrest. Meaning, you and I and our families are well protected knowing that help is often literally around the corner.

"We aren't there yet," Pat says. "Covid slowed the process down, but I'll keep going until we are. I would teach CPR and AED rescue even into retirement."

Her achievements include getting AEDs in every police vehicle as well as into populated public spaces.

Pat Billings has been drawn to saving and preserving life through CPR/AED Rescue since the early days of her nursing career.

"I don't know why," she says. "This has always been something I'm passionate about."

Wife to Mark Billings and mom to three grown children, Pat was part of the Change Network two years ago, a year-long cohort study program designed to build leaders, connect networks and bring positive change to the community. As a part of that prestigious cohort, Pat secured grant funding that provided the educational equipment she uses now to prepare the public on how to respond well in an emergency.

Coming in September, Pat will be an integral presenter at the Women Empowering Women Well-Women Care outreach event to Hispanic and African American women in our area.

"I participated in the event last year and had so much fun!" says Billings.



Pat Billings

"The women were all so receptive and interested in one-handed CPR."

She notes that the AEDs in the community can be set to give instructions in English or Spanish, increasing accessibility. AEDs give simple commands and can make the difference between life and death.

The Well-Women Care event will feature one-handed CPR and AED rescue instruction with Pat; cervical cancer awareness and screening with Connect Medical Clinic; and breast care awareness and screening with Women's Way.

The event is September 26, 2022 at the Veteran's Pavilion. Hispanic and African American women are invited to attend. This is a free event and there will be translators available for each care station.

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

## COMMUNITY

## Praise in the Badlands

Save the date for the annual Praise in the Badlands Concert on August 8th at the Medora Amphitheater featuring We Are Messengers and Ben Fuller.

We Are Messengers band members still believe that it's possible to change the world and identify with the hurting. We Are Messengers hit #1 with the song "Come What May," which spent 15 weeks on the Mediabase Christian Audience Chart (MCAC). It is the longest running #1 song on the MCAC and ran for 52 weeks. The Dove-nominated collective has charted 12 singles at Christian radio. See more at [wearemessengersmusic.com](http://wearemessengersmusic.com).

Music has taken Ben Fuller's life and made it into something he never would have dreamed. He started singing at a young age to pass the time. In 2015, Ben was involved in a beautiful yet devastating drug-fueled relationship, and in 2017 he lost his best friend to a drug overdose. He then moved to

Nashville to pursue a career as a singer and songwriter. His first album "Witness" has now become the focal point of his music; which has turned into a beautiful ministry. It is his hope to share his music and stories with anyone who needs hope and faith. Visit [benfullerofficial.com](http://benfullerofficial.com) for more information.

Home on the Range has put these powerful and truthful artists together for one great concert. Each year, Home on the Range schedules Christian concerts to raise money and awareness for their spiritual program. The children currently at Home on the Range have experienced extreme trauma, abuse or neglect. They are seeking kindness, forgiveness, hope and healing. Through the spiritual department, staff introduce the children to various programs and events to teach them about lifestyles that are healthy, sober, drug-free and Christian-based.

Home on the Range is located in southwestern North Dakota and licensed to help boys and girls ages 12 – 18. All the proceeds from the concerts will go to the spiritual department to support future Christian-based activities.

Concert tickets are available at [MEDORA.COM](http://MEDORA.COM). ■

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## COMMUNITY

# New CHI president celebrated at commissioning ceremony

On May 18, 2022 CHI St. Alexius Health Dickinson celebrated its new President Carol Enderle with a commissioning ceremony in the hospital chapel. The commissioning is a chance for the hospital and the community to pray for the new president and send them forth to live the mission of Catholic healthcare ministry in their daily work. CHI was grateful to be joined by its Midwest Division President E.J. Kuiper, Senior VP of Mission Integration Andy Santos, and Regional Hospital Board Member Mike Lefor.

Carol shares:

"My commissioning ceremony was a spectacular day, participating in the spiritual and time-honored tradition of the Catholic ministry while in the presence of our system and market leaders. Making this day so particularly special was the honor of having my family and friends and the outpouring of support that I received from the hospital and the community who were present to participate in this celebration. It was a momentous occasion that I will cherish



Carol Enderle

forever!

As I reflect and think of the commissioning ceremony, I am honored and in awe of the path of sacred moments

in all of us as we come together to answer the calling to leadership rooted within this community, providing me with a guiding light and the momentum for

the wonderful opportunities that exist within our ministry for the future.

I am excited for the future of CHI St. Alexius Health and the opportunities that exist to become the leading hospital for our patients and the best hospital to work at for all our caregivers. Working together with you, the possibilities are endless, and I am excited that you have chosen me to lead this journey with you."

Thank you for the outpouring of support from the local community and to all those who were able to attend. Welcome and congratulations, Carol! ■



## VOICING SOME THOUGHTS

# All dogs go to heaven - Part 1

By Nancy Hoff

When my first marriage ended, I won custody of the dogs. And it was a win. I "won" Shelby, a grey Shi-Tzu Lhasa Apso mix and Morgan, a black long-haired Dachshund.

Dogs are faithful companions. If I got a case of the "overwhelms", I would hear the "click-click-click" of Morgan's claws on the floor, and soon his deep brown eyes would be looking right into my soul. I would pick him up – and he would pick me up – and the cloud passed.

Shelby was part feline – she had nine lives. Hit by a car, ate Decon, almost strangled in a curtain pull. She saw the vet more than the kids saw a doctor. She absolutely loved to retrieve balls – she would sit on her hind legs like a prairie dog and howl for someone to play with her. The kids nicknamed her Shelby-Roo. She loved long walks. If she is reincarnated, she is probably a personal trainer. Or a contestant on Survivor.

As her hearing and sight declined and she took some falls down the steps, I took her to the vet for her perpetual slumber. We have some awesome vets and assistants here, very kind and understanding. I buried her in a tree grove where we used to live, where she first came to us 18 years before. I cried for more than just my little dog that day.

Morgan had the sweetest disposition. He was short and barely tolerated exercise. Owners and their dogs become more and more alike! He did look forward to walks but relished the arrival home more. I took him on a road trip to



Minneapolis to visit my daughter. One of the highlights was going to Stanley's, a restaurant with a pet patio. The dogs got bamboo mats and cold silver bowls of water. The menu featured Mutt Loaf, Pooched Eggs, and special dog ice cream. Morgan lapped and lapped – the look on his face was "This is just the best day, EVER!"

As Morgan aged, he slept a lot. One day my brother came to my house, waiting for me until I got off work. At 4:55, Morgan, who didn't even stir to greet him, slowly made his way to the steps, instinctively knowing I would be coming through the door soon. I'm sure other dog owners have witnessed this.

The difficult decision to put your pet down, when living is too great an effort for them, is one of the toughest. I knew it was coming and dug the second grave next to Shelby. But I did have the honor – and yes, it is an honor – to hold them, thank them for their love, and set them free.

Pet sorrow. Why are their deaths so wrenching? I think because they are pure. They give their all – all their friendship and loyalty – and expect nothing in return. Well ... other than an ear or belly scratch ... or play fetch ... or romp with kids ... or a treat. But what we get in return is pure love. ■



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**NDSU EXTENSION****Happy summer,  
Western North  
Dakota!****By Holly Tuhy**

We have had a crazy first half of 2022: droughts, blizzards, rain, wind, and everything in between. After such unpredictable weather the last few months, it is nice to finally get to enjoy the warmth and the sunshine that July brings. It makes me want to be outside as much as I can – gardening, fishing, camping, kayaking, biking, and especially eating! I love packing picnic meals to share with others while we spend quality time together.

One of the benefits of packing your own meals to have on summer trips or vacations is the money you save.

Eating out at restaurants or purchasing convenience store food can really add up quickly in terms of cost. Purchasing and preparing your own meals allows you to also customize your food to your liking while having full control of the portion sizes.

Food safety is another thing to keep in mind while packing and preparing your outdoor meals. Keeping raw meats and poultry separate from the rest of the food is very important in preventing cross-contamination. It can be helpful to cook your ground beef or chicken ahead of time and keep it cold until you are ready to use it. Pack your coolers with plenty of ice or packs to keep perishable foods cold.

One helpful tip to keeping your cold foods cold is to limit how often you open the coolers. Try keeping beverages in a separate cooler to allow easy access while protecting those perishable foods. Another storage tip: pack the perishable items in one cooler and the non-perishable items in a different cooler! Your food will stay cooler longer because you won't be opening the same cooler over and over.

Not only is it essential to keep cold foods cold (40 degrees Fahrenheit or



lower), but remember to keep hot foods hot as well. When food is heated properly, it is too hot for harmful bacteria to grow. However, when food is left sitting out, it begins to cool down and can become unsafe. Food should not sit out for more than two hours. If the temperature outside is above 90 degrees, food should only sit out for an hour.

Spending time outside in the summer

is a must when we have the winter weather that keeps us cooped up for so long. Whether you are going to the lake, to a campground, or to the backyard, I hope you have a joy-filled adventure with the ones you love. And nothing goes better with good company than a good homemade meal. Have a safe and wonderful summer everyone! ■

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**COMMUNITY**

# Busy mental health professional lays down roots in life-giving areas of community

By Mark Billings

By day, Brenda Erie is busy meeting the mental health needs of the community as a counselor, sometimes with back-to-

really has excited me to work in tandem with an organization that holds the same beliefs about life as I do.”

Erie, who holds a Master’s Degree in



back appointments.

In the little free time she has left over, one can find the Watford City native running to board meetings, her kids’ sports competitions and volunteering at St. Patrick’s Church and the Trinity Catholic Schools.

And a chance conversation Erie had with an old friend nearly four years ago helped her connect with a passion she maintained from her collegiate days at the University of North Dakota (UND) in Grand Forks: helping women with an unplanned pregnancy. Enthusiastic, Erie joined the Connect Medical Clinic board of directors and now looking back on her longtime service, says the nonprofit clinic provides a needed niche of assistance in southwestern North Dakota.

“When I met with Marlo Nelson, we had lived in Dickinson since 1997, and I had no idea the organization existed until she told me about it,” recalled Erie. “It

Clinical/Medical Social Work from UND, and practices alongside her husband, Jared Erie and team of other mental health and other physical, occupational and speech therapists at Therapy Solutions in Dickinson, said she is continually struck by what she calls, “the culture of death” and sense of isolation among people, especially since the COVID pandemic.

According to a 2022 study released by Mental Health America, suicidal ideation continues to increase among adults in the U.S. The national rate of suicidal ideation among adults has increased every year since 2011-2012, according to the report.

“Against the backdrop of those dynamics in our society, Connect is full of life and hope,” she said. “I like that. They are telling women and men who walk through their doors a message about hope and healing, no matter what their age or background.”

Married for more than 20 years, Erie

has three children, including Jaxon, a UND student, Jada who is attending UND this fall, and Jersey, a junior at Trinity High School. Her kids have also shown an interest in psychology: Jaxon is a teaching assistant for a Developmental Psychology course at UND, and Jada is majoring in Psychology.

“As a mental health care provider, I see Connect as a vital community resource, no matter if someone is coming in for a possibly unplanned pregnancy or

Sexually Transmitted Disease (STD),” said Erie. “They will have someone they can turn to – someone who will shine a light on their health and offer hope, support and their best well-being in mind.”

Located at 683 N. State south of Fairway, Connect offers a variety of pregnancy and sexual health services and education at low to no cost. For more information or to schedule an appointment, call (701) 483-9353 or visit connectmedicalclinic.com. ■



Brenda and her family

# School Supply Drive!



UPDATED PROGRAM  
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Suggested Donations:

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## FINANCIAL FOCUS

# How should you respond to a bear market?

So far, 2022 has not been a good year for investors. In fact, we're moving into bear market territory. What should you know about bear markets? And how should you respond?

To begin with, a bear market occurs when a stock market index, such as the S&P 500, falls at least 20% from its most recent high point. You might think this type of drop is rare, but that's not actually the case. Historically, bear markets have occurred every few years and are a normal feature of the investment landscape. We experienced a bear market fairly recently, from mid-February 2020 through late March of that same year.

What causes bear markets? Each one is different, but the current one is largely the result of several factors, including high inflation, rising interest rates, the war in Ukraine and global supply chain problems.

When will the financial markets again start moving in a positive direction? No one can say for sure, but in any case, it's not really a good idea to make investment decisions based on what may happen next in the financial markets. Instead, consider these moves:

- Be patient. It can be challenging to look at your investment statements

during these days. But you'll help yourself by taking a long-term view. Consider this: From March 2009 until the end of 2021, the Dow Jones Industrial Average gained more than 460%. So, if you've been investing for a while, compare where you are now to where you were 10 or 12 years ago.

You've probably made pretty good progress over this time – and 10 years from now, the current downturn may not look like such a big event, either.

- Review your risk tolerance. If you're having a hard time coping with investment losses – even if they're just "paper losses" for now – you may want to review your tolerance for risk and see if it's still the same as it was when you began investing. Even without a bear market, people's risk tolerance can change, especially as they approach retirement.

- Review your goals. A bear market is not meaningless, but by itself, it shouldn't cause you to change your long-term goals. And if your goals haven't changed, neither should your investment strategy.

- Look for buying opportunities. During a down market, you can find quality investments at attractive prices. So, you could take this opportunity to fill

gaps in your portfolio or add shares of investments that you already own and that you believe have good prospects for growth.

- Get some help. When trying to navigate a lengthy market downturn, it can be useful to get some support and guidance. Consider this: Among investors who work with a financial advisor, 84% said that doing so gave them a greater sense of comfort about their finances during the COVID-19 pandemic, according to a survey conducted in 2020 by Age Wave and

Edward Jones. And getting professional help may provide the same type of reassurance during the current market turmoil.

A bear market is never enjoyable. But taking the long view and making moves appropriate for your needs can help you get through this period and look ahead to better days.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Marlene Bradbury. Edward Jones. Member SIPC ■*



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## MISS BEA'S KITCHEN

## Give pre-planned menus a try

Cooking isn't always easy. It takes time and energy to not only plan a meal but then to successfully execute the plan in a timely fashion and it can be really exhausting. I love my Instant Pot for days when I simply haven't had the slightest thought of dinner until we should actually be sitting down to eat and I have nothing thawed. But when I'm actually following a plan and I know it's a busy day, then I always go with my trusty crock pot.

I love using my crock pot so much that I've actually created entire months of menus for clients featuring strictly crock pot meals! Yes, I have that many crock pot recipes.

Now, you may have read my little bio but maybe you don't know how my business works. So I wanted to take this month's article and share with you just how my menus work and why I think they could help you. Let me start off with a little back story first...

In 2018, I married my husband and moved from Wisconsin to North Dakota. I went from cooking for 3+ adults who were very "meat and potato" to cooking for just the two of us and a husband who encouraged me to cook with all the flavors. It was so exciting to be able to try my hand at different cuisines and healthier versions of familiar dishes that we had grown up eating. I quickly learned how to cook enough that we would be satisfied and finish a meal with little to no waste or leftovers and that made me so proud! However, I found that by following this plan I was actually wasting more in the long run because I would buy ingredients for one meal and then have produce not being used in any of my other meals before it went bad. I hated that!

I began scouring the internet for recipes and researching substitute ingredients. My pantry shelves became my grocery store and refused to buy more until I had used the majority of what I already had on hand. Recipes I found online often called for random ingredients I wasn't even sure I liked, so I began tweaking recipes and experimenting with my own variations and found a lot of flavors and combinations both my husband and I liked. In 2019, he encouraged me to start sharing my recipes online and that was the very tiny beginning of Miss Bea's Kitchen.

Today, my menus feature just four dinner recipes per week. Why you

ask? Because in my experimenting and shopping the pantry I realized that a lot of our waste came down to just a couple of things. One, leftover ingredients purchased in set quantities when I only needed a fraction of them for a recipe (for instance, fresh herbs, sauces, sometimes meat). Two, we often found ourselves either ordering delivery at the end of a particularly long day, or we found we just wanted to go out to eat one night. Or three, sometimes we just weren't hungry one night or there happened to be leftovers of a different meal that we decided to reheat. So I started planning just four meals per week, leaving room for eating out and forcing me to reach for those leftover ingredients to use again. Sometimes, I even found that I had enough 'leftover' ingredients to remake a meal we particularly loved!

The menus I share feature recipes my husband and I love. They aren't really that fancy but they will serve you in two ways. First, these menus will hopefully help the busy home cook plan ahead without having to actually plan. I give you the menu, the recipes, and a complete shopping list so you can simply edit your list by crossing off ingredients you already have and adding your family's favorite snacks, etc. And second, my desire is to encourage families to try new flavors at home. Don't be afraid to try that curry or make that Mediterranean dish! It's often quite easy to make and you can always tweak it to suit your family's taste buds. It's fun to get your spouse or kids involved in the cooking and make the entire thing an experience! Making something Mexican? Play some Mariachi music! Italian food? Blast the opera! Dinner is only boring if we make it boring.

I hope you'll follow me on Facebook and Instagram where I often share recipes that I'm trying and perhaps consider purchasing a menu. Menus are available as Half Menus (featuring 8 recipes - 2 weeks) and Full Menus (16 recipes - 4 weeks) and often include bonus recipes for a favorite sauce or dessert that we love.

Enjoy this Crock Pot Cuban Mojo Pork Tenderloin recipe!

I'll see you around the kitchen, Laura ■

## Crock Pot Cuban Mojo Pork Tenderloin

## Ingredients:

- 2 lb pork tenderloin
- 1 can orange soda (or 1 c orange juice)
- 2 limes, juiced (or 2 TBS lime juice)
- 1 c fresh cilantro, chopped
- 1/3 c fresh mint, chopped
- 1 TBS minced garlic
- 1 tsp oregano
- 1 tsp salt
- 1 tsp pepper
- 2 tsp cumin
- 1 TBS cornstarch
- 1/4 c water

1. Combine the orange soda, lime juice, garlic, oregano, salt, pepper, cumin, cilantro, and mint. Combine the cornstarch and water separately and mix well, then add to the other ingredients.
2. Place tenderloin in your crock pot and pour the sauce over the top.
3. Cover and cook on low 4-6 hours or on



high for 3-4 hours.

4. When the pork is done, place it in an oven-safe dish and baste it with some of the sauce. Broil for 5 minutes on each side until brown. Slice and serve.

**NOTE:** Serve over rice and pair with roasted asparagus for the perfect dinner! Fresh coleslaw makes a fantastic pairing with this pork as well. Enjoy! ■

Summer Movies  
at the:

Dickinson Area Public Library New Showing...



Monday, July 11th at 3:30pm

Dickinson Area Public Library New Showing...



Friday, July 15th at 10:00am

All ages welcome! One free bar of popcorn per movie attendee!  
Bring your own drink. No unattended children under 10.

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Dickinson Area Public Library New Showing...



Monday, July 18th at 3:30pm

Dickinson Area Public Library New Showing...



Friday, July 22nd at 3:00pm

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Bring your own drink. No unattended children under 10.

All ages welcome! One free bar of popcorn per movie attendee!  
Bring your own drink. No unattended children under 10.

**EDUCATION****Trinity Catholic Schools expands, building a new school**

By DeAnn Scheeler, Director of Mission Advancement

In recent years, Trinity Catholic Schools has experienced significant growth, largely due to our early

childhood programs and elementary enrollment. In order to accommodate the growing need--and demand--for early childhood education that is rooted in Catholic teaching, we will be building an early childhood center on the Steffes Campus, situated across from the Church of Queen of Peace. This vibrant new center will include room for future elementary growth and with plans to incorporate space for Catechesis of the Good Shepherd, usage will extend well beyond our Titan students and benefit Catholic families who participate in faith

formation in each of our local parishes.

In January, we began preparations for this project with the demolition of the historical convent building, due largely to structural issues, which was located to the east of Trinity Junior High and High School, adjacent to Rocky Butte Park. On March 28, 2022, we held an official groundbreaking ceremony for the early childhood center site.

In coming weeks, you will begin to see the building truly take shape to the northeast of the junior high and high school. Understanding the critical need for this facility space and the aggressive construction schedule necessary, Bishop Kagan approved the start of the project using funds from a generous bequest made by +Joseph J. Wagner while we endeavor to raise the remaining funds needed for the \$7.6M structure. Sensitive to this fundraising timeline, Bishop Kagan also generously offered a \$750,000 match for all gifts, which we are proud to say we achieved and received our grant check from Bishop Kagan on June 3rd. Upon learning of this unprecedented commitment, an anonymous donor provided an additional \$1,000,000 match, that we are working toward.

Titan Tots preschool continues to expand its offerings, as well as its staff. This spring brought the hire of our new Titan Tots Preschool Director, Mrs. Ashley Hilton. Additionally, new teachers are joining our wonderful team to help



Mrs. Ashley Hilton

us deliver on our mission of educating the whole student, mind, body, and soul. This project not only accommodates the growing population of Trinity Catholic Schools, but also serves the community through additional early childhood education and care, particularly through the full-day prekindergarten program, which alleviates some of the daycare shortage in our area, offering relief to working families.

JE Dunn, the contractor on record, estimates the project to be complete in early 2023, with students in classrooms for the fall of the 2023-2024 academic year. ■

**COMMUNITY****Rotary Club sponsors Armed Forces Day**

The Dickinson Rotary Club continued its long-standing tradition of honoring members of the armed forces by holding a community Armed Forces Day celebration luncheon on May 18 and attended by nearly 100 people. The purpose of Armed Forces Day is to honor the men and women who service in each branch of the U.S. military and began in 1949. Armed Forces Day falls in the third Saturday in May each year.

Members of local service clubs and area businesses purchased reserved tables; lunch costs for local veterans were sponsored by individual Rotarians. The event featured presentation of



Rotary President Mark Billings, right, poses with the Army and Air National Guard speakers including the main speaker Col Tad Schauer, second from left

the colors by the American Legion Post #3 of Dickinson; keynote speaker Col. Tad Schauer, commander of the ND Air National Guard; and a salute to each

branch of service, recognizing those service members present. The event concluded with all present joining in singing God Bless America. ■



Presentation of the colors by American Legion Post 3 members Art Wanner, left, and Rich Brauhn

## HEALTH

## Iron supplements

By Steve Irsfeld

If you are a fan of the periodic table, you will find the iron element in the 26th spot between manganese and cobalt. Iron is the most abundant element in the world, just edging out oxygen. Iron is a mineral found in our soil and is obtained through our diet because we have no bodily function that can make it. Minerals come in two forms, macronutrients and micronutrients. The macronutrients mean we need large quantities and include calcium and magnesium. The micronutrients are also required in smaller amounts, and iron is one of those.

Why is iron so important? The number one reason is the need for iron to support our blood. Iron is part of the complex that makes up heme which comes from the Greek word meaning blood. Heme is part of the makeup of hemoglobin. Having low hemoglobin is also referred to as anemia and is typically associated with low iron status. Iron is the transporter of oxygen, via hemoglobin, to every cell in the body. If we don't have oxygen going to our cells,

we cannot make energy efficiently.

How does a person know if they are low on iron? The number one sign would be fatigue or low energy. Other symptoms include weakness, shortness of breath, headaches, and decreased ability to exercise. Fortunately, we can test our iron levels with a blood draw.

Food sources are always the best

way to get your nutrients, and the most common sources are red meats and leafy green vegetables. Other less known food sources are poultry, nuts, seeds, legumes, and tomatoes.

Many patients have tried unsuccessfully to bring their iron levels up with their diet and still suffer from fatigue. What are your options from here?

I don't want to get too deep into the chemistry of iron, but I need to explain that iron itself is a charged element and therefore, it needs to be attached to something to neutralize the charge. The salt form that is most commonly



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recommended is ferrous sulfate. The most common dose is 325mg which yields an elemental dose of about 65mg. The sulfate form is the least expensive form, which is an excellent quality these days, but it is associated with the most side effects, making it a struggle for some patients.

Side effects are typically why people stop taking their iron supplements or look for an alternative. The side effects usually revolve around the gut, with the most common being nausea, stomach pain, loose stools, and constipation. Most iron supplements lead to black or dark stools; this is normal and is not a concern.

What is my favorite iron supplement and why? It's a supplement that is a combination of ferrous succinate and heme iron that we have recommended for years. Heme iron is derived from animal sources vs. non-heme iron, which is plant-based. The product is super

gentle on the stomach and has raised patients' hemoglobin consistently over the years, even in some cases where it wasn't moving with traditional salt forms.

There are some interesting things to consider when normalizing our iron levels. The first is that our bodies can only handle so much iron at one time. Taking mega doses of iron won't correct the deficiency quicker. If you have a low iron status, it can take months for us to correct a deficiency, so settle in for the long haul. Eventually, it will get fixed.

My staff and I would like to help you with questions regarding iron supplementation and choosing the right product, so call or stop in to schedule a consultation. Please visit my website at [www.irsfeldpharmacy.com](http://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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## COMMUNITY

# Best Friends Family Fun Day

You don't want to miss the fun at Family Fun Day on July 2! The fun includes giant inflatable amusements, a barrel train ride, and this year's special guest Pippi, the Clown...and lots more! Hosted by the Best Friends Mentoring Program (BFMP), Family Fun Day is one of the longest-running family activities during Roughrider Days.

Pippi performs magic, creates beautiful balloon sculptures and hats, paints marvelous faces, and leads games. She has costumes for every occasion and shows for every holiday. Pippi has toured widely, performing at events, celebrations, parties, and fairs across the Rocky Mountain States, California, and the rest of the world, including The World Friendship Festival in Osaka, Japan; Cairo, Egypt; Mexico, and throughout the United States. She has taught widely and maintained a professional clown company for many years in the San Francisco Bay Area, writing, designing, training, directing, and performing original shows and in festivals and holiday and family celebrations.

Family Fun Day will also include a vendor show with dozens of booths. The vendor show will showcase small businesses and nonprofits from across the state. Also planned is a concession area with a variety of local food trucks.

Also back for the sixth consecutive year is the Family Fun Day Road Races – a series of events for the entire family, including a 1/4-mile youth competition, 5K walk/run, and 10K race. Activities begin at 7:30 a.m. in front of the DSU Student Center. The races also feature an electronically timed finish by Competitive Timing, age-category awards, and refreshments.

While there is no charge to enter the DSU front lawn to see Pippi the Clown, the vendor show, or concessions, an all-inclusive activities pass is required for youth to participate in activities. Information for the races and activity pages is available at [www.bestfriendsnd.org/events](http://www.bestfriendsnd.org/events). For information, call (701) 483-8615. ■






## Family Fun Day

Sat. July 2

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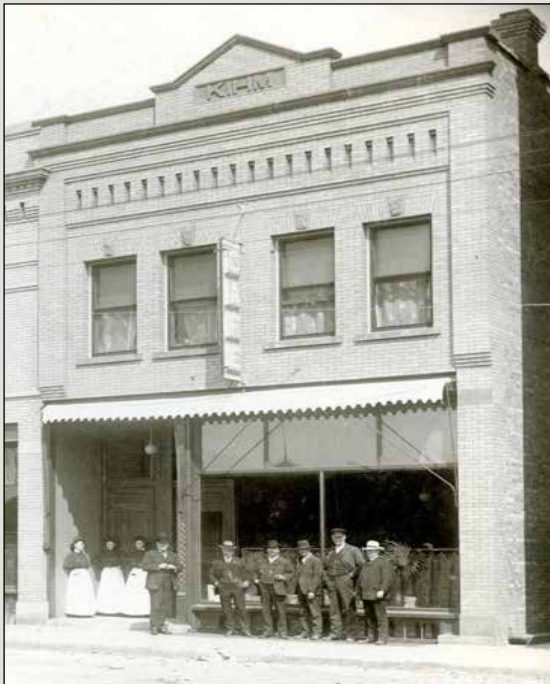




# DICKINSON MUSEUM CENTER

## Charting a Course Against Cruelty – Part 3

By Bob Furhman



**Undated view of the Kihm Hotel on E. Villard Street. The Kihm was located immediately to the west of today's Ivanhoe/Ray Building. Stark County Historical Society collection, 2005-020-003.010.**

In the early hours of May 22, 1912 North Dakota State Humane Officer William Blake was arrested at Dickinson's Kihm Hotel having been 'found' (though in truth he was physically absent) in what was believed to be a compromising situation with 17-year-old Dora Joslyn.

Deputies Dryer and Turner took Blake to jail, testifying he protested on the way, calling it an outrage and saying he didn't think the "boys of Dickinson would use him that way." Later that morning Blake appeared before Justice Folsom and a warrant was sworn on a charge of abduction for purposes of concubinage after which he was allowed his liberty with a \$500 bail obligation – this being a time when it was not uncommon for individuals under charges to

be released after engaging someone to secure the bond amount via a third party.

The next day Folsom reconvened the case, which now included a second warrant charging Blake with renting rooms for immoral purposes. State's Attorney Thomas Murtha called E.J. Hughes, Dan Murray, S.L. Carroll and Deputy Dryer - the first three members of the party who "became suspicious that things were not as they should be" before visiting the hotel sometime after 1am on May 22; Dryer testified as the arresting deputy - and all four related the sequence of events as described previously (see Part 2 in Heart River Voice June 2022).

Murtha also called Dora Joslyn who, The Press said, "told a reasonable story and apparently told things as they were or as she thought they were." Dora testified that she would turn 18 in August and had delivered an illegitimate child on May 4, then "got up from her bed about the 15th (and) that Blake took her baby and that she believed he had been appointed her guardian" having been taken before Judge Winchester in Bismarck on May 20 (further details of which The Press frustratingly covers with a simple "etc."). Dora related Blake had introduced her as his wife in a Bismarck drug store and at the depot; "he told her there would be less talk if she went as his wife (and) at Dickinson she was introduced to the hotel clerk as Blake's wife." She also testified that "Blake had never made any indecent proposals to her and he had always been good to her."

Defense Attorney T.D. Casey called six witnesses though The Press concentrated on Blake's testimony – "the other evidence introduced was not material" – even though the paper reported Railway Watchman Fred Schwader testified he hosted Blake in his room directly after the latter left the hotel and Blake testifying "that he had accepted an invitation to bunk with Schwader as had been his custom different times in Mandan where the railroad policeman was stationed last fall. Schwader testified to the same thing and said that he had invited Blake when he stepped off No. 5 (train)." The Press' account also noted "Charles Johnson swore that he had heard Schwader give the invitation."

Blake recounted visiting Dora in company with the Kidder County judge, confirming that "her



**Undated photo of group in front of the Kihm Hotel. The tallest man may be wearing a railway cap and may be Northern Pacific Railway Watchman Fred Schwader who stood 6' 6" tall according to NP Railway employee records.**

**Stark County Historical Society collection, 2005-020-003.010**

surroundings were not a good home" and that he brought both Dora and Mrs. Wilson to Dickinson to work at The Grill restaurant (no details on Mrs. Wilson's situation were provided but Blake provided a letter from The Grill's proprietor confirming the work arrangements). Blake admitted introducing Dora as his wife in the Bismarck drug store, characterized as "a joke" but said he did not recall doing so in Dickinson, though he did not deny that he might have, saying "he was always passing off his charges as his daughters, sons, sisters and brothers."

Blake confirmed that he didn't ask for a double room or tell anyone at the hotel he was going out, as he felt it was his business. He also testified "he had already found homes for 72 unfortunates" (thus far in 1912 apparently) "and...was surprised that people would question what he was doing. He said he always

*Continued, next page*



*Continued from page 16*

registered as Blake and family and had been advised to do so" (The Press not saying by whom). Blake testified he gave Dora the key to the room and instructed her to lock herself in, denied having any beer or liquor in his grip (suitcase) and knew nothing about the bottle of beer in the room, not being sure he had seen it at all. He did admit drinking beer with Watchman Schwader (North Dakota being 'dry' since statehood in 1889).

Murtha's summary emphasized that Blake had falsely introduced Dora as his wife, had not notified anyone he was leaving the hotel and had not requested a double room nor had he spoken to Mrs. Wilson "about keeping a motherly eye on the Joslyn girl's room." His position was "that Blake had deliberately planned to commit a serious crime and he should be punished."

Casey contended "that an outrage had been committed in the arrest of Blake... that a job had been put up on him" and "the Stark County officers were in contempt of court...a step had been taken which would...destroy the grand work which Wm. Blake was doing in North Dakota."

Summarizing, The Press said the city was divided on the case and that "Blake has done a great deal of good in the state...has many warm friends" but that "he was unwise in many of his acts." The paper saw no motive for the 'put up job' theory but did fault the "men who first visited room 4" for not making sure of Blake's presence before doing so, though they had no means of knowing he was with the Schwader.

Bound over to District Court Blake was released on agreement to \$500 bond and left Dickinson. A Jamestown Weekly Alert article datelined May 25 reported Blake would be commencing a suit for substantial damages "from those alleged to be in a gang that caused his arrest in Dickinson," it being stated the Human Officer denied all the charges and asserted that he would clear his name of the "cooked up scheme."

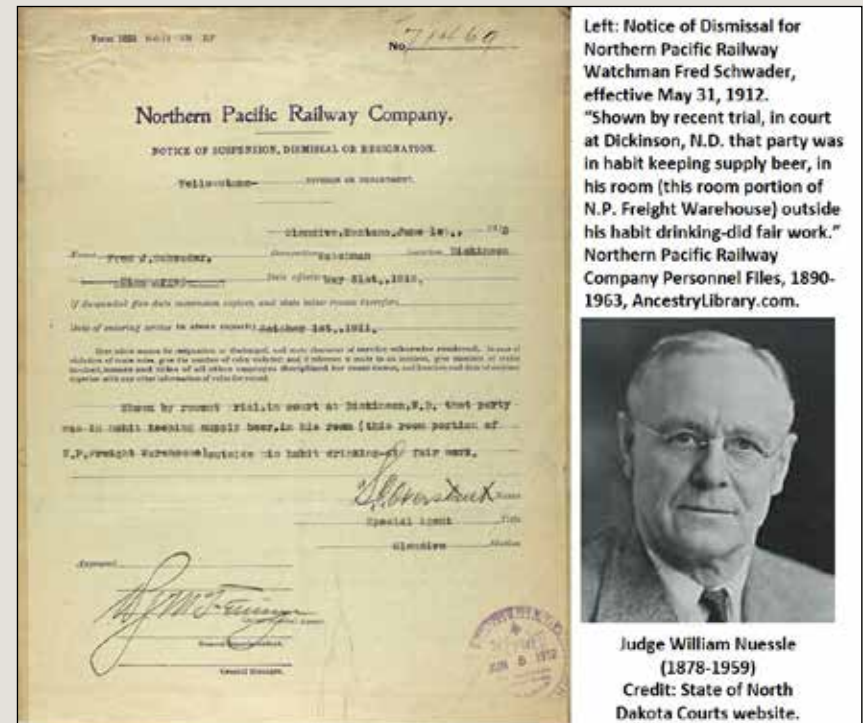
True to his word Blake filed suit against S. L. Carroll (Dickinson liveryman who swore the criminal complaint to the Police Magistrate) for \$20,000 damages (about \$600,000 today), though The Press did note on June 1 that the 'renting a room for immoral purposes' charge had been dropped. In the same

article Attorney Murtha was reported to believe he had a strong case against Blake and that numerous complaints against him "which look bad" had come to his office from other parts of the state. The article also noted the authorities purchased a ticket home to Steele for Dora Joslyn.

From this point things quieted down as far as the case against Blake though reports of his work continued as before. No details of other complaints against him come to us from State's Attorney Murtha though The Press pointed out the Jamestown Weekly Alert didn't carry the Dickinson incident which was widely publicized by other newspapers. The Alert's only mention of the case came in October when Blake reported a September hearing on the matter had not occurred. A search of District Court minutes (in the Museum Center's collections) throughout the remainder of 1912 and into 1913 fail to show any mention of the criminal case against Blake.

Then, in December 1912 Blake's resignation as State Humane Officer was announced, The Press noting "Blake has a great deal of good work to his credit, but some of his acts the past year have been questionable to say the least and it is probably well he tendered his resignation." Later, the Bismarck Daily Tribune noted Rev. S.A. Danford's appointment to the position (following a short tenure by Alexander Scarlett), noting Blake had "resigned after a number of unsavory escapades had been charged to him." Incidentally, Blake's \$20,000 suit against S.L. Carroll was scheduled to be heard in district court shortly after his resignation but was dismissed when Blake failed to appear.

We are left to speculate the Dickinson incident's bearing on Blake's resignation six months later as it is the most detailed complaint against him and was widely disseminated. While the apparent dropping of the case by Murtha probably stems from lack of proof Blake intended to use Dora Joslyn for immoral purposes, the smudge against his reputation (perhaps enhanced by a 'whispering campaign' about other 'unsavory escapades') combined with a new governor coming into office may have prompted a suggestion Blake



Left: Notice of Dismissal for Northern Pacific Railway Watchman Fred Schwader, effective May 31, 1912. "Shown by recent trial, in court at Dickinson, N.D. that party was in habit keeping supply beer, in his room (this room portion of N.P. Freight Warehouse) outside his habit drinking-did fair work." Northern Pacific Railway Company Personnel Files, 1890-1963, AncestryLibrary.com.



Judge William Nuesse (1878-1959)  
Credit: State of North Dakota Courts website.

quietly leave office, even as he retained his appointments as Juvenile officer for several judicial districts.

Though the mysterious 'unsavory escapades' elude us there is one example in a 1948 North Dakota History article, 'The North Dakota Children's Code Commission of 1922' by Kenneth Dawes which includes a quote by ND Supreme Court Justice William Nuesse (who was familiar with Blake's methods from ten years as a district judge) from Theodora Allen's 1944 University of Chicago Master's Thesis 'Development of Protective Services for Children in North Dakota':

Indeed, Judge William Nuesse of the Supreme Court and a later advocate of the Children's Code Commission once indicated that he became interested in child welfare legislation "primarily to protect children from Mr. Blake's vulturous [sic] practices of taking children away from unfortunate parents. He recalled that "Blake took children away from a mother alleged to be unfit by engaging her in a conversation at a railroad station. About the same time one of his workers was luring her children on the train. As the train was leaving the station, he jumped on, leaving the mother on the station platform with no explanation about her children."

Despite his resignation many newspapers still (erroneously) referred to him as the State Humane Officer. He continued his work in the slowly evolving field of child welfare as a district court juvenile officer though perhaps with a lower profile. While he still rode the rails to investigate far-flung cases, by 1917 Blake had purchased an auto he used for trips nearer his Jamestown home. On July 20 while in pursuit of his duties the car stalled on a Great Northern Railway crossing at Juanita, ND. Though a train was approaching the crossing at 40 mph Blake tried to re-start his car but was unable to abandon the attempt in time to avoid being killed. His wife filed a \$10,000 suit against the railway in December but no resolution to the suit could be found, her contention being that excess sand on the crossing caused Blake's car to stall. Blake is buried in Jamestown.

And remember Fred Schwader, the old friend who testified he hosted Blake in his Freight House room directly after Blake left the hotel and who said Blake accepted his invitation to spend the night in that room? The Northern Pacific Railway dismissed him for admitting, under oath, his "habit of keeping supply beer, in his room." ■

## THE ARTS

## Badlands Art Gallery located in Klinefelter Hall at Dickinson State University



Untitled Art R Poster by Jack Ross

Badlands Art Association would like to welcome you to the inaugural show of the Badlands Art Gallery, opening on July 6, 2022 at 10:00 am. Dickinson State University has graciously shared its gallery space, known as The Mind's Eye Gallery in Klinefelter Hall, to serve

as the location for a rotating selection of visual arts curated by BAA. An opening reception will be offered on July 6th from 3:00 pm until 6:00 pm.

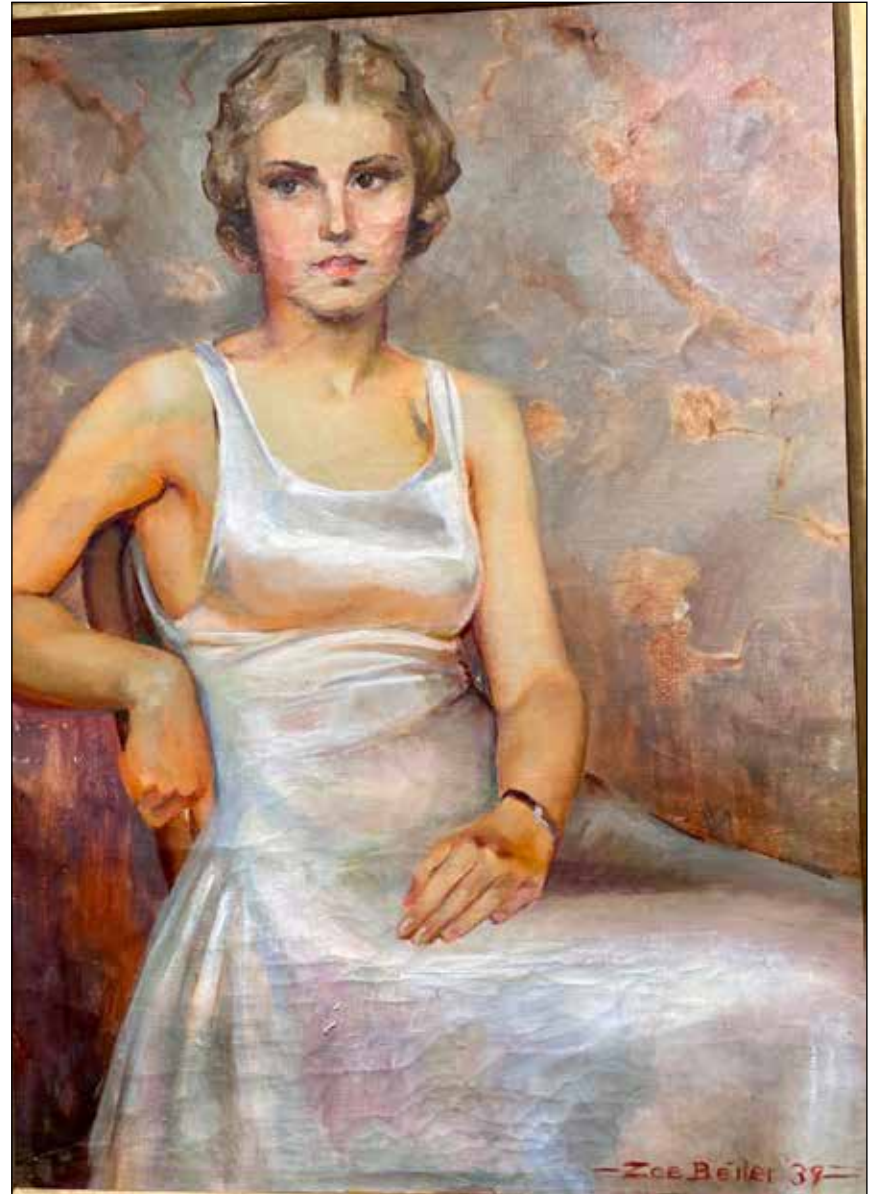
The first show, entitled From the DSU Vaults, will feature art collected by the University throughout its history including works by past instructors and students, as well as works of art presented to DSU. Media will include various styles of print-work, oil paintings, photography and more.

The new Badlands Art Gallery hours will be Wednesdays through Saturdays, 10:00 am to 1:00 pm and 3:00 pm-6:00 pm daily. From the DSU Vaults will be open through July 30th. The next show given in August, Artists from the Prairies, will focus on local artists' works.

The Badlands Art Association strives to advocate for the rich diversity of professional and amateur artists in this region and to create opportunities for the community's visual enlightenment—encouraging art as a means to better understand the intrinsic beauty and dignity of our human condition. "Dickinson State University is proud to

host the first exhibit of the Badlands Art Gallery. As an institution of higher education, it is a part of our mission to nourish creativity. Art is intimate and personal, while at the same time it reaches out to impact the world. When visitors step into this space, we hope they will have an instant admiration for the magnificent work this is displayed here," commented Debora Dragseth, Professor of Business at DSU

"At DSU, we are excited to help show off our region's great artists. We hope many will visit campus to see their work," President Steve Easton, Dickinson



Ingrid by Zoe Beiler



Tod Winter hanging the first show

State University, proudly states.

"As an organization of artists, entrepreneurs, and those who appreciate the visual arts, we are proud to partner with DSU as we begin our journey in art appreciation through a community art gallery. Our first exhibit honors former art professors, students and local artists whose work is preserved in the permanent DSU art collection," added Cherie Roshau, art educator and artist.



Life a Series of Circles by Benni Privatsky

*Continued, next page*

Continued from page 18



City Street Scene by K Woods



England and Friends Watching Ray by Dennis Navrat

**Thanks to Tri-Energy Cooperative (Cenex), the American Foundation for Wildlife at the Southside Saloon, & our donors, the Dickinson Public Schools Foundation, Inc. gave over \$100,000 to the Dickinson Public Schools for grants, sensory/wellness supplies, teacher classroom supplies, plus seven scholarships & sponsorships for students for national competitions.**

**Grants**



**Scholarships**

**Sponsorships**



**Teacher Classroom Supplies**



**Sensory/Wellness Supplies**



**To learn more about the Foundation, contact:**

**Karen Heidt, Director of Development**

**Phone: 701-590-0495**

Email: [kheidt@dpsnd.org](mailto:kheidt@dpsnd.org)

Web site: [www.dickinson.k12.nd.us/Foundation](http://www.dickinson.k12.nd.us/Foundation)

## WHERE BUSINESS GOES TO GROW

# Business succession planning

By Matt Ellerkamp, Business Advisor,  
Small Business Development Center



As with most things in life, a well thought out plan usually provides the best results. Business succession planning is creating a blueprint to sell your business. A business owner needs to plan not only for retirement, but for any unforeseen circumstance that may arise from life's many trials and changes. Having a good plan will help keep the owner grounded from their mind's desire to naturally flee to fear and anxiety. When people are in state of fear and anxiety, they tend to make emotive based decisions that usually don't turn out well.

When the unpredictable winds of change come, having a plan put in place will help the business owner/s not be blown away by the changing winds. Having a succession strategy in place communicates an owner's desires for their business they pass away unexpectedly or are incapacitated. The succession plan helps family and/or other owners not stress about how to handle things.

Succession planning is often an overlooked aspect of operating a business, the Small Business Development Center (SBDC) highly recommends succession planning be part of the formal business plan from the very beginning. The unfortunate reality is most owners don't have an exit strategy in place for their business until a year or so before they are ready to retire. Have no fear, it's never too late to come to the table and develop an exit strategy, a late hour plan is better than no plan. Your local SBDC Advisor is a great resource to help owners start facilitating and creating a succession plan.

Important considerations with succession planning:

### When to sell?

The real answer is usually personal. For most owners, it's when they are ready to retire, when an employee/partner/child is capable of taking over, when every possible bit of profit has been wrung out of the business and everything needs to be updated or replaced, or the owner is

plain burned out.

From a view of point of "return on investment", and contrary to popular practice, the best time to sell a business is when the business is at its height, its best, peak profitability.

### How to get the most value out of a business in monetary terms?

1. Sell the business when it's doing well.
2. Start naturalizing the owner's discretionary earnings and accounting and tax practices a minimum of three years before an owner wants to sell to show profitability (Discretionary Earnings is the revenue that is left over after all the necessary expenses have been paid to operate a company).

3. Clean up the location, building, office, and equipment. Fix any maintenance issues and resolve any morale problems.

All these go a long way in improving perceived value of a company.

### How to sell your business?

There are many ways to sell your business, they include: word of mouth, website listings, personal network, radio, print, commercial realtor, etc. The primary concern for most owners according to William Bruce, Accredited Business Intermediary, "Is the fear of the public finding out their business is for sale, that the owner will lose their foothold in market or may lose valuable employees." To remedy this concern, the SBDC recommends hiring a Licensed Business Broker Intermediary. The benefits to hiring a business broker are:

1. Establishing a fair market value price for the business sale to make money, yet still attract buyers
2. Confidential market listing, to remove concerns about an open public listing
3. Professional comparable market analysis
4. Objective outside opinion
5. Business Brokers act as an intermediary in negotiations, taking emotional complexity out of selling and buying a business.

If you are in the market to buy or sell a business your local Small Business Development Center in Dickinson, ND can help assist. For more information call 701-456-9044. ■

## EDUCATION

# Unlock the Code: Coding Camp for Girls



13 girls from southwest North Dakota schools participated in a computer coding camp the week of June 6 through 10. Camp was held at Dickinson Middle School. Camp started with an introduction to how computers work, coding software, peripherals, and electronic circuits.

Campers used Chibitronics products that blend circuit building and programming with arts and crafts. Campers created circuits on paper using copper tape and LED lights. When campers were asked if they had background information about how electricity works some responded that they didn't have prior knowledge in that area. Using the Chibi Chip, they were able to create code and download it to the Chibi Chip. This allowed campers to see how the code they downloaded presented itself on a physical device.

Campers also used the Adafruit Playground Circuit Express to continue coding and downloading to a physical device. Campers completed tutorials on block based coding also downloading the code to the device. The Playground Circuit Express device is used when you want sensors, buttons, and touchpads to

trigger events like lights and sound, as well as an infrared (IR) transmitter and receiver to create interactive games. In addition to the above activities, campers created an account on code.org and proceeded to code in Unit 3 Interactive Animations and Games. Campers will be able to continue their coursework online through their CS Discoveries program account at [www.code.org](http://www.code.org). Each camper was able to keep their camp computer to make sure they had access to their Code.org account.

Campers were able to attend the Governor's Summit for Innovative Education, which was held at Dickinson Middle School during one of the camp days. Camp instructors were Sandy Bertelsen and Mary Persson.

The Coding Camp for Girls was hosted by Women Empowering Women in collaboration with the Roughrider Area Career and Tech Center. Funding for the Camp came from a "Students Preparing for Nontraditional Fields" grant from the North Dakota Career and Technical Education program along with cash match provided by Roughrider Electric Cooperative, Slope Electric Cooperative, the North Dakota Community Foundation and Walmart Foundation. Other contributors to Camp included Baker Boy, Bravera Bank, Cash Wise, Coca Cola, EDUTech, Quality Quick Print, Dickinson Public Schools and the Dickinson Heritage Foundation.

*Women Empowering Women is dedicated to the collaboration of women to meet needs and helping women become the best versions of them self. To learn more see <https://wewnetwork.org>. ■*



# Heart River VOICE

**STOP BY, SAY HI,  
AND  
PICK UP A COPY!**

**Find Heart River Voice at the following fine establishments:**

## DICKINSON

Family Fare  
(Roughrider Blvd)  
Cashwise  
Country Kitchen  
Country Rose Cafe  
Dakota Diner  
Blue 42  
The Brew  
Dunn Brothers Coffee  
Dickinson Theodore  
Roosevelt Regional Airport  
Stark Development  
Corporation  
Chamber of Commerce  
Convention and Visitors  
Bureau  
Dickinson Museum Center  
West River  
Community Center  
Edgewood Hawks Point  
Consolidated  
Dan Porter Motors  
High Plains Dental  
DePorres House of  
Barbering and Lounge  
Holiday Inn Express & Suites  
La Quinta Inn & Suites  
TownPlace Suites  
Microtel Inn & Suites  
AmericInn  
Players Sports Bar & Grill  
Fresh Sips (located in St.  
Joe's Plaza)  
Frankie's West Side Shell  
Villard Cenex

The Hub  
Fluffy Fields  
Dickinson Area Public Library  
Ace Hardware  
Dickinson State University  
Ukrainian Cultural Institute  
Heritage Hills  
Market Press Coffee Co.

## SOUTH HEART

I Don't Know Bar  
Heart Country Gas Station

## RICHARDTON

Suzy's Stash  
The Country Drug Store  
Pharmacy

## TAYLOR

Taylor Nursery

## BELFIELD

Trappers Kettle  
City Hall

## MEDORA

Chateau de Mores  
Roughriders Hotel  
AmericInn

## BISMARCK

The Capital Gallery  
Bisman Community Food  
Co-op  
Bismarck Art & Galleries  
Assoc.

**ROUGH RIDER DAYS CONCERT  
JULY 2ND**

# Granger Smith

FEATURING  
EARL DIBBLES JR

WITH

**LONESTAR**

STARK COUNTY FAIRGROUNDS, DICKINSON, ND

**Lemonade Day!**

**SATURDAY  
JULY 23**

DICKINSON COMMUNITY

FREE FOR KIDS  
REGISTER ONLINE AT [LEMONADEDAY.ORG/DICKINSON](http://LEMONADEDAY.ORG/DICKINSON)

**Dakota**  
COMMUNITY  
BANK & TRUST

## HEART RIVER VOICE | JULY 2022

# Calendar

**ONGOING IN JULY**

**DICKINSON AREA PUBLIC LIBRARY** TONS of ongoing activities and events for adults, teen, tweens and tots at the library. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail on certain events.

**WELLNESS WEDNESDAY WALKING GROUP 8AM**

Open to anyone wanting to get some steps in and connect with the community! Every Wednesday (weather permitting) outside the main/south-facing entrance (Fairway Street) at CHI St. Alexis Health Dickinson. Walkers meet and walk the

block. Come in after your walk and enter your name into a monthly drawing.

**SATURDAYS AND TUESDAYS**

**ROUGHRIDERS HOME GROWERS ASSOCIATION FARMERS' MARKET** Saturdays 10AM until sold out; Tuesdays 4PM until sold out. Prairie Hills Mall Parking Lot.

**SATURDAYS AND SUNDAYS JUNE 25-SEPTEMBER 10 PAINTING WITH SALLY**

1:30-3:30PM Details and tickets at [medora.com](http://medora.com). Townsquare Showhall, Medora, ND.

**HISTORY ALIVE**

Every weekend Memorial

Day-Labor Day. Saturdays at 10:30AM, 1:30pm, & 3:30PM, Sundays at 1:30 & 3:30PM. Hear eyewitness accounts of adventures experienced by Medora's founding family and their friends! Join us on the porch of the Chateau as local actors bring history alive every weekend this summer. All performances are free. Donations encouraged. More info, 701.623.4355. Chateau de Mores State Historic Site, Medora.

**JULY 2-3/16-17/30-31**

**WAGON RIDES** Tickets are \$25/adult, \$15/child ages 6-18, Group rates available. Hop aboard our wagon for a horse-drawn adventure through the pristine bottomlands of the Chateau de Mores. Rides begin and end at the Interpretive Center parking lot. Route follows part of the original road from the town of Medora to the Chateau, and winds through trees and grasses virtually untouched since 1886. More info, 701.623.4355. Chateau de Mores, Medora.

**FRIDAY JULY 1**

**FAMILY MOVIE: MOANA** 10AM All ages welcome. One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 10. Hosted in the Community Room, Dickinson Public Library.

**JULY 1-3**

**BADLANDS BIG STICKS HOME BASEBALL GAMES** 6:20PM (Sunday at 4:20PM) 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 27 for full schedule.

**SATURDAY JULY 2**

**4TH OF JULY PARADE: LAND THAT I LOVE THEME** 10AM Bring your friends and family and enjoy colorful parade action including clowns, bands, floats, horses, and MORE! It's colorful and it's fun! Downtown Dickinson.

**FAMILY FUN DAY ROAD RACES 7:45AM**

The kids' race (1/4 mile) is \$15. The mile fitness walk is \$15 and starts at 8:00AM. The 5K run is \$25 and starts at 8:00AM. The 10K run is \$35 and starts at 8:00AM. Dickinson State University, 291 Campus Drive.

**FAMILY FUN DAY 11AM-5PM**

Spend a family day together! Come meet Pippi the Clown and enjoy inflatables, a vendor show and food trucks! Wristbands are \$15 anytime before July 2nd. The day of the event they are \$20. If you have a large family, it is best to buy ahead of time! Links to buy wristbands in advance can be found at: [www.best-friendsnd.org/events/](http://www.best-friendsnd.org/events/). King Pavilion, Dickinson State University, 291 Campus Drive.

**STOCK CAR RACES 6PM**

Southwest Speedway, 47th St SW.

**MONDAY JULY 4**

**FIREWORKS!** 10PM Same location as always - The open field between the Dickinson High School and The Biesiot Activities Center. Bursts of spectacular color and light will shower the sky! We have a spectacular show planned for you!

**TUESDAY JULY 5**

**BANDSHELL SUMMER**

**CONCERT SERIES: GRADUATION 7PM** An up and coming energetic rock band founded in the Fargo/Moorhead area. Memorial Park

**THURSDAY JULY 7**

**PATTERSON LAKE BEACH PARTY 3-6PM** Join us for some fun in the sun at Patterson Lake. Participate in our photo scavenger hunt, beach ball & toys fun, sand tug-of-war and much more! There is a little something for everyone! Free event!

**FRIDAY JULY 8**

**MICHAEL GALLO'S IMAGINATION THEATRE 10AM** Includes puppetry, creative dramatics, storytelling, songs, poems, and activities that delight audiences of all ages. Community Room, Dickinson Public Library.

**JULY 8-14**

**BADLANDS BIG STICKS HOME BASEBALL GAMES 6:20PM (Sunday at 4:20PM)** 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 27 for full schedule.

**SATURDAY JULY 9**

**BELFIELD BOOKS & BREW 9AM** *First Women* by Kate Anderson Brower. This event is for ages 14 and older. Each month we will discuss a book while enjoying a coffee or tea. We will meet one Saturday a month at Cup & Cake in Belfield. Copies of the book will be available to checkout at Cup & Cake. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. \*Beverages at the event are not provided by the library.

**31ST ANNUAL GOLF SPORTS CLASSIC 9AM**

Benefiting the CHI St. Alexis Health Dickinson

**Movie Night  
in the Park!**

**Consolidated's 2022 Summer Series!**

- July 27th – Scranton Murray Park  
Disney's "Luca"
- August 3rd – Killdeer Saddle Club Complex  
Disney's "Encanto"
- August 10th – Mott Legion Park  
Illumination's "Sing 2"

**Consolidated** 701.483.4000  
*Reach the World, from here.*

For details: [consolidatednd.com/movies](http://consolidatednd.com/movies)

Foundation. To register or sponsor, go online to: [www.chistalexiushealth.org/dickinson-foundation/golf-sports-classic](http://www.chistalexiushealth.org/dickinson-foundation/golf-sports-classic). Heart River Golf Course.

**ADULT CRAFT CLUB: SEASHELL CANVAS ART**  
10AM Crafty people unite! Advanced and beginners are welcome. Craft supplies provided or bring your own current project. For ages 18 and over only! Dickinson Public Library - Community Room

**MONDAY JULY 11**  
**FREE FAMILY MOVIE: PIRATES OF THE CARIBBEAN: THE CURSE OF THE BLACK PEARL** 5:30PM (PG-13; 143 min.) One bag of free popcorn per movie attendee! Bring your own beverage if desired! Dickinson Public Library - Community Room.

**TUESDAY JULY 12**  
**HOEDOWN FOR HOSPICE** 11:30-1:30PM Come have lunch while supporting a good cause! Prairie Hills Mall.

**BANDSHELL SUMMER CONCERT SERIES: THE LITTLE BLUE STEMS** 7PM With this group, you'll hear a little Flatt and Scruggs, Ralph Stanley, Ian Munsick and even Dolly Parton. Memorial Park

**BOOKS & BREW** 7PM A book club for 21+ will be hosted at DePorres Lounge. The Heart of Everything That Is will be discussed. Books & Brew books are available at the Main Level Circulation Desk at the Dickinson Area Public Library. \*Beverages at the event are not provided by the library. DePorres Lounge, 17 2nd Ave W.

**WEDNESDAY JULY 13**  
**PRAIRIE PLEIN AIR ARTISTS AT THE CHATEAU** 10AM - 4PM. Join a group of North Dakota painters as they paint scenes around the site using various mediums. Guests are invited to bring their own supplies and join these artists for the day. At 3:30pm, artists will gather on the Chateau veranda to discuss their work. 701.623.4355. Chateau de Mores, Medora.

**STOCK CAR RACES** 6PM Southwest Speedway, 47th St SW.

**THURSDAY JULY 14**  
**START-UP YOUR DAY** 8-9AM Join us to brew up your entrepreneurial spirit! Event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. Stark County Veterans Pavilion, 801 5th Ave W. See ad, page 9, for speakers.

**WEST RIVER POOL PARTY** 12-7PM Have fun with us at the West River Community Center's Outdoor Pool! We'll have music, door prizes and fresh food--don't forget your water toys and pool floaties! Bring the whole family to this fun summer event. **FREE EVENT!**

**FIRST ON FIRST DICKINSON SUMMER NIGHTS** 5PM Bands: DJ & The Atomics/Thunderstruck Opener: 6:30pm, Headliner: 9:00pm. Free to Public. Wristbands: \$5/\$5 Beer and Wine on street. Food/Clothing Vendors. Kids Area: Bounce houses and giveaways. Come to downtown Dickinson for a rockin' good time!

**WHAT IS? THE FEDERAL RESERVE SYSTEM** 6:30PM Tired of wondering if what you are reading about is accurate and even sourced? Well, this program is designed to explain a differ-

**SPORTS PHYSICALS**  
**CHI ST. ALEXIUS**  
**HEALTH DICKINSON**

- June 7-10, 2022  
9-12p & 2-5p
- Saturday, June 11, 2022  
9-12p
- August 8-10, 2022  
9-12p & 2-5p
- Saturday, August 13th  
9-12p

Those who schedule a Sports Physical only on these BLITZ DAYS will receive a CHI goodie bag!

**\$50**

**CHI St. Alexius Health**

Bring your child's own completed Sports Physical Form to their exam  
Call 701-456-4200 to schedule

Parks & Recreation

PICTURES  
AUTOGRAPHS  
SWIMMING  
PRIZES  
GAME TICKETS  
MEMORABILIA

**BADLAND**

**Big Sticks**

**POOL PARTY**  
JULY 19 | 1-3PM  
DAILY FEE OR MEMBERSHIP REQUIRED

ent topic each month with proper sourcing and citing. Ages 16+. Community Room, Dickinson Public Library.

**FRIDAY JULY 15**  
**FAMILY MOVIE: SINBAD LEGEND OF THE SEVEN SEAS** 10AM All ages welcome. (Rated PG, 86 minutes) One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 10. Hosted in the Community Room, Dickinson Public Library.

**HISTORY ALIVE: SPECIAL PERFORMANCE** 1:30PM & 3:30PM MST. Free. Felix Gollnick, a German immigrant portrayed by Donald Ehli, will take the stage and share what it was like to live in Medora at the same time as the Marquis de Morès, the French aristocrat and cattle baron who founded Medora. Chateau de Mores, Medora.

**SATURDAY JULY 16**  
**CRIME CLUB: THE WEST MEMPHIS 3, PART 2** 10:30AM WANTED! True crime junkies who think they could help solve a crime, or would just like to talk about them with like-minded people. Each month will center on a specific crime or criminal. Read or research up on the topic and come for the discussion. Ages 18+. Community Room, Dickinson Public Library.

**BOARD GAME CLUB** 1PM Participants may play games provided or bring their own with new friends and old. Ages 11+. Dickinson Public Library.

**MONDAY JULY 18**  
**FREE MOVIE: JAWS** 5:30PM (PG; 124 min.) One bag of free popcorn per movie attendee! Bring your own beverage if desired! DAPL - Community Room.

Continued from page 23

**TUESDAY JULY 19  
BADLANDS BIG STICKS  
POOL PARTY 1-3PM**  
Come swim with the Big Sticks! Pictures, autographs, memorabilia, game tickets, and prizes! Daily fee or membership required. West River Community Center Pool.

**BANDSHELL SUMMER  
CONCERT SERIES:  
GREG HAGER 7PM** Greg Hager offers original songs with a fresh authentic Western flair, from heartwarming to toe-tapping. Ballad-creator and tall-tale originator. Memorial Park

**THURSDAY JULY 21  
FIRST ON FIRST  
DICKINSON SUMMER  
NIGHTS 5PM** Bands: Weston Frank Live/ Nathan Dean and the Damn Band Opener: 6:30pm, Headliner: 9:00pm. Free to Public. Wristbands: \$5/\$5 Beer and Wine on street. Food/Clothing Vendors. Kids Area: Bounce houses and giveaways. Come to downtown Dickinson for a rockin' good time!

**JULY 21-25  
BADLANDS BIG STICKS  
HOME BASEBALL  
GAMES 6:20PM** (Sunday at 4:20PM) 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 27 for full schedule.

**FRIDAY JULY 22  
FAMILY MOVIE: SHARK  
TALE 10AM** All ages welcome. (Rated PG, 90 minutes) One free bag of popcorn per movie attendee! Bring your own

drink! No unattended children under 10. Hosted in the Community Room, Dickinson Public Library.

**MOVIE: THE MEG 3PM** 13+ (Rated PG-13, 114 minutes) One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 10. Hosted in the Community Room, Dickinson Public Library.

**SATURDAY JULY 23  
ADULT CRAFT CLUB:  
WATERCOLORS 10AM**  
Crafty people unite! Advanced and beginners are welcome. Craft supplies provided or bring your own current project. For ages 18 and over only! Dickinson Public Library - Community Room

**PLEIN AIR ART AT  
THE CHATEAU 10AM-  
2PM MST.** Capture the same scenes painted by Madame de Morès with expert instruction from lifelong artists, Joseph and Alana Garcia. Tickets are \$15/class, includes all watercolor supplies, expert instruction, and drinking water. To register, call 701-623-4355. Chateau de Mores, Medora.

**STOCK CAR RACES**  
6PM Southwest Speedway, 47th St SW.

**MONDAY JULY 25  
ADULT BOOK CLUB:  
ASK AGAIN YES BY  
MARY BETH KEANE**  
6PM Read the book and come discuss it with other adults. \*Check out your copy at the meeting! Dickinson Area Public Library - Community Room

**TUESDAY JULY 26  
BANDSHELL SUMMER  
CONCERT SERIES:  
SAWDUST 7PM** We play both kinds of music: Country and Western. Memorial Park

**THURSDAY JULY 28  
FIRST ON FIRST  
DICKINSON SUMMER  
NIGHTS 5PM** Bands: Whiskey Burn/Back for More Opener: 6:30pm, Headliner: 9:00pm. Free to Public. Wristbands: \$5/\$5 Beer and Wine on street. Food/Clothing Vendors. Kids Area: Bounce houses and giveaways. Come to downtown Dickinson for a rockin' good time!

**FRIDAY JULY 29  
FREE FAMILY MOVIE:  
PONYO 10AM** All ages welcome. (Rated G, 103 minutes) One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 10. Hosted in the Community Room, Dickinson Public Library.

**SATURDAY JULY 30  
FREE SATURDAY  
MOVIE: TITANIC 1PM**  
Free popcorn! Come out and see Titanic, released 25 years ago this year. Titanic is rated PG-13 with a running time of 3hr 14m. Community Room, Dickinson Public Library.

**DEMOLITION DERBY**  
2PM Gates open/4PM  
Derby Time Tickets:  
\$18 for adults, \$10 for kids. Stark County Fairgrounds

## PAWSITIVELY POPPY

### A tribute to Poppy on her birthday

By Miranda Kuhn

I want to take you all back to July 26, 2020. On that day one of our local rescues, Raise the Woof, brought a scared puppy to my front door. She was quite timid, and the poor thing had more scabs from ticks than I ever thought a dog could have. The rescue estimated she was about eight months old. She was shy and quiet, but she did have a good appetite because this little puppy was pregnant. We didn't have a lot for her besides a few stuffed squeaky toys and a bed to sleep in, but we knew we wanted to help her.

We spent the next three weeks getting to know each other and bonding, taking lots of naps (Poppy had an excuse, I did not), and getting prepared for the arrival of the pups. She was a wonderful dog right from the start.

We were warned that her true personality could take a while to come out, and that she may not be as perfect as she seemed. They were wrong. Poppy has been the best friend I could ever have asked for, right from the start. She makes me happy each and every day and has shared some of my greatest joys and deepest sorrows. She is always ready to have a good time whether out on a romp around town or snuggling on the couch. She's always there to support me while going to the bathroom and she watches over me while I shower, sometimes bringing me gifts of her favorite toys. I couldn't ask for a better best friend and you can rest assured that she will be spoiled all month long. Happy Birthday Poppy!

Please consider opening your home to foster an animal like Poppy. You never know, you could meet your best friend! ■





## PIPER'S PALS Ask Alfie

Dear Alfie,

**My dog hurt his leg recently and while it is healing, I worry he is in pain. Is it okay for me to give him some ibuprofen from my medicine cabinet to make him more comfortable?**

Sincerely, Painful

Dear Painful,

Before I begin, I need to make a disclaimer: I am not a veterinary medical professional. Therefore, the most important part of my answer is: ASK A VETERINARIAN! You must always consult a veterinary professional before administering medicine, even topically, to your pet. What is safe for humans is not always safe for animals and something that is no big deal for humans to ingest could be enough to kill your pet. Even if the drug itself is safe for animals, the dosage is likely very different than what people can handle.

What I can tell you is that NSAIDS which are manufactured for humans,

such as ibuprofen (Advil) or naproxen (Aleve), are not recommended for pets. These drugs can cause serious side effects such as kidney or liver toxicity, stomach ulcers, or bleeding. Versions which are designed specifically for pets can be made available to you through your vet. Dosage will depend on their weight and medical history.

Other common household painkillers include acetaminophen (Tylenol) and aspirin. Both of these drugs are known to be deadly to cats as they lack the enzyme to metabolize them properly. Neither drug is typically recommended for dogs, but occasionally veterinarians may prescribe a specially-formulated version of aspirin. Again, you would want to receive this directly from your vet. Never attempt to administer aspirin to your dog yourself using your home supply.

While we're on the topic, I'd like to address the topic of human medicine for pets overall. Recently in a local online forum, an individual recommended the use of Vick's VapoRub for a sick kitten. This advice was well-intentioned but dangerously incorrect. Vick's contains camphor,

which can be fatal to cats and dogs if ingested or absorbed through the skin. There is even some evidence that simple prolonged inhalation of camphor may be harmful to cats. Other common household potions which contain camphor include most muscle-pain ointments such as IcyHot or Bengay, and Carmex.

It can be tempting to want to ease your pet's symptoms using household drugs, but in general I recommend that you do not. Remember that our animal friends do not have the same biological makeup as we do, and understand that even if certain human drugs are safe for pets, using the correct dose is imperative. I will conclude the



same way I began: do your research and always ask your veterinarian before administering any type of pharmaceutical or homeopathic drug to your pets.

Sincerely, Alfie ■

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

## Pet Name Match

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

A: Bailey Mae (#\_\_\_)

B: Nina (#\_\_\_)

C: Hunny (#\_\_\_)

D: Sophie (#\_\_\_)

E: Balta (#\_\_\_)

F: Licorice (#\_\_\_)

(Answers in our next issue!)

Last month's answers:

A: #2 Griffey

B: #4 Anya

C: #5 Lola

D: #3 Raven

E: #6 Daisy

F: #1 Nellie

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#1



#2



#3



#4



#5



#6

## HEART RIVER GEMS

## Bill Kohler



By Kaylee Garling

This month we get to celebrate our country's independence, and that might be why out of all the incredible stories that could've been chosen from Bill Kohler's life, I decided to focus on his service in the Korean war.

Bill was only 18 when he was drafted from the farm he'd been working on for the last 2 years. He didn't know the English language, he didn't have any high school education, and the social part of his life had been nonexistent outside of his family and the farmer's family he worked for. To say being torn away from everything he knew and understood, would be an understatement. Being

drafted in and of itself would be hard but having no knowledge of what was being said or what was expected would make it even more of a challenge. But Bill didn't let that stop him. He triumphed through language barriers, bullying, and extensive training to become one of the highly sought-after paratroopers without even knowing that was what he was being trained for. Bill shares some of his experiences from those life-shaping years.

"When we first got drafted, they shipped us to a military place where we signed up as military people. The guys that were 'street smart' singled me out as a country boy and made fun of me. We went in for the physical, and that was the first time I had to undress with everybody around. I was so horribly embarrassed. Other people laughed at me. I laughed too because I thought everybody was having fun, but they singled me out to make fun of me, which I figured out after about three weeks. When I got to Fort Riley, Kansas, there was a big assembly with people from Chicago and Minneapolis. There was around 500 people there. I was glad because nobody knew who I was. I was a farm kid and had my hat brim up, which I thought was normal. One leading officer and his assistant were talking over the PA system, and they pointed in my direction. The guy beside me said, "He wants your attention." I said, "No, he doesn't know who I am." And he said, "He's pointing at you." So, they pushed me aside, took me up the aisle, and up to the stand, in front



Bill and two recipients of his giving heart

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SCAN ME

of 500 people. The officer said, "Here, put your hat down like this." So, I did. And he said, "Put it up like this." And so, I did. "Put it down and say right way." So, I did. He said, "Put it up and say wrong way." I did. He kept this up for about three minutes, and of course the crowd was cheering. He asked the crowd, "Can you guys hear him out there?" And they shouted, "No!" He said, "Shout louder." I didn't know anything, but I knew they were making fun of me. There are embarrassments as a kid, but I knew that this was a massive embarrassment. That's the way my life went through the military."

"They put you through all this stuff and then assign you to different parts of the military. I didn't know I was going to jump out of an airplane until I was up front, right at the door. They singled me out of 92 people. They had my name on a list, along with about 40 other guys. I didn't know what the procedures were. That list was put together by the addressing guard that was teaching you and putting you through your training. They put my name on the list that qualified for special assignments. The reason was because I obeyed all the rules and did everything they said, because that's the way I learned it on the farm. After we finished 16 weeks of training, they had concluded that the list included the go-getters, those who did great with training. They asked me if I was going to do it, and I said, 'If I have to do it, I will do it.' So, they signed me up. Only 20 men signed up for Airborne/paratrooping and the others went to another

training camp.

"After that, they gave me all sorts of training, like going into a tower, strapping me in and pushing me out the door. There was a cable that ran about 500 feet down. You rode it down and then got off. Then they told us that we were going to have to jump out of airplanes. I thought, "That is something else, what is going on here?" The trainer said, "If you don't want to do this, then when it's your turn to jump out of that tower, just don't go. Then you can get out of this thing you signed." I didn't even know what they were talking about. I went through all these procedures, and pretty soon they were saying, "Okay, you guys are trained now, you're going to land on this and that. I really didn't know about all that. There were some good guys in that group, and they said, "Come on Bill, you can do this." I did all the training, not knowing the popularity of the GI. If you got to be a paratrooper, you were a notch above the other guy. That's how I got into paratrooping. I never said I wanted to be one. I didn't want any part of that. But I went through, following directives, and they figured that we were the hardest workers, followed directives, and didn't resist on anything, and that was good."

"One of the guys that was with me read the instructions of our assignment. 'To the 187th Airborne Division Regimental Combat Team.' They said we were going to Korea. The guy told me, "That outfit is in Korea. They jumped

Continued next page

Continued from page 26

behind enemy lines.” He didn’t tell me any more. I knew we were going to Korea into fighting. I was 18 years old. On my 19th birthday, I was on the front lines in Korea.”

After the war, Bill went back to work on the farm and then went on to gain his education. “Everyone was going to fix TVs. When I went to school, I couldn’t even read the books. I didn’t learn anything on the front lines of Korea. My teacher had me come back Saturday mornings and he taught me special classes and signed me up for high school training. He said I was going into Radio and TV Technology, and that they were starting a new class at the State School of Science. The Federal Communication Commission, FCC, established rules and regulations, and they were going to have classes. This guy kept telling me, ‘When you get out of this class, you’ll have an FCC license.’ I didn’t really know what that meant, but he said it was important. There were 90 in the class, and only about 7 of us passed.”

Because of the FCC Certification,

Bill was able to get a job before finishing his education, which launched him into a life-long career with radio, TV, and electronics. His business, Kohler Communications, is now run by his sons and serves a wide range of businesses throughout the area.

Bill just had his 91st birthday and continues his miraculous, giving legacy with handing out two-dollar bills. He loves to see the joy in people’s eyes, especially children, when they receive this unique gift.

*Editor’s Note: Bill’s small acts of kindness have been part of the Dickinson community for years. From one place to the next, Bill Kohler, or Two-Dollar Bill, gives his \$2 gifts to friends and strangers. When asked about his generosity, he responded that he was a godly man, and that he had experienced miracles that we wouldn’t believe. And because of those miracles, he wanted to share with others. Look up Two Dollar Bill Kohler on Facebook and you’ll find story after story of his world-wide giving. ■*

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 <b>JULY 8-12</b>	 <b>JULY 13-14</b>	 <b>JULY 21-25</b>

**NEVER MISS GAME DAY AGAIN!**

# GOING POSTAL

## Katharine Graham



The 17th stamp in the USPS Distinguished Americans series honors Katharine Graham (1917-2001), the first female head of a Fortune 500 company and pivotal figure during turbulent moments in American history. Katharine Graham was an American newspaper publisher. She led her family's newspaper, The Washington Post, from 1963

to 1991. Graham presided over the paper as it reported on the Watergate scandal, which eventually led to the resignation of President Richard Nixon. She was the first twentieth century female publisher of a major American newspaper. Graham's memoir, Personal History, won the Pulitzer Prize in 1998.

The stamp features an oil painting of Graham, based on a photograph taken in the 1970s, during the peak of her influence as owner and president of The Washington Post Co, where she was also publisher of its flagship newspaper. Art director Derry Noyes designed the stamp with original art by Lynn Staley.

Customers may purchase these stamps through the Postal Store at [www.usps.com/stamps](http://www.usps.com/stamps) or at their local post office. ■



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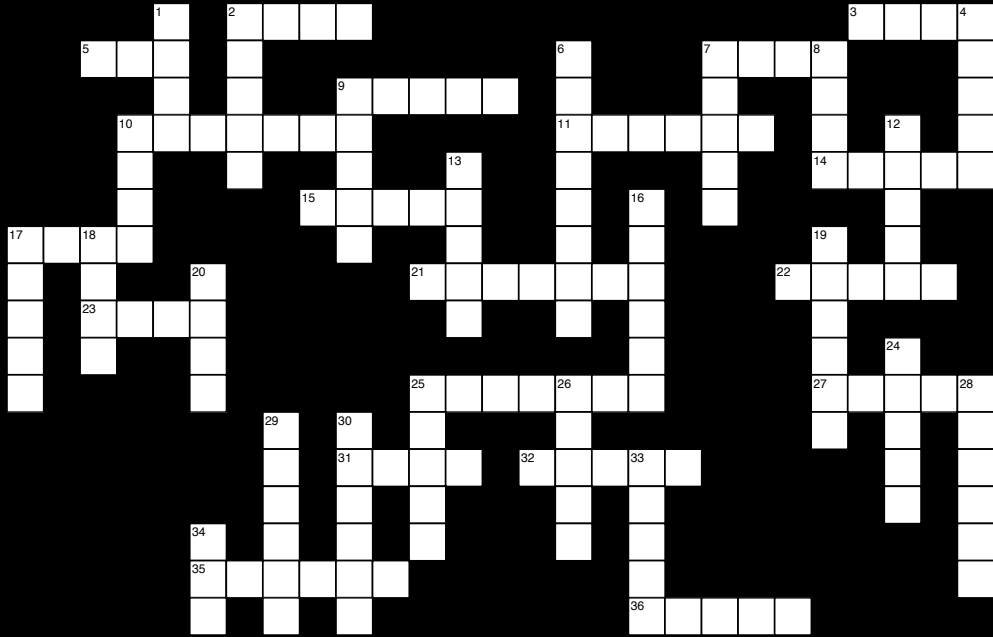
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**ACROSS**

- 2 +Floral/female name
- 3 Blue hue
- 5 Crafty
- 7 They lend the bitter flavor to an IPA
- 9 Do slightly better than
- 10 +Floral/female name
- 11 +Floral/female name
- 14 Soft shoe leather
- 15 Out-of-the-ballpark hit
- 17 52 cards
- 21 +Floral/female name
- 22 Meat on a skewer
- 23 +Floral/female name
- 25 +Floral/female name
- 27 Best possible
- 31 +Floral/female name
- 32 Not bottled or canned, as beer
- 35 +Floral/female name
- 36 Color for correct letters in Wordle

**DOWN**

- 1 Use a keyboard
- 2 Who doesn't write right
- 4 More than enough
- 6 +Floral/female name
- 7 +Floral/female name
- 8 Drinks slowly
- 9 Ready \_\_, here I come
- 10 Sound of traffic frustration
- 12 Study of the brain, informally
- 13 From the city
- 16 Port city in Ukraine
- 17 +Floral/female name
- 18 Online shopping icon
- 19 Border of a page
- 20 +Floral/female name
- 24 Double \_\_ (DNA structure)
- 25 Piece of glass that refracts light
- 26 San Fran football player
- 28 +Floral/female name
- 29 +Floral/female name
- 30 Cursed with bad luck
- 33 Everyone's doing it
- 34 +Floral/female name



*Last month's puzzle solution*

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**HOROSCOPE****JULY 2022** by Hilda De Anza**ARIES**  
March 21-  
April 20

The focus will be on your assets and economy, and on spending, especially for pleasure. The best time for travel, for love and having fun is at the end of the month, which is a wild time which can take you to some very unusual places. Expect major events taking place at the end of the month. This can relate to finances and restructuring; it can also bring unexpected and pleasant surprises.

**TAURUS**  
April 21-  
May 21  
Singles can

expect someone special to enter your life, it's a very active time for neighborhood affairs, and networking. For the single Taurus, it is very unlikely that potential partners come from the area, culture or ethnicity. You are motivated to nurture and support people whose lives have been disrupted in some way, and in turn you will be initiated into an exciting and very different world and way of life.

**GEMINI**  
May 22-  
June 21

Early July is a brilliant time for activities with dynamic friends and groups. The 2nd week shifts the focus to security matters, especially family finances. End July there is perfect harmony with partners, family and friends, and everyone is in the mood to take a trip somewhere and have a good time. For the single Gemini this is a good time to make an approach to someone you fancy it can hardly go wrong.

**CANCER**  
June 22-  
July 22  
July begins highlighting

an agenda of expansion and exploration centered on career aspirations. Both the beginning and end of July are excellent for success. In the period from the 6th to 19th July, is excellent for developing contacts, and for small trips and communication in general. As the month draws to a close, social connections must be handled with care at this time, as people can be unpredictable.

**LEO**  
July 23-  
August 22

The first three weeks of July are a quiet for you when you may prefer to be alone, doing things without having to take too much consideration towards other people. The last week of July is extraordinary in many ways, and this is a time when you are feeling good about yourself and confident about the future. It's a great time for long-distance travel, for romance and for adventures with kids, and if you are contemplating a holiday, this is the best period to do so.

**VIRGO**  
August 23-  
September 22  
You are focused and constructive

early July. On July 5th shifts the emphasis from career matters to social engagement, it's quite a dynamic period, and partners are in the mood for spending money adventure. End July is when you are looking for more peace and a secluded environment, preferably with an adventurous partner, but even under these circumstances, it can be a rather wild time if you choose to travel.

**LIBRA**  
September 23-  
October 22  
Your mood is upbeat as July

begins, and you are eager to meet people, and enjoying cultural exchange and the breath of fresh air that new friends bring into your life. It's quite a good time for your love life. If you are single or dating, you will meet someone who challenges all your values, perhaps someone who comes from another culture. This can make life interesting.

**SCORPIO**  
October 23-  
November 21

An extraordinary month, which takes you to people and places you have never been before. Mid-July and beyond, there is a big focus on travel and foreign connections. The very end of July has a profound influence on relationships. You'll really be out of your comfort zone, but it is a fascinating period when you can immerse yourself in people and cultures which seem strange and foreign to you.

**SAGITTARIUS**  
November 22-  
December 21

This is an upbeat summer for you, when you are in the mood for exploration, adventure and fun. In mid-July there is an intense focus on money, and there may have to be some emergency cuts and some attempt to eliminate things that drain your resources. End July events require a reassessment of how you express yourself creatively, and of your performance in general. You could have a great success at this time, so don't be shy.

**CAPRICORN**  
December 22-  
January 20

There are a lot of developments in partnerships and at home in early July. You work well with friends and family, and initiatives bring excellent results. At work, too, the month starts with fruitful communication with dynamic and intelligent colleagues, so that all projects connected with teamwork function extremely well. Basically, you are on the right track and should trust your instincts.

**AQUARIUS**  
January 21-  
February 19

Life feels good as July begins, and you get on well with people around you. There may be considerable focus on working rhythms during the first part of the month, and by about the 13th you may be desperately trying to cut back on tasks. There are key developments in family life this month. The last 10 days or so of July can be a great time for partners and for exploration. The mood is upbeat, and the atmosphere is exhilarating.

**PISCES**  
February 20-  
March 20

Life is humming along quite nicely as the month of July begins. You may be feeling confident and comfortable about money, so you are in the mood for adventure. It is a period of hiatus, when you can look back on the quite dramatic progress you have made over the last few months. End of July is a good time for a trip to exotic destinations where people speak another language and cultural norms are completely different.

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**Soul Music**

This long-running Radio 4 program is about the strange ricochets and resonances which music can have through your life, and how the things you live through change your perspective on what a song means. Recently it's covered David Bowie's 'Life on Mars' and Talking Heads' 'Once in a Lifetime', but the archive spans 31 series going back 20 years, and often the best ones are those about music you've never heard before.

**Highly Unlikely**

Welcome to Highly Unlikely with Josh and Jenaye. We're so glad you're joining us, and we're excited to take you into conversations about highly unlikely people, many from highly unlikely places, and now doing some highly unlikely things. We will also dig into topics we're passionate about that lead us to live highly unlikely lives.



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