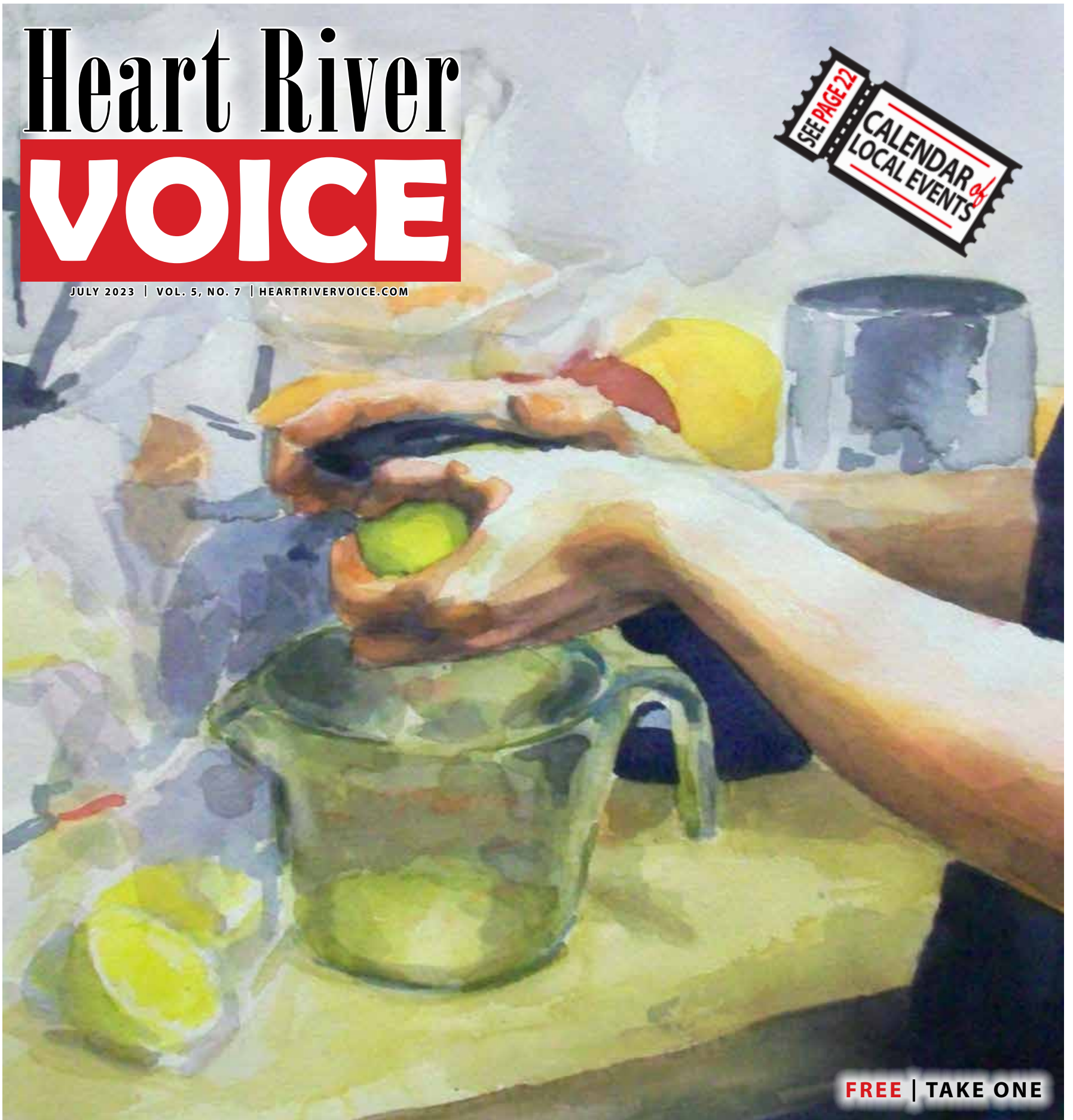


# Heart River **VOICE**

JULY 2023 | VOL. 5, NO. 7 | HEARTRIVERVOICE.COM

SEE PAGE 22  
CALENDAR *of*  
LOCAL EVENTS



**FREE** | TAKE ONE



# School Supply Drive!

Please drop off NEW school supplies & snacks by **August 9th** at Consolidated, or at your area sponsors, and register for prizes!



701.483.4000 consolidatednd.com



4TH OF JULY SALE  
RUNS JUNE 30TH THROUGH  
JULY 10TH!  
SAVE UP TO \$1,000  
OR 0% APR  
FOR 48 MONTHS

1661 I-94 Business Loop East  
Dickinson ND 58601  
701-227-0601

info@bluhavenspaspas.com  
bluhavenspaspas.com  
www.facebook.com/bluhavenspaspas



- Donation to the WISH for OUR HEROES Organization
- \$100 for each qualifying sale
- 100% of donation is covered by Sundance Spas

# evangel is joining the dickinson community!

Evangel is a life-giving, multi-site, multi-generational church, whose heart is to connect real people to a real God.

Learn more about Evangel at [goevangel.org](http://goevangel.org)



# Heart River VOICE

**Publisher**  
Kelley Jilek

**Advisory Board**  
Tammie Braun  
Irene Schafer  
Amy Graves  
Lorri Stoltz

**Advertising Sales**  
Kelley Jilek  
(701)290-2063  
kelley@thejileks.com  
Irene Schafer  
(701) 290-3222  
ireneschafer@ndsupernet.com

**Web Developer**  
Ben Hapip

**Graphic Designer**  
Sophia Jilek

**Photographers/  
Feature Writers**  
Our Community

**Published Monthly by  
Heart River Voice, Inc.**  
PO Box 2117  
Dickinson, ND 58602

© Copyright 2023 Heart River  
Voice, Inc. All rights reserved.  
For usage and submission  
information, contact us at  
kelley@thejileks.com

## A note to our readers

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

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

To get in touch, email us at [kelley@thejileks.com](mailto:kelley@thejileks.com).

**Kelley Jilek**  
Publisher

Cover art, "Lemon Zest," a watercolor on paper by Dustin Young. For more information about the artist, see page 5.



## SAVE UP TO 23% WHEN YOU BUNDLE HOME AND AUTO!\*



**Todd Schweitzer, Agent**  
Todd Schweitzer Agency Inc  
1021 3rd Ave W  
Dickinson, ND 58601  
(701) 483-6228

Scan the QR code  
or call to get a  
quote today.



\*Customers who bundle auto and home insurance policies may save up to 23% on both policies together (as of July 2022). Discounts may vary by state, property, policy form and company underwriting the auto and/or home policy. Discounts may not apply to all coverages on an auto or home policy.  
American Family Mutual Insurance Company, S.I. & its Operating Companies, 6000 American Parkway, Madison, WI 53783  
©2023 21885 - 5/23 - 19106229

## SPORTS PHYSICALS

CHI St. Alexius Health  
Dickinson Clinic

## NOW SCHEDULING

June 20-22, 2023 12:00p-5:00p

July 17-19, 2023 - 8:00a-5:00p

Saturday, August 5th, 2023 9:00a-2:00p

August 8-10 8:00a-5:00p

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

**\$40 now through 8/31/23**



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

## #BOOKWORM Summer reading program continues

By Cindy Thronburg

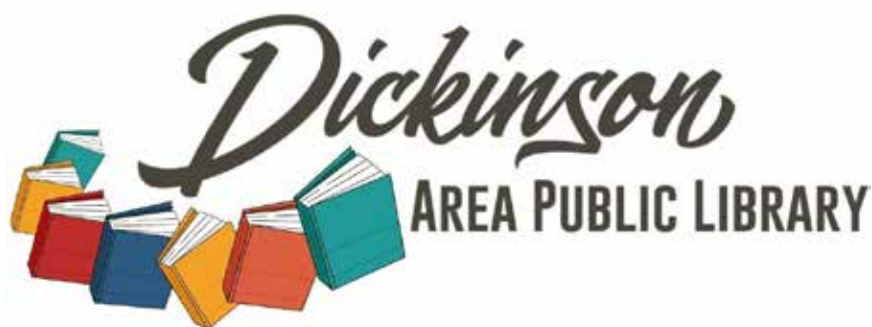
The Dickinson Area Public Library's annual Summer Reading Program is in full swing! The program will wrap up at the end of this month, but there is still plenty of time to participate and to attend some of the amazing programs we have this July.

In order to participate in the Summer Reading Program, you will need to sign

for all ages. Come trade, battle, and talk about your favorite Pokémon! Systems and games are not provided, so please bring your own if you wish.

We will be showing Free Family Movies at 3:00pm the first three Fridays in July. On the 7th we will show Zootopia, on the 14th we will show Meet the Robinsons, and on the 21st we will show A Goofy Movie. All ages are welcome. One free bag of popcorn will be given to each attendee!

We have lots of fun nature-themed programs for all ages this July to go with our Summer Reading Program theme:



up on Beanstack. There is a link at the very top of our website homepage to do so. You can also go to Services, then Reading Programs and click the link to sign up. Please call or visit the library if you have any questions!

We have a couple of special performers visiting us this July! Both of these performances are for all ages. On Wednesday, July 12th at 10:30am we will have Michael Gallo's Imagination Theater in the Community Room. This performance includes puppetry, creative dynamics, storytelling, songs, poems, and activities that delight audiences of all ages. On Wednesday, July 26th at 2:00pm in the Community Room we will have a performance of Traveling Lantern's Rhonda Applesseed. This will be an interactive nature-themed show. We hope you can attend one or both of these programs!

We will be having a special event for children ages 3-12 on Friday, July 28th and Monday, July 31st, both at 10:00am. We will be having a Fairy Tale Tea Party! Join us for treats, a craft, and some tea! All fairy tale characters/creatures are welcome! Sign-up is required.

We will be having another ever-popular Pokémon Party on Thursday, July 13th from 4:30pm to 6:30pm. This is

Read, Explore, Grow. The S.T.E.A.M. age group (ages 6-9) will be making Orange Bird Feeders on Monday, July 17th at 3:00pm, with a second session on the 24th. Sign-up for S.T.E.A.M. activities is required.

On Tuesday, July 18th at 3:00pm the Tween age group (ages 10-12) will be making Bloomin' Dirt Cups. They will then have their TAB Meeting at 3:00pm on Tuesday, July 25th.

Teens (ages 13-18) will be making Hammered Flower Cards on Thursday, July 6th at 3:00pm. They will also be making Pressed Flower Bookmarks on Thursday, July 20th at 3:00pm. They will be doing Gaming at 3:00pm on Thursday, July 27th.

Adults will be making Pine Cone Succulents for Adult Craft Club on Monday, July 10th at 6:00pm. The Adult Book Club will be discussing Olga Dies Dreaming on Tuesday, July 25th at 6:00pm. Copies are available at the library's main circulation desk.

There are of course activities for the little kiddos. Tiny Tots Storytime is every Monday (except the 31st) at 10:00am. This is for ages 0-2. Pre-School Storytimes are Tuesdays and Wednesdays (except the 12th) at 10:30am. This is for ages 3-5. There will be two Tiny Tots Drive-



 **Benedictine**  
LIVING COMMUNITY | DICKINSON

## A place to call home

Our continuum of care lets the Ellenbeckers stay together after 63 years of marriage, with Doug as a long-term care resident while Bertha is in assisted living.

### Learn more:

Short-Term Rehab/Long-Term Care: (701) 456-7242

Benedict Court Assisted Living: (701) 456-7320

851 4th Ave. East, Dickinson, ND | [benedictinedickinson.org](http://benedictinedickinson.org)



In Movies this month. These are for ages 0-5. On Thursday the 13th at 10:00am we will be showing Blue's Clues, and on Thursday the 20th at 10:00am we will be showing The Backyardigans.

The last day to log reading and enter tickets for prizes is Monday, July 31st. The deadline for Coloring Contest Submissions is Saturday, July 15th. Submissions will be on display for voting the week of the 24th. On Friday, August 4th from 2:00pm to 4:00pm we will be

having our Ice Cream Social to end the Summer Reading Program. We will be announcing winners for the program's prizes, as well as Most Read and the Coloring Contest winners. Join us for a sweet treat, but if you can't make it, don't worry. You do not need to be present to win.

We hope to see you around the library this July! Good luck to everyone in their Summer Reading Program challenges!

## Advertise with us!

**Heart River**  
**VOICE**

**CONTACT KELLEY JILEK**  
**AT 701-290-2063 OR**  
**EMAIL [KELLEY@THEJILEKS.COM](mailto:KELLEY@THEJILEKS.COM)**



**COVER ARTIST****Dustin Young**

Grandma Darlene

Dustin was raised in Dumont, MN. He studied Drawing and Painting at Minnesota State University Moorhead, Boston's School of the Museum of Fine Arts and the University of Nebraska-

Lincoln. He has received numerous awards and accolades including the prestigious two-year artist residency at RedLine Contemporary Art in Denver, CO. Dustin and his family reside in Dickinson where he continues his art practice and serves as the Interim Executive Director for the Southwest Art Gallery + Science Center (SWAG+SC).

Dustin works with many different materials depending on his current project. His personal artwork explores ideas about memory and uses personal and pop-culture references to build an enigmatic narrative that viewers interpret through their own experiences.

This summer Dustin will be participating in a few local events. He will be painting during the Arts at the Bandshell event supported by Dickinson Parks & Rec on July 18. Then on August 5 he will be working at the inaugural Makers Market hosted by the Southwest Art Gallery + Science Center at Dickinson's Legacy Square.

**Artist's Statement:**

Memory influences everything in our lives. Massive amounts of information are stored from each experience and



Dustin Young

that data influences future thoughts and decisions. Included are the collective memories of daily headlines and images from pop-culture. Contemporary society is constantly inundated with emotionally charged imagery that aims to shock viewers by appealing to their sensibilities. By reworking the images to avoid shock and specificity, my artwork turns these depictions into mnemonic symbols that stir the mind with associations.

The subject matter fluctuates from piece to piece, flowing between moments of clarity and confusion by employing a combination of abstracted and figurative drawings. Each drawing reflects the influence of shared memories of Americana that help define an American experience through personal history. Combining imagery collected from the Internet, pop-culture, and personal experiences develop an enigmatic narrative that allows the viewer to interpret the work through their own memories.

Please check out the rest of Dustin's artwork at [www.dustinyoungfineart.com](http://www.dustinyoungfineart.com) ■



Storm Off the Hawaiian Coast



Dustin and his family



**Badlands  
Dinosaur Museum**  
188 Museum Dr, E  
Dickinson, ND  
[dickinsonmuseumcenter.com](http://dickinsonmuseumcenter.com)  
701-456-6225



Mon-Sat 9-5  
Summer Sundays Noon-5  
(Memorial Day to Labor Day)



**DICKINSON MUSEUM CENTER**

**THE ARTS**

**BAA summer workshop**

The Badlands Art Association summer workshop will be held July 21, 22, and 23, 2023 in Medora. Artist William E. Hawkins will be leading the workshop. To register for this workshop, send your deposit (\$100) or your full payment (\$285). Make check payable to Badlands Art Association, and mail to: Badlands Art Association, BAA Workshop, P.O. Box 502, Dickinson, ND 58602. Spaces are limited: only paid registrations secure a place. The balance will be due on Friday July 21, 2023. The registration fee, minus a \$25 processing fee will be refunded if a participant needs to cancel, provided that the workshop minimum number of participants is still intact. For more info, contact Cheri Roshau 701.290.7568 or Janelle Stoneking 701.690.1934.



Wm. Hawkins is known for his colorful and stylized impressionist oil paintings. His work hangs in private, public, and corporate collections throughout the world. Clouds, trees, cows and plowed, rain-soaked fields are among his favorite subjects. His work has been featured in publications such as Art Calendar magazine and International Artist magazine and hangs in the Grand Canyon Association's permanent collection. He has been a top auction seller on eBay and other online art sites since 2004. Several modern luminaries and political personages are among his patrons.

He grew up in central Minnesota along the banks of the Mississippi river. Germaine to his development as an artist/artisan/adventurer were the tales and exploits of Teddy Roosevelt, Erik the Red (Viking), and Pecos Bill, as well as an obsession (as a youth) with wildlife art and duck calling.

William lives in Tucson, Arizona with his charming wife Carmen and their four kids somewhere nearby. ■

67th Annual Home On The Range  
**CHAMPIONS RIDE**  
Saddle Bronc Match  
at the Open A Angus Arena

2022 Champion Zeke Thurston on  
J Bar J's Straight Moonshine 91 pts

**AUGUST 5, 2023 1:00PM (MDT)**  
Gates open at 11:00 Grand Entry at 12:30

Exit #7 on I-94  
16 miles west of Medora

Admission Charged at Gate  
Concessions Available

Limited bleacher seating  
but plenty of hillside seating!

For more info or tickets, call or go to:  
**701-872-3745**  
**WWW.HOTRND.COM**

**PAUL MEYERS  
TRACTOR SALVAGE**

Good Buys and Service

- 1000+ Tractors & Combines
- 400+ Reground Crankshafts
- 500+ Tractor Tires
- 300+ Radiators, Rebuilt
- Large Line of Swather, Baler,  
Cutter & Plow Parts

WANT TO BUY TRACTORS &  
COMBINES FOR SALVAGE  
**Phone (605) 225-0185**

Aberdeen, South Dakota  
Open Monday-Friday 8am-5pm  
Saturdays 8am-3pm  
5 miles east of Junction of  
Hwy. N 281 & 128th St

**Thanks for a great year!!! We appreciate your support.  
Dickinson Public Schools Foundation awarded \$47,144 in teacher grants and  
\$10,707 in mini grants this year. We also gave \$2,500 for sponsorships for  
students to compete in national competitions and awarded six scholarships.**

**Grants**



Playground Communication Boards for every elementary school in the District



**Scholarships**

**Sponsorships**



Leighton Weigel,  
National Mathcounts

Kiera Mavity, National  
High School Rodeo,  
Gillette, Wyoming

**Literacy Carnivals**



**Teacher Classroom 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)

## NDSU EXTENSION

# Mental health needs of ag producers

By Sean Brotherson, Family science specialist with NDSU Extension

Farming and ranching has consistently been ranked among the top ten most stressful occupations. In addition, the United States is experiencing a mental health epidemic. It is safe to say that good health is one of the most important assets to any farm or ranch operation or in any person's life.

Addressing the mental and behavioral health needs of those working in agriculture or related areas will be the focus of an upcoming seminar sponsored by North Dakota State University Extension and FirstLink. Registration is now open for the Adult Mental Health First Aid program, scheduled for July 11 in Dickinson, North Dakota.

The full-day seminar is intended to address ongoing issues of stress and mental health in North Dakota. Taught by trained facilitators from FirstLink, the training will provide participants with awareness and skills to support the mental and behavioral health of self, others dealing with stress, and those working in stressful settings. They will receive in-depth information regarding:

- The prevalence and impact of mental health and substance use challenges
- Signs and symptoms of common mental health conditions
- How to recognize early, worsening, and crisis signs and symptoms
- A five-step A.L.G.E.E. action plan for approaching and offering support to an



individual experiencing a mental health challenge or crisis

"Ongoing stress takes a toll on health, including one's mental and emotional well-being," says Sean Brotherson, family science specialist with NDSU Extension. "We say, 'Sometimes you need help; sometimes you are help.' Adult Mental Health First Aid is a program that is proven to elevate awareness and develop skills in recognizing mental health concerns and making connections to helpful resources."

The seminar is free of charge to registered participants because of support from the North Dakota Farm and Ranch Stress Assistance Center project, a federally funded grant to NDSU Extension from the U.S. Department of Agriculture's National Institute of Food and Agriculture (USDA-NIFA).

"This program is possible because USDA-NIFA has recognized the importance of farm stress and is targeting resources at this particular issue," says Brotherson. "We are excited to partner with FirstLink in making this training available."

This training is also approved for eight CEU hours in areas of North Dakota Nursing, social work, EMS, law enforcement, and Certified Peer Support Specialist professionals.

For more information or to register, visit [bit.ly/ND-mental-health](http://bit.ly/ND-mental-health). Direct any additional questions to Brotherson at 701-231-6143 or [sean.brotherson@ndsu.edu](mailto:sean.brotherson@ndsu.edu). ■

701.483.1569  
235 sims street, dickinson, nd

### CONNECT MEDICAL CLINIC

- Well-Women Exams
- Cycle Health Education
- Pregnancy
- Sexual Health

Now a Women's Way Provider

683 State Avenue N, Suite E  
483-9353 | [connectmedicalclinic.com](http://connectmedicalclinic.com)



**FLUFFY FIELDS**  
VINEYARD & WINERY

We've made it our mission to strive to produce excellent wines that celebrate the lands and fruits of North Dakota, with a relaxing atmosphere for our guests to explore their personal wine tastes.

Visit us for a wine tasting. Our vineyard provides varietals of cold climate grapes to create a unique selection of wines.

- Petite Pearl
- Marquette
- Frontenac Gris
- Sweet Bree

Our orchard and gardens provide fresh fruits and vegetables for unique and memorable alternative to grape wines.

- Apple
- Haskap
- Slipping Sunshine
- Cherry

Enjoy a sweet and smooth honey wine made from ND honey or try our specialty carrot wine, Naughty Bunny.

*Get Fluffy!*

**COMMUNITY****Summer youth food program at Amen**

Great Plains Food Bank selected AMEN Food Pantry to participate in their Summer Youth Food Program. Parents with children 18 years old and under are eligible to register and receive 10 meals for each child. All children qualify from any school: public, private, or home school. They are asked to bring one child



Two Pantry team members (L to R): Becky Voytek and Rhonda Bloom

to the pantry when registering. They may return for more meals through August 21st. AMEN will be open to program participants from 2-4 PM Tuesday and Thursday. ■

**COMMUNITY****Power of 100 Women split \$20,600 between two charities**

Power of 100 Women Dickinson, a local charitable group, met on April 25, 2023 to review four charities selected by their members to consider for their 27th quarterly donation. This is the 14th time Power of 100 Women will split their donations between two charities. A milestone was reached in January 2023 when the groups donations went over a half million dollars.

Of the over two dozen charities reviewed, members invite four of those charities to make presentations at each general membership meeting, voting for two of the four to receive their donations.

Elder Care was created under the umbrella of Stark County Council on



(L to R) Shirley Dukart, Colleen Rodakowski, Erin Humphrey, Irene Schafer

Aging to serve many of our seniors, many who are frail and disabled. Donations will go to reduce expenses in the meal program which serves over 800 elderly.



(L to R) Shirley Dukart, Lydia DeJesus, Cherie Roshau and Irene Schafer

**IRSFELD**  
Pharmacy *More than just prescriptions.*  
PC

**20% off**  
**1 nutritional supplement**  
**in the month of July**

Southwest Art Gallery and Science Center seeks to enhance the understanding and appreciation of art and science in Southwest North Dakota through hands-on learning experiences, enhancing cultural appreciation through education of arts and sciences for all ages. The planned trailer purchase will protect the engaging exhibits and art being moved from location to location.

Power of 100 Women Dickinson expanded the area for nominations from 501c3 charities to a 50-mile radius of Dickinson. Members of Power of 100 Women have the opportunity to submit

charities for consideration at each meeting. Women in Dickinson and the surrounding are invited to be a part of this group. Those interested can contact Shirley Dukart (701-290-2283) or Irene Schafer (701-290-3222) for additional information and a membership application.

Power of 100 Women's next meeting will be held on Monday, July 24 at the Dickinson Eagles Club. Prospective new members and guests are always welcome. No dues and no charge to attend. ■



**INDUSTRIAL - RESIDENTIAL**  
**VINYL - CHAIN LINK**  
**ALUMINUM - WOOD**  
**BARBED WIRE**



*Lifetime Warranty*

P.O. Box 204, Hebron, ND • 701-225-7948 • [www.western-fence.com](http://www.western-fence.com)



## VOICING SOME THOUGHTS Hope and gratitude

By Nancy Hoff

May 25, an unknown journey. Hubby and I worked on his farm, then I returned to our home in Dickinson, alone. No nightly call on Friday, and a nagging early morning "shine" prompted me to drive to the farm.

He was in bed, his left eye purple and swollen shut. He had no idea what happened – still no clue, still unknown. A farm accident. He was coherent, got himself showered and dressed. By the time we got to ER, he could not give his name or follow commands. He was taken by ambulance to the hospital in Bismarck.

I know some of you have experienced the shock of walking into the ICU and seeing your loved one on a ventilator. And trying to absorb all the details from the doctor. He sustained two brain contusions in areas of speech & cognition – we just have to wait and see.

Limbo – that jumble of unknown – the anxiety, the what-ifs. But we all live there at times. We all have to slog through its muck, its swampiness that can suck us into despair. I hate limbo, every time I visit. I must remain positive, which is no

easy feat.

Miracle Monday – after two days, I walk into the ICU; he is sitting up, vent out and coherent. Gratitude comes in waves, just as hopelessness does. We have a long road ahead, but here is my birdman, alive, but not so well ... yet.

Miraculously, he is much the same as he was. We spent a week of rehab in Fargo. If this is the Kentucky Derby, he is well ahead, coming up on the outside.

Lessons learned. One day at a time. Anticipation is dangerous ground. Just do today. Today can be disheartening or joyful ... or scary, as those first few days. But it is only today – and we can handle the chunk of today. Only today.

Each and every prayer was heard. He is living proof of power in prayer. Every visitor who came in shared precious time and love. Every soul who said, "If here is anything I can do," and then did! The friend who came to sit with me in Custer Park in Bismarck – my solace touchstone at the end of each day after I left the hospital.

That night, in spite of the heaviness and the concern of the day, we watched the leaves turn shadowy against a sleepy sky until it closed its eyes in slumber. Then ... surprise! Fireworks at a nearby ball park. Bold and bright and beautiful and unceasing. Just like life itself. It's a package deal. ■

## COMMUNITY

### Local ministries to present 3rd Annual Praise in the Badlands

Plains2Peaks and Rooted Ministries, in partnership with 103.7 The Connection, present the third annual Praise in the Badlands. The event will be Saturday, August 5 at the West River Ice Center. This year's event will feature comedian Mickey Bell and headliner artist Unspoken.

"Praise in the Badlands, sponsored by Rooted Ministries and Plains2Peaks, is an event to raise awareness of child abuse and human trafficking in our area. Unspoken is a well-known Christian band and Mickey Bell is a family friendly comedian who will bring laughter to us all," said Pep Waples of Rooted Ministries.

Receiving over 350 million on-demand streams, two No. 1 radio songs and 11 Top 15 hits, Unspoken's music is as distinct as its roots. Its soulful, pop-flavored songs are led by the vocals of Chad Mattson. The band released its self-titled album in 2014, which featured "Start a Fire," the band's first radio single and No. 1 AC hit. The band's sophomore album, Follow Through (2016), debuted at No. 7 on the Billboard Top Christian Album Chart while its album, Reason (2019), sparked the band's biggest, multiformat No. 1 hit so far, "Reason." Unspoken's Top 10 AC hits include: "Who You Are," "Lift My Life Up," "Good Fight" and "You've Always Been." Unspoken band members are living out their mission to be unspoken testimonies to God's love and power, and to speak what oftentimes goes unspoken.

Pre-event games and laser tag will begin at noon, with the concert starting at 6:30 pm. Tickets are on sale now online at rootedministries.us, plains2peaksmt.com or 1037theconnection.com. Tickets can also be purchased at 103.7 The Connection office (2898 5th Ave W) or at Faith Expressions and Well Kept. ■

**It's time to start thinking about an AC tune up**

**701-483-4753**  
[www.fireandicend.com](http://www.fireandicend.com)  
 612 8th St. SE, Dickinson, ND 58601

**LADBURY**  
*Funeral Service*

**701-264-7195**  
 1133 I-94 Business Loop East • Dickinson, ND 58601  
[www.ladburyfuneralservice.com](http://www.ladburyfuneralservice.com)

**Specializing in body repair and refinishing for:**

- ✓ Autos
- ✓ Heavy Trucks
- ✓ Heavy Truck and Trailer Frame Straightening

**701.483.6778**  
 North Highway 22 • Dickinson, ND  
[jays@ndsupernet.com](mailto:jays@ndsupernet.com)

## CONNECT MEDICAL CLINIC CMC now Women's Way provider

By Rachael Marshall, FNP-C and Chelsey Crone, RN

In today's fast-paced world, women often put their own needs last. Taking control of your health may feel overwhelming, but simple things like

inability to pay for these services can be a hindrance to women receiving the care they need. We are excited to share about a program that may be able to help provide coverage for these preventative health appointments and screenings through *Women's Way*.

Connect Medical Clinic is now a *Women's Way* Provider! *Women's Way* provides a way to pay for breast and cervical cancer screenings for eligible North Dakota women. *Women's Way* may also provide patient navigation services to help women overcome barriers and get timely access to quality care. Limited



**CONNECT MEDICAL CLINIC**

For Sexual Health & Pregnancy

getting Pap tests and mammograms can have a lasting impact and can even save your life. A woman's annual exam can help identify risk factors and screen for breast and cervical cancer or abnormalities. While these exams are needed, a lack of insurance or the

diagnostic procedures are also available to women enrolled in *Women's Way*.

Cervical cancer screenings are important because there are typically no signs and symptoms of early-stage cervical cancer. A Pap test can find abnormal or precancerous cells on the cervix, which can be treated before it progresses to cancer. The American College of Obstetricians and Gynecologists (ACOG) recommends that screening with a Pap test should begin at age 21 and be performed every three years. Starting at age 30, you can choose one of three options: a Pap test with a Human Papilloma Virus (HPV) test every five years, a Pap test alone every three years, or an HPV test alone every five years.

HPV is the leading cause of cervical cancer. The HPV virus is spread by skin-to-skin contact during sexual activity (vaginal, anal, or oral sex). There are usually no symptoms, and HPV will typically clear up by itself. If the virus does not clear, this will increase the risk of cervical cancer. Scheduling a well-woman exam and discussing risk factors with your provider is an effective first step in taking control of your health. Next month, we will discuss the importance of breast health and screenings.

To learn more about *Women's Way*, go to: [www.hhs.nd.gov/womensway](http://www.hhs.nd.gov/womensway). For more information about Connect Medical Clinic and a list of the services we provide, refer to our website: [www.connectmedicalclinic.com](http://www.connectmedicalclinic.com). ■

### Summer Sale!

**Trek Marlin 4 or 5**  
**\$50.00 off**

**Trek Marlin 6 or 7**  
**\$100.00 off!**




**Steffan Saw & Bike**  
**701.225.5075**  
121 3rd Ave E, Dickinson, ND



3020 Energy Drive - Dickinson, ND 58601  
701.456.9184 | 800.932.8740  
[www.fisherind.com](http://www.fisherind.com)

**General Highway Construction ♦ Heavy Civil Construction**  
**Commercial Crushing ♦ Aggregate Products ♦ Steel Service Center**  
**Aggregate Equipment Fabrication**

WE'RE  
HIRING



qr.co.de/fisherjobs

JOIN  
OUR TEAM



WELDERS



EQUIPMENT OPERATORS

EQUAL  
EMPLOYMENT  
OPPORTUNITY






DAN PORTER MOTORS

YOUR VOLUME LEADER  
WE WANT YOUR BUSINESS!

WE MAKE BUYING OR SERVICING YOUR CAR OR TRUCK HASSLE FREE!

\*FREE CAR WASHES FOR LIFE

\*FREE ALIGNMENT CHECKS

\*WITH YOUR CAR OR TRUCK PURCHASE



701.227.1272 DANP@DPMOTORS.COM  
2391 1-94 BUSINESS LOOP EAST, DICKINSON ND 58601

## Are you turning 65 or New to Medicare?

Medicare Advantage plans from Humana offer all the benefits of Original Medicare, plus more on most plans.

**Humana.** A more human way to healthcare™



Call a licensed sales agent today

**AMY HAUGEN**  
701-202-6104 (TTY: 711)

Monday – Friday, 8 a.m. – 5 p.m.  
humana.com/ahaugen

Y0040\_GHHJJ7NEN23\_AD\_M

### FINANCIAL FOCUS®

## Retirees: Talk finances with your grown children

When you're retired, you'll likely have some financial concerns — just like all retirees. However, if you've invested regularly and followed a long-term financial strategy, you should be able to address most issues that come your way. But there's one important action that's sometimes overlooked by retirees: sharing their financial situation with their grown children. And this knowledge can benefit everyone in your family.

You might be surprised by the concern your children have for your financial well-being. Consider these findings from a 2023 study by Age Wave and Edward Jones:

- 66% of millennials (generally defined as ranging from 27 to 42) worry that their parents or in-laws may not have enough money to live comfortably in retirement.
- 83% of millennials would rather know their parents are financially secure in their retirement, even if it means their parents pass on less money to them.

If you have children in this age range or older, or who soon will be, how can you address their concerns and potentially improve your financial outlook? Communication is the key. By openly communicating with your family about your financial status, you can reduce anxieties and misperceptions. If you're in good financial shape, your adult children may be reassured that you won't be needing their assistance. And if you are feeling some financial pressures, you can inform your children

of the steps you are taking to improve your situation.

One such step may be to reduce your cost of living — the less you spend day to day, the better your ability to preserve your investment and retirement accounts. You may be able to reduce costs in many small ways, such as ending streaming services you no longer use, but you could make an even bigger impact by downsizing your living arrangements. In fact, 72% of today's retirees have downsized or are willing to downsize to reduce their housing costs, according to the Age Wave/Edward Jones survey. Downsizing isn't for everyone, but if it's a possibility for you, it may be worth considering because the savings could be significant.

You may also be able to reduce or consolidate your debts. Start by understanding how much and what kinds of debt you have. Then, consider ways to lower your payments, such as refinancing. For example, if you're carrying a balance on multiple credit cards, you might be able to transfer the amounts you owe onto a single card with a more favorable interest rate.

Here's another move to consider: Adjust your investment mix to possibly provide you with more income in retirement. During your working years, you may have invested primarily for growth — after all, you could be retired for two or more decades, so you'll need to draw on as many financial assets as possible. But once you're retired, your investment focus may need to shift somewhat toward income-producing

opportunities. Keep in mind, though, that you'll still need some growth potential to help keep ahead of inflation.

One final suggestion: Let your children know if you already have a strategy in place to meet the potentially high costs of long-term care, such as a nursing home stay. This burden is certainly something you won't want your children to take on.

By informing your children about your financial picture, and how you're trying to improve it, you can ease everyone's minds — so keep the lines of communication open.

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

## Edward Jones®



**Sheyenne A Haugeberg**  
Financial Advisor

244 14th St W Suite D  
Dickinson, ND 58601  
701-225-7148

MKT-5894N-A

> [edwardjones.com](https://www.edwardjones.com)

## Edward Jones®



**Marlene Bradbury**  
Financial Advisor

1166 3rd Ave West  
Dickinson, ND 58601  
701-225-1077

MKT-5894N-A

> [edwardjones.com](https://www.edwardjones.com)

## LESSONS IN BUSINESS Wisdom shared by Dakota Daughter

By Debora Dragseth, P.D.

"Millennials Matter: Proven Strategies for Building Your Next-Gen Leader" offers a timely and engaging analysis of how to better understand, connect with, mentor, lead, and develop the next generation of leaders.

The author, Danita Bye, and I share two important things in common. Firstly, both of us have children who belong to the millennial generation. Secondly, we are deeply involved in ensuring the success of higher education in North Dakota. Danita serves as a member of the North Dakota State Board of Higher Education, while I am a tenured business professor at Dickinson State University. Our commitment extends not only to our own children but also to the thousands of young adults passing through the North Dakota University System.

Danita is a challenger, and I am proud to know her. Each conversation with her leads to a deeper understanding of leadership. For instance, in a recent

discussion, she emphasized the need to prioritize passing on our wisdom to the next generation. In her book, Danita accomplishes just that. If you have the opportunity to have lunch with Danita Bye, do it! If not, I recommend picking up one of her books, reading her articles, or exploring her free Millennial Leadership eBook series, all available on her website: [www.danitabye.com](http://www.danitabye.com).

Some describe Danita, a resident of Stanley, North Dakota, as a vision-casting leader, while others call her the accountability queen. Both descriptions make sense. One mantra that resonates with me, which Danita often repeats, is that leaders build leaders. She writes, "Business results are important. However, leaders also understand that the legacy they leave, both at work and at home, matters even more."

Within her book, Danita shares stories and experiences that stimulate readers to reflect on their own leadership styles. She suggests that experienced leaders share their personal stories with their mentees and listen to their stories in return.

Danita frequently discusses the concept of the "courageous core," which she defines as a center of character strength that allows individuals to positively influence others. Growing up on a ranch

that was far from luxurious—a humble eight-hundred-square-foot tar-papered homestead shack without running water until Danita reached her teenage years—she learned the values of determination, awareness, knowledge, optimism, trustworthiness, and accountability. Her father worked multiple jobs, and her mother gardened to ensure the family's survival.

As a proud daughter of the Dakotas, Danita emphasizes that a courageous core encompasses the following qualities:

- Determination
- Awareness
- Knowledge
- Optimism
- Trustworthiness
- Accountability

"Determination is one of my favorite qualities. It reminds me of all the crazy times growing up with no running water. That meant I had to use the outhouse whether it was 110 degrees above or ten degrees below zero. I had to use it whether there were driving rains, sleet, or blizzard conditions. These formative years instilled in me grit and mental toughness, qualities you can help cultivate in your next-gen leader."



Throughout her insightful book, Danita encourages experienced leaders to leverage their talents to serve others. She provides detailed, step-by-step guidance for readers to make a lasting impact on the future and leave behind a meaningful legacy through others.

*Debora Dragseth, P.D., is a business professor at Dickinson State University. Her monthly column provides common-sense answers to common workplace issues.*

*Dakota Daughter shares her wisdom. ■*

# JULY 13, 2023

## 8-9 AM | STARK COUNTY VETERANS PAVILION

### "CYBERSECURITY"

### SPEAKER



### MARLEAH MARSH

**Consolidated**



**ELEVATE**

COFFEE & PASTRY SPONSOR



VENUE SPONSOR

EVENTS OFFER OPPORTUNITIES FOR CURRENT AND ASPIRING ENTREPRENEURS AND OUR AREA'S ENTREPRENEURIAL RESOURCES TO COME TOGETHER TO NETWORK.

EVENT BROUGHT TO YOU BY



## CHAMBER OF COMMERCE Chamber Ambassadors swing into summer

By Carter Fong, Executive Director,  
Dickinson Area Chamber of Commerce

Summer has arrived, and the schedule is heating up for the social butterflies that represent the Dickinson Area Chamber of Commerce! Several major ribbon cutting ceremonies are in the works, while the July 20th golf scramble is filling up fast.

The role of the Ambassadors is to help raise the profile of new business owners in Dickinson while inviting them to become more involved in the Chamber and in the community. These relationships often begin with a ribbon cutting photo that is shared on social media platforms. The Ambassadors also celebrate new locations, major milestones, and changes in ownership. While their schedule traditionally lands on the second Thursday afternoon of each month, the committee has prioritized flexible and timely visits to important "Quality of Life" projects as they near completion.

The completion of Friendship Park on 10th Avenue East marks a major milestone for the Dickinson Parks and Recreation. The outdoor facility offers accessible equipment to children of all ability levels. The park opened with a ribbon cutting on June 21st. The park's colorful and attractive layout is visible from Interstate 94, drawing families into

our community via Exit 61 and Museum Drive.

Meanwhile, the City of Dickinson opened a new space in the heart of downtown that will offer opportunities for residents of all ages. Legacy Square will become the new home of the traditional Thursday evening downtown summer concert series, and "The Metal Cowboy" Ron Keel kicked off a full slate of summer events on Saturday, June 24th. City leaders joined the Chamber Ambassadors to capture the importance of another completed project that will connect business and community.

Two more ribbon cutting ceremonies are tentatively scheduled for later dates in the summer. On July 26th, Heartview Foundation is set to open and offer treatment programs for substance abuse,

and on August 2nd, Senator John Hoeven is scheduled to visit the Theodore Roosevelt Regional Airport to celebrate the completed runway expansion.

The Ambassadors are also responsible for the Chamber's annual golf scramble as a fundraiser and networking event. Our July 20th scramble is already full with a waiting list, thanks to the hard work of the committee led by Amy Anton of Dakota Community Bank. At 9AM, 36 teams will be off to the races with a Kentucky Derby theme at Dickinson's Heart River Golf Course. Prizes will be awarded for skill and for spirit. Visit us at [www.dickinsonchamber.org](http://www.dickinsonchamber.org) or follow us on our social media feeds for a peek at our full summer schedule of events. We hope you'll join us. Bring the sunscreen!



THE

# ACRES

EST 2022

- 1+ ACRE LOTS
- PAVED STREETS
- SOUTHWEST WATER
- NATURAL GAS
- STREET LIGHTS

## VENTURE

CALL 701-483-8448 FOR  
MORE INFORMATION!

**Kurt Robinson**  
Owner

📞 701-483-8900  
📍 1283 W. Villard  
Dickinson, ND 58601  
✉️ [suresign@ndsupernet.com](mailto:suresign@ndsupernet.com)

SIGNS • BANNERS • DECALS • GRAPHICS

**the real estate co.**  
real estate made simple.  
701.483.0111 fax: 701.483.0112  
353 19th st w | dickinson, nd 58601

*Lenée Bookhardt*  
cell: 701.690.5867   
email: [LeneeBookhardt@gmail.com](mailto:LeneeBookhardt@gmail.com)  
[www.therealestateco.co](http://www.therealestateco.co)

**KUDOS**

**Sarah Carlson**

*"Friendship is based on the oldest and most intrinsic human awareness that there is more to life than just ourselves." ~ Christopher Hansard*

As a young girl riding the bus to school, Sarah Carlson looked for the underdog so she could sit beside them.

"My passion even back then was to share the big love I had inside of me," she explains.

Carlson is a hard-working woman, wife, mother, and a Director of ICF Services with ABLE, Inc. Many in the community know Carlson as "Beckett's mom" or "the Friendship Park lady." While all of this is true, they are not the aspects of herself she leaves as her legacy.



Sarah Carlson

Carlson loves her work and admits it's a big part of her life, finds value in the people and relationships, but it isn't the whole picture of her identity. Instead, she is committed to understanding herself, owning her intrinsic value, and serving the community from a place of open and authentic love.

"People on the fringes, those with disabilities, those who are stuck on their journey - all can benefit from feeling first loved, then safe, and then honored," she says. "When I understand myself, I can better help others to see the dignity in just being them."

Carlson's actions, professionally and personally, are driven by the desire to



live curious and find creative solutions. During the 7 years Friendship Park has been in the works, curiosity has been her defense against discouragement.

"It's been similar to working with people who have disabilities," she notes, "When an obstacle comes up, we don't say, 'Oh well, too bad that can't happen.' We say, 'Let's find another way to do this!'"

The park opened to public on June 21, the summer solstice. Carlson believes the impact of the inclusive space will be more than meets the eye. The impact will reach the heart. Children, she recalls, would draw her son as standing up with the rest of the children in the picture, up until they reached a certain age.

"At some point, they recognized the difference and then drew Beckett with wheels," she notes. "Sometimes differences lead to judgment, which leads to separateness. I live curiously, look for sameness, and try to see myself in the

person in front of me. When we find common ground, there is the possibility for more: more friendship and more understanding."

She states she routinely scans her surroundings and asks, "Who's missing?" Identifying who is absent from the table, then looking for ways to invite that person, or people group, to break bread. Her legacy will include leaving Dickinson a more thoughtful, curious, and inclusive place because she's led with authentic big love.

"The Friendship Park is for children with and without disabilities to play and be given the gift of connection, fun, and laughter." ■



**the real estate co.**  
real estate made simple.

701.483.0111  
353 19th street west  
dickinson, nd 58601  
www.therealestateco.co

MLS     

*Call me, let's talk  
Real Estate.*



**TAMMIE BRAUN**  
Realtor

**701.590.1091**  
email: tammiebraun@gmail.com  
www.tammiebraun.com



**COMMERCIAL, FARM & HOME WIRING & LIGHTING  
ELECTRICAL SUPPLIES**

*Electric Sales & Service Inc.*

EST. 1944

**701.483.2171**  
730 EAST VILLARD • DICKINSON, ND 58601  
ESS@NDSUPERNET.COM

**701.483.DOOR (3667)**  
501 21st Ave E  
Dickinson, ND 58601



**\$5.00**  
Insulated Used  
Garage Door Panels  
For Windbreaks  
Any Size  
Call for Details

**HEALTH****Mitochondrial dysfunction**

By Steve Irsfeld

Dysfunction is not a new term in society today, but mitochondria may be a new topic to you. Mitochondrial dysfunction is a big deal, and I will explain why in the context of this article.

First, let me explain what mitochondria are and what they do in our bodies. Mitochondria are in every cell in your

include pain medications, omeprazole and statin.

Statin drugs used to lower cholesterol have been shown to induce mitochondrial dysfunction through Coenzyme Q10 (CoQ10) depletion. Omeprazole appears to inhibit carnitine absorption. Pain medications like naproxen and acetaminophen directly affect the function of the mitochondria.

The most important thing you can do is to improve your lifestyle. Adhering to the tenants of the Magnificent 7 is a perfect way to work on your lifestyle. Eating right and moving right are a great start,



body, but most know little about them or how to care for them. Mitochondria are in every cell in our body and are responsible for creating more than 90% of our body's energy needs. The Mitochondria make adenosine triphosphate (ATP), which, when broken down, releases energy. If we don't have energy, we cannot grow and sustain life.

The body's primary energy consumers are muscles, brain, liver, heart, lungs, and GI tract. The systems listed can suffer when mitochondria are not working to their full potential. This process is referred to as mitochondrial dysfunction, often due to genetic or environmental factors, which can ultimately then lead to cell injury and premature cell death. Think of mitochondria dysfunction like a blackout is to a city. Once the power goes out, nothing works as it should.

When the mitochondria fail to meet the body's energy needs, symptoms of this energy start to show. These symptoms can include: heart and kidney issues, digestion seizures, strokes, developmental delays, speech and sight problems, and simply walking can be a problem. As you can see from the list, many of these symptoms can overlap with other disease states making it difficult to differentiate between them.

Drug-induced mitochondrial toxicity can create toxicity in the liver, skeletal muscles, kidney and central nervous system. Medications affect our mitochondria by directly affecting the mitochondria or depleting co-factors that go into the production of ATP. The most common drugs that can cause these

especially now that it is nice outside. Quit smoking, limit alcohol consumption, exercise five days per week, and eat food loaded with nutrients.

When considering supplementation to support your mitochondria, utilizing supplements that help protect the mitochondria would be the goal, and CoQ10 is at the top of the list. If you read this column regularly, you have heard about CoEnzyme Q10 (CoQ10) and its many benefits. The fact that it is the third most popular supplement sold in the United States is a testament to its use.

The second product I recommend is designed to increase cellular energy. It combines acetyl L-carnitine, NAC, alpha-lipoic acid, grape seed extract, magnesium, and manganese. These ingredients help support the healthy functioning of mitochondria and overall cell activity.

In addition to helping our mitochondria increase ATP production, this combination of ingredients helps support the following systems: energy production, cardiovascular function, blood flow, nitric oxide production, antioxidant support, and body tissue, including epithelial, muscle, connective and nervous tissues.

Stop by or call the pharmacy to schedule a consultation for more information on mitochondrial-friendly formulations or other health concerns that you might have. 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! ■



701-483-GRIN (4746)

669 12th St. W | Dickinson, ND  
[www.highplainsdentalpc.com](http://www.highplainsdentalpc.com)

**BIERSCHBACH**  
EQUIPMENT & SUPPLY

351 24th St. East, Dickinson ND 58601

**Rob Clemow**

Branch Manager

701-483-3184

Cell: 701-300-2062

[robc@bierschbach.com](mailto:robc@bierschbach.com)**WE RENT:**

Telescopic Forklifts  
 Skid Steer Loaders  
 Mini Excavators  
 Scissor Lifts  
 Telescopic Boom Lifts  
 Air Compressors  
 Light Towers  
 Lawn and Garden Equipment  
 Trench Boxes  
 Compaction Equipment  
 Power Trowels  
 Wall Forms  
 Plus Many More items

**WE SELL:**

Concrete Tools  
 Diamond Saw Blades  
 Safety Equipment  
 Electric Tools  
 Anchors  
 Geotextile Fabric  
 Trench Drain Systems  
 Skid Steer Loaders  
 Traffic Control Devices  
 Measuring Equipment  
 Personal Fall Protection  
 Marking Paint  
 Plus Many More Items

# DICKINSON MUSEUM CENTER

## Western Starr, Part 2

By Bob Fuhrman

Continuing along in solo practice Western Starr became active in Dickinson society – participating in a debating club, dabbling in real estate (though likely as an agent rather than speculator) and throwing his hat in the ring for District Attorney in October 1884 though he and two others were quickly winnowed out of the field for that nomination at the Citizens County Convention.

Though not nominated for D.A., Starr did stand as a candidate for Dickinson Township Justice of the Peace. Of the 246 votes cast Starr received 171 to defeat incumbent George Auld. However, nearly four months elapsed before Starr undertook J.P. duties as there was debate on whether Auld, appointed when the county was organized in 1883, should have been made to stand for election before the next general election. A search of the 1885 Territory of Dakota Session Laws failed to reveal a legislative solution to the question but Starr's first appearance in the J.P.'s docket on May 12, 1885 indicates that his election was finally viewed as legitimate.

Starr served just over 18 months as J.P., his last case dated November 26, 1886. During his term he oversaw all manner of cases, usually in terms of initial appearances which resulted in dismissal of charges or passing the case on to the grand jury enroute to the Circuit Court for adjudication. Starr saw cases of larceny (grand and petit), assault and battery, assault with a deadly weapon, several types of civil cases involving various debts, "interfering with branded cattle" incidents, disturbing the peace, drunk and disorderly, burglary, and receiving

stolen property. He also performed six marriages - traveling to Belfield for two and Dunn County for another; there being no local J.P. available in those venues.

Most notable of all appearances before Starr was Dakota Territory vs. Michael Finnigan, Edwin Bernstad and Chris Pfeffenbach (sometimes referred to as 'Old Fritz' or 'The German'; note – spellings vary on all three last names). These were the three miscreants charged with grand larceny in the famous incident wherein rancher (and Deputy Sheriff) Theodore Roosevelt's skiff was stolen from his Elkhorn Ranch on the Little Missouri River in late March 1886. Roosevelt and two companions, ranch managers Bill Sewall and Wilmot Dow (who quickly built a small boat for the pursuit) launched themselves as a water-borne posse into the ice-choked river, eventually catching the thieves at a campsite where they were secured without a struggle. Drifting down the river with their prisoners for six days the party came to a C Diamond Ranch cow camp from which Roosevelt dispatched Sewall and Dow to return the two boats to his ranch while he hired a wagon and driver to take the him and his prisoners to Dickinson. (John Joseph Stanley's *Rough Rider Justice in the Dakota Badlands from Law in the Western United States*, © 2000, G.M. Bakken provides a fine account of the entire incident).

Upon reaching Dickinson on April 12, 1886 two reunions occurred. After turning his prisoners over to Sheriff Sebastian, Roosevelt filed his complaint with Justice Starr, his one-time Columbia Law classmate who then began the proceedings against the accused. Finnigan was familiar to Starr as well, having appeared before him the previous December for discharging a firearm in a public place (Medora) while on a drunken spree. At the time the *Bad Lands Cowboy* newspaper reported Finnigan's spree resulted in "a Christmas present of \$5(fine) and

costs by Justice Starr, which will net him about twenty days in jail."

At their appearance before Starr, Finnigan (a horse thief by reputation) and Bernstad both pled guilty while Pfeffenbach pled not guilty. One account says Roosevelt declined to press charges against 'Old Fritz' as he thought him a 'half-wit.' Grateful, Pfeffenbach "profusely thanked Roosevelt, who replied, 'That's the first time a man ever thanked me for calling him a fool.'"

After hearing testimony Starr discharged Pfeffenbach and set bond for Finnigan and Bernstad at \$1000 each. Lacking the bond, the two men were committed to jail to await the next grand jury and their eventual trial in Mandan the next August when both were sentenced to 25 months in Bismarck's Territorial Prison.

Sources lack any further mention of Starr and Roosevelt's reunion – truthfully, it is difficult to say how well acquainted the two men were. However, we know from the New York Legislature's memorial booklet published upon TR's death that Starr, in company with fellow Columbia Law alum Joseph A. Lawson, had visited Roosevelt at the New York State Legislature sometime between 1882-84 when Starr and Lawson journeyed to Albany to lobby legislators to abolish the distinction between attorney and counselor then recognized in New York State. From Lawton:

"You were first admitted to this wonderful profession as an attorney, and then when you had learned to fill out a summons, serve a subpoena and empty the waste basket, you might in due time be advanced to the more dignified degree of counselor. Being ambitious, it seemed to us a fictional distinction; we wanted to go to work immediately and appear in the highest court of the State..."

We sent in our cards, let (Roosevelt) know what we wanted and the wish was simply the forerunner of his energy, of his push, of his going ahead with the



proposition that we sought..."

Some years later Lawson visited Albany during Roosevelt's term as Governor (1899-1900), and spoke with TR:

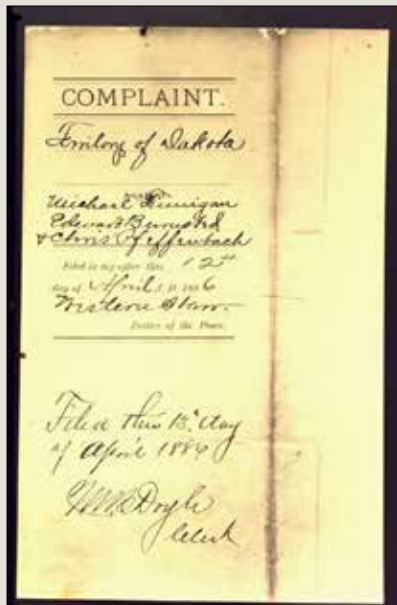
"Governor, do you recall that little incident (when) I came with one Western Starr to enlist your aid for the benefit of our old institution?' He looked at me, exposing those expressive dentals, and said, 'I most assuredly do...when I was out on my ranch, I was appointed deputy sheriff and I arrested a horse thief and took him before a territorial judge and who should that territorial judge be but our old friend, Western Starr...if you had only been there instead of the horse thief, our trio would have been complete.'"

There was at least one other occasion when Starr and TR met - at perhaps the best-known Roosevelt appearance in Dickinson, the first formal 4th of July

*Continued, next page*



Continued from page 16



Complaint filed by Theodore Roosevelt against Finnigan, Bernstad and Pfeffenbach for their appearance before Justice of the Peace Western Starr. From the collections of the State Historical Society of North Dakota, via the Theodore Roosevelt Center, Dickinson State University.

celebration in 1886 (which actually occurred on Monday the 5th, the sabbath not to be impinged by secular celebration at the time). Roosevelt was featured speaker; likely tapped by Dr. Victor Stickney who met TR while treating his feet for injuries related to his 50-mile trek with his prisoners 3 months before.

Following a parade Stickney served as master of ceremonies when “young attorney Western Starr read the Declaration of Independence in a clear and forcible tone” followed by a basket lunch after which Roosevelt presented “an able discussion on the duties of American citizenship.” That address is commemorated today by his statute on the grounds of the Stark County Courthouse.

Starr finished his term as J.P. in November 1886, though we cannot tell if he was voted out of office or choose not to run (the 1886 run of the Press is lost to posterity). We do have some evidence of his activities in 1887 – in June Starr swore a grand larceny complaint against John Graham of Richardton which was dismissed for lack of evidence (with no mention

of what was allegedly stolen) and also made “a few remarks” at the Old Settlers’ Club meeting. In August Starr traveled to Chicago helping escort a trainload of cattle to market for the Reynold Brothers’ outfit and probably stopping to visit his family before returning in September. In October Starr himself was charged with perjury by the Dakota Territory and then granted bail of \$300 in a case that was a complete mystery at the time, given there was no mention of particulars in the local news.

The perjury charge was dismissed fifteen months later but details did not reach the local newspapers until 1902 when the Press picked up a story from the Mandan Pioneer. Starr, then running for a legislative seat in Illinois (as a Democrat which, the Pioneer noted, was “not...particularly to his credit”) was the subject of a mild slander campaign which featured a circular entitled “A leaf from the record of Western Starr; Had to leave North Dakota to escape prosecution.” The circular referred to the perjury charge – and lo and behold! – within the Pioneer’s story we find that John Graham, the

man Starr had filed an assault charge against in 1887 was involved with “some trouble over a mowing machine,” that trouble prompting Starr to file an affidavit implicating Graham which subsequently led to the grand jury indicting Starr for perjury. Thankfully, the Pioneer offered an attempt at clarification:

“The chances are that Starr, as was liable to be the case in those early territorial days, was trying to use the criminal branch of the law to collect a debt. It is not likely that the circular will do much injury to Mr. Starr’s chances of election. He is running as a reformer, anyhow, and the implication is that if he was naughty 15 years ago he has reformed now.”

It could be that Starr may have been considered to have perjured himself by swearing what he knew to be a false complaint, which would seem to fit the Pioneer’s take on the matter. For us, the fifteen year wait for the perjury explanation jumped us over the last year or so of Starr’s Dickinson residence which we will examine next month in Western Starr, Part 3. ■



**STARK**  
DEVELOPMENT CORPORATION

Your Economic Development Office for Stark County, Dickinson and the Surrounding Area

www.starkdev.com • team@starkdev.com • (701) 225-5997 • 103 1st Ave West, Suite 101 • Dickinson, ND 58601



## SDC CHILDCARE PROGRAM

Matching forgivable loan funds are available for new or expanding licensed group or center childcare facilities throughout communities in Stark County.

Up to **\$30,000** for a Group

Up to **\$100,000** for a Center

Accepted costs can include, but are not limited to, facility purchase, facility expansion, equipment purchase including safety and security.



**CONTACT SDC TO DISCUSS YOUR PROJECT!**

(701) 225-5997

WHERE BUSINESS GOES TO GROW



## EDUCATION

# DPS Foundation announces 2023 scholarships

Dickinson Public Schools Foundation awarded six scholarships for 2023 graduates. Congratulations to the recipients and all 2023 Dickinson High School grads!

### Jack Carlson Memorial Scholarship

Benett Carlson was recently awarded the Jack Carlson Memorial Scholarship. He will be attending DSU this fall and plans to go into pre-dental.



"This scholarship means the world to me. I am thankful to be chosen for a scholarship in my grandfather's honor. I plan on studying pre-dental at DSU for four years and then to go to dental school and open my own practice here in Dickinson."

### Michael Callahan Hockey Scholarship

The Michael Callahan Hockey Scholarship was awarded to Taj Blauer. Taj will be attending the University of Minnesota: Twin Cities and pursue a degree in Product Design.



"I want to thank the Callahan family for providing this scholarship. I am super appreciative and honored to be the winner of the scholarship. Thank you for giving back to the hockey players with this opportunity. I will be attending the University of Minnesota this fall where I will be studying Product Design."

### Ruth Lenz Memorial Music Scholarship

Elizabeth Keene is the recipient of the Ruth Lenz Memorial Music Scholarship. She plans to attend the University of North Dakota and major in Music education. Elizabeth has been very involved in music her entire life and



she loves music.

"I am very honored and blessed to have received the Ruth Lenz Memorial Music Scholarship! I am very thankful to the Lenz family for this opportunity. It's quite fitting that I received this scholarship due to the fact that I am going into music education at UND. This scholarship improves my potential to do so."

### Rewarding Kindness Scholarship

Mouchefa Batcha was awarded the Rewarding Kindness Scholarship. Mouchefa will be attending DSU for Biology. She wants to be a pediatrician.



"I am from TOGO, West Africa and recently graduated from Dickinson High School. I really appreciate the honor of receiving this scholarship. I am majoring in Biology at DSU. My dream is to become a pediatrician. I am very grateful to Mr. Veer and his contribution to my future. I truthfully appreciate the opportunity."

### Fong Family Trust Scholarship

Hunter Moreno was awarded the Fong Family Trust Scholarship. He will be attending the



North Dakota State College of Science and enter their Butler Machinery diesel program.

"I will be attending NDCSC for the Butler Machinery diesel program. To me getting this scholarship means I have an opportunity to do something that I love to do, which is working with my hands. I can't thank the whole Fong family enough for this opportunity and for what they do and have done for other students like myself!"

### Mrs. Jan Fields Education Scholarship

Heather Cabral was awarded the Mrs. Jan Fields Education Scholarship. She will be attending DSU in the fall and major in elementary education. This is the first year of the Mrs. Fields Education Scholarship.



"I am so blessed to be awarded the Mrs. Fields Education Scholarship! Education opens many doors, and this scholarship will allow me to pursue my degree in Elementary Education with a minor in Leadership Studies at DSU. It means a lot to be able to receive this scholarship because I am very passionate about what I am going to be pursuing in school. Receiving this scholarship has motivated

me to give my full effort to represent the honor and hard work it means to receive this award and I deeply appreciate being chosen as the first winner of the Mrs. Fields Education Scholarship!"

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

PLAINS  
Peaks

ROOTED  
MINISTRIES

The Connection  
103.7  
CONNECTING YOU TO CHRIST

rootedministries.us

PRAISE IN THE  
Badlands

5  
AUGUST

plains2peaksmt.com | 1037thecconnection.com

UNSPOKEN

**LASER TAG STARTS AT  
12 PM**

---

Laser Tag | Food  
Special Guest

---

**CONCERT STARTS AT  
6:30 PM**

Tickets available on our  
websites

Mickey Bell

West River Ice Center, Dickinson,  
ND

**COMMUNITY**

# Notes from the Badlands

By Joe Wiegand



David Architzel

The year 2023 marks the 125th Anniversary of the Spanish-American War. On February 15, 1898, the armored cruiser, U.S.S. Maine was blown up in Havana Harbor, Cuba, ruled by the Spanish monarchy. Two-hundred and sixty eight American personnel died in the explosion or of injuries soon

afterward. The people of the United States rallied around the cry, "Remember the Maine!"

In the subsequent war, an additional three hundred and eighty-five American service personnel died in combat, two thousand and sixty-one died of disease, and sixteen hundred and sixty-two were wounded. On July 1, 1898, Colonel Theodore Roosevelt led his regiment, the 1st United States Volunteer Cavalry up Kettle Hill in the Battle of San Juan Heights nearby Santiago de Cuba. The war ended and Cuba won its freedom. Theodore Roosevelt mustered out of the United States Army on September 15, 1898, and within three years would rise from Governor of New York, to Vice-President and President of the United States.

Less than fifteen years before the war, Theodore Roosevelt came to these Badlands, establishing two cattle

ranches. He would later say that he would have never been President but for his experiences here. During his time ranching in the Badlands, working with the cowboys on horseback, Theodore Roosevelt first expressed his desire to lead a cavalry regiment if he ever served his country in war.

Since 1965, the charge of Theodore Roosevelt and the Rough Riders up Kettle Hill has been a thrilling feature of the Medora Musical, before which we salute our Veterans and sing the National Anthem.

On Sunday, July 9, 2023, the Theodore Roosevelt Medora Foundation (TRMF) will once again host a "Veterans Appreciation Day" in town and at the Medora Musical. On July 9, Veterans, active duty, and reservists are free of charge at the two showings of the Medora Musical. This year a free

Veterans Panel program will be hosted at the TRMF Life Skills Center in the second floor Richard & Darlyne Anderson Excellence in Training Room from 1:00 to 2:30PM. Panelists will include Vice-Admiral David Architzel (USN-retired) a former commanding officer of the U.S.S. Theodore Roosevelt (CVN-71), a nuclear aircraft carrier the Navy has dubbed the "Big Stick." Architzel, the President of the Theodore Roosevelt Association, will also be a guest speaker before the 5:30PM and 8:30PM showings of the Medora Musical at the Burning Hills Amphitheater.

Flyovers by a United States Navy T-34 airplane and a complimentary Veterans Keg Social are additional highlights on that Sunday night. We give thanks for our Veterans every day in Medora. We do so in an extra special way on our Veterans Appreciation Day, July 9. ■

DICKINSON AREA PUBLIC LIBRARY PRESENTS

**MICHAEL GALLO'S**

**IMAGINATION THEATER**

WEDNESDAY, JULY 12TH

10:30AM

ALL AGES WELCOME!

SW ART GALLERY + SCIENCE CENTER

**Arts AT THE Bandshell**

July 18, 2023

**Veteran's Pavillion Activities:**

- 12-1 PM Community Informational Session
- 6-7 PM Free Children's Activities
- 7-8:30 PM Local Artists in Action + Silent Auction

SUPPORTED BY: Dickinson PARKS & RECREATION

## WHERE BUSINESS GOES TO GROW

# Strong leaders create positive environments

By Matt Ellerkamp, Business Advisor,  
Small Business Development Center



All businesses need leadership, and it is a topic that is easy to talk about, but hard to live out. Being an active leader takes practice and time to develop. Leadership is not an inherent talent or gift, but it is something to be learned.

It has been shown that a positive, encouraging, and collaborative work atmosphere produces satisfied and productive employees. Whereas negative, stressful, critical environment cause less productivity, burnout, and disengaged employees. Why is this? Our cells in our brains define our behavior, action, thoughts, and memory. Therefore, a positive work environment creates healthy brain cells, yet a toxic and stressful work environment can cause damage to our brain cells and if left unaddressed, this damage may be permanent.

These reasons are why business leaders need to cultivate an ecosystem where encouragement and growth happen. Honest errors create trainable events to learn from versus an environment that criticizes, belittles, and threatens an employee for the mistake they made.

The art of leadership does require constructive critique, but it is how the critique is played out that makes the difference. Strong leaders know how to build a healthy learning environment where brains stay wholesome. A positive work environment can even heal negative past work experiences thereby causing brains to become healthy, improving not only employees, but the whole company, even as far as improving family life.

What characteristic should small business owner's practice and implement and what traits should they avoid?



### Virtues of Leadership to Emulate

- 1) Integrity
- 2) Communication
- 3) Compassion
- 4) Courage
- 5) Attitude
- 6) Vision
- 7) Humility
- 8) Consistency
- 9) Balance
- 10) Knowledge of Finance

### Leadership Vices to Avoid

- 1) Failure to Act Promptly
- 2) Tolerating Mediocrity
- 3) Lack of Focus
- 4) Failure to Ask for Help
- 5) Failure to Audit Expenses
- 6) Failure to Hold People Accountable
- 7) Failure to have a Plan B
- 8) Failure to Think Strategically
- 9) Failure to Praise Instead of Criticize
- 10) Failure to Delegate

These negative vices are comprised of selfishness, vanity, pride, and self-righteousness.

We delude ourselves in a façade of how much better we are than others to build oneself up but allow these negative and harmful habits to grow inside us.

Virtues of leadership is "Servant Leadership" and a true leader is the one who serves those around them. Leaders know they are responsible for others and put another's needs before their own. Recognizing other's dignity, gifts, and talents, a virtuous leader will build on these strengths rather than focusing on failure and weakness or be threatened by other's strengths and talents. A virtuous leader is humble and true to themselves and others. They hope for the best and plan for the worst, and share success because they can't go through business by themselves, let alone life.

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

■

## GOING POSTAL

# USPS celebrates award-winning children's book author and illustrator Tomie dePaola

This stamp honors Tomie dePaola (1934-2020), whose extraordinarily varied body of work encompasses folk tales and legends, informational books, religious and holiday stories, and touching autobiographical accounts. His illustrations are immediately recognizable by their clean, bold lines and uncomplicated shapes. Deceptively simple, dePaola's stories contain layers of emotional meaning and appeal to readers of all ages.

The stamp art features a detail from the cover of "Strega Nona" (1975), a Caldecott Honor Book and the first in a popular series. The title character, "Grandma Witch" in Italian, uses magic to cure her neighbor's ills and to help with matters of the heart. The stamp image shows her carrying her magic pasta pot.

Derry Noyes, an art director for USPS, designed the stamp with dePaola's original art.

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



★★★ HAPPY ★★★  
**INDEPENDENCE**  
 ★ DAY ★  
 Susie Leifer, Broker Associate  
 Infinity Real Estate Group LLC  
 1269 West Villard Dickinson, ND  
 701-483-8088 701-290-0538  
[www.infinityrealestategroup.net](http://www.infinityrealestategroup.net)  
**Infinity**  
 REAL ESTATE GROUP

# 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  
Dakota Diner  
Blue 42  
The Brew  
Dunn Brothers Coffee  
Dickinson Theodore  
Roosevelt Regional Airport  
Stark Development  
Corporation  
Dickinson City Hall  
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 Rock  
The Hub  
Fluffy Fields  
Dickinson Area Public Library  
Ace Hardware  
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

## BELFIELD

Trappers Kettle

## MEDORA

Chateau de Mores  
Roughriders Hotel  
AmericInn

## BISMARCK

The Capital Gallery  
Bismarck Art & Galleries  
Assoc.

# Superior

## Water & Spas

-  Bullfrog Hot Tubs
-  Water Softeners
-  Reverse Osmosis Systems
-  5 Gallon Purified Bottled Water
-  Water Coolers



**2048 3rd Ave West - Dickinson, ND**  
Located by Logo Magic • 701-495-1916




**NO ONE OUT  
PIZZAS THE HUT**

**Delivery/Carry-Out**  
**22 South State Ave.**  
**701-225-8000**  
**Order online @ pizzahut.com**

## HEART RIVER VOICE | JULY 2023

# Calendar

**ONGOING IN JULY****DICKINSON AREA PUBLIC LIBRARY**

Lots of library events happening throughout the month. See their article on page 4 for more information. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups.

**MEMORIAL DAY - LABOR DAY HISTORY ALIVE!**

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

**EVERY TUESDAY AND SATURDAY**

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

**JULY 1, 2, 5, 7-12, 14-16, 21-23****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 25 for full schedule.

**JUNE 6 THROUGH AUGUST 21 (July 4th EXCEPTION) SUMMER YOUTH FOOD PROGRAM**

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

**SATURDAY JULY 1**

**PARADE** 10AM Bring your friends and family downtown Dickinson and enjoy colorful parade action including clowns, bands, floats, horses, and MORE!

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

**SUNDAY JULY 2**

**FAMILY FUN NIGHT & CAR SHOW** 12PM Join the South Heart Lions Club for food, drinks, live music, beer garden, inflatables, silent and live auctions, BINGO, mechanical bull,

fireworks at dusk AND MORE! For more information, Dickie Jo Kubas 701-290-2220 or Becky Kanski 701-690-6303. Lion's Pavilion, South Heart.

**MONDAY JULY 3**

**ROUGH RIDER DAYS HEADLINER CONCERT: DUSTIN LYNCH** 7PM Stark County Fairgrounds

**MEDORA'S INDEPENDENCE DAY SYMPHONY SPECTACULAR**

8:30 PM The Bismarck Mandan Symphony Orchestra will perform featuring guest duo Michael Cartwright and Cydney McQuillan-Grace, with a 12-minute finale featuring fireworks over the music of the symphony. More info, 1-800-633-6721. Burning Hills Amphitheater, Medora.

**TUESDAY JULY 4**

**CITY OF DICKINSON FIREWORKS** 10PM Bursts of spectacular color and light will shower

the sky. The fireworks will be held in the open field between the Dickinson High School and the Henry Biesiot Activities Center.

**THURSDAY JULY 6**

**PATTERSON LAKE FREE DAY AND BEACH PARTY** 3-6PM Join us for some fun in the sun. Participate in our photo scavenger hunt, play with beach balls and water toys, sand tug-of-war and so much more! Free! Patterson Lake Recreation Area

**FRIDAY JULY 7**

**FAMILY MOVIE NIGHT: ZOOTOPIA** 3PM All ages welcome. One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 12. Hosted in the Community Room, Dickinson Public Library

**SATURDAY JULY 8****BADLANDS STREET VAULT**

1-10PM Come cheer on several of the best pole vaulters in the Midwest and some outstanding local athletes! Free to watch! Expect awesome competition, great music, local restaurants, and a beer garden. Bleachers will be set up and you are welcome to bring your own chairs, too. Downtown Dickinson

**JULY 8-9**

**MILLER LITE SOFTBALL TOURNAMENT** Join Dickinson Parks & Recreation for the annual Miller Lite Softball Tournament. This is a USA Softball of North Dakota Sanctioned Tournament. Gress Softball Complex

**PRAIRIE CRUISERS CAR CLUB 40TH ANNUAL CAR SHOW**

Friday 4-8PM Meet & Greet at Players Sports Grille & Bar. Saturday 11AM-2PM Show & Shine at Prairie Outpost Park

**SUNDAY JULY 9**

**DEMOLITION DERBY** Gates open at 2PM/Derby starts at 4PM Join fans and take in crash-





**2023 Sax Centennial  
CAR SHOW**  
Saturday, August 5, 2023  
10 AM - 2 PM  
52 21st St. East - Dickinson, ND

**SAX MOTOR CO.**  
100 YEARS

Help celebrate 100 years of Sax Motor Co. and GM Vehicles

**FREE ADMISSION - RAIN OR SHINE**  
Sax 100 Year Swag Bag with Sax 100 Year Dash Plaques for First 100 That Pre-Register  
Questions or more information call (701) 483-4411 and ask for Marissa or Email [customs@saxcustoms.com](mailto:customs@saxcustoms.com)

**WHEN:** SATURDAY, AUGUST 5  
7:00 AM - 9:30 AM Registration  
10:00 AM - 2:00 PM Display and voting  
1:30 PM Awards

**CLASSES:** There will be 4 categories of vehicles - each celebrating a quarter century of GM vehicles. Modified and Stock will be combined.  
1923-1948 - 1st Place - Commemorative Sax 100 Coat, 2-4th place - \$100  
1949-1973 - 1st Place - Commemorative Sax 100 Coat, 2-4th place - \$100  
1974-1998 - 1st Place - Commemorative Sax 100 Coat, 2-4th place - \$100  
1999-2023 - 1st Place - Commemorative Sax 100 Coat, 2-4th place - \$100  
Special award presented by local veterans for "Best of Show"

Food Vendors, Live Entertainment, Kids Games and Giveaways Throughout the Show.  
Registration on back of this form, online at [saxmotor.com/SAX100/Events](http://saxmotor.com/SAX100/Events) or on the Sax Facebook Page/Events

ing destruction! Tickets available at the gate! Full concessions available. Stark County Fairgrounds

**SOUND BATH WITH CAROL MORGAN** A sound bath is a meditative experience where crystal bowls are used to bathe you in sound waves at specific frequencies with the intention to induce mental refreshment and access the subconscious to establish deep healing. The event is \$55/person, (cash only.) We would also appreciate \$20 down to hold your spot. If you have any questions, please call (701) 590-5005 or message us on Facebook! Salt of the Earth, 44 W. Villard St

**MONDAY JULY 10  
ADULT CRAFT CLUB**  
6PM Crafty people unite! Advanced and beginners welcome. All supplies provided. For people 18+. Dickinson Public Library.

**TUESDAY JULY 11  
FIRSTLINK'S ADULT MENTAL HEALTH FIRST AID TRAINING**  
8:30AM - 5PM. This training is open to the public but is also approved for 8 CEU hours for ND Nursing, Social Work, EMS, Law Enforcement, and Certified Peer Support Professionals. Pre-register at: <https://myfirstlink.org/trainings/>

**THE BANDSHELL CONCERT SERIES** 7PM Free outdoor concert. Bring a blanket and lawn chair

and enjoy the sounds of music at its best! The musical talent includes a wide variety of genres. Phil Patterson Memorial Bandshell

**WEDNESDAY JULY 12  
MICHAEL GALLO'S IMAGINATION THEATRE** 10:30-11:30AM  
Includes puppetry, creative dramatics, storytelling, songs, poems, and activities that delight audiences of all ages. Dickinson Area Public Library - Community Room

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

**THURSDAY JULY 13  
START-UP YOUR DAY** 8-9AM  
Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 12, for more info on speaker. Stark County Veterans Pavilion, 801 5th Ave W.

**WEST RIVER POOL PARTY** 12-7PM FREE Event! Have fun at the West River Community Center's Outdoor Pool Party!

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

**FRIDAY JULY 14  
FAMILY MOVIE NIGHT: MEET THE ROBINSONS** 3PM All ages welcome. One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 12. Hosted in the Community Room, Dickinson Public Library

**SATURDAY JULY 15  
LONG X ARTS FOUNDATION ART IN THE PARK** (Watford City) 10am-5pm. Comedy and Ventriloquism with Jeff Wedgewood @ 12pm Free: baby pageant, music, family fun, local artists and crafters, facepainting,

food, hands-on art projects, talent show. Indoor art displays in the First International Bank Gallery, Main Street. Main event is at Tourist Park, Watford City.

**JULY 15-16  
GUNS-A-BLAZIN' IN THE BADLANDS** Saturday 4PM Guns-a-Blazin' in the Badlands is presented by the North Dakota Mounted Shooters. Main Match Start. Three pistol stages; two rifle stages. Sunday/9:30 a.m. Main Match Start. Three pistol stages; two shotgun stages FREE TO WATCH! Stark County Fairgrounds

**MONDAY JULY 17  
MOVIE NIGHT: RAIDERS OF THE LOST ARK** 5:30PM PG-13. One free bag of popcorn per movie attendee! Bring your own drink! Hosted in the Community Room, Dickinson Public Library

**MATT VEE & THE KILLER VEES CELEBRATE THE MUSIC OF NEIL DIAMOND** 7:30 PM More info, 1-800-633-6721. Burning Hills Amphitheater

**TUESDAY JULY 18  
ARTS AT THE BANDSHELL** See ad, page 19, for more information. Veteran's Pavilion.

**THURSDAY JULY 20  
LIVE AT LEGACY SQUARE CONCERT SERIES** 6PM Live music at the NEW VENUE in Downtown Dickinson - Legacy Square! See ad, back cover, for more details. Downtown Dickinson

**FRIDAY JULY 21  
FAMILY MOVIE NIGHT: THE GOOFY MOVIE** 3PM All ages welcome. One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 12. Hosted in the Community Room, Dickinson Public Library

**SATURDAY JULY 22**

**LEMONADE DAY** Lemonade stands will be set up all around town. Come support our young entrepreneurs!

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

**MONDAY JULY 24**

**MOVIE NIGHT: LIFE OF PI** 5:30PM PG. One free bag of popcorn per movie attendee! Bring your own drink! Hosted in the Community Room, Dickinson Public Library

**JULY ADULT BOOK CLUB -**

**OLGA DIES DREAMING 6PM** Read the book and come discuss it with other adults. Check out your copy at the main level circulation desk! (Ages 18+) Dickinson Area Public Library - Community Room

**JULY 24-29**

**AMERICAN LEGION AA STATE BASEBALL TOURNAMENT** Welcome to the 2023 American Legion State AA Tournament! Best wishes to all players, coaches, and fans - have a great tournament! Dakota Community Bank & Trust Ballpark

**TUESDAY JULY 25**

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

**WEDNESDAY JULY 26**

**TRAVELING LANTERN SHOW 10AM** The Traveling Lantern has been educating and entertaining children nationwide since 1985. This year's play will be "Rhonda Appleseed and the Tree that learned how to speak." Phil Patterson Memorial Bandshell, 801 5th Ave. W

**TRAVELING LANTERN SHOW**

2PM All ages are welcome to join in this interactive nature themed show! Community Room, Dickinson Public Library

**THURSDAY JULY 27**

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

**JULY 28-29**

**SWIM UNDER THE STARS 8-10PM** each night. Join us for free food, prizes, live DJ, and fun for all! Free admission with the donation of a canned food item for Amen Food Pantry.

**JULY 28-30**

**TRIO TITLE STAKES CHAMPIONSHIPS TRIO** Title Stakes Championships barrel race finals. Stark County Fairgrounds

**SAVE THE DATE**

**TUESDAY AUGUST 1**

**NATIONAL NIGHT OUT 5-8PM** Join the Dickinson Police Department and the local community for the 2023 National Night Out. West River Ice Center

**SATURDAY AUGUST 5**

**MAKERS MARKET 10AM - 4PM** FREE ADMISSION to the public! Makers Market will feature handcrafted items from local makers and artists at the new Dickinson Legacy Square.

**SAX CENTENNIAL CAR SHOW**

10-2PM Rain or shine! SAX Motor Co.

**PRAISE IN THE BADLANDS**

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

## PAWSITIVELY POPPY Red, White and Blue Pup-sicles

By Miranda Kuhn

These warm weather months have Poppy and I relaxing in the shade, dipping our toes and paws into our small pool and enjoying the sounds of summer. While I lounge in my canopy chair on the deck, Poppy goes between ripping around the yard like a crazy person and rolling in the grass making happy dog noises. I soak up the sun while she gets nice and dirty rolling in the grass. Sometimes we relax ourselves so much we need sustenance to keep up our energy, so we treat ourselves to a nice frozen treat to cool off. Poppy enjoys these pup-sicles, which are definitely human safe too (though I enjoy mine with a wooden or plastic stick rather than dog treats!).

The berries and yogurt are a patriotic way to enjoy a healthy snack with your favorite pup. Enjoy the sweet summertime, and keep those puppies cool!

**Ingredients**

¼ c blueberries  
¼ c blackberries  
¼ c raspberries  
¼ c strawberries  
½ c plain greek yogurt  
Popsicle mold

Options for the "stick": strips of dog safe beef jerky, sweet potato treats, or bone-shaped dog biscuits.

Add blueberries and blackberries into small blender and puree. Place into small bowl. Repeat with the raspberries and strawberries. I'll note here that you may use ½ C of just blueberries OR blackberries, and ½ C of just strawberries OR raspberries, having all four kinds is optional. Add a layer of the red mixture into popsicle molds, followed by a layer of yogurt, and finally a layer of the blue mixture. Insert the "stick" of your choice and freeze until solid. Important: do not use the plastic sticks that come with the mold, as dogs may chew plastic, and using wooden popsicle stick may also be dangerous if your dog attempts to chew or eat the stick. ■





## Ask Alfie

Dear Readers,  
 This month, my furry friend Dixie Dog, has written her top ten reasons why you should say NO to retractable leashes. Enjoy!  
 Sincerely, Alfie



Hi everyone, my name is Dixie and I am a three-legged rescue dog living happily in my furever home with several rescued fur siblings. Here are just some of the important reasons why you should throw your retractable leashes in the trash!

1. There is great potential to cause long-lasting trauma to your pet's neck. Because the length of a retractable leash is always changing, your dog can never know how much slack they have at any

given time. So when your dog suddenly charges out ahead of you and reaches the end of the lead, it can snap your pet's neck back causing trauma to their trachea, neck, and vertebrae.

2. They affect your dog's training or make it impossible to train them. A dog needs to learn signals directed by leash tension and when on the end of a retractable there is almost always tension - which makes leash training impossible. Retractable leashes encourage pulling, so essentially your dog is walking YOU.

3. Retractable leashes can cause injury to the user. The lead can wrap around limbs - legs, hands and fingers causing injury. Serious injuries have occurred when the dog suddenly darts out and you don't have the button engaged. The thin line can wrap around hands, wrists, fingers and legs. You would be surprised at the amount of friction they can cause - enough to leave road rash and in some cases result in enough trauma to result

in amputation!

4. You have NO Control of a dog that is a great distance out ahead of you. With enough slack, they can quickly dash out into the street.

5. Other people and dogs may not want to engage with your dog who is 20 feet out ahead of you!

6. Dogs can be startled by the sound of the handle dropping to the ground and panic. Your dog will attempt to run away from the sound of the handle dragging and bouncing along and it's a sound they can't escape. They will continue to flee.

7. Retractable leashes are a lazy and disconnected way to walk your dog. Walking your dog should be about engaging with them and training together. Would you enjoy a walk with your friend/spouse child if they were a distance out in front of you with no chance for communication?

8. Retractable leashes only have room for one hand and when you're walking a strong

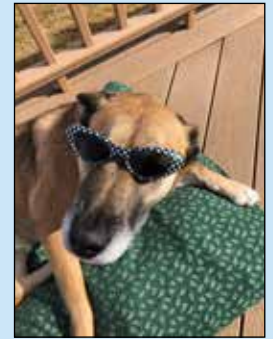
puller, you will not have enough control if you can't use both hands.

9. Retractable leashes have been known to snap free of the case, especially

if you have a strong puller. When that happens, your dog now has a 20 foot head start on you and is galloping off into the wild blue yonder - which hopefully isn't a busy street!

10. Simply put: they're DANGEROUS.

Take my expert advice and just say NO to retractable leashes!  
 Sincerely, Dixie Dog ■



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

**MAY 23-25** **MAY 30-JUNE 4** **JUNE 9-11** **JUNE 13-15** **JUNE 17-19**

**SPEARFISH SASQUATCH** **DAHE** **SOCKEYES** **MOJ** **SPEARFISH SASQUATCH**

**JUNE 30-JULY 2** **JULY 5** **JULY 7-12** **JULY 14-16** **JULY 21-23**

**WYOMING** **D** **SOBBUSTERS** **WYOMING** **SOCKEYES** **SOBBUSTERS**

**GAME TIMES: 6:20 PM (MON-SAT) & 4:20 PM (SUN)**

**2023 HOME SCHEDULE**

**www.badlandsbigsticks.com**

## HEART RIVER VOICE FEATURE

# Food for thought: Fourth of July, more than food and festivities

By Nathan Zent

The Fourth of July is one of my favorite holidays because of its historical significance. Additionally, I enjoy the patriotic tunes that are often played at Fourth of July celebrations, in particular, "The Armed Forces Medley." For as long as I can remember, my family has observed the Fourth of July with potluck picnics, yard games, and attending an assortment of community activities.

One of the funniest memories I have of our family Fourth of July get togethers is when my Great-Aunt Nancy from the Boston area took all of us young kids on a scavenger hunt. She is the kind of person who can tell a tale so well that you [especially children] will believe almost anything. On that particular day, we were all on some sort of a safari scavenger hunt in search of a hippopotamus. As I look back on this, it seems quite silly now that I was searching for a hippopotamus in North Dakota. Keep in mind that I was a young child. To make a long story short, we did find the hippopotamus hiding in a lilac bush. It was large. And it was a stuffed animal!

Independence Day is not all fun and games. Independence Day celebrations can be a time in which Americans can show their gratitude for the sacrifices made by United States Military members so that Americans can continue to have the freedoms that come with being an independent nation.

This Fourth of July provides an opportunity to reflect on the fact that 2023 is 247 years after the colonies became independent from Great Britain. It is also a prime time to celebrate with friends and family. Common Fourth of July festivities include rodeos, fireworks displays, parades, concerts and barbecues. John Adams, the second President of the United States, would be proud activities are still being used to commemorate the United States of America's independence from Great Britain.

According to J. L. Zagorsky in "America's dangerous love for pyrotechnics: 4 facts about fireworks," Adams penned

a letter to his wife, Abigail, in 1776 about Independence Day stating, "[It] ought to be solemnized with pomp and parade, with shews [shows], games, sports, guns, bells, bonfires and illuminations [fireworks] from one end of this continent to the other from this time forward forever more." Adams's sentiment is valid, because according to the Library of Congress, the colonies became independent from Great Britain on July 4, 1776, courtesy of the adoption of the Declaration of Independence. This is something that should never be forgotten. Furthermore, this paved the way for Americans to enjoy personal freedoms and have representation in government.

At a time when Americans are deeply polarized when it comes to modern American politics, it may be comforting to remember the words of a former President. Calvin Coolidge, the 30th President of the United States, in an address marking the 150th Anniversary of the Declaration of Independence stated, "It is not so much, then, for the purpose of undertaking to proclaim new theories and principles that this annual celebration is maintained, but rather to reaffirm and reestablish those old theories and principles which time and the unerring logic of events have demonstrated to be sound. Amid all the clash of conflicting interests, every American can turn for solace and consolation to the Declaration of Independence and the Constitution of the United States with the assurance and confidence that those two great charters of freedom and justice remain firm and unshaken. Whatever perils appear, whatever dangers threaten, the Nation remains secure in the knowledge that the ultimate application of the law of the land will provide an adequate defense and protection." Coolidge's words are a good reminder that no matter how divided the Nation is, the Constitution and the Declaration of Independence together provide mechanisms and principles for resolving conflict.

It is important to remember why

we are celebrating, rather than focusing solely on public festivities and/or private celebrations. In a speech on July 4, 2016, President Barack Obama shared a similar sentiment when he stated, "And obviously, [on] the Fourth of July, we enjoy the hotdogs, we enjoy the burgers, we enjoy the barbecue, we enjoy the day off for a lot of us—we enjoy the fireworks. But it's important to remember what a miracle this country is. How incredible—how incredibly lucky we are that people, generations ago, were willing to take up arms and fight for our freedom. And then, people inside this country understanding that there were imperfections in our Union and were willing to keep on fighting on behalf of extending that freedom to all people and not just some." Obama's words reinforce



the idea that there is more to the Fourth of July than just celebrations and taking the day off from work.

This Fourth of July take a moment to reflect on the historical significance of the holiday, while taking part in celebrations and food you enjoy. Additionally, as you reflect on the words of former Presidents, Coolidge and Obama, may you have gratitude for our independent nation.

Wishing Heart River Voice readers a happy Fourth of July! ■



**LORRIE NANTT**  
Broker/Owner

Office: (701) 483-9851  
Cell: (701) 290-7824  
Email: Lnantt@remax.net  
www.dickinsonintegrity.com

669 12th St. W.  
Dickinson, ND 58601



**RE/MAX**  
Integrity Realty

Each Office Independently Owned and Operated

SFR, ABR, NAR



BAIT AVAILABLE

Wine

Beer

Liquor

Ice

Mixers

Snacks

100 Alkali Way Killdeer, ND 58640

**701-764-7363**

Hours: Monday - Saturday 8:00am - 9:00pm  
Sunday 11:00am - 7:00pm

**PIPER'S PALS**  
**Pet Name Match**

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

- A: Josie (#\_\_\_)
- B: Nicholas (#\_\_\_)
- C: Bandit (#\_\_\_)

(Answers in our next issue!)

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



#1



#2



#3

Last month's answer:

My name is Charlie!





**DEB KUDRNA**  
**MORTGAGE**  
 NMLS #455956

**GO WITH AGILITY.**

**DACOTAH BANK**

BANKING ♦ INSURANCE ♦ MORTGAGE ♦ TRUST

[deb.kudrna@dacotahbank.com](mailto:deb.kudrna@dacotahbank.com) (701) 225-1200

MEMBER FDIC Insurance and Trust not FDIC insured.

**BETTER FLOORS.  
 BETTER PRICES.  
 BEST GUARANTEE.**

Ceramic Tile

Hardwood

Custom Cabinets



Luxury Vinyl Tile

Granite & Quartz Counter Tops

We offer **INSTALLATION** on all of our products as well as **FREE ESTIMATES!**

We make floor shopping easy with the SelectAFloor system and completely worry free with the Beautiful Guarantee.

**Call 701-483-0173 today for a free in-home estimate.**

Store hours: 9am - 5:30pm Mon, Tue, Wed, & Fri | 9am - 7pm Thurs | 9am-4pm Sat  
 Address: 1516 1-94 Business Loop East, Dickinson, ND • Phone: 701-483-0173

## CONVENTION AND VISITORS BUREAU Walk in the footsteps of leaders in Medora



North Dakota boasts several innovative leaders from the tiny town of Medora. On April 1, 1883, the Marquis de Mores founded the town of Medora. He was a visionary and was a bit (okay, a lot) ahead of his time. The Marquis built a slaughterhouse where livestock could be slaughtered, dressed, and loaded onto refrigerated rail cars and shipped to eastern markets. The cattle ranching industry was booming in the Dakota Territory in the 1880s, but unfortunately for the Marquis de Mores, his dream closed in 1886. Learn more about his exploits in Medora at the Chateau de Mores State Historic Site.

Theodore Roosevelt arrived in North Dakota as a scrawny, bookish fellow in 1883. His adventure here changed the course of his life; he famously stated, "I have always said I would not have been President had it not been for my experience in North Dakota." While his leadership was established outside of North Dakota, this state left an imprint on his life. The Theodore Roosevelt National Park (TRNP) was established in 1947, and it's still the only National Park bearing the name of a person. Today, TRNP greets nearly 700,000 visitors per year!

Dirt roads and dilapidated buildings greeted Harold Schafer to Medora in the early 1960s. The small town did not have much to welcome the successful businessman, but that didn't deter Harold. He saw potential in Medora and in its history. In 1962, Harold purchased the Rough Riders Hotel and the Ferris Store; in 1965, he purchased the Burning Hills Amphitheater. This

sparked the process of transforming Medora into the top tourist destination in North Dakota. Walk down the streets of Medora in the present day, and you'll find quaint shops, museums, music, activities, and more. More than 117,000 people each year take in the Medora Musical, an outdoor show featuring the grandeur of the badlands as the backdrop.

Leadership continues in Medora. Randy Hatzenbuhler, the current CEO and President of the Theodore Roosevelt Medora Foundation, continues the legacy of the leaders who came before him. The 2023 Governor's Travel and Tourism Awards were presented at the North Dakota Travel Industry Conference in late May, and Randy was presented the Legend Award for Travel & Tourism Industry Leadership. If you ask Randy what his title is, he'll tell you "popcorn seller," but he's invested more than 30 years of his life into the preservation of history and adventure in Medora, and he's passionate about sharing that story (and you'll still find him selling popcorn at the Medora Musical some nights!).

Perhaps you'll walk the streets of Medora and be inspired by the leaders who walked those same paths. Maybe next time, you'll be the leader written about in this article!

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



(L to R) Randy Hatzenbuhler; Lt. Governor, Tammy Miller; Sara Otte Coleman, ND Tourism Director; and Sheri Grossman, Executive Director of the Bismarck-Mandan Convention and Visitors Bureau.

## ID\*I\*OM

### Mind your Ps and Qs

Mind your Ps and Qs is an English language expression meaning "mind your manners," "mind your language," "be on your best behavior," and "watch what you're doing."

A number of alternative explanations have been considered plausible. One proposal is from the English pubs and taverns of the 17th century: bartenders would keep watch over the pints and quarts consumed by the patrons, telling them to "mind their Ps and Qs." This may also have been a reminder to bartenders not to confuse the two units, written as "p" and "q" on the tally slate. ■



Seeking all makers, crafters, artists, performers, food producers & DIY'ers to take part in our inaugural Makers Market.

★ 5TH AUGUST 10-4PM ★

Hosted by: SW Art Gallery & Science Center

10'x10' vendor booths are \$50

Youth vendor spaces are \$20

Admission will be free to the public

Think about how you can demonstrate your craft & create at the event while selling products.

Reserve your booth on Eventbrite:  
<https://DickinsonMakersMarket.eventbrite.com>  
or contact [swartandscience@gmail.com](mailto:swartandscience@gmail.com)

## Thank you to our advertisers!

Tammie Braun-The Real Estate Co.	Bierschbach Equipment & Supplies
Consolidated	Fire & Ice
Todd Schweitzer -	Lorrie Nantt - Re/Max Integrity
American Family Insurance	Realty
Dan Porter Motors	Jay R's Auto Body
High Plains Dental	Susie Lefor-Infinity Real Estate
CHI St. Alexius Health Dickinson	Sure Sign
Stark Development Corporation	Fisher Industries
Dickinson Area Public Library	Fluffy Fields Winery
Blu Haven Spas	Benedictine Living Community
Irsfeld Pharmacy	ConocoPhillips
Lenee Bookhardt - The Real Estate Co.	Eyewear Concepts
Steffan Saw & Bike	The Connection 103.7
Dacotah Bank	Pizza Hut
Advanced Collision Center, Inc.	Midwest Doors of Dickinson, Inc.
Venture Homes	Superior Water & Spas
Ladbury Funeral Service	Electric Sales and Service, Inc.
Floor to Ceiling	City of Dickinson - Legacy Square
Big George Liquor	Joy Inspired Gifting
Western Fence	SAX Motor Co.
Evangel Church	DPS Foundation
Humana	Home on the Range
Connect Medical Clinic	Dickinson Museum Center
Marlene Bradbury/Sheyenne	Badlands Big Sticks
Haugeberg - Edward Jones	Paul Meyers Tractor Salvage

**Heart River**  
**VOICE**

Thank you to all our  
advertisers for  
supporting us and our  
community!

## Advertise with us!

**Heart River**  
**VOICE**

CONTACT KELLEY JILEK  
AT 701-290-2063 OR  
EMAIL KELLEY@THEJILEKS.COM



## COOKING CRAVE

### Quick & easy summer peppers

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

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



Laverne and Rhonda

## Homemade Recipes Made Easy!

### Chicken Parmesan Stuffed Peppers

- 4 bell peppers – any color
- 2 cups cooked chicken, shredded
- 1 1/2 cups marina sauce
- 1/2 cup grated parmesan cheese, plus more for sprinkling
- 2 cups shredded mozzarella cheese, divided
- 1 tsp. garlic powder
- 1/4 tsp. red pepper flakes
- 2 Tbsps. parsley

Preheat oven to 400 degrees. Cut peppers lengthwise in half, remove seeds and membranes. Add chicken, marinara sauce, parmesan cheese, half of mozzarella cheese in a large mixing bowl; combine with a spoon. Season with red pepper flakes, garlic powder and parsley. Arrange the peppers in a baking dish with open side facing up. Divide the filling equally between peppers; sprinkle remaining mozzarella & parmesan cheese on top of filling. Add about 1/2 inch of water to baking dish and cover with aluminum foil. Bake 20-25 minutes or until peppers are soft. Remove foil during the last 5 minutes so cheese browns and finishes melting. Remove the cooked peppers from oven and cool slightly before serving.

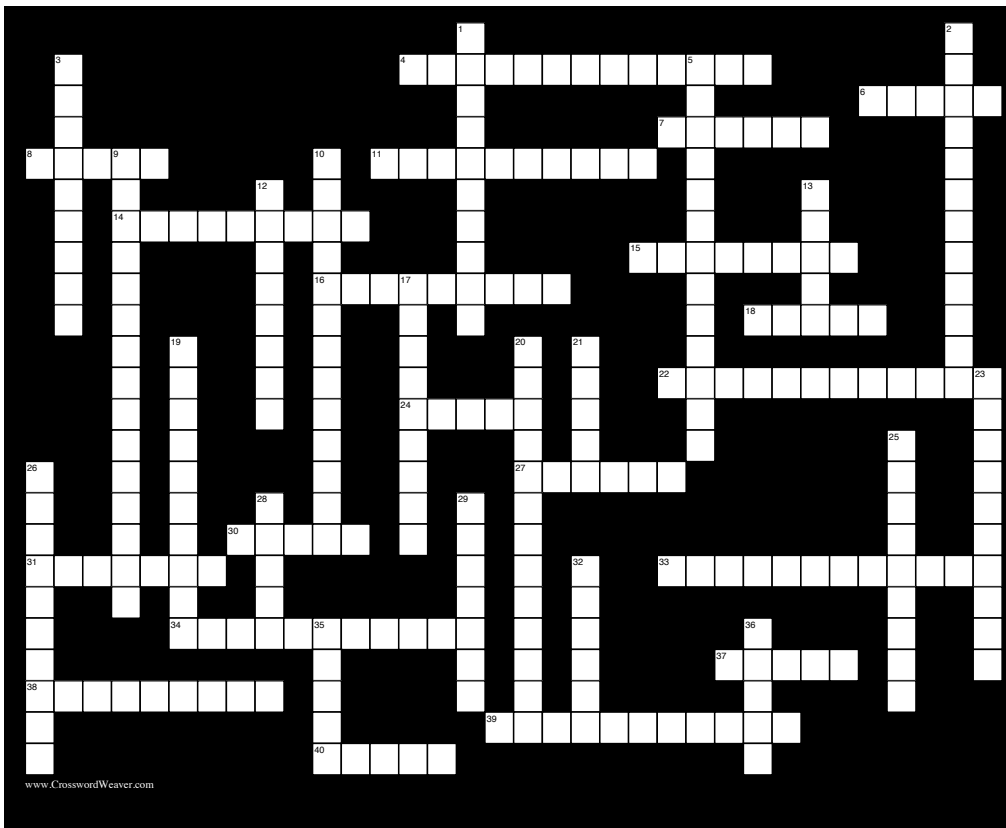


CONSOLIDATED  
CHANNEL 18

COOKING  
CRAVE

**CROSSWORD**

**SUMMER READING** by Carlinka



**ACROSS**

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

**DOWN**

- 1 +"A Bear Called \_\_\_"
- 2 +"Harold and the \_\_\_"
- 3 +"\_\_\_ Moon"
- 5 +A.A. Milne classic
- 9 +Seuss' breakfast?
- 10 +Sendak's "Where the \_\_\_"
- 12 +Ludwig Bemelman's French Lass
- 13 Somewhat : prefix
- 17 +"The Phantom \_\_\_"
- 19 +"One Hundred and One \_\_\_"
- 20 +H.A. Rey's monkey
- 21 Painting holder
- 23 +Dahl's "James and the \_\_\_"
- 25 +"\_\_\_ the Willows"
- 26 +Frank Baum collection
- 28 Mystic's board
- 29 +"Amelia \_\_\_"
- 32 +She lived at The Plaza
- 35 City associated with witches
- 36 AM or FM

**COMMUNITY**

**Alcoholics Anonymous fellowship**

**Preamble**

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

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

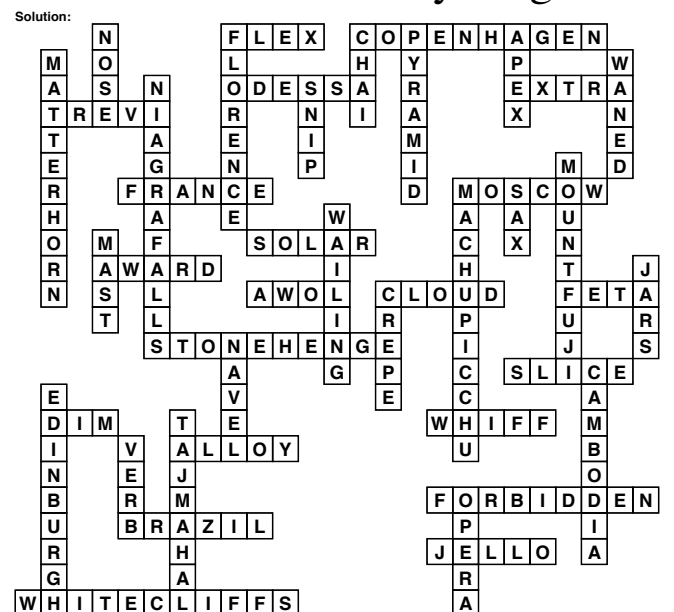
For local meeting schedule, see our website: [www.aanorthdakota.org](http://www.aanorthdakota.org)

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



*Last month's puzzle solution*

**++Location is Everything++**



**HOROSCOPE****JULY 2023** by Hilda De Anza**ARIES**  
March 21-  
April 20

You have more practical things on your mind, and a very positive period begins in your working life, with a corresponding increase in earnings. New earning opportunities are on the agenda over the next six months. The new moon on July 17th may also bring some opportunities. This can relate to an ongoing process of transformation in your career.

**TAURUS**  
April 21-  
May 21

There is an element of unpredictability which can have a destabilizing effect on domestic plans until the end of September. One of your highest priorities right now is to enjoy life. You are prepared to invest a lot of money in things which reflect status or provide luxury. You are also concerned about fairness and justice, and you are prepared to go back a long way to uncover injustices.

**GEMINI**  
May 22-  
June 21

There are many opportunities for you to travel. Later in the month you have the opportunity to meet up with a child or someone you have a romantic connection with from the past, and again you will want to do something exciting and untraditional. At the very end of July, the focus is on practical issues at home and professionally.

**CANCER**  
June 22-  
July 22

Life is pretty intense as July begins, but there is a tremendous amount to look forward to, especially as regards travel, meetings with influential people and connecting with friends in general. After July 23rd, the focus shifts towards developing your resources. This period is a little unpredictable as the lines of communication can be shaky, but it's still a good time for cultivating ideas and people who are off the beaten track.

**LEO**  
July 23-  
August 22  
It's is a very satisfying period

for you, as goals are realized and recognition comes your way. Relationships tend to be first on, then off, then on again. Also, the people in your life in this period may come from a different country or social group. Later in July, the tremors that have been affecting some relationships subside, but you sense an inescapable transition coming in the not-too-distant future.

**VIRGO**  
August 23-  
September 22  
Early July is for being in a

learning environment with friends and partners, with the emphasis on community and service. Around July 10th, you will want more peace and quiet after the recent intense social events. By the end of July, you are ready to emerge from the shadows and invest a lot of energy into realizing your personal and professional agenda. A positive and extremely productive period begins lasting until mid-October.

**LIBRA**  
September 23-  
October 22  
You are drawn to groups and

communities that are counter-cultural or foreign in some way, and you are also drawn to potential lovers who strongly diverge from the norms of society. In late July, you are in no hurry to go anywhere, and you stop and wait. At this time, you can expect to meet up with a very good friend. You may feel as if you have gone too far too fast, so the end of July and all of August will be a time to reconnect. There will be a strong connection with elites at this time.

**SCORPIO**  
October 23-  
November 21  
Early July you are restless, and

partners are restless. Around July 10th, changes take place, and for you the focus shifts towards social and family duties rather than career. There is a strong focus on partnerships and other important relationships in July. However, potential partners are unpredictable, and they can easily have a change of heart or a change of direction, especially towards the end of the month.

**SAGITTARIUS**  
November 22-  
December 21  
July starts on a positive note in this

respect, and early July is both fortunate for receiving money and goods on the one hand, and travel on the other. This going to be favorable for constructive development at work well into August. Late July is a time when there are a lot of demanding projects, especially at home, so if you are contemplating building or improvements in the home or garden, this is the best time.

**CAPRICORN**  
December 22-  
January 20  
July starts on a positive note and

good news comes your way. There are some changes taking place around July 10th and onwards, and this is also a time when travel may be on the agenda. Mid-July there is a strong focus on partnerships, and it is possible that some old issues come to the surface. The end of the month brings a focus on learning and education, and this is a good period to master the details of a subject through focused determination.

**AQUARIUS**  
January 21-  
February 19  
The beginning of July is

characterized by intense activity, probably together with a partner and/or child, and there is a strong sense of expectation. Mid to late July brings you into a lot of testing situations, and it is important that you think positive and refrain from either self-criticism or allowing others to undermine your confidence. Long-term success is on the way, and you are creating the building blocks now.

**PISCES**  
February 20-  
March 20  
Early July brings happy

developments with partners and children, and it is the perfect time for local travel, holidaying and enjoying the pleasures of love and family. There are a number of changes around July 10th, and at this time people appear on the horizon who bring a lot of challenges into your life. You may feel challenged by disruptive people who disturb the peace; alternatively, you may also embrace unconventional trends that make life that much more exciting.

Lumenis Optima IPL

*Relief* from dry, itchy eyes caused by skin and eyelid inflammation\*



701-225-7886



Call us for a consultation to see if Lumenis Optima IPL is for you!  
Dr. Melanie Miller O.D. and Dr. Nate Shilman O.D.

## Dickinson Moose Lodge Inviting All Families

**FAMILY FUN DAY**

Cook out with Brauts,  
Hamburgers & Hotdogs  
Provided! Bring a salad  
or dessert to share!!

July 22nd at Noon and Meeting to follow  
at 2pm. Cornhole and balloon painting  
for Adults and Kids!! Come see what the  
Moose can do for your community!!

Hawthorn Suites  
1170 Roughrider Blvd.

The City of Dickinson presents

# LIVE

## AT LEGACY SQUARE *Concert Series*

*New Venue*  
IN DOWNTOWN DICKINSON

*June 24*

*Legacy Square Grand Opening*

« **Headliner: Ron Keel - The Metal Cowboy**  
Opener: Tyler Hammond

*July 13*

« **Headliner: Richrath - Project 3:13**  
**The Music of REO Speedwagon**  
Opener: Joey Leone's Chop Shop

*July 20*

« **Headliner: Breaking 8**  
Opener: Jessie Veeder

*July 27*

« **Headliner: Church of Cash**  
Opener: Joe Robinson

*August 3*

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

*August 17*

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

*August 24*

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

*September 9*

« **Alive Event** • Full day event. Performance times may vary  
Professional & Amateur Christian Bands



FREE

Dickinson  
**LEGACY SQUARE**  
DICKINSONGOV.COM