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JUNE 2023 | VOL. 5, NO. 6 | HEARTRIVERVOICE.COM

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**Published Monthly by
Heart River Voice, Inc.**

PO Box 2117
Dickinson, ND 58602

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A note to our readers

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

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

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

Kelley Jilek

Publisher

Cover art, an acrylic by Addison Dahmus. For more information about the artist, see page 5.

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#BOOKWORM**A fun-filled summer**By **Cindy Thronburg**

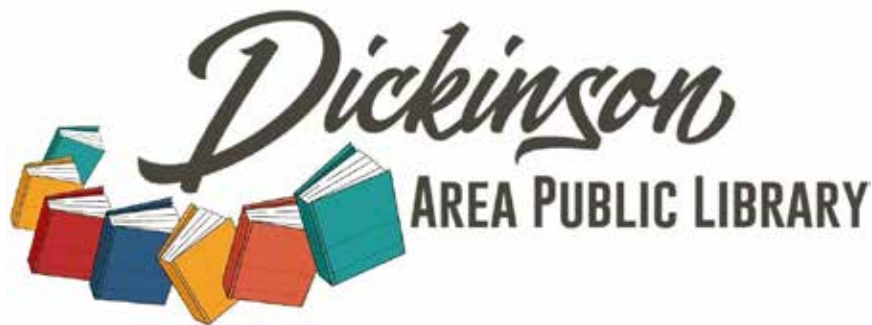
Our Summer Reading Program for 2023 is officially underway! We have a calendar filled to the brim with fun activities and programs the whole family can enjoy.

This summer, since we have a nature theme (Read, Explore, Grow), we are planning lots of nature and plant-themed events. We will host Storytimes and Tiny Tot Drive-In Movies, which are

Frizzle's Science Centers, Adult Craft Club, weekly movies, and Fairy Tale Tea Parties!

We also have a few special programs with featured guests this June. Jeff Quinn will have his Magic Show here Tuesday, June 6th at 10:30am. This is open to all ages. This is a comedic magic show that is fun for everyone! It runs for approximately 45 minutes.

Shunsuke Aoki will be presenting two programs. Japanese Storytelling will be Tuesday, June 13th at 10:30am. This is also open to all ages. This is a presentation of traditional Japanese



both open to ages 0-5. We will also be hosting weekly nature-themed S.T.E.A.M. (Science. Technology. Engineering. Art. Math.) events each week that are for ages 6-9. There will also be weekly movies and Kids' LEGO Club.

We are also making a change this summer. Teens will now meet weekly on Thursdays and Tweens will meet on Tuesdays (we've rotated their meeting days). There will also be new events to watch for! We will host a Board Game Night for all ages, and a Downtown Pokémon GO Walk! Also, watch for popular return events such as Ms.

storytelling presented in Japanese and English as well as Kamishibai (picture storytelling). We will also have Japanese Pop Culture Wednesday, June 21st at 3:00pm. This is open to all ages as well. Learn all about Japanese pop culture! We'll be talking about anime, manga, movies, fashion, and more! Both of these events are part of the JOI Program: Japanese Outreach Initiative, associated with Dickinson State University.

Check our website and Facebook for these events and more. You can also pick up a calendar at the library.

If you haven't yet signed up for the

Summer Reading Program yet, you can do so on Beanstack through our website. This is for all ages, including adults! There are a lot of great prizes to try to win! The Summer Reading Program will wrap-up with an Ice Cream Social on Friday, August 5th. We will announce all grand prize and coloring contest winners then.

An easy way to participate in our Summer Reading Program is to use our e-reading platforms, Libby and hoopla. Both are available to our patrons to enjoy e-content like e-books and e-audiobooks. If you would like help getting either of them set up on your device, please visit or call the library and we will be happy to assist you.

Libby has a new feature it would like to announce that helps you find all the content you're looking for, even if it's not yet in their digital collection. In Libby, there are two ways to discover titles that are not yet in our digital collection: 1.) If you search for a title, author, or series and it returns no results, Libby will automatically expand into a "deep search" to display relevant titles that are not yet in our collection. 2.) If you run

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Want the newest of the new? Our website redesign makes it easy for you to see what has been newly added to our collections. Under "For You" and then "New Items," you can choose either Adult Collections or Children & Young Adult Collections. This allows you to quickly browse through newly added titles to our book and media collections.

We hope you are able to join us for some events and programs this summer. It's sure to be fun for the whole family! ■

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Owner



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COVER ARTIST**Addison Dahmus**

Addison Dahmus


Addison Dahmus (14) is an incoming freshman at Dickinson High School and is the daughter of Luke Dahmus and Tami Mines. Addison began art at an early age and enjoyed doing Christmas and birthday cards for friends and family. After taking all available art classes, her love for art grew, and her talents evolved.

This past year, Addison had an acrylic painting selected to be auctioned off at the Southwest Art Gallery Fundraiser.




The proceeds from the paintings sold at auction will help fund an art gallery for Southwest North Dakota.

Having year-long art in 8th grade, Addison has learned many new mediums including coffee drawings, oil pastels, and watercolor. The cover artwork was created with oil pastels, which is one of the favorite mediums she enjoys. Addison plans to enroll in future art classes and hopes to develop her skills further and learn new mediums. ■

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THE ARTS 'Of Art and Men' exhibit

By Meghan Bartz

The upcoming exhibit at the Badlands Art Gallery is called 'Of Art and Men', it is featuring three local North Dakota artists and their unique skills as artists. The three men in the art show are Aaron Anderson, Ryan Schaefer and Weston Voss.

Aaron Anderson's style continues to evolve as he goes through life, as it is a product of life experiences coupled with what is taken creatively from other artists. He says he contributes his art style to three influences: Artist and Director David Lynch, Sculptor Andy Goldsworthy, and Midwest Punk Bands. David Lynch for his artist philosophy of going within ourselves for creative ideas, but not too much control over the ideas

and letting them be and flow naturally. Andy Goldsworthy for devoting an incredible amount of time and detail into works of art made from nature: icicles, leaves, mud and stones. And the Midwest Punk Bands because they held a do-it-yourself self-reliant spirit that is often unmatched. Aaron experiments with a little bit of all mediums but gravitates toward mixed media that utilizes spray paint and hand cut stencils. "It is a unique blend of control and chaos," says Aaron. All his pieces have a positive and uplifting message behind them, especially the weird ones.

Ryan Schaefer's art is heavily influenced by graffiti/spray paint artists on the street and Bob Ross. In the summer months spray paint is his go to medium, all year-round mediums happen to be acrylic painting and tattoos. His spray painting is self-taught, but he was given direction by art classes in high school and a tattoo artist that took him

under her wing. He hopes people can see his passion and love in all his pieces. He is inspired by his desire for uniqueness, and what he thought he couldn't do until he figures it out.

Weston Voss accredits doing art, continuing to do art and finding his style to meeting Tod Winter in High school. "He always pushed me to be an individual and made me believe art and painting would be something I would be decent at," stated Weston. Weston is self-taught with guidance from Tod Winter throughout the years. He uses mixed media of acrylic paints and paint markers, and what he creates is out of boredom and idle hands, he must be doing something and creating art passes the downtime. He creates out of enjoyment and growth.

This exhibit will be at the Badlands Art Gallery in the basement of Klinefelter Hall at Dickinson State University (233 Campus Drive) from May 24 to June 17. ■

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CONNECT WITH THE ARTISTS

Aaron Anderson
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Ryan Schaefer
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NDSU EXTENSION 4-H Achievement Days

By Holly Tuhy

The 2023 Stark-Billings County 4-H Achievement Days will be June 26 - June 29 in Dickinson, ND. From the beginning of the 4-H year in September, youth work on and learn about projects of their choosing. These projects range from livestock to robotics and everything in between. This event is an opportunity for 4-H'ers to showcase their year-long efforts and talents.

Monday, June 26 begins with non-living exhibit judging at the DSU Biesiot Activity Center. Youth describe to judges the process of creating the project and their learning experiences. The judges provide constructive feedback - explaining what was done well and where there is room for improvement. Once the judging is complete, the exhibits are on public display until Wednesday. If you come and visit the BAC, you will see an impressive array of hand-built wood pieces, baked goods, art work, and much more.

Monday evening concludes with the 4-H Clothing Revue contest and 4-H Project Expo. Youth in Clothing Revue construct, embellish, and/or repurpose clothes to create a new outfit. Project Expo allows youth to go more in-depth with any project they are enrolled in. In this contest, youth create a display and share their knowledge with a judge.

The rest of the week follows with youth exhibiting their live animal projects. This requires a great deal of effort and commitment from the 4-H'ers and their families. Youth learn responsibility when taking care of animals because they are tasked with feeding, watering, handling, grooming, and more.



Tuesday, June 27 will be the 4-H Horse Show at the Stark County Fairgrounds at 8:00 am. This is always a fun and busy event. Ranch riding, western pleasure, and reining are only a few of the many events 4-H'ers can participate in.

Wednesday, June 28 begins with the rabbit and poultry show at the Stark County Fairgrounds at 9:30 am. As with other live animal exhibits, youth demonstrate proper handling techniques to the judge. The 4-H Dog Show is later in the day at 3:00 pm. This event will also be at the Stark County Fairgrounds.

The final competition of the Stark-Billings County 4-H Achievement Days is the 4-H Livestock Show at the Stark County Fairgrounds on Thursday, June 29 at 8:00 am. 4-H'ers may show a wide variety of animals: beef cattle, dairy cattle, sheep, pigs, and goats. Judges have youth lead their animals around the show ring to best display the animal and the 4-H'ers handling skills. Animals are judged differently depending on if they are a breeding or market animal, and there is variation in how each animal is to be shown. Junior division and senior division first place showman in each category compete for the title Junior/Senior Overall Livestock Showman. These two title-holders prove themselves capable of handling beef cattle, dairy cattle, sheep, pigs, goats, horses, rabbits and poultry - which is quite the accomplishment!

Come on out and support our 4-H'ers - we would love to see you there! ■



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GOING POSTAL Roy Lichtenstein

The U.S. Postal Service has honored American artist Roy Lichtenstein with five Forever stamps featuring his colorful pop art.

Roy Lichtenstein (1923-1997), the iconic American artist of the pop art movement, stunned the art world in 1961 with his large paintings starring cartoon characters and a range of consumer products, among other unlikely subjects. Some art connoisseurs found them outrageous, but others saw great meaning in them. Lichtenstein's career quickly took off.

Pop art, which arose in the late 1950s and reached its height in the 1960s, looked to popular culture for its aesthetic. It often was seen as poking fun at consumerism. With their trademark heavy black outlining, intense colors, dot patterns simulating four-color mechanical printing and machine-made quality, Lichtenstein's paintings are instantly recognizable.

The many honors Lichtenstein received over the course of his career include induction into the American Academy of Arts and Letters in 1979 and the National Medal of Arts in 1995. His work is found in prestigious museums and galleries around the world.

You can purchase these stamps at your local post office or online at usps.com/shopstamps.



VOICING SOME THOUGHTS

Old school - Recess

By Nancy Hoff

School recesses now are not like our recesses back in the day.

Our playground was heavy industrial. The King of the Playground was the giant stride - or was is giant strike? Well, I prefer to use "strike", as it best describes its reality.

The giant strike resembled a maypole. But that is where all fluffy illusion ends. A tall metal pole anchored in cement, a rotating crown atop with several chains dangling from it. You would grasp the horizontal bar at the end of the chain, run as fast as you could (the faster the better, the more kids the better) and be hoisted in the air. Free Fallin'! Remember this was before safety was invented. In 100 years, there will be an archaeological dig on an old school ground, revealing a myriad of teeth - and there will government-funded scientific studies on a whole culture of toothless children.

The sister to the giant strike was the merry go round. Again, fluffy name, same menacing reality. The center pole was a left over from the giant strike - only shorter. We would stand on the seat, as some sadist would rock it side to side to crash into the metal pole. The object was to open



your fingers before the impact to see who would get their fingers smashed the most. That would be me.

Our playground had two, long four-seater outdoor toilets. With a team on each side, we played Andy Andy Over. A ball was volleyed to the unseen other side - if they caught the ball, they ran to the other side to tag prisoners. To this day, the thought of Andy Andy Over evokes an aromatic memory.

The snowfall we received this winter is reminiscent of our snow forts, dug from top and out the bottom. When the bell rang, a big snow ball was rolled to the entrance, trapping loiterers still inside to figure out their escape. Sometimes a nun, finding missing students at roll call, had to roll away the snowball, much like Resurrection Sunday. Then it was Good Friday at the blackboard for the culprits, to document their crime 100 times.

Recess is a test of the human spirit. To learn how to handle slights, also to find happiness in being free and being outdoors. It seems tougher for kids now than ever. I do hope they can find resolution. ■

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Tara Zettel, executive director of Connect Medical Clinic, is among several in our community currently part of the North Dakota Change Network Cohort 6.



"The ND Change Network is a year-long cohort study program that began for me last September," says Zettel. "I knew the program was designed to build networks and equip change-makers to complete a project in their communities, but I never expected how impactful the training would be!"

Zettel is a registered nurse with over 12 years of experience in sexual health. As the director of Connect, she's



passionate about expanding the clinic's services to serve the community better, especially those who are under- or uninsured. Her project aims to bolster the clinic's women's health services and empower women toward optimal health outcomes.

"I went into the program thinking I'd focus my project on combating period shame," remarks Zettel. "But, I quickly realized that women working and taking care of their children and parents largely do not get routine preventative health exams. I want to uncover barriers to care for women, not by reading studies completed by others in different parts of the country."

Many factors statistically prevent women from accessing routine care: time, finances, and unawareness of recommendations and resources. Some cultures do not practice preventative health care; preventive medicine was recognized specialty in the US in just 1954.

"I hope by talking to women about their perspectives and values around routine wellness exams, obstacles to access can then be addressed in the future."

Zettel is organizing focus groups over the summer with women of various backgrounds and ages to gather experiential data for her Change Network project. If you belong to a small group of women who may be interested in participating, you can contact Tara at Connect Medical at 483-9353.

Applications are now open for the ND Change Network Cohort 7. If you are highly motivated to work with others to inspire change, apply at <https://www.artstrategies.org/programs/change-network-north-dakota/> by June 9. ■



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Some 'did-you-knows' about estate planning

If you've done any estate planning, or even if you're just familiar with it, you probably know the basics — that is, a comprehensive estate plan can help you pass on assets to your family while also achieving other goals, such as designating someone to take care of your affairs if you become unable to do so. But you may not know about some other estate-planning issues that could prove important in your life:

- **Power of attorney for students** – Children heading off to college may be considered legal adults in many states. Consequently, you, as a parent, may not have any control over medical treatment if your child faces a sudden, serious illness or is involved in an accident. Instead, a doctor who doesn't know your child or your family may decide on a course of action of which you might not approve. To help prevent this, you may want to have your college student sign a medical power of attorney form, which will allow you to make decisions on your child's behalf if doctors don't think your child can make those choices. You might also want to combine the medical power of attorney with an advance health care directive or living will, which lets you specify actions you do or don't want to happen. In any case, consult with your legal advisor before taking any of these steps.

- **Community property versus common law** – Not all states treat married couples' possessions equally. If you live in a community property state, the property you acquire during your marriage is generally considered to be owned in equal halves by each spouse,

with some exceptions. But if you live in a common law state, the property you obtain while you're married is not automatically owned by both spouses. In these states, if you buy some property, you own it, unless you decide to put it in the name of yourself and your spouse.

This doesn't necessarily mean, however, that your spouse has no rights, because common law states typically have rules that guard surviving spouses from being disinherited. But here's the key point: If you move from a community property state to a common law state, or vice versa, you might not want to assume that your and your spouse's property ownership situations will remain the same. Consequently, if you do move, you may want to consult an estate-planning attorney in your new state to determine where you stand.

- **Pet trusts** – You always strive to take good care of your pets. But what might happen to them if you become incapacitated in some way? Unless you have a close family member or friend who's willing to take over care for your pet, you might want to consider setting up a pet trust, which can take effect either during your lifetime or after you pass away. A trustee typically will make payments to the caregiver you've designated for your pet, with payments continuing for the pet's lifetime or a set number of years. Again, an estate-planning attorney can help you with this arrangement.

Estate planning certainly involves the big-picture issue of leaving a legacy to the next generation. But the issues we've discussed can also be meaningful

to you, so you'll want to address them properly.

Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor

regarding your situation.

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

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LESSONS IN BUSINESS

Give me some credit!

By Debora Dragseth, P.D.

Recently, I received an offer from my local bank in the mail, inviting me to transfer my credit card balance to them. Fortunately, I have no balance to transfer, but as a business professor, I was interested in the fine print. I noticed that after the 12-month introductory period, a rate of 24.99% would apply to any remaining balance. Shockingly, the fine print warned me that the nearly 25% interest rate could go even higher than that—there was no guarantee.

Curious about this offer, I brought it to Dickinson State University to discuss with my colleague and fellow faculty member, Tim Kessel. Professor Kessel has 25 years of banking experience in community and regional banking, 24 years of experience as a college professor, two master's degrees, a diploma from the Graduate School of Banking in Madison, Wisconsin, and is a regular contributor to WalletHub.com on the topic of credit card analysis.

Kessel showed me another credit card company's offer, advertising a post-

promotional interest rate of 29.74%! He noted that these types of balance transfer offers attract customers, but after the promotional period they make it far more challenging and costly for borrowers to maintain a balance and pay off their debt. Unfortunately, these promotions are becoming more prevalent. The term predatory lending practice is being used to describe some of these tactics.

Credit card companies and financial institutions that issue credit cards understand the consumer's need for instant credit. According to the FDIC, as of March 24, 2023, the average savings account rate paid by financial institutions in the United States is 0.37% APY. It's not difficult to see that the average US consumer is losing more than 4% if they keep their funds in a savings account and maintain a balance on their credit card.

Kessel cautions unwary borrowers to be careful. If a consumer maintains a \$5,000 balance on a credit card that charges a 29.74% annual interest rate and requires a minimum monthly payment of \$150, it will take about 71 months, or nearly six years, to pay off the debt. The initial terms may seem attractive, but they make it much harder for the borrower to get out of debt.

To use credit cards wisely, Kessel suggests the following tips:

1. Use a credit card as a borrowing solution only as a last resort.

2. If you must borrow, consider a new loan and pledge collateral such as a vehicle or recreational vehicle. This option will guarantee an interest rate lower than many of the post-promotion rates offered by credit card companies and financial institutions.

3. If you don't have any unencumbered collateral, consider refinancing existing loans, with the exception of a home mortgage. Interest rates on residential mortgages depend on a number of factors including amount financed, borrower's credit score, length of financing, down payment, and others. The current 30-year fixed rate average mortgage rate is around 6.96%. Although that is a much better rate than most credit card rates, the borrower should consider the longer period of time it will take to pay off a mortgage loan.

4. If borrowing with a credit card is the necessary option, shop around. Hundreds of financial institutions and credit card companies offer credit cards, so do your homework and read the fine print. Know



what to expect during the introductory/promotional period in terms of interest rate, fees, terms, and expiration dates. Also, be aware of how the terms change after the promotional period expires.

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

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CHAMBER OF COMMERCE Professional development takes center stage at the chamber

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

As the seasons change, we find joy in planning out our summer adventures. At the Dickinson Area Chamber of Commerce, our Professional Development committee is doing the same! We have great programming in the months ahead, offering opportunities for members of our local workforce to make meaningful connections and sharpen their skills.

The Develop Dickinson series resumes on June 20th at August House with their first "Women Connect" event. Clare O'Connell, The Irish Organizer, will join us to share ideas meant to remove clutter and stress from our lives. In addition, our local volunteers will lead a speed networking session to guide our attendees in sharing their best practices with one another.

Lemonade Day gives our youngest entrepreneurs their first taste of the business world. Our 5th annual event will take place on Saturday, July 22nd at locations across town. Families should register their stand with the Chamber to be placed on our map, and the Chamber will share the stand locations on social

media and send a taste testing team to each location on the day of the event. Finalists will be visited a second time in the afternoon, and an overall winner will be crowned and invited to future community events! Sax Motor Company and ConocoPhillips are two Chamber champions who make this event possible, along with Chamber board member Danielle Kick and her army of volunteers.

Team building is the name of the game at the Chamber's second annual Corporate Cup. We'll be on the turf at Dakota Community Bank and Trust Ballpark, home of the Badlands Big Sticks, on the morning of August 2nd to prepare a series of physical and mental challenges for our participants. Last year's inaugural event featured 14 teams, and we hope this year's event will double in size so that we can offer competitive and recreational divisions.

Finally, the 2023-2024 Leadership Dickinson schedule is taking shape. Twelve high school seniors will take one school day each month to explore each sector of the local economy. They are led by volunteers Suzi Sobolik, Bridget Bullinger, Tyrel Brown, and Ashley Tillman.

The Chamber's Professional Development Committee meets at noon on the second Thursday of each month. We are always looking for 'lunch-and-learn' topics and new ideas. Registration is now open for each of these great Professional Development events. Call us at 701-225-5115 and we'll save you a seat! ■



COMMUNITY Craf-tastic Spring Fling

Come join us at the 1st Annual Craf-tastic Spring Fling at Dutch Henry Retreat on June 3, 2023 from 10 am - 6 pm. There will be over 50 indoor and outdoor vendors: Artisan crafters, bakers, jewelers, boutiques, food trucks, kettle corn, ice cream truck, and more! The kids will love the bounce house and obstacle course! \$5 per child/\$10 per family (proceeds to benefit the John Mast Foundation). Also, we'll have a food drive benefiting the Amen Food Pantry. Shoppers are encouraged to bring non-perishable food items. Tables and chairs provided for the public to sit, eat and enjoy conversation in a country setting.

Located between Dickinson and South Heart at Dutch Henry Retreat, 11771 31st Street SW, Dickinson. Google Maps works great to find us. Please come enjoy a day of fun with us! ■

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KUDOS Sarah Selle

"All beautiful things are made by those who strive to make something useful."

~ Oscar Wilde

Over the past 20 years, Sarah Selle has made it her life's work to create beautiful and useful things in her role as Graphic Designer for Quality Quick Print. Her love of art and computer science background equipped Sarah to help hundreds of customers in the region.

Any Dickinson resident has most likely seen at least one if not many of Sarah's designs. Whether it is creating invitations, fundraising one-pagers, event



flyers, restaurant menus, or the vinyl graphics on a Dickinson Fire Truck, Sarah loves that her work is different every day, yet allows her to come alongside all kinds of people and businesses to accomplish their goals.

"I see 20 - 30 customers every day and am pretty much up for anything," Sarah says when asked about her favorite types of projects. When asked about her favorite elements, her reply was, "I like simple, modern design and neutral colors."

Sarah has helped Women Empowering Women create their event flyers for the Women's Health Fairs for the past several years and the logo for WEW's Kudos recognition!

"What I love about my job is meeting different clients from different walks of life each and every day!" says Sarah. She is currently the second most veteran team member at Quality Quick Print, which has been serving Dickinson's printing and design needs since 1979.

In her free time, Sarah enjoys golfing with her husband and spending time at the lake with her family. A DSU graduate, she is excited for the family legacy to continue with her middle child attending DSU this fall while playing Blue Hawk Football. She also has an older child, a DSU alumni as well, who is a local

HR manager and her youngest who is entering high school.



Sarah Selle

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of

women to meet needs and help women become the best versions of themselves. To learn more, see <http://wewnetwork.org>. ■

THE ARTS Badlands Music Teachers' Association to hold conference

Badlands Music Teachers' Association is hosting the 66th annual conference for the North Dakota Music Teachers Association in Dickinson June 7-9, 2023. Dickinson State University is co-hosting the state conference. Two concerts will be presented during the conference, both free and open to the public. The first concert will be on Wednesday, June 7 at 7 p.m. in Beck Auditorium.

Featured will be winners of the Popplers Music Competition and the commissioned composer, Dr. Lisa Bost-Sandberg. She teaches flute at the University of North Dakota and is in demand as a soloist and chamber musician throughout the United States. The second concert is on Thursday, June 8, at 7:30 p.m. in Beck Auditorium. This concert features Conference Presenter Catherine Rollin and Dickinson's own Ubuntu Marimba Group directed by Laurae Dykema. Receptions will follow both concerts.

The Conference Presenter is Catherine Rollin. Catherine is a pianist, composer, clinician, author and dedicated teacher. She received her principle training



Catherine Rollin

with Detroit Symphony pianist, Mischa Kottler. She has degrees from the University of Michigan and Oakland University. She also studied harpsichord at Northwestern University. She recently launched her own publishing company featuring her "Museum Masterpiece" Series.

Also presenting at this year's conference is Beth Gigante Klingenstein. Beth is an active member of our national organization and frequently contributes articles to our magazine. She published the popular "Independent Piano Teacher's Studio Handbook".

At the Thursday evening banquet, Keith Traquair from Dickinson will provide piano music with flavors of jazz, classical and showtime music.

For more information, visit www.ndmta.org or contact Priscilla Keogh at 483 9630. ■

DICKINSON AREA PUBLIC LIBRARY PRESENTS

Jeff Quinn's

MAGIC SHOW

Tuesday,
June 6th

10:30am

ALL AGES WELCOME!

HEALTH**Help for allergies**

By Steve Irsfeld



Allergies plague more than half of Americans, with 54.3% between the ages of 6 and 59 testing positive for allergens. With so many of us suffering through the symptoms, we'd be experts on them by now, but according to the National Health and Nutrition Examination Survey, we don't know as much as we believe.

Conventional treatments only calm symptoms. Antihistamines are used to block histamine at the receptor site. Histamine stimulates the receptor. It creates swelling, runny nose, itchy eyes, and hives are just a few reactions. Decongestants shrink blood vessels decreasing swelling but also leading to unnaturally stimulating the body.

Many people are looking for natural alternatives out of personal preference and the side effects that common over-the-counter allergy medicines can cause. What if we could support and strengthen these pathways, allowing the body to operate naturally? Could this be a better approach?

Here are some of my favorite natural ingredients to help during allergy season. Quercetin has intense antioxidant activity and has been shown to support immune health by decreasing the release of inflammatory compounds, including leukotrienes and prostaglandins. Quercetin is known for its ability to stabilize mast cells, diminishing the release of histamine, the compound known to cause hypersensitivity reactions during seasonal changes.

Stinging nettles leaf is a plant that balances immune response, specifically in the airways and nasal passages. Studies have shown that extracting stinging nettle leaves balances various inflammatory activities that affect respiratory health.

Bromelain is a plant enzyme naturally found on the stem and fruit of the pineapple plant. Bromelain is a proteolytic (protein-digesting) enzyme that aids in the breakdown

of large protein complexes, including antigenic compounds, and enhances the absorption of quercetin. Bromelain reduces circulating allergenic protein complexes associated with hyper-immune sensitivity and seasonal discomfort.

N-acetyl cysteine (NAC) is an amino acid precursor to one of the most important antioxidants in the body, glutathione. Both glutathione and NAC help reduce the viscosity of the mucus allowing for the clearing of the airways and improving respiratory health.

Humans cannot synthesize vitamin C, which is, therefore, an essential nutrient that must be consumed in the diet. Among its numerous health-promoting properties, vitamin C is an essential vitamin that supports the immune system and is also a potent antioxidant. When the body is under significant stress, vitamin C is excreted rapidly. Vitamin C has many immune-boosting properties but is distinctively beneficial for individuals with seasonal discomfort because of its ability to deactivate histamine.

And lastly, Deglycyrrhizinated Licorice Root (DGL), the root of the licorice plant, has been shown to have expectorant (mucus-loosening) properties in humans, thus providing healthy respiratory support. It also acts as a demulcent by soothing irritation in mucous membranes.

The beauty of working with these natural ingredients is that you can get them all in one product, so you don't have to source them individually. These ingredients work great for seasonal allergies but are also effective against environmental allergens inside and outside of the home, so you are covered from season to season.

Seasonal allergies are common and often resolved with a strategy like the one discussed; however, one group of patients have excessive allergy symptoms. This group has a super twitchy immune response to allergens, often year around and sometimes quite debilitating. This group with have other options to tame the immune response.

My staff and I would like to help you out with questions you might have regarding allergies, so please call with questions 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! ■



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DICKINSON MUSEUM CENTER

Western Starr, Part 1

By Bob Fuhrman

On November 10, 1883 a somewhat enigmatic business card appeared for the first time on page one of the still wet-behind-the-ears Dickinson Press. "Western Starr, Attorney and Counselor at Law, Dickinson, D.T." it declared, possibly conjuring up images of a hardy frontier cowboy/attorney, equally at home in the saddle as the courtroom. Located in the center column just below Dr. McDonald's card, but above two fellow lawyers, even the most casual reader of Dickinson's only newspaper couldn't help but notice there was a new barrister in town...and his name was Western Starr.

Ever the efficient and informative news organ, the Press kindly provided more information two columns over and not quite at the bottom of the page, teasing out the beginnings of an answer to a question likely on the minds of its readers..." Western Who?"

Western Starr, a promising young attorney, after looking several of the new North Dakota towns over has decided that Dickinson has better prospects than any he has seen and has located for the practice of his profession. His card appears in this issue of the Press.

Well, maybe the paper was a little light on "Who" Western Starr was but, in this day and age of information at our finger tips, there always seems to be some research avenue to explore - which leads us to - The Strangest Names in American Political History ("Dedicated to American political figures with strange, odd, and unusual names! ©"). In an entry dated February 18, 2014, the website tells us that Western Starr was a "distinguished figure in Illinois public life during the late 19th and early 20th centuries..."

Western was born in 1854 at Davenport, Iowa, first child of James

Comfort and Cynthia MacKoon Starr. Western's father was descended from Dr. Comfort Starr of Ashford, Kent, England who had migrated to Boston, Massachusetts in 1635. Mrs. Starr was a descendant of theologian Roger Williams who is celebrated as the founder of Rhode Island (this information from the couple's tombstone).

Western's father was working as a clerk in a leather goods store in Rock Island, Illinois by the time the boy was six, having amassed a tidy combined personal fortune worth nearly \$200,000 today; by 1870 his father was partner in a paper factory and had nearly tripled his worth in ten years. The value of hard work must have been impressed upon young Western - after high school we find him in 1870 not at home but rather working as a farm laborer in Preemption Township, Mercer County, Illinois. Over the next few years young Starr worked construction on the St. Louis bridge project and then tried his hand at mining in Colorado before returning home in 1877 with funds sufficient to enroll at Oberlin College that year.

Located southwest of Cleveland, Ohio, Oberlin was noted for being coeducational and readily accepting of Black students since the late 1830s. Western attended Oberlin 1877-79 before transferring to Cornell University in Ithaca, NY where he graduated in 1880, serving as Toast Master for the Senior Class Supper at the Ithaca Hotel.

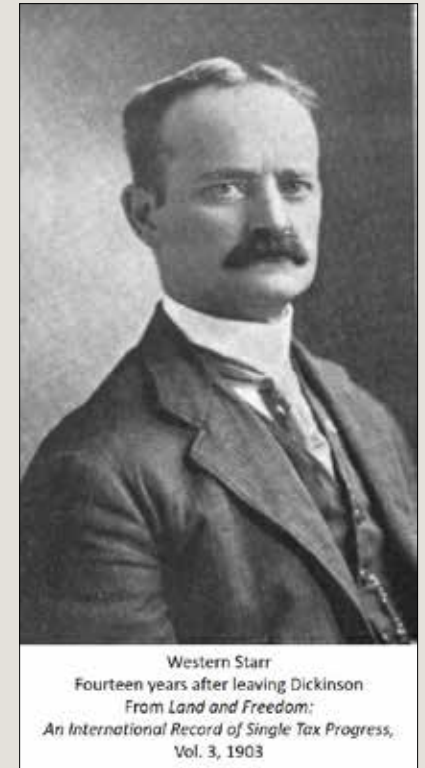
The next fall Western enrolled in New York City's Columbia College Law School where Theodore Roosevelt was a classmate. TR left after one year to take a seat in the New York State Assembly while Starr stayed, graduating and joining the bar in 1882. In June of that

same year he went to Chicago to practice law and teach in a private school before decamping for the Dakota Territory, eventually settling in Dickinson.

Beyond liking the prospects in Dickinson there is no more specific mention of what drew Western Starr to the town in 1883. We do know that within a fortnight he had gone into practice with attorney A.D. Carpenter, an arrangement that lasted less than two months until the firm was dissolved with no reason reported. Perhaps Starr sensed something shady about Carpenter, a reputed former Confederate soldier whose real name turned out to be Robert Christie (a fact not revealed until 1896 to the great surprise of many).

Traces of Starr's law practice pop up very sporadically in the Dickinson Press though it should be noted that in this era the paper was somewhat cursory in its coverage of legal matters. While Starr worked those few weeks with Carpenter there was a business certificate published by Cuskelly Bros. (either for their general store or, more likely their saloon - "Call on Cuskelly Bros. if you want a good cocktail to drink"). The certificate was witnessed and likely drafted by the two attorneys and is the first public evidence of Starr rendering legal services.

With the Dickinson Press quiet on legal matters we needed to look to the earliest Dickinson Township Justice of the Peace docket for information on Starr's work. Beginning with his work with A.D. Carpenter in 1883 and ending with a case in February of 1885 (NOT the Fredericks case which would have been in the Taylor J.P. docket, the location of which is unknown) Starr appeared in only nine cases over the first two years of his Dickinson practice.

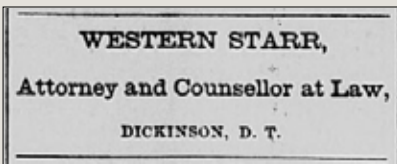


These early cases from the docket were all civil matters concerning debts save for a misdemeanor charge of intimidation. Starr's record before the Dickinson J.P. was a mediocre four wins, 5 losses (including the intimidation charge which resulted in a \$1 fine for Starr's client Thomas McCleary). On September 10, 1884 Starr appeared twice before J.P. George Auld for two debt cases related to games of chance, defending a \$5.25 claim against Frank Rassbeck and then a \$30.00 claim against Edward Fennell, both brought by William Conklin who was represented by Starr's former partner, A.D. Carpenter.

The case against Rassbeck is interesting in that the docket contains more than the barest details of the case which began with testimony from

Continued, next page

Continued from page 16



Carpenter who recounted notifying Rassbeck of the claim by letter and in person when Rassbeck admitted to the debt and his plan to settle it on his next pay day. Carpenter concluded by noting that the debt was for “drinks, segars & pool.” Rassbeck himself was next sworn in and testified that he had never bought “any drinks, segars from the plaintiff” but that he had “played cards & pool & shaken dice... the amount due was for wagers lost in cards, pool & dice.” In response

Carpenter contended that the defendant’s answer to the charge was “frivolous.” Starr’s response was that the debt was a gambling debt which “could not be collected as being against public policy.” Chapter 22 of the General Laws of the Dakota Territory did in fact declare the keeping or exhibition of “any table or gambling apparatus of any kind or description, on which to bet money or property” to be unlawful, as was playing cards for money or property. However, Starr’s contention was rejected by J.P. Auld who granted judgment for the amount claimed together with \$2.50 in costs. But Starr did have the last word as the docket records “Exception to the judgment taken by defendant’s attorney & notice of appeal given.” What ever became of that appeal seems to be lost to history.

The second case that day went better for Starr and Edward Fennell. In a brief

summary of the case the docket reads:

Defendant’s attorney made answer by setting up the minority of defendant, after hearing the evidence of James Fennel the father of defendant, it is ordered that the defendant being a minor, the case is dismissed.

How Edward Fennel managed to run up a \$30 debt to a saloonkeeper was not addressed. Suffice it to say that in 1884 \$30 was a lot of drinks and segars.

Outside of these cases from the Justice of the Peace docket, the next mention of Starr providing legal services didn’t show up until a February 7, 1885 newspaper article which listed Western as the defense attorney in the “Fredericks abduction case.” Again, the Press barely provides any details of the case which involves a Catherine Flett, who, it would seem, contends that Peter Fredericks of Taylor abducted or attempted to

abduct her. Appearing before Justice of the Peace Breum in Taylor Fredericks was required to appear before the next grand jury session but was allowed his freedom upon the payment of a \$100 bond which he obtained from a relative and a man named Larison. The Press’ notice of the case ends with this cryptic statement: “We understand that Mr. Fredericks claims to be married to the woman.” Three weeks later on the last day of the month the Press included the following: “An infant child, five weeks old, son of Peter Fredericks, of Taylor, died and was buried at that place Tuesday.” From that point, it seems the Fredericks abduction case was quietly forgotten and later that year Western Starr’s legal career took on a different course. ■



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COMMUNITY Safer sleepovers

By Alissa Thiele, Dakota Children's Advocacy Center



Now that school has reached summer break, kids may be asking to spend more time at friends' houses for overnight stays. Remembering that 90% of child abuse cases are committed by someone the child knows, it's hard to know what a safe situation is and what isn't. Sleepovers are an exciting activity that no parent wants to take away from their children. Here are some tips that can help guide you.

- Listen to your gut. If you have an uneasy feeling, you're probably right.
- How well do you know the family? Do you feel comfortable

calling or just "stopping in" to check on things? What kind of adult supervision will there be?

- What are your hard and fast rules? What video games or TV shows are allowed? 'No interruptible one-on-one situations with adults or other children' should be one of your hard and fast rules!

- What safety and comfort contingencies can you put in place? Talk to your kids about different scenarios to help them feel comfortable with facing the unforeseen.

- Plan to talk to your child privately after the sleepover. Resist the urge to discuss your child's experience with the supervising adults in front of your child. This can pressure the child into feeling that they should report that everything was ok, even if it wasn't.

To view a more extensive list of tips regarding safe sleepover visit www.d21.org/safesleepovers ■



EDUCATION

DPS Foundation promotes summer reading

The Dickinson Public Schools Foundation, Inc. strives to enrich education above and beyond the classroom by connecting with families and the community. The recent "Dive into Books Literacy Carnival" was an opportunity to support hundreds of students and families in the district. The goal of the event was to promote summer reading and family engagement for Heart River and Prairie Rose Elementary. Multiple agencies and organizations came together to make this event a success.

The Foundation contributed to the event through their grant program by providing each child in attendance with a personal book bag. Children used the bags at the carnival to collect handouts, prizes, and books that they could take home to read. The reusable totes can be decorated and used throughout the summer as they inspire

children about how "Reading Makes You Brighter!"

The DPS Foundation has granted over \$600,000 to teachers in the district under the focus areas of academic success, college and career readiness, community, cultural, early childhood, professional development, STEM, student wellness and mental health, and the arts. The 2023-24 annual grant program will open in October. ■



COMMUNITY

Notes from the Badlands

By Joe Wiegand

In September of 1878, still reeling from his father's death in February of that year, a nineteen year old Theodore Roosevelt sought solace in the Northwoods of Maine. There, TR met William Wingate Sewall, a thirty three year old lumberman and hunting guide. TR would visit Sewall's Island Falls, Maine home on several occasions in the next two years, and in 1884, TR would bring Sewall and Wilmot Dow to the Badlands to run his Elkhorn Ranch. In 1885, Sewall's young bride Mary, and Dow's youthful wife, Lizzie joined the men. In August of that year, during a record heat wave, each of the women would give birth to a child at the Elkhorn Ranch.

On May 7, 2023, after visiting the Elkhorn Ranch site, Donna Sewall Davidge, the great granddaughter of William Sewall and Mary Sewall, performed a reading of her play, "This is Our

Home," for a small audience of family and friends at the Medora home of Rolf Sletten, author of Roosevelt's Ranches. The play, written thirty years ago, is spoken in the voice of Mary Sewall, and takes the audience from Mary's simple and hard childhood in Maine, through her experiences with her family in the Badlands, and back to Island Falls. The Island Falls home in which TR stayed as a young man is now the Sewall House Yoga Retreat, and Donna Sewall Davidge is the proprietor and yoga instructor. She teaches classes and hosts retreats there in the summer. In the winter she lives and teaches in New York City. In April of 2023, the readers of the USA Today voted the Sewall House the 2nd best yoga retreat in the United States.

Donna will return to Medora to play a starring role in our July 14 - 16 Badlands Chautauqua: A Gathering of TRs. It's true, our Chautauqua is a unique rendezvous of Theodore Roosevelt re-enactors and reprisors from throughout the United States. At public performances, many

of them free, new and veteran TRs will amaze you, as will other family members like TR's wife, Edith, and some of his children, including Ethel, Archie, and Quentin. Every year at Chautauqua, we feature some other character from whom we might learn by watching a talented actor or actress perform as someone other than a Roosevelt. We've had Lee Stetson as John Muir and Tom Milligan as the conservationist and illustrator D'ing Darling. This year we are so very fortunate to have Donna Sewall Davidge portraying her great grandmother, a dear friend of Theodore Roosevelt, Mary Sewall. Her story is the story of so many women who lived hard lives with grace, providing for the children who in turn would build this country and serve it in



Pictured here are Donna Sewall Davidge and some of her family during their recent visit to Medora. From left to right, cousin Mary Smith from Glendale, Arizona; cousin Cynthia Kelsey of New London, New Hampshire; sister Nancy Harray of Monterey, California; Donna Sewall Davidge of Island Falls, Maine; and cousin Holly Harmon Morse of Peoria, Arizona and Peterborough, New Hampshire.

the early decades of the 20th Century. In addition, Donna will lead our Teddy Roosevelts through a yoga class. Try not to laugh!

Join us in Medora for the Badlands Chautauqua, July 14 - 16, 2023. Details at medora.com or call or write me at 701-955-2158 or joew@medora.com ■



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WHERE BUSINESS GOES TO GROW

The business life cycle

By Matt Ellerkamp, Business Advisor, Small Business Development Center

There are four phases in a business life cycle, each phase presents excitement and challenges. As a small business owner, having the awareness of where their business is in the life cycle provides key insight in keeping the business healthy and avoiding detrimental decisions.

Phase 1 – Start-Up

This is the “Wonder Phase”, due to lack industry knowledge, funding, and business acumen. The wonder phase is full questions and doubts but there is a lot of excitement and energy. This phase is a difficult and taxing stage, requiring lots of overtime. Due to lack of resources and planning this stage often struggles to become a reality. Common symptoms of the wonder phase are:

1. Lack of capital
2. No to low cashflow
3. Lack of experience
4. Little to no financial information

Phase 2 – High Growth

This is the “Blunder Phase” and is where most business fail. The owner is operating all facets of the business and is financed by personal savings/credit, family, and friends. The company is growing and has strong revenue and net profits, but cash flow is erratic and often goes negative. To even out the cashflow, debt increases. This creates a high debt-to-equity ratio that produces concern for

lenders. The growth tends to be fast paced and difficult to manage. Owners at this stage veer into making mis-informed decisions that result in failure. The symptoms found in this phase tend to be:

1. Strong growth in revenue and net earnings
2. A shortage of capital to sustain the fast growth rate
3. Cash flow tends to be touch and go, at times negative
4. Management moves from reactionary to formal
5. Clearer Financial Data

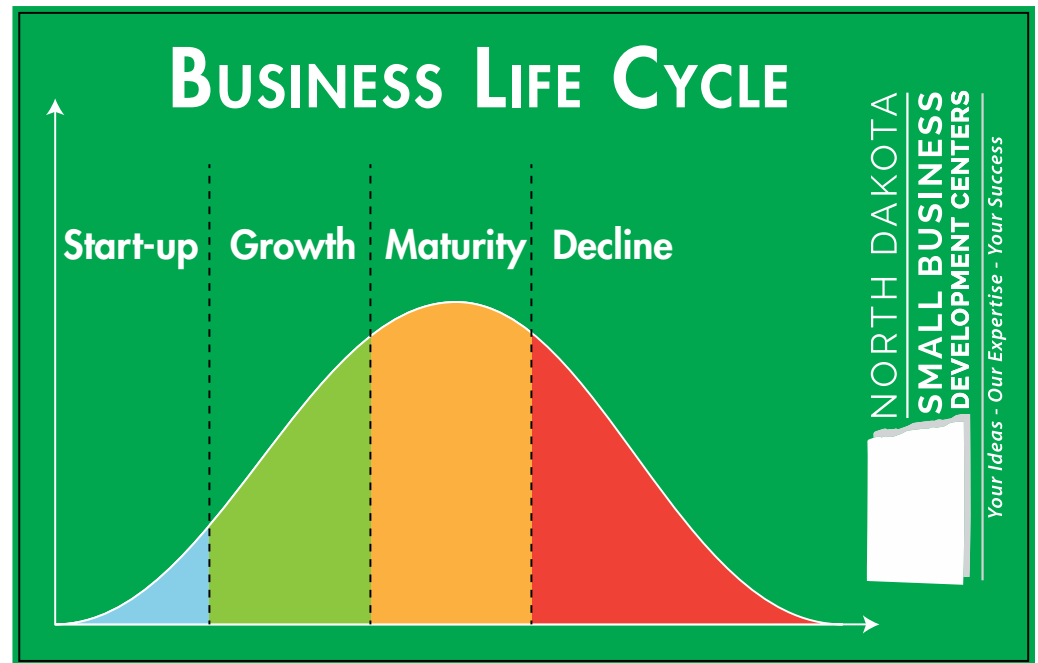
Phase 3 – Maturity

This is the ideal place for a business and is the “Thunder Phase”. The business is on cruise control, cash is coming in, confident and informed decisions are made. The competition looks to the business as model to exemplify. The sweat, blood, tears, and sleepless nights have paid off. Debts are paid down, and the net profit line grows. Staying on the peak is the challenge at this phase. Symptoms of this healthy phase are:

1. Sturdy capital (equity)
2. Firm and reliable profits
3. Cash flow is like a mighty river
4. Strong confidence and business acumen
5. Up-to-date and accurate fiscal information

Phase 4- Decline

Decline is inevitable for all business, even after being “King of the Mountain”



soon complacency sets in, adaptability is foregone, and risk tolerance decreases. This phase is the “Plunder Phase”, it starts as an owner ages or burnout sets in. This is the time to enter a succession plan and pass the business to the next generation or sell the business for a profit. The other option is to course correct and start the challenging blunder phase over again. This phase is marked by the following symptoms:

1. Abundant capital (equity)
2. Strong but weakening cash flow
3. Firm but declining growth and profitability
4. Complacent, detached, status quo ownership
5. Adversity to risk

After reading the business life cycle phases, where in the life cycle is your small business? The Dickinson SBDC can advise a business at any phase of the life cycle by providing resources to help a business transition through any phase.

(This article based off: Bech, Tracy & Duryee, David. “60 Minute CFO”. 2017)

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



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HEART RIVER VOICE | JUNE 2023

Calendar

ONGOING IN JUNE

DICKINSON AREA PUBLIC LIBRARY Lots of library events happening throughout the month. See their article on page 4 for more information. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups.

MAY 24-JUNE 17

BADLANDS ART ASSOCIATION PRESENTS ART EXHIBITION 2-5PM Wednesdays-Saturdays. Of Art and Men: Ryan Schaefer, Weston Voss and Aaron Anderson. More info, see article and ad, page 6. Badlands Art Gallery, Klinefelter Hall, Dickinson State University, 291 Campus Drive.

MEMORIAL DAY - LABOR DAY

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

JUNE 1-4, 9-11, 13-15, 17-19 AND 30

BADLANDS BIG STICKS HOME BASEBALL GAMES 6:20PM (Sunday at 4:20PM) Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 25 for full schedule.

THURSDAY JUNE 1

NDCA COMMUNITY RECEPTION 5-7PM Join North Dakota Council on the Arts to socialize, learn about opportunities and ask questions. See ad, next page, for more info.

SATURDAY JUNE 3

2023 OLD RED TRAIL RUMMAGE SALE 8AM-5PM Explore the community sales and enjoy the Coffee Cruise along the Scenic Byway. See ad, this page, for more info.

COPS AND BOBBERS 9AM-12PM Come to the Dickinson Dike for a morning of fishing with your local law enforcement. This corresponds with the North Dakota Game and Fish free fishing weekend. Bring your best fishing poles, but if you do not have them, we will have some for you to borrow.

CRAF-TASTIC SPRING FLING 10AM-6PM More than 45 vendors are committed to the

event - artisans, crafters, bakers, jewelers, boutiques, food trucks, kettle corn, non-profits, and more! More info, see page 13 or call 701-260-1769

Dutch Henry Retreat at 11771 31st St. SW.

CRUISING NIGHT 6-9PM Join us for a night of old fashioned cruising. Bring your friends and family. All street legal vehicles welcome. Meet up in the BAC parking lot at 5:30 and hit the street at 6pm.

SUNDAY JUNE 4

69TH ANNUAL BIRDWALK & BREAKFAST 6:30AM The 69th Annual Theodore Roosevelt Nature and History Association's Bird Walk is A leisurely one-hour stroll that will introduce both novice

2023 Old Red Trail Rummage Sale

New Salem | Almont | Glen Ullin | Hebron | Richardton | Taylor | Gladstone



Saturday, June 3

8:00 a.m. - 5:00 p.m.
(Local Time)

Community sale lists will be available online.

www.oldredoldten.com www.facebook.com/oldredoldten

Explore the sales and enjoy The Coffee Cruise along the Scenic Byway



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and experienced birders to approximately 40-50 bird species. Following the walk, at approximately 8:00 a.m., TRNHA will provide breakfast. More info, 701-623-4884. Participants meet at the Theodore Roosevelt National Park South Unit, Cottonwood Campground.

JUNE 7-8

BAKKEN HUMAN TRAFFICKING SUMMIT This event, organized by North Dakota-based nonprofit 31:8 Project, features several keynotes, breakout sessions, and panel discussions to better inform the community about sex and labor trafficking in Western North Dakota. More info, 701-557-3750. Dickinson State University, 291 Campus Drive.

THURSDAY JUNE 8

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

STOCK CAR RACES 6PM

Southwest Speedway, 47th St SW

SATURDAY JUNE 10

MONSTER TRUCK SHOW 1:30PM/7:30PM TWO MONSTER shows! See these incredible 10,000-pound, car crushing giants compete in racing and wheelie contests and then rock the house with amazing freestyle action during the Monster Truck Nitro Tour! More info, 405-220-5235. Stark County Fairgrounds

TUESDAY JUNE 13

ADULT CRAFT CLUB 6PM Crafty people unite! Advanced and beginners welcome. All supplies provided.

ed. For people 18+. Dickinson Public Library.

THE BANDSHELL CONCERT SERIES 7PM

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

WEDNESDAY JUNE 14

ALL HORSE FLAG DAY PARADE 2:30PM The Medora Chamber of Commerce is again sponsoring the All Horse Flag Day parade on Flag Day. The parade will begin at 2:30 pm MDT and entries are welcome and encouraged to call 701 623-4378 for more information. Medora, ND

FRIDAY JUNE 16

11TH ANNUAL BAKKEN BBQ

4-10PM You don't want to miss this famous community event that benefits local charities and Make-a-Wish ND! See ad, page 19 and bakkenbbq.org for more information. West River Ice Center parking lot.

SATURDAY JUNE 17

YOUTH RODEO 9AM Western fun for all ages! Kids ages 0 - 13 participate in events such as stick horse racing, boot racing, dummy roping, goat tail untying, flag racing, sheep riding, barrel racing, pole bending and breakaway roping. More info, 701-483-5804. Stark County Fairgrounds

STOCK CAR RACES 6PM SW Speedway, 47th St SW

JUNE 17-JULY 9

ROUGH RIDER DAYS FAIR AND EXPO Not your average PRCA rodeo. The two-week midsummer event also incorporates a carnival, motor sports, and a parade. The Fair and Expo even features a dem-

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COMMUNITY RECEPTION

Thursday, June 1
5-7 p.m. M.T.

FLUFFY FIELDS VINEYARD & WINERY
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- Socialize with NDCA board and staff members
- Ask questions, learn about opportunities
- Light appetizers will be served
- Cash bar



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olition derby, 4-H activities, a family fun day, and a concert by one of the nation's biggest stars. More info, 701-483-7721.

SUNDAY JUNE 18

2ND ANNUAL RACE FOR THE RANGE JACKPOT BARREL RACE EVENT This event benefits Home on the Range. More info, 701-872-3745. Stark County Fairgrounds.

JUNE 19-26

THE GLOBAL WAR ON TERROR: WALL OF REMEMBRANCE An opening ceremony will be held on June 21, 2023, at 5:30PM with a con-

cert series to follow by Stop 22 Tour. This is sponsored by the District 8 American Legion Riders. More info, see ad, page 28 or call 701-456-7654. Stark County Veterans Memorial Park

TUESDAY JUNE 20

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

Continued, next page

JUNE 21-22

3RD ANNUAL SUMMIT ON BEHAVIORAL HEALTH IN ENERGY COUNTRY The Summit on Behavioral Health in Energy Country will bring together experts, professionals, and advocates to discuss and address critical issues related to mental health and addiction. Closing keynote is Kat Perkins. More info, see ad, page 8, or call 701-483-2801.

JUNE 21-25

CARNIVAL Wednesday - Friday: 6pm - 11pm; Saturday: 3pm - 11pm; Sunday: 3pm - 5pm. Ride the thrills of the carnival. Kids of all ages will enjoy the games and cotton candy. Wristbands and individual tickets will be available for carnival rides. Stark County Fairgrounds

SATURDAY JUNE 24

KIDS FAIR 11AM-4PM FREE kids fair: free lunch for the kids, free games, free magic show, free veggie race and more! More info, 701-290-0293 Stark County Fairgrounds.

LEGACY SQUARE GRAND OPENING Come enjoy a summer evening listening to highly acclaimed musical talents from the region and nation. Bring your friends and family for food, vendors and more! Dickinson Legacy Square.

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

MONDAY JUNE 26

SPLASH BASH 1-5PM Bravera has teamed up with WRCC to bring a mid-summer bash. During the event you can expect fun games, a LIVE DJ, FREE food and FREE admission to the outdoor pool!

JUNE 26-29

DIRECT SUPPORT PROFESSIONAL TRAINING A FREE, training during which participants will build their healthcare knowledge, skills, and become CPR and First Aid certified. Through this hands-on training by some of North Dakota's best experts in the field, participants will gain the experience needed to enter the workforce as a DSP. More info, see ad, page 2.

4-H ACHIEVEMENT DAYS

4-H Horse Show, Non-Living Exhibits, Livestock and Rabbit Show More info, 701-456-7665. Stark County Fairgrounds.

TUESDAY JUNE 27

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

THURSDAY JUNE 29

DICKINSON PUBLIC WORKS CELEBRATES PUBLIC WORKS WEEK 4-8PM Join Public Works and our co-sponsors for a family-friendly event with food, dessert vendors, music, equipment, inflatables, and educational booths. More info, go to FB @cityofdickinsongov.com. Dickinson Legacy Square.

SAVE THE DATE

SATURDAY JULY 1

PARADE 10AM Bring your friends and family downtown Dickinson and enjoy colorful parade action including clowns, bands, floats, horses, and MORE! It's colorful and it's fun!

PAWSITIVELY POPPY

Allergy season

By Miranda Kuhn

Is your dog an allergy sufferer? I frequently notice that as we move into these warm summer months and Poppy spends much more time outside, she is also sneezing more and itching more. I find pink spots on her tummy near her legs, and I am always stopping her from scratching. The good news is, there are some conservative measures you can try for your dog which may offer relief.

A solution of half water and half apple cider vinegar in a spray bottle can be applied to skin which is bothersome but not broken. This will be soothing and also has antifungal and antibacterial properties. Food supplements like golden paste (see Pawsitively Poppy from February of 2022) and salmon oil will also help with skin and coat problems from the inside out. I have found both of these to be extremely helpful for Poppy year round because when it's not summer allergy season it's dry winter air season.

Last, be sure you are not overbathing your dog. While long haired or double coated dogs can sometimes be bathed weekly or every 4-6 weeks, short haired dogs like Poppy should be bathed no more than monthly and may even go up to 3 months between baths. This of course will depend on your dog and their lifestyle, as you will obviously need to bathe dogs after certain fun activities. A puppy shampoo may also be more gentle on your dog's coat which will prevent oils from being stripped away and drying out the skin. As always, before beginning a supplement with your dog, visit with your vet first and if your dog is really suffering it is best to start with the vet to rule out anything more serious, as some dogs and some conditions truly do need medication and veterinary care. ■



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Ask Alfie

Dear Alfie,

I've been wanting a cat for years, but my wife has always been resistant. Recently, we were discussing it and she told me that she would agree to us getting a cat, but only if he stays full time in a kennel, or cage. I told her that cats can't live in little cages, and she said it could be a two-level "cat condo" like you see in pet shops or shelters. What do you think - should I agree to this so that I may finally have a cat?

Sincerely, Cagey

Dear Cagey,

No. You cannot imprison a cat in a condo for its entire life, that would be unspeakably cruel. For the sake of their physical and psychological well-being, it is important that they be allowed to

walk, run, and have space to stretch and climb. If not, they will become stressed and develop anxiety, fear, aggression, and/or depression. Prolonged stress also has a negative effect on your cat's physical health and can result in illnesses and a reduced lifespan.

When you visit a pet shop or shelter and see cats in cages, please understand that it is meant to be temporary. Some rescues and shelters are able to allow "free roam" rooms for cats to move about in, but not everyone has the space to allow that. Therefore, the only choice they have to keep the cats safe is to house them in cages or condos. Even then, due to lack of adoptions, sometimes cats are kept in those cages far longer than they should be. Responsible shelter and rescue workers will try to allow the cat time outside the cage each day, to safely exercise and stretch their legs. Even so, the intent behind caging rescue cats

is still meant for it to be temporary, until they can find a foster home or be adopted. Sometimes, well-meaning people may try to rescue homeless cats and keep them in dog kennels for months and months, but that is inhumane.

There are instances in which it is appropriate to temporarily cage a cat. Quarantine, for example. If your cat is ill and cannot be around your other pets, it may need to be kept in a cage or closed room until it recovers. Or, if your cat is injured and the doctor has instructed that you not allow the cat to move too much, jump, or climb while it heals. The space your cat is kept in should be big enough to allow separation between the litter box, food, and water, as well as space for a bed and for the cat to stand and walk.

In short, cats are not a species of animal that can be confined to very small spaces for long periods of time.



I wish you luck with your efforts to persuade your wife to let you have a cat! Pets add so much enrichment to a home.

Sincerely, Alfie ■

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

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

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

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2023 HOME SCHEDULE

www.badlandsbigsticks.com

HEART RIVER GEMS

Leadership Dickinson



Heart River Voice was able to learn more about Leadership Dickinson from one of its leaders, Suzi Sobolik, and two of the participants, Jace Cofer and Heather Cabral. This program helps students learn more about our community and what it has to offer.

HRV: Tell me about Leadership Dickinson.

SUZI SOBOLIK: Leadership Dickinson is a program for high school seniors. We give them the opportunity to learn about our community by immersing them through tours and meetings with leaders. The students learn professional skills, do a book study, build a service project from the ground up and network with other students. The program started in the late 1990's with a few-year break. It is

now run out of the Dickinson Chamber and a subsection of the Professional Development Committee. This year Bridget Bullinger, Tyrel Brown, Ashley Tillman, and Zach Keller assisted in facilitating the program.

How are participants chosen? How many participants do you accept each year?

SS: Participants apply in the spring of their junior year to participate their senior year. The applications are online starting in February and due in March. A panel interview is scheduled with three to five community leaders, which helps us select the 12 students that participate.

What is the hoped for/expected outcome for the program?

SS: We hope that Leadership Dickinson fosters a love and appreciation of what Dickinson has to offer our students. We always tell the students, "We hope this entices you to stay in Dickinson but if not, then

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hopefully it helped you see all the great things our community has, and you can be an advocate for our community."

What stood out about this year's class?

SS: Each year's class has its own fun personality. This year we were blessed with a group that had 4 DHS, 7 THS, and 1 Hope student. It is so fun to have such a diverse group as this helps the students grow in working with many different types of people. This year the group was skilled at conversation and asked really deep questions of our presenters.

What do you love the most about being involved in Leadership Dickinson?

SS: In today's world you hear so much negative news and how the world is just an awful place, but being part of Leadership Dickinson, I get to personally see that we have engaged, empowered, intelligent youth coming up, and this world is going to be okay. This program allows me to continue to learn and find out lots about our community while educating our up-and-coming leaders



Leadership Dickinson at State Capitol

too.

What has it meant to you to participate in Leadership Dickinson?

Jace Cofer: It has been a great honor to be able to participate. I have met so many prominent and respected leaders in Dickinson and the surrounding

Continued, next page




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Continued from page 26

area. I hope to one day have some of the attributes that all these figures demonstrate every day.

Heather Cabral: Each day was always so interesting because I learned something new, and it made me realize how a business can affect the city, state, or country it deals with and how a business can get worldwide from Dickinson.

What is your biggest take away from being a participant in this program?

JC: I learned that true leadership is about serving others and making a positive impact in the lives of those around me. I also gained a deeper understanding of the importance of community engagement and the role that I can play in making a difference. Everyone we met was very involved in the community and emphasized the importance of us being involved as well.

HC: It has also shown me that hard work and dedication to work, passion, and craft can pay off. Along with growing up here my entire life I thought I had seen everything there is in Dickinson. It has taught me to cherish where I have grown up because all these businesses have helped to get Dickinson to the point where it is at.

Any special stories to share about your experience?

JC: One of the most memorable experiences I had was visiting the Badlands Dinosaur Museum. As a group, we were all fascinated by the museum's impressive collection of fossils and prehistoric artifacts. However, what really made the experience special was meeting Dr. Denver Fowler. I could see Dr. Fowler's passion for paleontology, and he captivated my attention as he

explained and showed us their findings. It was truly inspiring to see someone who was so passionate about their field and who had made such significant contributions to our understanding of the prehistoric world and hence made a large impact on Dickinson.

HC: On State Government Day, we were able to tour the capitol building and get a little history behind it. Then we were able to sit in on a committee meeting with the Senate Judiciary and were able to listen to them, and then I was able to tell them what Leadership Dickinson is and what we do. Also that day we got to eat lunch at the Capitol, talk with some of our district representatives, see Governor Doug Burgum, and sat with some of our representatives on the House Floor and Senate Floor. They even let us push the buttons to vote on the bills that they talked about!

What would you tell other students who are considering applying for Leadership Dickinson?

JC: Go for it! You'll learn about the history, culture, and economy of the area and work on a community service project, which is super cool. It's an all-around fun and rewarding experience that you won't regret!

HC: Go for it. It is such a rewarding and eye opening experience getting to learn about the town you live in, along with being able to make connections with other seniors. It also teaches you about the importance of communication, because you get to do a service project, which lets you give back to the community.

Best wishes to this year's Leadership Dickinson group. We hope you'll consider Dickinson as a place to build your future. ■



Leadership Dickinson at Baker Boy

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COMMUNITY

North Dakota Community Foundation awards over \$8 million in 2022



The North Dakota Community Foundation (NDCF) has announced that it awarded over \$8 million in grants and charitable program expenses in 2022. The organization was founded in 1976 to improve the quality of life of North Dakotans through charitable giving and promoting philanthropy.

The Dickinson Area Community Foundation was established in 2016 and ended 2022 with more than \$204,000 in net assets in its endowment fund. It has awarded 25 grants totaling over \$23,000 since its inception. There are several

other project-specific funds in Dickinson, including the Town Square Dickinson Endowment and Non-endowment Funds, the Friendship Park Endowment and Non-endowment Funds, the Dickinson Rotary Charitable Endowment Fund and the United Way of Dickinson's Endowment Fund.

More detailed information about NDCF's activities in 2022 can be found in its Annual Report, which is available on the organization's website at www.NDCF.net/news.

For more information about the North Dakota Community Foundation or to start a charitable fund, call 701-222-8349 or go online to www.NDCF.net. ■

CONVENTION AND VISITORS BUREAU

All American pastime thriving in Dickinson

The crack of the bat. The salty taste of seeds on your tongue. Sunshine and blue skies. Sweet Caroline! If you're a fan of America's national pastime, baseball, the Badlands Big Sticks in Dickinson will not disappoint!

The Badlands Big Sticks celebrates six years in Dickinson this summer! This Independence League baseball team offers family fun and high-level collegiate baseball for 28 home games through June and July! The Independence League is a wooden bat, summer collegiate baseball league featuring teams from the Great Plains (North Dakota, South Dakota, Nebraska, Wyoming, and Idaho). The games are focused on providing a family friendly environment along with promoting community involvement. The Badlands Big Sticks have promotional and theme nights, honor local veterans, and donate to charities throughout the summer. It's more than just baseball! The Badlands Big Sticks are truly connected with the Dickinson community.

Softball received a facelift in Dickinson with the addition of the Sanford Sports Complex. In May, Dickinson hosted the North Star Athletic Association (NSAA) Conference softball tournament along with the Dickinson High School Western Dakota Association (WDA) softball

tournament. The completion of the Sanford Sports Complex, an all-weather softball and soccer facility, will provide a community space for youth, high school, and collegiate sports teams to practice and compete. A facility of this caliber will give athletes in the community an

opportunity to develop skills, learn sportsmanship, and create once-in-a-lifetime experiences. It will also be a draw for future tournaments as it's an

amazing facility!

If you prefer the arts over sports, there are plenty of opportunities in Dickinson over the summer months. The Crafter-tastic Spring Fling will be held at the Dutch Henry Retreat on Saturday, June 3; more than 40 vendors, including artisans, crafters, food, beverage, retail, and more will be on site. The Medora Musical opens on Wednesday, June 7; outdoor, nightly performances of the "Greatest Show in the West" with the beautiful badlands as a backdrop!

Mark your calendars for June 17-July 9 for the Roughrider Days Fair and Expo! There are so many activities throughout this annual Dickinson event.

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



PIPER'S PALS What's my name?

Aren't I cute? Can you guess my name?

- | | |
|------------|---------|
| 1. Paisley | 2. Otto |
| 3. Charlie | 4. Finn |

Tell your friends to send in their photos. Let's see if there is any pet as cute as me!

(Answer in our next issue!)

Last month's answers:

- | | |
|--------------|-------------|
| A: #2 Gustaf | D: #1 Mabel |
| B: #3 Bohdan | C: #4 Eurel |



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

OPENING CEREMONY
JUNE 21, 2023
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by Stop 22 Tour

GLOBAL WAR ON TERROR

WALL OF REMEMBRANCE

JUNE 19 - 26, 2023

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ROMAN WARRIOR FOUNDATION

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COOKING CRAVE

Delicious brunch ideas

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

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



Laverne and Rhonda

Homemade Recipes Made Easy!

Orange Cinnamon French Toast

2 - 4 Tbsps. butter, melted
2 Tbsps. honey
1/2 tsp. cinnamon
3 eggs
1/2 cup orange juice
1/8 tsp. salt, optional
6 slices bread
Additional honey, optional

Preheat oven to 400 degrees. In a bowl, combine butter, honey and cinnamon. Pour into a greased 9x13-inch baking pan. In a shallow bowl, beat eggs, orange juice and salt. Dip bread into mixture and place in prepared pan. Bake for 15-20 minutes or until golden brown. Invert onto a serving platter. Serve with honey or pancake syrup.

Blackberry Smoothie

1/2 cup frozen blackberries
1/4 cup frozen blueberries
1/2 cup frozen cranberries
1 banana
1/2 cup green tea (steeped and cooled)
1/4 cup milk
1 Tbsp. honey

In a blender, blend all ingredients together until smooth. Serve immediately.

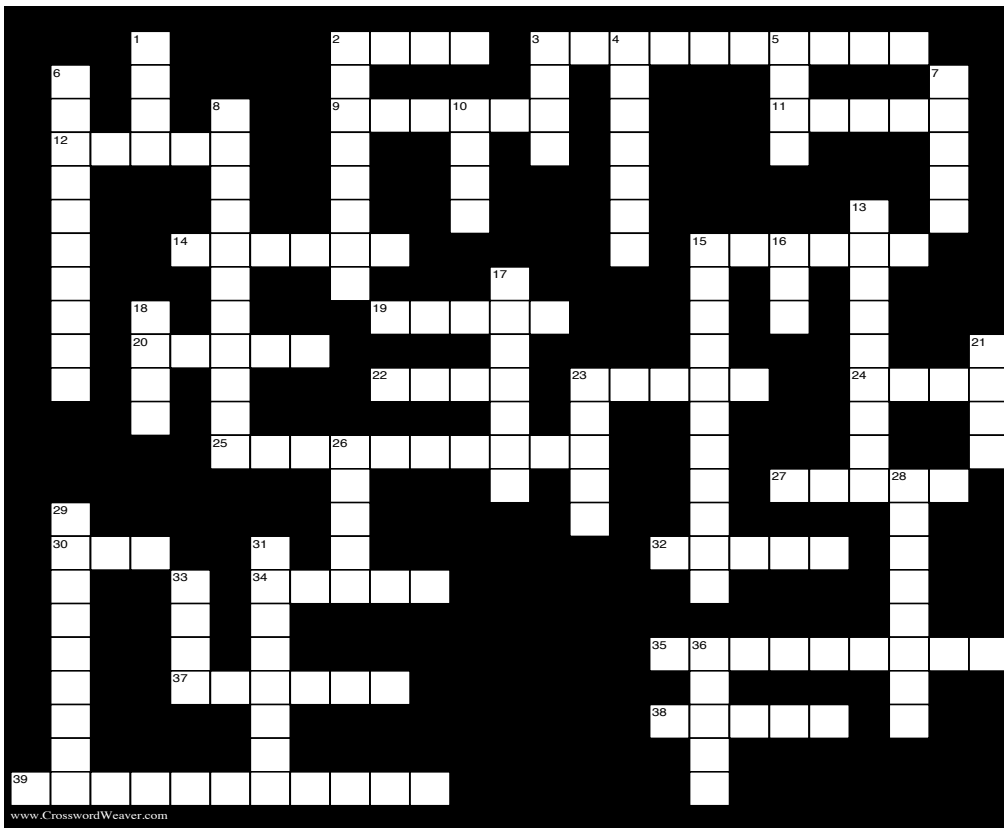


CONSOLIDATED
CHANNEL 18

COOKING
CRAVE

CROSSWORD

LOCATION IS EVERYTHING by Carlinka



ACROSS

- 2 Show off one's muscles
 3 +Little Mermaid, _____ Denmark
 9 Port city in Ukraine
 11 Crowd scene actor
 12 +_Fountain, Rome
 14 +Lascaux Caves
 15 +St. Basil's Cathedral
 19 "Green" energy type
 20 Grammy or Oscar
 22 Missing from base
 23 Storage spot for electronic data
 24 Crumbly cheese
 25 +Prehistoric monument, England
 27 Orange serving
 30 Not too bright
 32 Quick smell
 34 Metal mixture
 35 +_City, China
 37 +Christ the Redeemer
 38 Jiggly desert
 39 +_of Dover

DOWN

- 1 Support for glasses
 2 +Ponte Vecchio
 3 Trendy spiced tea
 4 +Giza_, Egypt
 5 Zenith
 6 +Switzerland + Italy share this mountain
 7 Became less bright, as the moon
 8 +Bordering Ontario and New York
 10 Sound of a scissors cut
 13 +Volcano in Japan
 15 +Inca citadel
 16 Clinton instrument
 17 +_Wall, Jerusalem
 18 Sail supporter
 21 Mason is a type
 23 Thin French pancake
 26 Belly button
 28 +Angkor Wat
 29 +Castle in Scotland
 31 +Agra, India
 33 Conjugated word
 36 +Sydney_ House

COMMUNITY

Alcoholics Anonymous fellowship

Preamble

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

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

For local meeting schedule, see our website: www.aanorthdakota.org

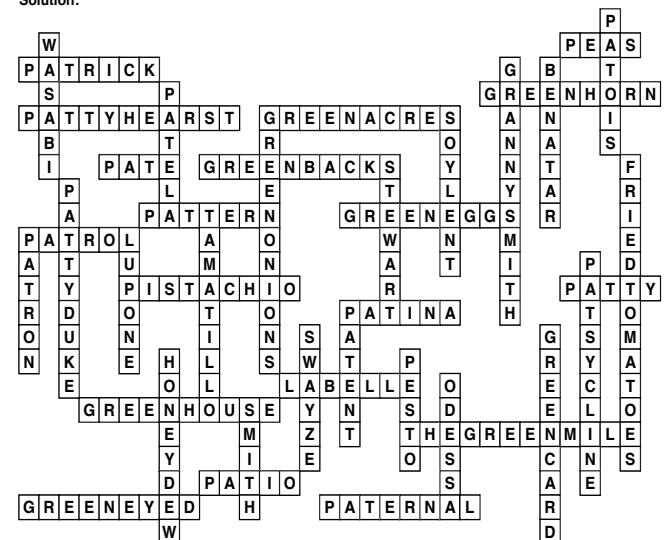
All inquiries are confidential. **AA Hotline 701.264.7552**



Last month's puzzle solution

++how GREEN is my PATTY?++

Solution:



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

Early June is an excellent time for travel, communication, education and debate. New connections are made both locally and afar and this is a creative and enlightening period. The focus on family and emotions gets stronger mid-month. If you are looking for a good holiday, then July might be better. June is best reserved for practical projects involving home and family, and a good deal of patience is recommended.

**TAURUS**
April 21-
May 21

June is a month when multiple sources of income can develop, but it is important to administer wisely. The time of the full moon in mid-June, is a crucial period for relationships with partners, siblings (especially brothers) and people in your immediate environment. Your skills may be fine, but other people can place a burden on you. Partners may be emotional. The wise Taurus does not get involved in drawn-out discussions.

**GEMINI**
May 22-
June 21

The new moon in your sign at the beginning of June crowns a period of extensive communication and you feel very comfortable with it. There is a change of scene June 5th and you are especially focused on money, earnings and resources. The end of June feels like a holiday and it is an ideal time for an adventure. You are in a fun-loving mood as the month draws to a close, and an excellent period begins, especially if you want to do something exciting.

**CANCER**
June 22-
July 22

June is a month when you are happy to concern yourself with your own private affairs and enjoy a quiet life. Mars in your sign, this gives you a lot of energy, it also awakens emotional issues. Self-examination and restraint are the way forward. On June 21st things start going your way after a cathartic experience which evokes a change of attitude. Opportunities abound with new developments socially and financial benefits in business.

**LEO**
July 23-
August 22

June promises to be a very sociable period. You are full of ideas, some more realistic than others, and you eagerly share them and get other people on board. It's a good month for idealistic ventures and creative projects. It is also a good time for friendship and romance. End of month you tire of the social whirl and seek a quieter life. By the end of the month the holiday period takes hold, people will want to come out and play.

**VIRGO**
August 23-
September 22

June is characterized by a much greater focus on your social life and connections. It is a good time for group involvement and new friendships. The indications are that an undiscovered issue from the past comes up and has consequences. This is probably something that will take effort for the next month or so. End June you will be in the mood for a quieter social life. This is an excellent time for pursuing your own private interests.

**LIBRA**
September 23-
October 22

Early June is characterized by an intense process in the important relationships in your life. When Venus moves into Gemini June 9th, life gets easier and lighter. An excellent period for study or travel begins and cultural and creative interests are stimulated. If you are seeking love, it may be found in foreign places with a lot of communication back and forth. There are choices to consider, and your dreams may impair your judgment.

**SCORPIO**
October 23-
November 21

You are in an intellectually curious period. You are both more intuitive and more emotional than usual, and there is a tremendous drive to uncover or investigate secrets. Justice and matter of right and wrong are important at this time, and you may find yourself getting worked up because of decisions which go against you. Consider this time an opportunity to drop something which has been worrying you for far too long.

**SAGITTARIUS**
November 22-
December 21

As June begins signals an expansion of your network of contacts and important relationships. Many people turn up on your horizon in June, this can both be rewarding and challenging. This is a time when a partner may well be going through a crisis, either economically or in connection with authorities. Perhaps something from the past comes up at this time, and it needs to be dealt with recognizing and responding responsibly to an ultimatum.

**CAPRICORN**
December 22-
January 20

The 1st few days of June are a rewarding period, particularly regarding creative projects and professional investments. It is also an excellent time for concrete progress with children, who are empowered by dropping things which no longer interest them and focusing on the things that do. The last week of June is more positive in relationships. There is a greater sense of exploration, intimacy and fun, both you and your partner are in a position of strength.

**AQUARIUS**
January 21-
February 19

Spirits are high as the month begins, and new trends with partners and kids evoke a light-hearted and fun-loving attitude. It is a great time for enjoying life, cultivating friendships and going on romantic trips. Your creativity blossoms, not the least through meeting people who love to discuss a thousand different things with you. These positive trends social and romantic life continue all month. Romance remains positive all month.

**PISCES**
February 20-
March 20

June brings renewed focus to your professional dreams and aspirations. This is a time of expansion and high hopes for the future. You will channel positive energy into your family life and your career. Around the time of the full moon mid-June, there may well be some challenges connected with kids and or friends, who can run into problems through taking the wrong course. A system of checks and balances will make sure people keep on the right course.

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Opener: Tyler Hammond

July 13

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

July 20

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

July 27

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

August 3

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

August 17

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

August 24

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Opener: Ashley Wineland

September 9

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