

Heart River VOICE

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JUNE 2020 | VOL. 2, NO.6 | HEARTRIVERVOICE.COM

Backyard Birding

Learn about area birds p 11

Bill Fahlsing
Director of Emergency
Management p 16

SEE PAGE 22
CALENDAR of LOCAL EVENTS

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A note to our readers

In the midst of this pandemic, we've been forced to make adjustments, showing humanity's ability to adapt. Despite social distancing, some of us have become closer to colleagues, friends, family, and even strangers.

We've seen people stepping up to help others in a way that warms the heart. This issue includes a few more ways to give or help. Do what feels right for you, in the moment.

With it all, we still have much for which to be thankful, especially thankful for the community we live in. Let's keep it strong. Stay close, buy local.

Kelley Jilek
Publisher

Cover painting by Lauren Evans. For more information about the artist, see page 5.

ANNOUNCING THE OPENING OF A NEW OFFICE LOCATION!

Our agency of committed dream champions is pleased to announce the opening of a new location in Dickinson.

Stop in to say hello and to find out how we can help support your dreams.

Let's talk today.



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#BOOKWORM

It's not beanstalk, it's Beanstack!

By Jade Praus, Children's & Young Adult Librarian

During this time of pandemic, things are constantly changing. So it's no surprise that your local library is making changes too. One big change coming soon is the use of Beanstack with our Summer Reading Program. This year our summer theme is "Summer of Wonder," and we're focusing on individuality and creativity. The Reading Program will run from June 1st through July 31st. As always, this program is free and open to all ages, zero through adult. Now this Beanstack thing we mentioned. We know you're all thinking a variety of things here such as: "What is Beanstack? Did they mean beanstalk? What are they changing now?" As many of you know there have been various changes to our reading programs throughout the last few years, but this is going to be a big one (in a good way).

Beanstack is a system where, through their website or mobile app, everyone can log their reading, participate in online-only activities, and even leave book reviews. Simply register one time to participate in our reading programs and activities. Parents can also create accounts for their children, and best of all, everyone in your family can be under one account. Beginning June 1st, you can

sign-up and start logging your reading. If you have participated in our reading programs in the past, you logged your reading on paper, but now with Beanstack you will log everything digitally. There are four age groups: Early Literacy, Children, Teens, and Adults. Each group logs reading to earn badges. The badges help you keep track of all of the reading you are doing and awards prizes and tickets. Small

prizes are in blind bag form this year, so your prize is a mystery and based on age. Tickets are digital and you can decide which big prize to put your tickets in (think of them as slips you used to put in bins). Activities will still be logged for our Early Literacy group. Early Literacy kids will complete 10 activities to earn a badge. Children read 100 minutes to earn a badge. Teens read 120 minutes to earn a badge, and Adults read 150 pages to earn a badge. It's the same as our paper logs, just digital. Some of you will still want paper logs and that is totally fine. They will still be provided; however, they will still be inputted online and our hope is you will just log digitally.

We know this is new and a big change, but be assured this is a very easy system to use and we are here to help with any questions that arise. We hope you like

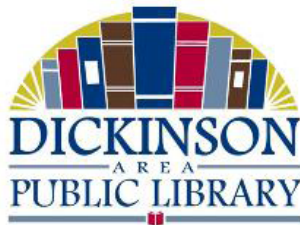
this new system as much as we do, and of course we will want your feedback as our Summer Reading Program progresses. It's going to be a strange, new, and (in some ways) challenging summer. But, we librarians are here for you, our patrons, and we are doing our best to plan what we hope to be an amazing summer of wonder.

Library Announcements

- Beginning Tuesday, May 26th, we will be starting curbside pick-up service. Patrons will be able to request up to 5 items by phone or online. Curbside will take place in the south staff lot. Please check our Facebook page and website for instructions on how to make and retrieve your requests, or you can call us at 701-456-7700 to place requests.

- Beginning Monday, June 1st, the library will be open to access materials by appointment only. Each day there will be a limited number of 30-minute time slots for patrons

to come and check out materials or use the computers. There will also be a limited number of computers available for use. During these appointments, we encourage you to wear a mask if possible and utilize hand sanitizer that will be placed throughout the library. We also encourage social distancing by remaining six feet apart. Please check our website to make an appointment or call 701-456-7700. ■



Stop in... for a Bite!

Badlands Dinosaur Museum features 11 full-scale dinosaur skeletons excavated from the region, including one of the best Triceratops skulls you'll ever see. Along with a superb mineral collection and hands-on stations for the kid in all of us.

Dickinson Museum Center

Badlands Dinosaur Museum

- ◆ Badlands Dinosaur Museum
- ◆ Joachim Regional Museum
- ◆ Pioneer Machinery Hall
- ◆ Prairie Outpost Park

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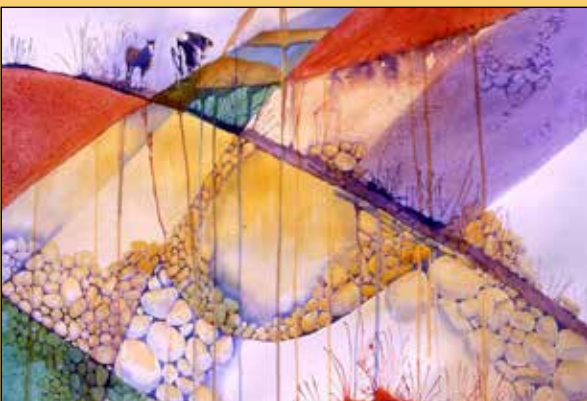
COVER ARTIST

Laureen Evans



My art is often influenced by the places I have lived. I grew up in the Dakotas and raised my children in Hawaii and South Dakota. I have lived in states from Hawaii to the east coast and when I look back at my art, I remember where I was, the time of day, and season. My landscapes show the viewer where I live and the beauty in nature. As I travel, something captures my eye and the creativity begins. I love to visit and paint National and State Parks.

I paint in watercolor and oil both in the studio and on location. My subject matter is varied, including landscape, floral, still life, portrait, and abstracted realism. Over the years I have exhibited my art in many one-woman shows and juried exhibits. I am proud to have my art in many private collections. My paintings have been on the cover of the South Dakota Magazine four times. I created and painted the background



stage sets for the annual Rapid City Shrine of Democracy Barber Shopper's show three years in a row in the 1980s. I designed the hand cancel stamp for the Geddes, SD, post office to dedicate the home of Governor Peter Norbeck. He was known for his influence in the building of Mt. Rushmore in South Dakota.

After attending college at age fifty-three, I found that I loved the process of pottery, hand sculpture, and printmaking. I have a BA degree in Art and Spanish. One of my life goals was to teach at the university level and after graduating, I taught two semesters of



Self portrait

art appreciation at Dickinson State University. I love to teach art and have taught many classes for adult education and children's programs in the many places I have lived.

I now live in Dickinson, ND, and enjoy living close to where my grandparents and parents lived. Being close to State and National Parks is an influence on my artwork as well as my flowers and the local birds. I belong to the Badlands Art Association and have participated in their annual art shows. ■

COMMUNITY

Matt Ellerkamp Benefit



During the entire month of June, there will be on "Matt's tap" a signature craft brew from one of ten regional craft breweries including brews from: Laughing Sun, Beaver Creek, Bismarck Brewing, Dialectic Brewing, Fargo Brewing, Buffalo Commons, Phat Fish Brewery, Atypical, Half Brothers and Stonehome.

On June 24, please join friends and family at the Matt Ellerkamp Medical Benefit for food, a silent auction, entertainment, beer and family fun. The benefit will take place at the West River Ice Center, 1865 Empire

de PORRES
HOUSE OF BARBERING
AND LOUNGE

Rd. All proceeds go towards supporting Matt's medical expenses. The time was still yet to be determined at the time of this printing so please watch for more details at DePorres House of Barbering and Lounge on Instagram and Facebook. To get involved and support leading up to the event call or text:

After having severe headaches for several weeks, Matt was diagnosed with a left frontal lobe brain tumor on May 16, 2020. It started with headaches every so often a couple months ago, happening two to three times a day, which his family called "flash headaches". They would come on strong, be really intense and then subside.

Matt was traveling to Fargo with his brother over the weekend of May 15-17, they stopped at a convenience store, and then he had an episode where the headache hit hard and he passed out. He was later taken to Bismarck to the emergency room where it was discovered that he had a significant brain mass. He had surgery a day or two later and as of this writing, he and his family were waiting for the results.

Through loving family and friends, various ways of giving have been set up for financial donations to help defray the cost of lost income, medical bills, and to give the gift of time - to allow Jennie to spend time with Matt when he needs her without the financial stress of not being at work.

A Caring Bridge site has been established with journal entries to keep people up-to-date on Matt's journey as well as various ways to help and/or give to the Ellerkamp family. There is a Meal Train link under the "Ways to Help" tab for those who want to donate meals or make monetary donations through Meal Train. There is also a GoFundMe account linked under the "Ways to Help" tab.

DePorres House of Barbering and Lounge will start "Matt's Tap Takeover:"



Patrick 207.217.2925

OR

John 701.690.5963

Anyone who wishes to mail a check can send it to Paul and Matt's Barber shop:

DePorres House of Barbering
c/o Matt Ellerkamp
17 2nd Ave W
Dickinson, ND 58601

You can also give via PayPal to jmellerkamp@icloud.com if you'd prefer. People local to Dickinson can also donate through the drive-through at Gate City Bank and ask for Matt Ellerkamp's fund.

The family thanks you for your support. ■

OPPORTUNITY KNOCKS

Tale of the Ice Cream Express

By Janell Hermann

Have you ever had something so totally unexpected fall into place as if the Universe was working on your behalf without your knowledge? I had an experience like that! It proved that if you really focus on something that you want and you are open to whatever it might be - do not be surprised when the perfect thing falls right into place.

Purchasing the Ice Cream Express was just that, a serendipitous experience. I was working on creating a new chapter in life. I had the first half written with a winter job in California, but what in the world was I going to do for work over the summer when I went back

home? Then, opportunity knocked. I'd stopped at a residence to view some furniture and noticed an ice cream bus parked in the driveway. While standing there visiting, I mentioned how much fun it must be to cruise around town selling ice cream. Much to my surprise, I was told it was for sale! Without thinking, the words out of my mouth were, "I want to buy it!"

My mind was buzzing thinking that I had just written the rest of the chapter! I was so excited I wanted



The Ice Cream Express and friends last summer, when life wasn't socially distanced

to do a jig right there in the driveway! Thus began the most rewarding and fun job ever.

It was a dream business where customers were always happy. No grumps or grouches. It didn't matter their age, tots to seniors, it was a pleasure making their day with an ice cream treat. The privilege of getting to know children and watching them grow over the years was enlightening. I witnessed the excitement of them hearing the oldies music playing as I approached; seeing them running and screaming, "the ice cream truck, the ice cream truck!" It made my heart sing!

I had the pleasure of customers telling me when I visited their business that it was the best day of their

week. I was touched to see the 'child' come out in the elderly. When I visited care-centers, they would sing and clap to the music as they enjoyed their ice cream. The pedal was not to the metal with this job. Instead, I enjoyed the 'peaceful easy feeling' of making my way around neighborhoods at the lightning speed of 5 mph or less!

Now, the chapter has reached its end. It was not an easy decision, giving up my dream job, however, a new dream has presented itself and its called retirement. The Ice Cream Express is ready for a new owner to take it for a ride and enjoy all the rewards of owning a business that is more fun than work and more rewarding than just about anything I can think of. After all, what could be better than making folks happy and treating all of them with the loving kindness we are here to give? That to me is a job made in heaven!

Interested in a turn key busines with potential? Contact Janell at 701.690.8132 or icecreamexpress2@gmail.com ■



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HEART RIVER GEMS

Daniel Sivak

By Kaylee Garling

"This too shall pass." Daniel Sivak's favorite quote is especially applicable today, as our world travels through unprecedented times, making history, and memories that will last a lifetime. Daniel is on the front lines, a Board-Certified Medical Laboratory Scientist certified by the American Society for Clinical Pathology (ASCP) licensed by the ND Board of Clinical Laboratory Practice (NDBCLP) of which he is also an appointed member. He works as a Medical Laboratory Scientist in all areas of the Laboratory, running moderate to high complexity testing, aiding in 80% of the physicians' diagnosis for patients.

Seeing the effects of illness firsthand, Daniel has some wise words of advice. "At this time, everyone has a theory, and that is okay. I would be worried if you didn't. What is important is to be safe for your loved ones when you are out and about because you don't know who is immunocompromised, or maybe someone has an underlying condition they don't know about, which is causing their immune system to not work properly. If you have concerns or questions, do not be afraid to address them. Staying positive with so much negative in the world and especially on the media is hard. I just know I am helping by being a part of the Medical Team that helps the Doctors, Nurses treat their patient's. We have all been working strongly together and supporting each other when times get hard. It's not easy, but a little laughter goes a long way. I remember a patient said to me one day, 'It is good to hear laughter and it is good to laugh.' That has stuck with me through

this whole pandemic." Those who know Daniel, know he is usually in a good, happy mood, which uplifts those he works with, and we could all use a little more happiness in our lives, just as his patient suggested. "I will do anything I can to help someone out and not expect anything in return. If helping doesn't come naturally to you, there may be reasons why. My advice is do the best you can. If you see someone struggling, and you are not sure if you can help, find someone who can, because in doing that, you are actually helping."

"I am originally from Dickinson, born and raised here. I have 8 nieces and nephews and 3 older sisters. My Mom and Dad are also from Dickinson with my Dad being the former fire chief. I attended High School at Trinity and Graduated with a Bachelor of Science Degree in Medical Laboratory Science from University of Mary. During school, we had to go through a summer session at UND called, "Laboratory Boot Camp," which was a four hour lecture every day, four-hour lab every day, a test each morning, and a comprehensive test at the end of each week. It was intense, but along the way I built lasting relationships and fell more passionate about my career. I have always wanted to work in a laboratory, and the fact that I get to do that and help aid in bettering peoples' lives by finding answers, especially in this pandemic,

that is my greatest achievement."

"As a Medical Laboratory Scientist, we run moderate to highly complex testing in a smaller, but very busy laboratory. I have worked in larger labs that consist of 200 hospitals, and without a shadow of a doubt, most days our laboratory is just as busy, if not more so than the large labs. We also take care of the surrounding area's lab testing and help the clinics in town, if needed. Beyond laboratory testing, I also give tours of the lab for career classes in high schools, and/or attend their class and do a presentation with hands on exercises where I get the kids to look under the microscope at a blood smear or bacteria and show them microbiological plates that have antibiotic disks, so they can see how and which antibiotic is effective at killing the bacteria. The best thing is when they can job shadow the laboratory. Just remember, when you get your blood drawn, or a swab done for strep, flu, COVID-19, or whatever it may be, there is a hard-working Laboratory Professional behind the scenes, making sure your test

result is accurate and precise."

We are blessed to have the behind the scenes angels who are doing their best to keep our community happy, healthy, and safe. Daniel is a perfect example of these hard-working people, who, in our time of need, don't hesitate to step up. ■



Heart River Gems is proudly sponsored by



PIECE BY PIECE

The Four F's of quilting

By **Suzy Rummel**

I was reading an article about the worst advice people have gotten. It was hilarious; from “weave while you are driving” to “run like an ostrich and you’ll run faster.” One person stated the worst advice he received was “follow your passion.” I found that interesting because that is the advice that is given often. He spent the majority of his life trying to find some predisposed passion that he was born with. He wasted valuable time and money searching for his passion and didn’t find it. He finally realized that you aren’t born with passion, you develop it. He wished the advice he was given was “develop your passion” instead of “follow your passion.”

It made me realize that makes so much sense. I look back at what my passion was throughout my life and realize that I have had many passions. When I was little, my passion was playing in dirt, making mud pies, making up plays and being outside. High School was friends and hanging out. My early adult years, my passion was art and makeup. I went to college for graphic art and I became a



Mary Kay Sales Director. Now my passion is fabric, flowers, frappes and food. The Four F’s – Guess that would have been a good name for my shop because we have all four.

Here is some advice for quilters and some techniques every quilter should know.

1. Quilting terminology – Familiarize yourself with the skills you will need and common abbreviations used in patterns.

2. Quality of fabric: It is the backbone of our quilts. Buy the best fabric you can. You don’t want to waste hours making a quilt that is going to fall apart the first time you wash it.

3. Learn to sew using a quarter inch seam allowance. Do a few tests before you start sewing your project to make sure your seams are accurate.

4. Learn to use a rotary cutter. Every quilter should master the rotary cutter; it allows us to save time and provides speedy and accurate cutting.

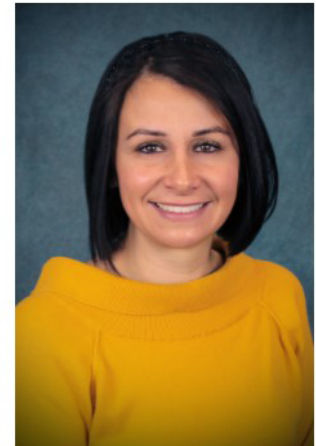
5. Learn how to strip piece and quick piecing techniques such as half square triangles or flying geese.

Stay tuned for more advice in July. Have a great June! ■

CHI St. Alexius Health Dickinson Welcomes **Jaime Dougherty, FNP-BC**

Jaime Dougherty is a Family Nurse Practitioner who sees patients of all ages. Special interests include:

- Newborn / Infant Care
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- Well Child Exams & Immunizations
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TRINITY CATHOLIC SCHOOLS

Valuable lessons in democracy: helping students understand the power of their vote

By Kelli R. Schneider, TCS Marketing Coordinator

Principles of Democracy is a required course for seniors at Trinity High School in which students learn about the foundations of American government, the Constitution, and the relationship between federal, state, and local levels of government. Although seniors had to complete their course via online distance learning and the process of educating the students had to change, one thing remained constant:



the end goal. "One of my biggest goals for Principles of Democracy is for the students to realize that we don't just learn about this subject for the sake of learning about it; it impacts their daily life," said Miss Grinsteiner, social studies teacher at Trinity Junior High and High School. She continued "As a teacher, I want our students to become informed citizens who participate in our democracy."

To that end, one of the final projects Miss Grinsteiner asked her students to complete was a project to learn about the upcoming local election by focusing on the race for city commission. "The June election is the first in which most of our seniors will be able to vote and thus I wanted to do my part to ensure

two things: 1) make sure they get their absentee ballots and actually vote; and 2) ensure they learn about the candidates and are informed about the decision they make in June.

"The project was broken down into three parts. The first aimed at educating us about each of the candidates for the two open City Commission seats. The second focused on why voting in local elections is important, and the third encouraged us to support a candidate's

race for office by creating a video or paper advertisement. There was also an extra credit option to interview one of the four candidates," said Adelyn Emter, Trinity High School Senior.

In visiting with a few of the seniors upon completion of the project, their sentiments revealed gratitude for what they learned about Dickinson and the governance of our community. Nate Marsh said "I felt grateful that the leaders running in this election are focusing on the future. They know that they can do a service to our community's future by teaching leadership skills to the youth and being an example for all young people. They see how good the quality of life is in Dickinson and they want to continue the path to grow it."

A project like this has a life-lesson component that is invaluable in the life of any student – but the effect can be especially profound on the young adult who is voting for the first time. "I have learned through the project that educated voters who do the research on the candidates' track records and their platforms are often the ones that affect the community the most," said Cody Hirschfeld. Fellow classmate, Morgan Ehliis, agreed with Cody's sentiments, "I have learned that it is important to educate yourself on the candidates in any election and that as a citizen I play a crucial role in helping form Dickinson through my vote." ■



Amidst distance learning, Zoom calls became a regular event! Pictured here at two seniors, Morgan Ehliis (below) and Adelyn Emter (above), conducting a Zoom call to learn about city commission candidates Sarah Trustem (with Adelyn) and Suzi Sobolik (with Morgan).



ADVERTISE WITH US

Heart River Voice is the VOICE of Dickinson, Stark County and the surrounding area. Join us in sharing our community stories. Your support in this effort is greatly appreciated.

CONTACT KELLEY JILEK AT 701.290.2063
kelley@heartrivervoice.com OR www.heartrivervoice.com

UNITED WAY

United Way Partners with FamilyWize to offer support for residents to access delivery of prescriptions



United Way of Dickinson is committed to connecting residents to prescription savings resources during the coronavirus pandemic through its partnership with FamilyWize, an organization focused on improving the health and well-being of individuals, families, and communities. Community residents can call FamilyWize for free customer support to help them coordinate prescription medication delivery from participating pharmacies. Residents will also continue to receive savings on medications by using the free

FamilyWize prescription program card. "It is essential for our residents to take prescribed medications as directed by their physicians, especially during times when the healthcare system is stressed," said Nichole De Leon. "FamilyWize is ensuring that people have the help they need to access pharmacy delivery services as well as more affordable medications during this critical time."

The free FamilyWize prescription savings card immediately lowers the cost of prescription medications by an

average of 45 percent and can be used whether or not you have insurance. For nearly 15 years, FamilyWize has partnered with United Way communities helping people reduce the cost of their prescription medications. The FamilyWize card can be used at most major retail pharmacies. Registration is not required for the FamilyWize card and there is no eligibility criteria to use it.

"During these times of uncertainty, so many are struggling with the high costs of prescriptions and need help now," said Vilmarie Gilliam, vice president of partnerships at FamilyWize. "Our support team is here to help people not only access affordable medications, but work with their pharmacies to help deliver prescriptions to their doors."

Here are 3 steps for how people can call to help coordinate at-home delivery of prescription medications:

1. Call the FamilyWize toll free number at 800-222-2818.
2. A FamilyWize team member will work with you and your local participating pharmacy to arrange and schedule delivery to your home.
3. Ask your pharmacist to apply your FamilyWize card number to receive a discount on your prescription.

To learn more about the savings FamilyWize offers, please visit FamilyWize.org or simply download the free FamilyWize mobile app. For other types of help and additional resources, please call your local 211 or visit 211.org. ■

CONVENTION AND VISITORS BUREAU

The visitor season is here

You can be a visitor in our own backyard. How about a "staycation" this summer and experiencing places around the corner that you never thought about? Gas is cheap, get out and go. Here are some ideas, and you can find even more at visitdickinson.com.

Dickinson Museum Center - Badlands Dinosaur Museum

The Dickinson Museum Center is re-opened with lots of great exhibits. Hours are Monday - Saturday 9 am - 5 pm and Sunday 12 pm - 5 pm for the summer season.



Enchanted Highway

Take exit 72 and travel south to visit the seven, huge metal sculptures. Stop in at the gift shop in Regent for great gifts and cold ice cream treats.

Theodore Roosevelt National Park (Phased Access)

Theodore Roosevelt National Park is resuming visitor access for recreational day use of trails, picnic areas, roads and backcountry camping. The National Park Service (NPS) is using a phased approach to increase access on a park-by-park basis.

- All trails and trailheads within park boundaries
- All roads in the North and South Units (except South Unit road failure road)
- Limited restroom facilities
- Picnic areas
- Backcountry camping

- The Elkhorn Ranch Unit

With public health in mind, the following facilities remain closed at this time:

- (review nps.gov/thro for updates, time sensitive)
- North Unit Visitor Contact Station
- South Unit Visitor Center
- Painted Canyon Visitor Center and Rest Area
- All established campgrounds

While the listed open areas are accessible for visitors to enjoy, a return to full operations will be phased and visitor services will be limited. State Parks Announces Reopening of Campgrounds

Campgrounds are open. All parks will have limited service for this season. This season there will be limited access

to restrooms and comfort stations, no multi-unit camping, and limited access to concession and rental items. Little Missouri National Grasslands With over 1.5 million acres of public land in badlands country, you can find a perfect place to



hike, ride horses, or camp along the eight designated campgrounds, or try dispersed camping. The Maah Daah Hey Trail is 144 miles of diverse scenery with a variety of trail paths, from easy to challenging.

For more activity ideas and additional details, go to visitdickinson.com. ■



TWEETING

Backyard birding



By Lauren Evans

It is 5:30 am and welcome to my backyard. June is a great month for birdwatching. The warm weather birds are arriving and the year around birds are busy getting ready to nest. Blue Jays are looking for peanuts early in the day and late in the evening. The Robins have



Squirrel acrobatics

been everywhere since early May and are hopping around looking for bugs and worms and cleaning up cherries from the ground and what are left in the trees. Goldfinch, House Finch, Pine Siskin, and Pine Grosbeak are at the thistle feeders. I have spotted a couple Brown Thrashers on the ground. They are pretty with the bright rust color and very long tails.

Some birds are here year around but many come here in the spring; others are here in the winter months. If you are interested in birdwatching, a good birding book would be helpful. My favorite one is A GUIDE TO FIELD IDENTIFICATION - BIRDS OF NORTH AMERICA by Golden. Binoculars are also helpful to spot birds farther away.

Birdwatching is a great pastime and hobby especially with the restrictions we are all dealing with. It is not expensive to start putting a couple of feeders and a bird bath in your yard. Many kinds are found in garden centers. If you don't have trees for the feeders, garden centers have shepherd hooks in many sizes. The tall ones keep the squirrels out of the feeders but short ones can also work. Place them near potted plants to attract birds. It is important to clean the bird baths and fill the feeders on a regular schedule. If you miss a couple of days the birds will still look for your handouts.

Thistle socks are easy to hang and fill. Whole peanut feeders can be the wood house type or a platform type.



Blue Jay enjoying some peanuts

Shelled peanuts can be put in a tall metal mesh feeder. Many birds like the shelled peanuts. Black oil feeders are available. Part of the fun of watching birds is shopping for seed and feeders. Our neighborhoods have many pests at our feeders like squirrels, blackbirds, Grackle, doves, and sparrows. Some species of sparrows are a welcome sight in our yards in the spring and fall. The

inexpensive wild bird mixes seem to attract many of them. Squirrels can be fun to watch, also. If you want to attract hummingbirds and Orioles, there are feeders for them also. They start arriving the end of May. The Orioles will come to suet feeders and other feeders when they first arrive but sugar water and grape jelly feeders will keep them coming all summer.



Brown Thrasher

Birdwatching can be done almost everywhere. State and National Parks have birding books for their areas. Getting to know other birders is fun and a valuable source of information. Most areas of the country have bird groups that visit different locations and meet on a regular basis. Hopefully, you will consider birdwatching as a hobby. It can be very relaxing and rewarding. ■

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MISS BEA'S KITCHEN

Summer memories

By Laura Beth Walters



If you've followed my column for any length of time then you know I grew up in Northern Wisconsin. We lived on a beautifully wooded 40 acre plot of land in a tiny town called Hawthorne and we had a large vegetable garden, an herb garden, wild berries, a small orchard, a few chickens and a beautiful back porch outfitted with two glorious porch

swings perfect for porch sittin' and lemonade sippin'. For as long as I can remember, my mom has made the best homemade lemonade. Sometimes she'll put fresh mint leaves from the herb garden, sometimes frozen raspberries or blackberries we had picked out back, but always plenty of freshly squeezed lemons and limes.

I've started making a batch of lemonade whenever we have company and it's even remotely warm outside because it brings back happy memories for me and makes everyone feel like it's summer! What are your go-to summer dishes that bring back memories? I would love to hear about them!

Laura Walters is the Owner of Miss Bea's Kitchen. She offers affordable, local menu planning for the busy family and non-chef alike. Follow her on Facebook: @MsBeasKitchen, on Instagram: @msbeaskitchen, or email her at: MissBeasKitchen@gmail.com ■

Homemade Lemonade

Ingredients:

8 cups water, divided
1 cup sugar
Zest of 2 lemons
1 ½ cups lemon juice (about 8 lemons)
¼ cup lime juice (using key limes makes it more tart!)
2 cups ice cubes

1. Pour 3 cups of water, 1 cup of sugar and lemon zest into a saucepan. Bring to boil. Boil for 5 minutes.

2. Remove pan from heat and let sit for 5 minutes or cooled to room temperature.

3. In a large pitcher, add the lemon juice, lime juice, and remaining 5 cups of water. Pour COOLED sugar water over a strainer into the pitcher; the strainer will catch the lemon zest and any seeds that sneaked into the juice. Discard.

4. Add ice and refrigerate for at least 30 minutes before serving.

Note: I like it more tart, but sugar will be to taste! I would start with less sugar and taste test until it's just right. ■



YOUR HEALTH

Stress - Taming the beast



By Steve Irsfeld

Let's face it, stress is a part of life, and over time this can wear on one's health if it's not managed correctly. Estimates suggest that over 65% of adults deal with some form of stress. In situations like the coronavirus, it can escalate even more.

Our bodies are amazing machines, and the way we respond to stress is a healthy and vital part of our bodies function. You have all heard of the "fight or flight" response, which essentially is a surge of adrenalin and cortisol excreted by our adrenal glands, to get us through highly stressful times. It is normal until it becomes excessive. Some things we can't control in this process, but here are some things that you can control.

The issue of stress is no different than the many problems that people deal with daily. Our bodies are always struggling to find homeostasis, a fancy word for "balance." Achieving this balance requires us to do the things necessary in aiding our bodies. In a nutshell, we need to feed the body and then get out of the way and let it do its work.

How do we best take care of our bodies in times of increased stress? We do that by supplying our body nutrients in the form of good food. I am amazed when I enter a grocery store during these coronavirus times, that the shelves of processed foods are almost entirely wiped out. Yet, the food that we need to be eating, fresh fruits and vegetables, are abundant in the store. Processed foods are loaded with sugar and preservatives; both are a drain on our immune system.

We need to drink plenty of good clean water so that we don't become dehydrated. Hydration allows us to flush toxins out of our systems. We need 6 to

8 hours of sleep every night. We need to exercise every day, which naturally helps lower our cortisol. We need to seek out quiet times to breathe, meditate, or pray. We need to have faith that God will provide.

If you have done all of the above and don't seem to get the results you want, what do you do? One tool that we use is a questionnaire called the Identi-T Stress Assessment. The information gathered helps us to develop a supplemental protocol targeted towards the answers given. The survey is composed of 60 questions, and answers are evaluated on a scale of 0 to 3 given the intensity of the response. The solutions fall into four categories: wired, worrier, mentally fatigued, or fatigued. Keep in mind that Identi-T Stress Assessment is not a diagnostic tool and is used as a guide to help our patients with recommended dietary supplements.

In these times of uncertainty, it is time to get back to the basics of foundational health; diet, exercise, hydration, and sleep. Feeding the body what it needs is what makes it work properly. Now is not the time to be eating your emotions and spending endless hours on the couch. Stay focused and stay healthy because your body needs you to be that way.

My staff and I would like to help you out with questions regarding stress and we offer the Identi-T Stress Assessment at no cost, so call for assistance or to schedule a consultation. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

PIPER'S PALS

Pet Name Match

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

- A: Hank (#___)
- B: Kali (#___)
- C: Izzy (#___)
- D: Wilbur (#___)
- E: Murphy (#___)
- F: Buddy (#___)

(Answers in our July issue!)

WOULD YOUR PET (dog or cat) LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!

Email kelley@heartrivervoic.com



2020 BADLANDS BIG STICKS SCHEDULE

HOME AWAY

MAY - JUNE							JULY							AUGUST						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
		26 @ WCW	27 @ WCW	28 @ WCW	29 PTR 6:35	30 PTR 6:35				1 WCW 6:35	2 OFF	3 @ SFS	4 @ SFS							1 @ WNP
31 PTR 4:35	1 CHH 6:35	2 CHH 6:35	3 CHH 6:35	4 OFF	5 @ HAS	6 @ HAS	5 @ SFS	6 @ FRM	7 @ FRM	8 @ FRM	9 OFF	10 CHH 6:35	11 CHH 6:35	2 @ WNP	3 PTR 6:35	4 PTR 6:35	5 @ SVS	6 @ SVS	7 SPS 6:35	8 SPS 6:35
7 @ HAS	8 OFF	9 @ FRM	10 @ FRM	11 @ FRM	12 @ WNP	13 @ WNP	12 CHH 4:35	13 OFF	14 SPS 6:35	15 SPS 6:35	16 SPS 6:35	17 @ SFS	18 @ SFS	9 OFF	10 DIV GM 1	11 DIV GM 2	12 DIV GM 3	13 OFF	14 CS GM 1	15 CS GM 2
14 @ WNP	15 OFF	16 PTR 6:35	17 PTR 6:35	18 PTR 6:35	19 WNP 6:35	20 WNP 6:35	19 @ SFS	20 ALL STAR	21 ALL STAR	22 ALL STAR	23 SVS 6:35	24 SVS 6:35	25 SVS 6:35	16 CS GM 3						
21 WNP 4:35	22 OFF	23 @ SVS	24 @ SVS	25 @ SVS	26 SVS 6:35	27 SVS 6:35	26 SVS 4:35	27 OFF	28 @ CHH	29 @ CHH	30 @ CHH	31 @ WNP		LEWIS DIVISION BBS- Badlands Big Sticks PTR- Pierre Trappers SPS- Spearfish Sasquatch SVS- Souris Valley Sabre Dogs WCW- Wheat City Whiskey Jacks						
28 SVS 4:35	29 WCW 6:35	30 WCW 6:35	WWW. BADLANDSBIGSTICKS .COM					CLARK DIVISION CHH- Casper Horseheads HAS- Hastings Sodbusters FRM- Fremont Moo WNP- Western Nebraska Pioneers SFS- Sioux Falls												

ALL STAR GAME- CASPER, WY
 DIV- DIVISIONAL SERIES
 CS- CHAMPIONSHIP SERIES

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- Blue 42
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- The Brew
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- Dunn Brothers Coffee
- Dickinson Theodore
- Roosevelt Regional Airport
- Community Action
- Southwestern District
- Health Unit
- Stark Development Corporation
- Chamber of Commerce
- Convention and Visitors Bureau
- Downtown Dickinson Association
- Dickinson Museum Center
- West River Community Center
- Dickinson Public Schools
- Trinity Catholic Schools
- Edgewood Hawks Point
- Consolidated
- Dan Porter Motors
- Sunset Senior Center
- City Hall
- High Plains Dental
- DePorres House of Barbering and Lounge
- Holiday Inn Express & Suites
- Hampton Inn & Suites

- La Quinta Inn & Suites
- TownPlace Suites
- Microtel Inn & Suites
- Hawthorn Suites
- AmericInn
- Roosevelt Grand Dakota Hotel
- Frankie's West Side Shell
- Villard Cenex
- The Hub
- Rosie's Food & Gas
- The Rock
- Fluffy Fields
- Dickinson State University
- Dickinson Area Public Library
- Ace Hardware
- Eckroth Music
- CHI St Alexius Health
- Sanford Health East Clinic
- Ukrainian Cultural Institute
- West Plains Realty
- Eyewear Concepts

SOUTH HEART

- I Don't Know Bar
- South Heart Public School

RICHARDTON

- Suzy's Stash
- The Country Drug Store
- Pharmacy
- Richardton-Taylor High School

BELFIELD

- Trappers Kettle
- City Hall
- Belfield Public School

DICKINSON PARKS AND RECREATION Summer is here!

By **Matt Mack, CPRP, Director of Recreation/Facilities**

Summer is here, finally! And although the times are less than normal, Dickinson Parks and Recreation is planning to keep some sense of normalcy by moving forward with our summer programming. Recreational activities are just as important as anything else for physical and mental health, so we have our programs open for those who wish to partake in them. Beginning June 1st most summer programs will start, with many of them having several sessions over the course of the summer for participants to register for.

Participant safety is, and has always been, of utmost importance to us, which is why we have developed specific procedures due to Covid-19 for our programming to ensure we're providing the safest environment for our employees and participants.

The basics behind all of our safety protocols is limiting participation numbers, modifying program activities and breaking participants into smaller groups. On top of those administrative procedures, there will be enhanced cleaning at each site and we'll be providing and encouraging use of hand sanitizer frequently. We're also encouraging all participants to bring/wear masks when appropriate. All of our staff will be screened before each shift for signs of illness and fever and will also be wearing masks when needed. All

of these procedures and protocols fall in line with the information and guidance from the CDC and we feel we'll still be able to provide a great experience for our participants.

As far as special events and tournaments go, we're still working on details for those. A lot of our special events draw large amounts of people and we're trying to navigate through the best way to safely hold them. We encourage everyone to check our website and social media pages for the most updated information moving through the summer.

We appreciate everyone's patience as we continue to work through the Covid-19 pandemic and we are looking forward to seeing you at one of our facilities, programs, or special events in the near future when you feel comfortable to do so. ■



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WHERE BUSINESS GOES TO GROW

Census 2020 - Update Leave

By Stark Development Corporation

Welcome Summer! With the pandemic response dominating our lives, spring just flew by and summer is already here. Businesses are cautiously reopening as our communities try to find out what life is like living in a continuing pandemic situation. I hope we can all agree that everyone is walking in their own shoes, and we need to be compassionate, courteous, and respectful. We need to do what North Dakotans do so well: Help each other out whenever we can. That neighborly attitude is one of the top reasons many of us live in this great state.

We can also help each other by making sure that you have completed the 2020 Decennial Census. Many of you probably have already completed yours and if so, THANK YOU! If you have completed it, don't forget to urge your family, friends, and to complete it as well.

The U.S. Census Bureau office in Bismarck re-opened operations on May 4, which was nearly a month before we expected it to happen! That meant that an important operation called Update Leave re-started. Update Leave means that a Census worker leaves an invitation and a physical questionnaire at every household that has a P.O. Box and no mailing address. There are nearly 42,000 Update Leave households in North Dakota (about 10 percent of total households). That operation is wrapping up in early June.

If you live in a household that has a mailing address, you should have received multiple mailings with a 12-character code. You probably also received a paper

questionnaire in the mail.

If for some reason you do not remember receiving any mailings or a packet left at your front door, you can still go online to www.census.gov and complete the Census. You can also call 1-844-330-2020 and someone will help you take the Census over the phone.

Finally, even if you haven't had time to complete the Census, staff from the Census Bureau will be visiting non-response households starting in August to give those people one last chance to help out.

Remember all the important things that benefit from a thorough and complete Census count:

- Healthcare programs and services
- Emergency services including fire and rescue
- School programs like afterschool and school lunch programs
- Senior centers
- Youth centers

The list could go on and on, but they are all services that are essential to making our communities strong and wonderful places to live.

How are we doing? As of May 20th, 58.9% of North

The census is more important than ever.



Dakota households had filled out the Census. In Stark County, 61.2% of households had completed the Census.

Please stay safe, smart and healthy! While we were still ahead of Montana in Census response, South Dakota jumped ahead of us. Come on, North Dakotans! We're can't lose to South Dakota. Even their Badlands aren't as good as ours! ■

STARK DEVELOPMENT CORPORATION

YOUR ECONOMIC DEVELOPMENT OFFICE FOR DICKINSON
STARK COUNTY AND THE SURROUNDING AREA

WHERE BUSINESS GOES TO GROW

- ENTREPRENEURIAL EVENTS & RESOURCES
- BUSINESS FINANCIAL INCENTIVES & PROGRAMS
 - COMMUNITY ENHANCEMENT PROGRAMS
 - BUSINESS INTEREST BUYDOWN PROGRAM
 - CHILDCARE FACILITY GRANTS
 - VOCATIONAL TRAINING GRANTS
- MONTHLY ECONOMY AT A GLANCE



HEART RIVER VOICE Q & A

Bill Fahlsing, Director of Emergency Management

By Kaylee Garling

HRV: Tell me more about yourself.

BF: I was born and raised in Bismarck, North Dakota. I have one sister named Jenn and one nephew named Chris. My sister is ten years older than me and my nephew is ten years younger. Although I am slowly accepting the fact that I am approaching forty, I get great enjoyment in reminding my sister that every day I get closer to forty, she is getting closer to fifty which puts a smile on my face.



Although I don't have "traditional" kids, I do have three pets that I consider my kids and are just as spoiled. I have a three-year-old lab/red heeler/boxer mix named Dakota, a fifteen-year-old dachshund named Hoss, and a 9-year-old cat named Boots.

I graduated from Century High School in Bismarck (Go Patriots!) in 2001. Ever since I was a kid I wanted to be in the medical field. I decided to enter the nursing program at Dickinson State University and moved to Dickinson after graduation in 2001. At that time, I was really struggling with deciding if nursing was the area of medicine I wanted to be in and decided I wasn't quite ready to start on my college path. I decided to take a year off and see where my life would take me. As it turned out, I ended

up completely switching my career path going into the information technology field for a number of years.

Although there are times I do think about the "what if" scenario, and am still drawn to the medical field, at the heart of what I believe my passion is, I believe it was always about helping people. Thankfully, in the larger plan that the path my life has taken me on brought me into my current job as the Director of Emergency Services for Stark County. That title is a shorter way of combining two positions of the County's Emergency Manager and 9-1-1 Coordinator. My department combined has the privilege of working with our true hero's, our first responders in law enforcement, fire, and emergency medical services, along with numerous other agencies on a daily basis to protect the lives and property of the citizens of Stark County. For that, every day I am grateful my department has the chance to be a part of something larger that impacts so many lives.

What is a favorite memory from growing up?

My favorite memories growing up were just spending time with friends and family and being out at our cabin at Lake Tschida.

Favorite memory from the last year?

As I mentioned earlier, I took a year off of college. That year turned into many more than I had anticipated. I believe you should live your life with no regrets and not going back to college is one of my regrets. Struggling with this, I finally looked in the mirror and told myself "either go back and do this, or you are never going to and you will regret this for the rest of your life." Then and there I made the decision and last year I completed my Associates Degree.

Any unique traditions from growing up?

Growing up every year we would go to my grandparent's farm for Easter and they would have an Easter egg hunt for all of the grand kids. I don't know how many hours my grandparents spent hiding eggs for all of us grandkids. They would turn us loose in a roughly 3-5-acre



area, keep in mind I am remembering this from about 30 years ago, and each of us would have to find two dozen eggs each in the trees, bushes, standing corn stalks, and perimeter of the house, etc. Trust me when I tell you my grandpa could find every spot an egg would fit to hide them. It would take us hours. And every year he found new places so we could never just run to the same spots that we did the year before. And at the end we would bring the eggs back to the house, they would count them to make sure we found our correct number, and then we got a brown paper bag with our Easter prize. Looking back, it was a great way to keep the kids out of the house and occupied while they would play Pinochle and cook dinner.

What has been your greatest challenge? How did you get through it?

This is a difficult topic to talk about but one particular piece of this answer I hope helps raise awareness. I have lost a lot of people unexpectedly in my life. The first was one of my best friends growing up. We were right around 12 years old and I was told that he died of a brain aneurysm. In 1999 my cousin, Robbie Rahrlich, was murdered in Bismarck's first ever robbery-homicide, and later on in 2007, I lost a five-year-old second cousin in a car accident. I have recently lost another friend that I am not ready to talk about and am still dealing with his passing.

In addition to this, my family and I have lost three members to suicide all within a four-year period. I don't remember where I heard or read this, but some said or wrote, "Suicide doesn't take your pain away, it just gives it to the people that

care about you." That is absolutely true.

Losing loved ones to old-age or an illness is just as hard, but you are fortunate enough to have time to say goodbye and start accepting the fact that you are going to lose that person. Losing loved ones unexpectedly is completely different. You don't have the chance to look that person in the eye and say goodbye or create that warm last memory with them. You don't have the opportunity to get the closure that one needs to help you with the grieving process. You are left with the constant question of "why" for the rest of your life. It is either "why was this person taken from this earth so suddenly" or "what was so bad that this person felt taking their own life was their only way out", or "why did they do it?"

So how do I get through it? I don't think I will ever really get through losing loved ones like this, but each day gets a little better. I accept what I can't change. I can't dwell on the question of why because at least in this lifetime, there will be no answer. This has taught me not to take any life for granted. If someone is important to you, make sure they know that. For many, life is too short. Make the best out of every minute you have and cherish every memory because you don't know when someone will be taken away from you.

What has been your greatest achievement?

I think this depends on how you measure the success of your life. For me, that is simply trying to live my life as the best person I can be. For me, that is helping those in need when I am able to do so. I have amazing friends and family and without them, I wouldn't be

Continued, next page

Continued from page 16

where I am today. I am lucky enough to have a roof over my head, a good job, and food on the table. I consider that to be an achievement because there are lot of people that don't have that, and it breaks my heart.

Tell me more about what you do for Dickinson and our surrounding communities.

To summarize my job, I am essentially a coordinating agency. Emergency Management essentially tries to identify all of the types of disasters, both natural and man-made that can pose a threat. We then work with all of our partner agencies, which may include first responders, local, state, and federal government, volunteer agencies such as the red cross and united way, health care, utilities, and health care just to name a few, to try to stop any impact from those disasters that we can. For those that we can, we attempt to minimize the impacts of those disasters as much as possible. However, disasters are always going to happen, and when they do, we start the response phase. During response, we typically activate the Emergency Operations Center (EOC) where we will gather with representatives from our first responders directly involved with the incident, community leaders, and others which most likely include those agencies previously mentioned. In the EOC we are told what the goals are that the on-scene incident commander is trying to accomplish. Those goals will involve saving or protecting life, containing the incident, and then protection of property. Along with those goals, they will also notify of what resources are needed. Our job in the EOC is to figure out how to make sure the incident commander can



accomplish those goals and coordinate the resources needed. Once the incident is over, we move into the recovery phase and essentially are responsible for getting life back to normal. After the recovery phase is over, we start planning all over again and it is a continuous cycle that never stops.

As the 9-1-1 Coordinator, myself along with my staff are responsible for issuing 9-1-1 addresses through Stark County and a number of the cities, and we are also responsible for maintaining the equipment in the 9-1-1 Public Safety Answer Point, also known to many as the 9-1-1 Dispatch Center. In short, it is our job to make sure when the citizens call or text 9-1-1, that call goes through, and a 9-1-1 Dispatch is able to answer that call and dispatch the appropriate first responders.

What drew you to your career?

Many people have a calling to help their community in becoming a law enforcement officer, fire fighter, or EMT/Paramedic. Those fields are true heroes, but I did not have the calling to go into those fields. This position gave me the opportunity to still be able to help people, it is just behind the scenes. This field still gave me the chance to make a difference and give back to the community.

What's your favorite quote? How has it helped you?

Live every day to the fullest, and don't take anything for granted. It makes me appreciate life and those I care about who are part of my life.

Will you share a unique experience you've had within the last few weeks that has helped keep faith in our community/people?

We have been conducting a few COVID-19 testing sites in Stark County recently. These testing sites have been primarily staffed by the National Guard, Southwestern District Health Unit, local first responders, and also my department. One of the tasks my department had was finding food and water for the workers of the testing site. My staff did an amazing job in reaching out to area businesses to line this up and many of them donated all of the products at no cost. Many of these businesses themselves have been impacted, and yet they are still stepping up to support our first responders, National Guard, and Health Unit for the work they are doing. I cannot put into words how thankful I am to them. They include The Donut Hole, Baker Boy, Braun's Distributing, Coca Cola, Cashwise, McDonalds, Northern Improvement, and the Church of Latter-Day Saints from Bismarck.

Does helping people come naturally to you or do you have to work at it? What advice would you give to someone who it doesn't come naturally to?

Helping people does come naturally to me. If you have the chance and means to help another human being, why wouldn't you? The advice I would give is to put yourself in the other person's shoes. Everyone faces hardship and needs help sometimes. The smallest act of kindness

or help can change a life. You only live once so make the most of it and make a difference in someone else's life. There are so many ways to help in your community. Everything from fostering a child or being a mentor for the Best Friends Mentoring Program to volunteering with the elderly or with your local fire department. No matter what your skills or interests are, there are programs and opportunities to help and give back to your community.

What do you suggest for community members to do in order to help our community be stronger, more involved?

Always remember that nobody is immune to disasters. They can strike at any time. Personal preparedness can save your life. This can be anything from a house fire to a severe storm. I would highly encourage everyone who rents their home to get renters' insurance if they don't already have it.

At a minimum, everyone should have enough supplies in their residence, including food, water, and medications, for at least 72 hours. Make an emergency plan and build an emergency kit. Great information can be found on either www.ready.gov or www.starkcountynid.gov/des.

How do you stay positive in a world of turmoil?

I remind myself that the work my department does makes a difference, and if we are making a difference, then we are doing what we can to change the turmoil into calmness. ■



OUR TOWN

Neighbors helping neighbors

By Laura Beth Walters

Last month we learned a bit together about a local woman, Jenna Reddish, who has started a Facebook page called Dickinson Local Business Boost. Through that page, Jenna encourages small local businesses to promote their wares and services and asks locals to keep shopping local. Especially in times like these, community support is vital



for these small businesses. But if we look around, we can see the lasting effects this pandemic will have on our region as many families are facing job loss, isolation, and other hardships. As important as our local businesses are, our community health really rests solely upon our families. In light of this, we are taking it online again for this month's highlight.

Nicole Dykema, a Montana girl by birth but a North Dakotan by marriage, came across a Bismarck based Facebook page which inspired her to start "Neighbors Helping Neighbors (Dickinson, ND)". Nicole says she purposely chose to name the page without a hint of the "C" word, "because (she) think(s) there is a need and desire to help each other pandemic or not."

Just as Jenna's page is introducing many of us to unique local businesses, Nicole's page is highlighting community resources and

helping to connect individuals who may need help with those who are able to meet their needs. Nicole says that in the first two weeks many seemed hesitant to post needs publicly so she was receiving messages and sharing needs herself. The very first contact she received came in the morning after the page was started and Nicole had the opportunity to facilitate getting supplies to a large family whose parents had both lost their jobs. She told me, "I posted the need at like 7 am and people offered food, money and gift cards that I was able to personally deliver via non contact by 1pm. And it wasn't a small amount of food. ... They also gifted pull-ups to another single mom that I was able to drop off the same afternoon. ... It was a beautiful full circle effort."

I asked Nicole if she is still the one facilitating the exchange of goods when there are deliveries to be made and she told me that many are feeling more comfortable sharing their needs themselves and then they make their own arrangements, and if the need is expressed through private message then she passes along contact info and the parties involved work out the details. Although some may still not feel comfortable sharing directly to the page, those in need are welcome to message

Nicole or any one of the other three Page Admins for assistance. Other Admins include Kelly Gillen, Andrea Couillard, and Jessica Shermin. These four ladies, who have never all actually met in person, are working together to provide a safe, non-judgemental space for those in need and they plan to keep it going as long as it remains a positive place for people to help others.

I asked Nicole to sum up her experience from the page for me and this was her response. "We are very blessed to live in a generous, giving community. And not just physical needs but I've seen people pray for others who have posted that they are struggling. There is so much power in helping each other and we are lucky enough to not look very far to see that."

When I look around and see so much hatred and negativity flying around, I try to remind myself that not everyone is that way. Every community has a Nicole or two and maybe even a Jenna working quietly behind the scenes to highlight the beauty and bring people together. You just have to look for them. And if your specific community doesn't have someone like these ladies, then maybe that someone should be you. ■



Spring into Summer WINE WALK

TICKETS:
\$25 IN ADVANCE
\$30 AFTER JUNE 7

TICKETS AVAILABLE:
Medora Convenience Store
or Little Missouri Chiropractic
or Fluffy Fields Vineyard

FRI, JUNE 12

5:30 PM
8:30 PM

REGISTER FROM 5:30 PM TO 6:30PM
 AT MEDORA UNCORK'D
 370 PACIFIC AVE, MEDORA ND



833-623-2675 medorauncorkd.wine

EVERLASTING HOPE
Grant cycle open now



Everlasting Hope is excited to announce that its first grant cycle is open. The purpose of this grant is to help alleviate the financial burden of infertility treatment. Part of our mission is to provide financial assistance to couples battling infertility in addition to providing them with resources.

Cost is the number one barrier to infertility medical treatment as North Dakota's insurance law does not cover infertility treatment. What this means is when someone has the medical diagnosis of infertility all insurance coverage stops. A national infertility organization, Resolve, completed a community survey that found 39% of participants used credit cards to pay for their fertility procedures, while 12.6% took out loans and 4% used their home as equity. They also found that women (25-34 years old) accrued \$30,000 of debt on average after undergoing infertility treatment. Additionally, infertility patients will encounter highly inflated managed care pharmacy prices for medications, where patients with coverage can pay as much as 100% more for medications compared to prices charged to self-pay patients.

Currently only 18 states have infertility insurance coverage laws, and seven states have fertility preservation laws for iatrogenic (medically-induced) infertility. In the state of North Dakota there is no insurance mandate for infertility diagnosis or treatment. Under North Dakota's current law, patients bear the responsibility of covering the costs of diagnosis and treatment. Depending on the cause of the fertility problem and the therapy used to treat the problem, that cost can be considerable. A

major impediment to access to treatment to resolve infertility is insurance coverage. Unlike chronic diseases that are very costly in a lifetime, infertility patients will utilize fertility coverage or cancer preservations only during their reproductive years. These families deserve access to care and provide insurance for infertility care and cancer preservation. Everlasting Hope will continue its legislative efforts for the 2021 North Dakota session. To apply for the Everlasting Hope Grant please visit www.raisingeverlastinghope.org and click on resources. Deadline is August 3rd. For any questions please email tara@raisingeverlastinghope.org ■

Now accepting new patients

**High Plains
Dental P.C.**

www.highplainsdentalpc.com
 701-483-GRIN (4746)

DICKINSON AREA PUBLIC LIBRARY REOPENING
 701-456-7700
<https://www.dickinsonlibrary.org>

The Dickinson Area Public Library (DAPL) Phased Reopening

The DAPL has begun reopening services to our patrons on a limited basis. This will not be a complete return to normal services to start and very likely will not be for some time. Mail services for materials will continue and curbside pickup is being added. Shortly, the DAPL will be allowing patrons back into the library itself, but to begin with, this will be on an appointment basis only. Patrons will need to schedule an appointment to enter the library and this will be limited to 30 minutes once per week. There will be a limit to 10 patron appointments for each window. ***There will be no group sign-ups for a single slot. Groups or Families will have to have a slot for each person at that time.** Any patron, group member or family member coming to the library without a scheduled appointment will not be allowed entry, but we will schedule a time in the future for them. If all goes well, we will reopen to all patrons in future phases. However, not all services will be available during each phase of the DAPL's reopening. We do appreciate your patience during this necessary process and our librarians look forward to the day that the DAPL will be able to offer all of our services we would normally offer.

***Please check the DAPL website or call the library for details.**
<https://www.dickinsonlibrary.org> 701-456-7700

LIBRARY CARDS MAY BE OBTAINED ONLINE OR BY PHONE WHILE THE LIBRARY IS CLOSED FOR COVID-19.

CURBSIDE PICKUP MAY BE SETUP EITHER ONLINE OR THROUGH CALLING THE DAPL

Your immune system is more important than ever!

Now is not the time to be complacent in regards to your immune health!

June Special - 20% OFF

Immune support products
 Vitamin C, Vitamin D, Immune Support and Elderberry Products

IRSFELD
 Pharmacy *More than just prescriptions.*

Compounding - Nutrition - Alternative Health

Located at Sanford Health East Dickinson Clinic
www.irsfeldpharmacy.com

DICKINSON PUBLIC SCHOOLS

Dear DPS Friends & Families

By Shon Hocker

Since my last article in March, our lives have significantly changed. Prior to March, we were busy planning community projects and planning for future growth. We are now preparing for a world that will likely look a little different from now on.

I want to take this opportunity to highlight some achievements by DPS and update you on a few things.

- Thanks to Our Team – I want to thank every DPS employee for stepping up during the COVID-19 pandemic. I could not be prouder of our team and how they handled the challenges thrown at them. We had to adapt quickly, and we did. For instance, employees sanitized everything within the buildings, distributed meals to families in the community, built a new curriculum, and transformed how we provide education to our students overnight.
- All 8 Dickinson Public Schools Awarded Marzano HRS Level 1 Certification – I wrote about our goal of achieving High Reliability Schools (HRS) Level 1 Certification in September, and I am delighted to announce that ALL eight of our K-12 schools achieved this status in May. According to Marzano Resources, this achievement explores specific strategies for shared decision-making and developing collaborative processes that clarify the work of teacher teams and help schools operate as a cohesive network of teams clearly focused on

curriculum, instruction, assessment, and achievement for all students.

During the next school year, we will work towards our Level 2 Certification, which focuses on effective teaching in every classroom.

- Looking to Next School Year - There is still a lot of uncertainty as we plan for the 2020-2021 school year. As a district, we are planning for multiple scenarios to be as prepared as possible. Last year our district went 1:1, which means every student has access to a device. Because of this, we were able to provide distance learning to our students almost immediately following the Governors' closure. We will continue to plan for multiple scenarios, and we will share the information with the public later this summer.
- Awarded \$3.5 Million Comprehensive Literacy State Development Grant – Over the next five years, DPS will be implementing strategies to improve literacy skills of disadvantaged children from birth through grade 12. This grant will allow us to support teachers, students and families.

In closing, although I mentioned earlier that the world will likely look a little different from now on, I am grateful for the kind, caring, and dedicated community here in Dickinson. Together, we can successfully continue to ensure incredible opportunities for all of our children. ■



LIVE RIGHT

Cholesterol importance

By Gabrielle K. Hartze, RD, LRD

Cholesterol is a waxy substance similar to fat, naturally produced by the liver and obtained from consuming animal products like meat and dairy. Cholesterol may be thought of as harmful but actually plays an essential role in proper body function. The importance of cholesterol stems from within, contributing to cellular

chemical makeup allows them to pack together tightly whereas, unsaturated fats have more of a bent shape preventing compaction. Replacing a majority of saturated fat intake with unsaturated fats can reduce cholesterol levels by 11% in as little as eight weeks. This means lessening animal product consumption and aiming for more avocados, olives, fatty fish and nuts.



membrane structure, bile acid production for digestion and assisting in the synthesis of some hormones along with vitamin D.

Since cholesterol is unable to dissolve in water or blood, it's packaged into tiny protein covered transporters called lipoproteins. Low-density lipoproteins (LDL) otherwise known as "bad" cholesterol, sticks to artery and blood vessel walls. Over time, this build-up forms a plaque causing blood vessels to clog. High-density lipoproteins (HDL) or "good" cholesterol, removes circulating cholesterol from the bloodstream, carrying it back to the liver for removal.

Years ago, when consumers first caught wind of the link between cholesterol levels and heart disease, eggs became a "bad" food. Which is understandable, as a single egg contains about 200 mg cholesterol and 1.5g of saturated fat. However, updated research has shown that dietary cholesterol is not as problematic as once thought. Research studies from 1980 to 2012, comprising of more than 250,000 subjects, have not supported the link between dietary cholesterol and cardiovascular disease (CVD) but rather saturated fat intake.

Think of saturated fats like "saturating" blood vessels shut. Their

Another way to reduce the risk of CVD is to consume foods rich in soluble fiber like grains, beans, fruits and vegetables. With the inability to digest soluble fiber, it moves through the digestive tract forming a gel-like substance as it absorbs water and bile. Coincidentally, bile is made from cholesterol and when the liver needs to produce more bile, it removes more circulating cholesterol from the bloodstream to do so – lowering cholesterol levels naturally. Adding in a serving (or two) of a fruit or vegetable is also a good way to minimize risk. Eating at least four servings of fruits and vegetables a day can decrease LDL levels by as much as 6%.

The bottom line: Cholesterol is essential for proper body function, but too much circulating within the body can be problematic. A diet high in saturated fat causes LDL "bad" cholesterol to rise, increasing CVD risk. Whereas, HDL "good" cholesterol lowers CVD risk by transporting circulating cholesterol to the liver for removal. Many factors play a role in cholesterol levels including genetics, exercise and saturated fat intake. Choosing unsaturated more so than saturated fatty foods and increasing soluble fiber intake are just a couple ways to lower the risk of CVD. ■

NDSU EXTENSION

Good health - the best Father's Day gift you can give



By Holly Johnson

Happy Father's Day to all the great dads out there! Do you have a Father's Day tradition – an annual fishing trip, a backyard barbeque? My family loves taking in the Medora Musical on Father's Day weekend, and of course the delicious food and fun shops before we get to the theater are a MUST!

However you decide to celebrate, if you are out in the sun, be sure to protect your skin from the sun's damaging rays. According to the North American Association of Central Cancer Registries, North Dakota has a higher incidence rate of skin cancer than other states.

on the rise.

It's understandable to want to spend time outside after months of our winter weather. North Dakota is also a very agriculture-driven state, and a majority of people are spending time working outside in the summer. The good news is there are ways to protect ourselves! Here are some tips to reduce your risk of skin cancer caused by sun exposure:

Wear a wide brimmed hat. Baseball caps offer no neck or ear protection.

Buy sunglasses that are labeled for UV protection.

Wear long sleeved shirts.

Wear and frequently reapply sunscreen. NDSU Extension recommends looking for sunscreen that is SPF 30+, broad spectrum, and water resistant.

Did you know that driver side and passenger side windows of vehicles offer little to no protection from UVA/UVB

rays? Only windshields block UVA/UVB rays. A study in the Journal of the American Academy of Dermatology reported that 52 percent of skin cancers in the U.S. occur on the left, or drivers' side of the body. If you are travelling for Father's Day, be sure to protect your skin inside the vehicle as well as outside.

The best Father's Day gift is a healthy and happy family. We take care of ourselves so we can enjoy the people in our lives who are most important to us! Protect your skin, and Happy Father's Day! ■



The sun emits two kinds of rays: UVA and UVB. These rays do a fair share of damage to a person's skin:

- Sun burns and dark patches
- Wrinkles, loose skin, and premature aging
- Eye damage

SKIN CANCER

Most skin cancer is treatable if caught early enough, like basal cell and squamous cell cancers. Melanoma however, is a serious form of skin cancer that is very fatal. Repeated sunburn damage is known to melanoma, and the number of cases is

Come have a Beachin' good time!

8TH ANNUAL Bakken BBQ

2020

ALL YOU CAN EAT BBQ!

Friday, August 21 4:00 - 10:00 P.M.
WEST RIVER ICE CENTER, DICKINSON, ND

Kiddy corner, live auction, beverages provided by Mavericks, and Music!

THIS EVENT WILL BENEFIT

Make-A-Wish
NORTH DAKOTA

BAKKEN BBQ
It's a BBQ in a bowl! Est. 2013

\$20 ADULTS
\$10 CHILDREN (9-15)
8 & UNDER ARE FREE

TO SPONSOR/PARTICIPATE, EMAIL:
BAKKENBBQ@HOTMAIL.COM

f Instagram

Bakken BBQ rescheduled for Friday, August 21, 2020

The Bakken BBQ announced that the 8th Annual Bakken BBQ has been rescheduled for Friday, August 21, 2020. This decision was not made lightly, as the health and safety of our attendees and participants is our main concern.



Don't worry, the date may have changed, but the event will still be a lip smackin', finger lickin', good time!! Be sure to mark the new date and come have a beachin' good time at the Bakken BBQ.

Thank you to all our volunteers, supporters, sponsors, and cooks that make our event successful each year.

Heart River VOICE Events

Send your events to
kelley@heartrivervoicedotcom
to list your events for
FREE!

Please note that many events are tentative, depending on state regulations at the time. Check with the event hosts or their websites in case of postponements or cancellations.

It's up to all of us to slow the spread of COVID-19. Everyone, including young and healthy people, should avoid large gatherings during this time. Stay up to date with public health guidelines from [cdc.gov](https://www.cdc.gov).

JUNE 1-JULY 31
SUMMER OF WONDER 2020
READING PROGRAM 9AM-5PM Mo

FIRST WEEK OF JUNE
DICKINSON PARKS AND REC Summer programs start this week. For more info, see dickinsonparks.org or call 701.456.2074.

MONDAY JUNE 1
LIBRARY TIME SLOTS OPEN
Starting today, the library will be open to access materials by appointment only. Each day there will be a limited number of 30-minute time slots for patrons to come and check out materials or use the computers. There will also be a limited number of computers available for use. During these appointments, we encourage you to wear a mask if possible and utilize hand sanitizer that will be placed throughout the library. We also encourage social distancing by remaining six feet apart. Please check our website to make an appointment or call 701-456-7700.

BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

TUESDAY JUNE 2
BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

WEDNESDAY JUNE 3
BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

SATURDAY JUNE 6
6TH ANNUAL ROCKY MOUNTAIN OYSTER FEED 4PM Let's go nuts! Come out for Rocky mountain oysters sold by the pound \$10 and great drink specials! I Don't Know Bar, 207 4th St NW, South Heart.

MONDAY JUNE 8
RECYCLE RIGHT SERIES PRESENTS BACKYARD BUCKETS 6PM You want to know? We can help! Sponsored by City of Dickinson Recycling. Call 701.456.7873 with questions. Commission Room, City Hall.

JUNE 8-13
WEEK OF CARING Virtual Week of Caring. Each day will bring a different opportunity for virtual volunteering. A \$50 gift card to a local restaurant will be given to two lucky volunteers. Each day, volunteers will post a picture of their volunteering, based on the virtual volunteer suggestion of the day. See Facebook, United Way Week of Caring to participate and for more information.

TUESDAY JUNE 9
BANDSHELL CONCERT SERIES 7PM The Mollies. Live music and family fun! Bring a lawn chair or blanket. Concessions will be available for purchase each week by Relay for Life. Memorial Park. Inclement weather location - West River Ice Center.

FRIDAY JUNE 12
5TH ANNUAL SPRING INTO SUMMER WINE WALK Registration 5:30-6:30PM Walk 6:30-8:30PM Advance tickets available \$25 at Medora Convenience Store, Little Missouri Chiropractic, or Fluffy Fields Vineyard and Winery. Tickets are \$30 after June 7. More info, call 833.623.2675. Medora Uncork'd, 370 Pacific Ave, Medora.

SATURDAY JUNE 13
FAMILY HEALTH AND FITNESS DAY Dickinson Parks & Recreation encourages residents to visit our local parks and facilities where you can participate in a variety of family friendly activities, such as walking, hiking, biking, kayaking, golfing, tennis, swimming & more!

DSU BLUE HAWK SCRAMBLE 9AM-5PM Contact Parks and Rec for more info 701.456.2074. Heart River Golf Course, 2510 8th St SW.

LIVE MUSIC: THUNDER ROAD 9PM-12AM Live music and dancing while Thunder Road performs at Boots Bar and Grill. 300 Pacific Ave, Medora.

TUESDAY JUNE 16
BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

BANDSHELL CONCERT SERIES 7PM Nu-Blue. Live music and family fun! Bring a lawn chair or blanket. Concessions will be available for purchase each week by Relay for Life. Memorial Park. Inclement weather location - West River Ice Center.

WEDNESDAY JUNE 17
BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

THURSDAY JUNE 18
SUMMER KICK OFF POOL PARTY 12-7PM Join us as we kick off summer! Bring the whole family! Bring your water toys, life jackets and floaties! West River Community Center, 2004 Fairway St.

FIRST ON FIRST DICKINSON SUMMER NIGHTS 5-11PM Music starts at 6PM. Brandon Jones, Tris Munsick and The Innocents. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 27.

BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

FRIDAY JUNE 19
BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

SATURDAY JUNE 20
HEART RIVER SHOOTOUT First golf tournament of the season. Payouts will be given based on number of teams entered. USGA handicap required to play. Contact Parks and Rec for more info 701.456.2074.

2021 Kindergarteners

Must be 5 years old before August 1, 2021 to enter kindergarten.

Gearing Up for Kindergarteners

- Classroom environment with parent, teacher and preschooler
- First school experience
- Become familiar with school, rules and routines
- Learn essential academic and social skills.

Parents

- Parents learn best practices to guide and prepare their child to help them succeed
- Educators build relationships with families and identify readiness gaps.



For preschoolers and their families who will **start kindergarten in 2021.**

"I believe that to teach them effectively you must teach their hearts long before you begin to teach their minds." —Luther Allmon

TENTATIVE SCHEDULE

Eight Week Series
Begins: Tuesday, September 8, 2020
Supper: 5:30-6:00
Session: 6:00-7:30



West Dakota Parent & Family Resource Center

402 4th St. West
Dickinson, ND
PH: (701) 484-0007



Includes supper and childcare.

Limited number of spots available!

To register or for more information call West Dakota Parent & Family Resource Center @ 456-0007.

www.westdakotafamily.org



6TH ANNUAL GENE HARTMAN MEMORIAL TOY RUN 10AM Registration. 11:15AM Ride begins. Bring a new unwrapped toy that will be given to local children in need at Christmas. \$20/person. More info, contact Joe 701.290.7614 or Dave 701.590.0911. Ride begins at I Don't Know Bar, 207 4th St NW, South Heart.

BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

LIVE MUSIC: EASY STREET 9PM-12AM Live music and dancing while Easy Street performs at Boots Bar and Grill. 300 Pacific Ave, Medora.

SUNDAY JUNE 21 3RD ANNUAL DON'T WINE JUST RUN 5K RUN/WALK Opens at 10AM; Run/walk begins at 11AM. A family and pet friendly event raising proceeds to go towards our local animal rescues. Entertainment following, including: Corn Hole, Yard Yahtzee, Jenga and live music by Josh Kehr. Save money with advance registration. More info, call 701.483.2242. Fluffy Fields Vineyard and Winery, 2708 21st St E.

BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

MONDAY JUNE 22 SPLASH BASH 1-5PM Join us for a fun and exciting pool party sponsored by the American Bank Center. There will be games, free hot dogs and live music. Don't miss out on this bash! Free! More info, 701.483.7500. West River Community Center outdoor pool.

TUESDAY JUNE 23 BANDSHELL CONCERT SERIES 7PM The Benson Family Singers. Live music and family fun! Bring a lawn chair or blanket. Concessions will be available for purchase each week by Relay for Life. Memorial Park. Inclement weather location - West River Ice Center.

SATURDAY JUNE 25 ANNUAL DDA GOLF SCRAMBLE 12:30PM Shot Gun Start; 5:30PM Supper and 6PM award ceremony. 18 holes of golf on the Heart River Golf Course. Register at Maverick's Saloon & Casino or online at Downtown-Dickinson.com/events. Limited teams. 2510 8th St SW.

FIRST ON FIRST DICKINSON SUMMER NIGHTS 5-11PM Music starts at 6PM. Judd Hoos, Booz n Tuna. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 27.

FRIDAY JUNE 26 BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

SATURDAY JUNE 27 BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

MATT ELLERKAMP MEDICAL BENEFIT Time TBT Food, silent auction, entertainment, beer & family fun. All proceeds go to support Matt's medical expenses. Watch for more details at DePorres House of Barbering and Lounge on Instagram and Facebook. West River Ice Rink, 1865 Empire Rd.

SUNDAY JUNE 28 BADLANDS BIG STICKS HOME

GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

MONDAY JUNE 29 BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

TUESDAY JUNE 30 BADLANDS BIG STICKS HOME GAME 6:35PM For tickets, 701.438.7849 or badlandsbigsticks.com. See full schedule, p. 13.

ONGOING EVENTS

FAMILY FUN Museum Center Starting the Tuesday after Memorial Day, hours of operation are: Monday to Saturday, 9AM-5PM and Sunday Noon-5PM.

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

FOOD KITCHENS WELCOME TABLE 6PM Tuesdays Free to the public. Garvin Hall St. Patrick's Catholic Church 310 2nd St. West.

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

CLUBS/GROUPS BOOKS & BREW 7-8:30PM 1st Thursday of the month. A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month we will discuss a book while enjoying a beverage or 2. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

SEW SISTERS 2PM Sew Sisters, 2nd Tuesday of each month. Other classes available and info, see www.SuzysStash.com. 118 N Ave, Richardton. 701.974.7899.

SOCIETY OF ST. VINCENT DE PAUL 6:30PM 2nd and 4th Wednesday of the month. St. Patrick's Church Parish Center, 229 3rd Ave W.

HEART RIVER HOMEBREW-

ERS 7PM 4th Thursday of each month. Calling all home brewers! Meet at Phat Fish Brewery, 1031 West Villard.

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

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

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

BADLANDS ART ASSOCIATION 7PM 1st Tuesday of each month. All community artists welcome! Location to be determined. More info, contact janelles@ndsupernet.com.

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

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at **1967.toastmastersclubs.org**. Held at SWDHU, 227 16th St W. More info, contact Teresa Buck 701-880-0374.

MEETINGS HISTORIC PRESERVATION COMMITTEE MEETING 4-5PM 2nd Tuesday of each month. More info, 701.456.6225. Dickinson Museum Center, 188 Museum Drive East.

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

BELFIELD PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Thursday of each month at 7PM at Belfield High School, 308 3rd St NE, Belfield. More information, call 575.4275.

DICKINSON CITY COMMISSION MEETING 4:30PM Commission Room at 99 2nd

St East 2nd & 4th Tuesday of the month. dickinsongov.com/boards-and-officials/city-commission/

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

EAGLES CLUB 5:30PM Auxiliary Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month. 31 1st Ave East.

DICKINSON PUBLIC SCHOOLS SCHOOL BOARD MEETING Regular monthly meetings are held the second Monday of each month at 5 p.m. either at the Professional Learning Lab located at 266 3rd Ave West, or in the Board room of the Dickinson Public Schools Central Administration Office located at 444 4th St. West (use the east or west door), or unless otherwise noted. More information, contact 701-456-0002, ext. 2203.

SOUTH HEART PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 7PM. 310 4th St NW, South Heart. More info, call 677.5671.

RICHARDTON-TAYLOR PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 6PM in the RTPS Board Room, 320 Raider Road, Richardton. More information, call 974.2111.

COMMUNITY OFFERINGS START UP YOUR DAY 8-9AM 2nd Thursdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info, visit startupyourday.com.

SAVE THE DATE

SATURDAY JULY 4 BEST FRIENDS FUN RUN See article, p. 25.

SATURDAY AUGUST 1 LEMONADE DAY Join the Dickinson Chamber of Commerce and area young entrepreneurs for some of the best lemonade in our community!

FRIDAY AUGUST 21 8TH ANNUAL BAKKEN BBQ See ad, p. 21.



Quitting smoking makes it easier to be active.

FREE Patches
701.483.3760



Call for Artists

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

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

We'd love to show off your talents!





Email to:
kelley@heartrivervoice.com

VOICING SOME THOUGHTS

A Piece of DSU History

By Helma Lein
104-year-old Hawks Point resident

In North Dakota, west of a line
A need for teachers was defined
One day a "yes" vote was cast
That allowed a Normal School at last.

Normal was chosen for the name-
The meaning being "normal brain,"
So average students could attend
And not have to worry the class would end.

They said the building "on the hill"
Is for every Jack and Jill.

Some who had high school only one year
Were certified to start a career.

Signal Butte was chosen to be
The best good site one could see.
The land called Signal Butte has fame-
A hill from which Indians came.
The signals that they wanted known
Came from them and them alone.

The need for a president was in demand
Dr. Samuel May took command.
The board of Regents, out of five places,
Chose Signal Butte for their bases.

Sixty acres of special land
Cost the school only \$5 grand.

It was 1918 when they made the deal
President May said it was real.
He climbed to the top of the Butte to pray
That God would answer to his way.

The first building was named for him.
It was put on the top of that chosen hill.
The hill was cut down to be exact
So a Normal School would be intact.

Another name that "fit the bill"
Was called "New College on the Hill."

In 1931, the Normal School name
Was changed to State Teachers College
and gaining fame,
For adding more classes than before.
Students advanced, and they kept score.

In '63, it changed again
To Dickinson State College and began
A larger curriculum than before
As ambitious students wanted more.

'87 brought something new:
A university that grew and grew.
To where it ranks about the best
A special school "out in the West."

In 2007, a building that's new
Was put on the campus of DSU
For people aged and lame
And couldn't take care of themselves the same.

Hawks Point was chosen the name of the place.
It's meant for people of every race.

Sports is important to DSU
Every boy and girl will agree too.
A meeting was held in '74

To change the mascot name once more.
Now athletes are Blue Hawks, that is true.
Blue comes from the color of the school.
The hawk is a fighting bird, every feather
A mighty fighter in all kinds of weather.

Now I'll end this dissertation
Of DSU and its creation. ■



BEST FRIENDS**Best Friends retools Family Fun Day to include road races, Americana painting**

By Mark Billings

Tweaking traditions spanning more than two decades, the Best Friends Mentoring Program (BFMP) is keeping youth and families a priority as it recreates Family Fun Day this summer.

BFMP's events, which span 23 consecutive years during the Dickinson Roughrider Days, will showcase a new mix of Americana traditional and outdoor family fitness for every age and ability. Jessica Dukart-Bell, a local artist, will lead a patriotic-themed canvas painting class in June and BFMP will host outdoor runs and walks on July 4 at the West River Community Center's Leisure Park.

Each one of the activities replaces the Family Fun Day giant inflatables and vendor show, and will allow participants to follow social guidelines in the wake of COVID-19, said BFMP Executive Director Kris Fehr.

"Promoting a healthy and safe environment with each one of these

events is our No. 1 priority," said Fehr. "We recognize individuals and families are seeking appropriate recreational activities and are confident these painting, running and walking events will provide good options for our community."

The painting class, scheduled in late June, will offer a relaxed, group art class atmosphere to painters of any ability. The registration fee will include the canvas and other supplies.

The road races will feature an electronically timed 1/4-mile youth competition, one-mile walk and 5K and 10K runs near Leisure Park

on the north side of the WRCC. Events will kick off at 8:30 a.m. and continue with staggered starts. Overall and age category winners will receive e-gift cards to local businesses in lieu of medals and trophies.

"Runners and walkers will use the beautiful trails around the community center and in the Dickinson Research Extension Center while maintaining the recommended six-foot distancing," said organizer Mark Billings, a BFMP coordinator. "We envision family-friendly activities closely monitored by volunteers at a time when people want to get out and do things together safely."

The road races, painting class and city fireworks display are among the events scheduled during the Roughrider Days and are subject to change. Family Fun Day with its entire scope of events is under close consideration as leaders mull alternative dates for the giant inflatables and vendor show. "We are mindful of the uncertainties families in



our community face in the months ahead and hope to bring Family Fun Day back as soon as conditions are right," said Fehr.

To register for the painting class and road races, visit www.bestfriendsnd.org.

All participants must pre-register before June 30. BFMP provides mentoring services to youth in southwest North Dakota. For information, call (701) 483-8615. ■



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THEN... and Now: Signposts to growth: Part 1 of 2

By Bob Fuhman

Over the course of this series we've examined significant developments in the history of Dickinson, ranging from building projects (the IOOF Hall, the Northern Pacific Depot, the Elks building, etc.) to civic improvements (our City Halls, the first Stark County Courthouse, hospitals) and utilities (electric power and telephones). Telling the story of several of these projects has stretched the generous space Heart River Voice has allowed us for "Now...and Then" but this month we're going to begin to look at the genesis of some signposts to Dickinson's growth which, although quickly told, should nonetheless be of interest to our regular readers.

Fire Regulations

When Dickinson became a city in 1900 (after a brief 6 months as a village) the new City Council immediately began work on drafting ordinances to address issues facing the new municipality. Several of the ordinances put forward in September touched on fire safety issues, the importance of which was underscored by the Council's decision to incorporate a fire station in the plans for Dickinson's first City Hall, a project that got underway that next month.

Ordinance #1 declared that sidewalks within the 'Fire Limits' of the city must be 10' wide and constructed of 18" square cement tiles not less than 2" thick; sidewalks outside the Fire Limits could be cement tiles or of brick construction. Oddly enough, the city's Fire Limits were not defined until

Ordinance #6 and, of course, a 10' wide sidewalk would consist of 6.66 tiles across. Requiring Fire Limit sidewalks to be 9' or 10'6" wide would have avoided the waste of cutting the sidewalk tiles. Violation of this ordinance to cost the offender \$50.

Ordinance #2 prohibited the leaving of refuse in any street, alley or public place, specifically calling out ashes, cinders and soot, violators to be fined not less than \$10 nor more than \$30, those defaulting on payment being subject to be "committed pursuant to law."

Ordinance #5 prohibited the depositing of ashes in streets, alleys or public places and also required that ashes kept within the Fire Limits be stored in a closed fire-proof container, or, if not in such a container then at least 50' from any building or combustible material. Outside of the Fire Limits the distance requirement was 25'. Fines ranged from \$5 to \$25, defaulters being subject to confinement.

Ordinance #6 defined the Fire Limits of Dickinson as Blocks 1, 2, 3, 4 & 5 of the original town plat as well as that part of the Northern Pacific Rail Road's right-of-way (basically the main line and depot/roundhouse areas).

Ordinance #9 placed limitations on wooden buildings within the Fire Limits - banning the construction of new or enlargement of existing wooden structures, violators being subject to fines of \$5 to \$25.

In April of 1901 Ordinance # 21



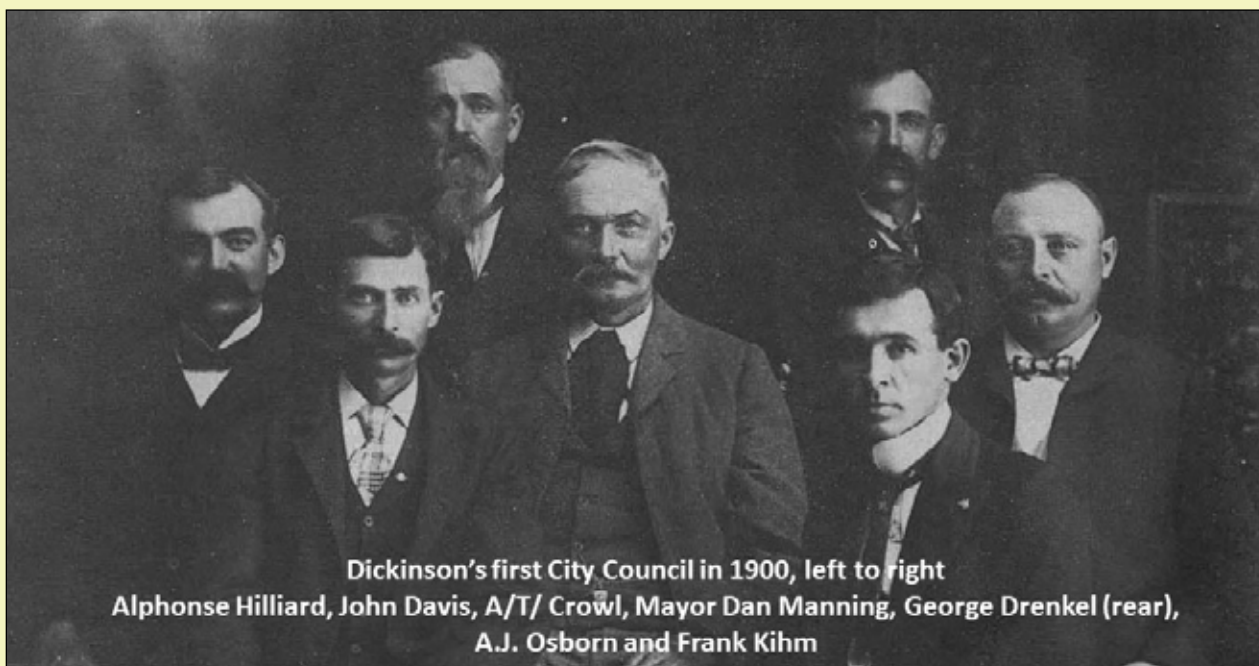
Outlined: Original Section 34, Green River Township

defined the Fire Limits - actually adding details that applied only to Block 1, it being supposed there had been some sort of misunderstanding in the original

ordinance.

In February 1902 Ordinance #34 was adopted, setting out conditions for planting shade or ornamental trees outside of the Fire Limits, it being supposed that no trees were allowed within the Fire Limits. Discussion of fire safety issues disappears then until early 1908 when extending the Fire Limits is considered along with banning repairs to wooden buildings within the Fire Limits if damage exceeds 50% of the structure. No action is taken on these issues, however, it is suggested that a member of the City Council should be appointed Fire Warden/Building Inspector (with no salary), their chief duties to be the inspection of chimneys and ensuring only brick or stone structures would be constructed within the Fire Limits. No action was taken on that suggestion but the erection of 'shacks' within the Fire Limits was prohibited (it being supposed these may have been the small wooden storage shacks often placed at the rear of lots-which would have been illegal under existing ordinances).

Continued, next page



Dickinson's first City Council in 1900, left to right
Alphonse Hilliard, John Davis, A/T/ Crowl, Mayor Dan Manning, George Drenkel (rear),
A.J. Osborn and Frank Kihm

Continued from page 26



City Dump

In April 1901, the Dickinson Press notes the City has purchased 80 acres on the City's north side for use as a 'dump ground' (see accompanying map). No details of the purchase are recorded in the Press but in March 1902, Chief of Police J.E. McCoul published a reminder that Ordinance #2 provides fines for "parties who dump stuff within the city limits in other than the proscribed place" (the dump).

As might be assumed, the dump didn't make the newspaper unless there was trouble there - in October 1907, a prairie fire which started in the dump destroyed 20 tons of hay belonging to Frank Lish for which he billed the City \$160, as agents for the city were deemed responsible for the blaze. Lish's bill was

referred to the council's committee on claims which finally authorized a payment of \$125 the following April. Ironically, while that matter was being considered another fire broke out of the dump, this time burning a mile-wide swath north to the Green River, fortunately causing "little damage."

In May of 1908, the Press reported that 16 dead horses lay unburied on the dump grounds. Nearby residents had complained and the dump was placed under police observation, it being noted that anyone depositing dead animals at the dump without burial could "expect to pay a heavy fine."

From these accounts it is clear that the dump was not regularly supervised and that city agents were responsible for burning trash and other debris left

there by citizens. It is also clear that burying animal carcasses was allowed as three months later an account of putting down a glandered horse at the dump was carried in the Press.

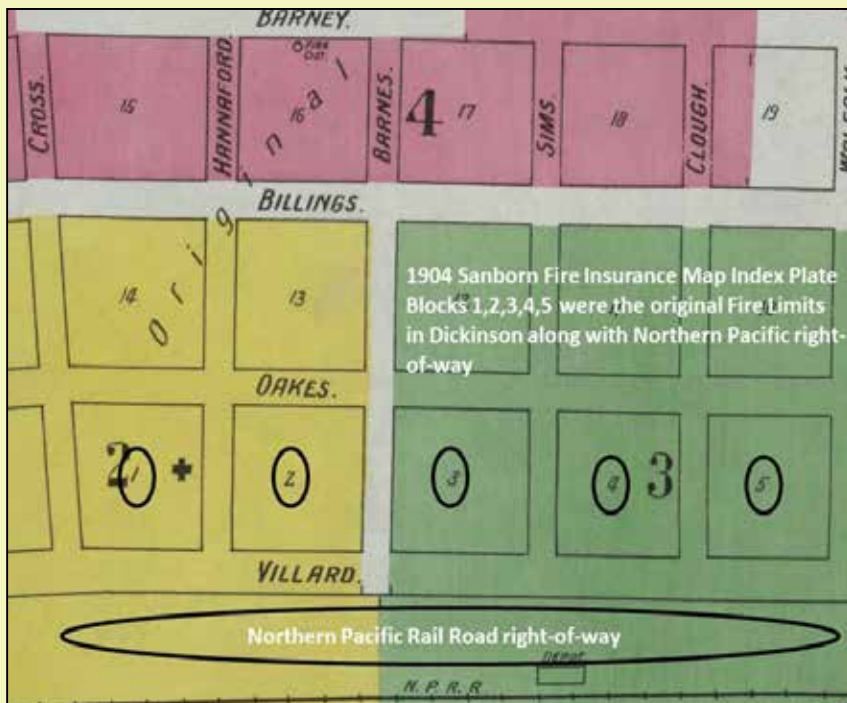
Glanders is a highly contagious bacterial infection (usually associated with equines) for which there is no cure or vaccine, and which may be transmitted by animals that recover from mild cases, thus necessitating the destruction of infected animals to stop the disease's spread. The seriousness of glanders is obvious from the Press article which recounted the Justice of the Peace's paperwork associated with documenting the destruction of the animal and attesting to its appraised value (the state paying 50% of assessed value to owners of euthanized animals. The horse in this report, "a fine looking black gelding" belonging to George Friedrich of Richardton, was on-site at the dump when the appraisers (one of whom was veterinarian N. L. Gartley) arrived at "the place of execution" where Mr. Friedrich had already dug the animal's grave. Gartley served as executioner (as the Press put it) "and in a few minutes the horse was appraised, shot and buried." The article ended by noting reports of several glandered horses in Stark County, many cases having already been disposed of. The use of the Dickinson city dump for disposal might indicate that there was no restriction on who could dump at the site or perhaps the dump was made available in order to best document the destruction of the infected animals. (Glanders was eradicated in the U.S. by 1945 and is controlled by strict importation rules for equines.)

Although not a city improvement, since we're on the subject of the dump and trash it seems appropriate to note the first mention of regular garbage pick-

up came in 1914 when C.E. Chessmore was authorized by the City to provide a weekly service as a private contractor, with a "cost... within the reach of all," said service to commence on June 1st.

Perhaps Chessman's service was more successful than expected in terms of volume of rubbish to be handled as the following year there was more trouble from a dump fire. In mid-April 1915 the Press reported a fire which had been burning for several days had spread beyond the dump and damaged the Lloyd Rader dairy farm located to the east. Despite folks on the farm notifying the city of their concern as early as 9 am nothing was done to control the fire which reached the farm just before noon. Rader's pasture lots and fences were partially burned off, 30 tons of hay destroyed and several trees damaged. It was only the hard work of Rader and his farmhands, assisted by Dr. Victor Stickney, that saved the house and barns. The adjacent A. P. Folsom farm also suffered damage (and probably the Fred Cary parcel too) although no claims for their damage appeared in the Press. Rader's claim of \$600 damages was eventually reduced to \$500 and paid.

The final claim from the fire came from Rader's farmhand Henry Whalen who suffered a serious eye injury while desperately trying to free cattle from their pasture, a metal staple striking his left eye as he yanked barbed wire from fence posts. Whalen filed a claim for \$5000, representing the cost of a specialist's treatment, hospitalization, loss of wages and permanent injury to his eye. The City refused the claim and its formal objection was sustained by the Court which granted Whalen 30 days to file an amended complaint, an opportunity he did not pursue. ■



DICKINSON STATE UNIVERSITY

An interview with Dickinson State's 2020 Outstanding Graduates

Congratulations on receiving Dickinson State University's (DSU) 2020 Outstanding Graduate Award!

What does this recognition mean to you?

Karissa Bohn (KB): This award is an absolute honor. It means that all the work I have put into growing as an individual and helping this campus and community has not gone unnoticed.

Suzanna Moberg (SM): It really is an honor! I know all of the Outstanding Graduate candidates worked really hard during their time at DSU, so I was honored to even be nominated. To receive the recognition? I don't know that I can put into words how I feel! Grateful, proud, honored.

Why did you choose to attend Dickinson State University?

KB: My family has a long history at DSU, which extends back before my grandma. My dad, brother and sister attended DSU. During my

search for schools, I could not avoid the fact that DSU was home. Small school, big opportunities.

SM: I chose to attend DSU because it was close to home so I could continue being involved in my younger sisters' lives. My dad works here, so that was a factor, too. And, growing up, I had lots of opportunities to interact with faculty, staff and students at DSU, so I knew that I liked the small school and the family environment that's been built here.

Do you have a favorite memory you'd like to share?

KB: One of my favorite memories was walking around the dorms during freshman year trying to meet new people. Many of those people I met on my first day are still my close friends today.

SM: I have so many amazing memories from my time at DSU! But, all of my memories include my best friends

and roommates Hailey and Lydia. Our freshman year, when we first moved in, there were different "Welcome Weekend" activities. We all went to karaoke Friday night and were roped into singing "Wannabe" by the Spice Girls - we've been friends ever since!

What are your plans after graduation?

KB: I will be working for Baranko Environmental as an environmental scientist. I hope to further my education

by pursuing a master's in reclamation and remediation after getting experience in the field.

SM: I'll be moving to Nashville, Tennessee, and starting my first year as



an English teacher at Hunters Lane High School.

What will you take from your time as a Blue Hawk as you move into life after college?

KB: I have learned many values while being a Blue Hawk. DSU has always stressed the importance of community and I think that will always stick with me. I have involved myself in many volunteer activities at DSU and I can't wait to get more involved in the Dickinson community as I begin a different stage of life.

SM: There is so much that I will take away from my time as a Blue Hawk! I learned the importance of asking for help and being there to help others when they ask. And, I learned that the relationships you build at college are relationships that will last forever. ■

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BUY LOCAL
Stark Strong Campaign - BUY local, WIN local, coming soon

Stark Strong says a lot about the local residents and the mindset we have during the challenges we've recently been facing. The word "community" has seemed to resurface with a new-found strength and purpose. The support many local businesses have received from the community has been inspiring. Likewise, the creativity some businesses have shown to remain connected to their customers and clients is also inspiring.

Stark Development Corporation is excited to announce an upcoming buy local campaign titled: Stark Strong - Buy Local, Win Local. The 8-week campaign will

"weekly prizes totaling \$2500"

BUYlocal
WINlocal
STARK STRONG



give away weekly prizes totaling \$2,500 in local business, restaurant and shopping gift certificates. Entries for the weekly drawing will be based on taxable purchases in Stark County.

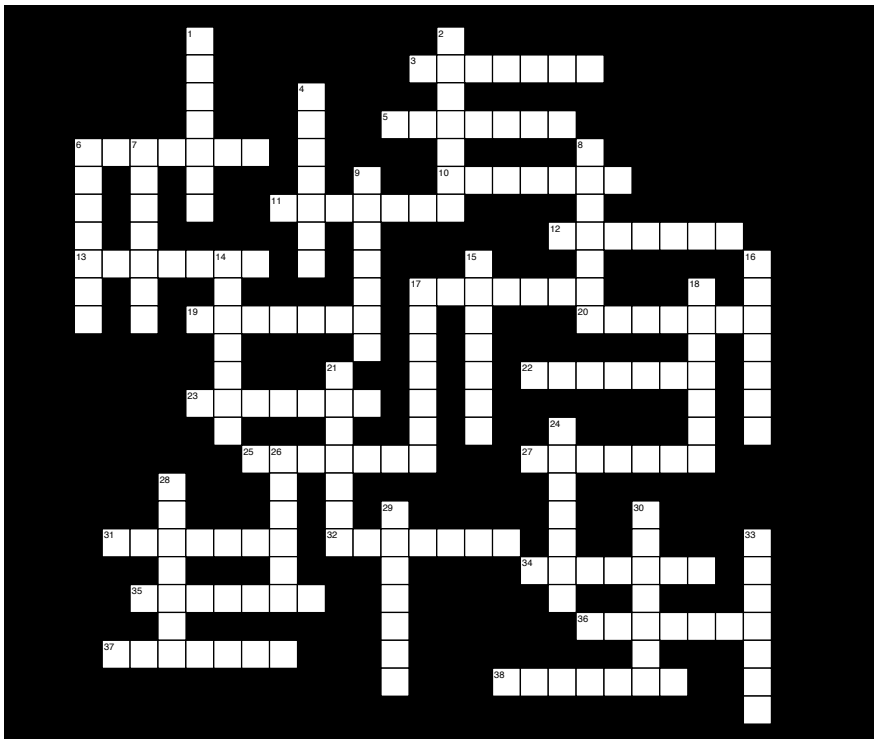
Watch for the launch of the Stark Strong Campaign in late June or early July. We have been working with our friends at the Downtown Dickinson Association, the Dickinson Convention and Visitors Bureau, Prairie Hills Mall and the Dickinson Area Chamber of Commerce and we cannot wait to bring this exciting opportunity for the local communities, residents and the businesses in Stark County to you!

Please watch our Facebook page, website and the media for more information in the near future. ■

"Attitude is a choice. Happiness is a choice. Optimism is a choice. Kindness is a choice. Giving is a choice. Respect is a choice. Whatever choice you make makes you. Choose wisely."
Roy T. Bennett

Heart River PASTIMES

VOICE 007 By Carlinka



ACROSS

- 3 Body art
- 5 Fainted from extreme emotion
- 6 Type of primate
- 10 Soap for shiny locks
- 11 A length of film made for TV or movies
- 12 Left a snail trail on your pillow
- 13 Hard or soft items found in the nose
- 17 Multi-stemmed instrument for smoking
- 19 Adios
- 20 Weapon to hunt a whale
- 22 California's big trees
- 23 Another word for owies
- 25 They take your bets
- 27 Speaker parts... and tweeters
- 31 Organic sponges for showers
- 32 Sleeps
- 34 Fish, scallops...
- 35 Usually seen outside fancy hotels
- 36 Helium or air, a birthday treat

- 37 Used in the construction of buildings
- 38 A form of goodbye

DOWN

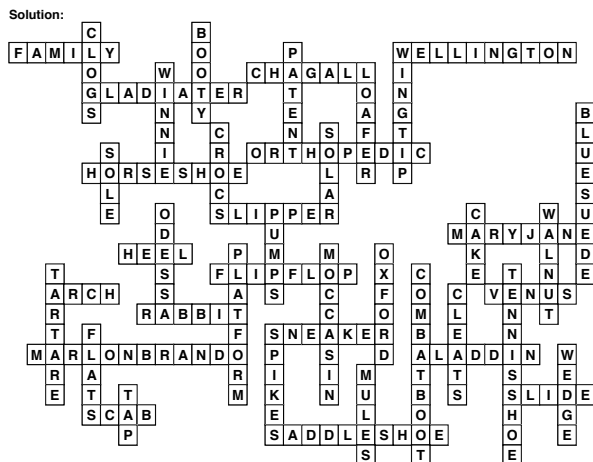
- 1 Where you go when it rains
- 2 Car at the end of a freight train
- 4 Masked animal
- 6 Portable radio of the 80s
- 7 Common place for a brawl

- 8 Rough and bad-mannered, coarse
- 9 Curly, Moe and Larry
- 14 Reprieve from the urban masses on high
- 15 The wet season in Asia
- 16 Retracting window in a car
- 17 Another name for zip sweatshirts
- 18 Dog breed with a flamboyant cut

- 21 Pairs great with milk
- 24 Asked for something without paying
- 26 Port city in Ukraine
- 28 Study of animal behavior
- 29 Type of relief printing technique
- 30 An informant or rat
- 33 A warm dry wind

Last month's puzzle solution

++Ahh-Shoe. Gazuntite!



HOROSCOPE JUNE 2020 by Hilda De Anza



ARIES
March 21- April 20

This month expect to be isolated. Make the most of quality time alone to develop spiritually, musically or creatively. Loved ones and friends are not in a position to reach you. Even if they can get out and about, it is difficult for you to do so. On June 26th, the beginning of an extraordinary period will dominate your agenda until the very end of the year. This is a time to fight for the things you believe in, do not give up.



TAURUS
April 21- May 21

For most of June, your time is best spent going over things in detail and tying up loose ends, focusing on the past, not the future. The main area that needs attention is to do with security, especially your financial situation. You simply cannot rely on people to be able to deliver on promises. Don't lend money, gamble, or buy promises. Excellent opportunities at the end of June connected with studies, or inspiration and help from a sibling or acquaintance.



GEMINI
May 22- June 21

While many people are enduring chaotic conditions in connection with money, you are full of creative ideas, and it is a good idea to act on them. June 6th, expect rather chaotic developments in relationships. This can be connected with romance, children or business. Trust in your own ideas, and don't get deluded by others' dreams and fantasies. The last 10 days of June is a period when new initiatives can be taken regarding finance and innovation.



CANCER
June 22- July 22

First of June is an intense period in your inner life, with flashbacks to the past, especially concerning old family connections. You may be asking big questions about what life is all about, but the answers you get may only serve to confuse you. You can get a lot of work done in June, but it is very easy to waste your energy on projects that are going nowhere. Get inspiration from friends and organizations who see opportunity, where other people see chaos. If you have a great idea, don't give up.



LEO
July 23- August 22

First of month, there is a crisis atmosphere in your career. Even though you do your best to keep the lines of communication open, people you rely on are not in a position to deliver. Remain open but keep expectations low. As a Leo, you are particularly sensitive to solar eclipses, which occur twice a year. The eclipse on June 21 highlights a need to drop out of the social scene and focus more on your inner life and development.



VIRGO
August 23- September 22

A strong focus on work and career as June begins. Things are so chaotic; control is going to be impossible. Many people you relate to at this time seem to be incapable of delivering on their promises. Mid-month focuses on new friendships and allegiances. You may feel frustrated; perhaps you need to visit an idea which inspired you earlier in the month. This process will require constant experimentation and openness to new horizons.



LIBRA
September 23- October 22

On June 3rd, Venus moves into retrograde and conjoins the Sun, which indicates that this is an extremely intense period for you, especially in regard to relationships and the ideas and values connected with them. This is a period of profound reassessment of connections. Just after the solar eclipse on June 21st Venus moves stationary direct, and this presents the ideal opportunity to reconnect with a source of inspiration that puts you on track again.



SCORPIO
October 23- November 21

June is a very creative month for you, when you can find satisfaction in connection with music and the arts. June is a very complex period for you emotionally. It feels as if you are at crossroads with loved ones, and money matters can be the source of disagreement. You have a deep need for emotional security and control, but you need to do everything you can to minimize uncertainty. End of the month, you start working well. Even your love life falls into place!



SAGITTARIUS
November 22- December 21

First of June highlights finding a balance between your own needs and the needs of partners and friends. Things are exceedingly unreliable, and it can feel as if the ground beneath your feet is like a muddy field. Nevertheless, this can be a rewarding period, a time when you can discover new resources through creative pursuits. The end of June constitutes a turning point for you and the people you are close to.



CAPRICORN
December 22- January 20

Take advantage of the window of opportunity which has opened up new doors, even if social distancing has become a limiting factor on many enterprises. The communication and information you are receiving in early June is utterly unreliable. Whatever colleagues and people you relate to on a daily basis say, it is very unlikely to be a true reflection of reality. End of month, relationships with colleagues start functioning better.



AQUARIUS
January 21- February 19

Early June, is not a time when you should blindly trust or rely on anyone else. It can be a creative period, but you still have to see tangible results. When this month draws to a close, expect a situation from early this year to dominate your thoughts. What is important at this time is to think positive and not let your imagination take you in the wrong direction.



PISCES
February 20- March 20

First half of June, your career is highlighted, and although there are high hopes, there is an equal risk of disappointment. Intense developments in your family life, as people have to adjust to new roles. Mid-June you may also be really confused about what direction to take. Everyone is sending mixed messages, and no one really knows what they want or what they can ask for. There are opportunities in June to get actively involved with idealistic people who can make dreams happen, and if you can go on a creative or altruistic path, you should do so.

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Source: store.usps.com

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Yarn
 Yarn is for the mobile user who wants something different than a cool video game to play or a great book to read. The app features a large library of stories told in text message format, as if you were snooping through somebody else's phone and reading their conversations. Episodes/conversations are updated daily and users can enjoy stories from a number of categories including mystery, romance, comedy, sci-fi, fantasy and others. The free version of the app is quite limited, but you can upgrade to a subscription plan for unlimited access to all stories and features.



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