

Heart River VOICE

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OCTOBER 2019 | VOL. 1, NO.10 | HEARTRIVERVOICE.COM

NEA Big Read
Grant helps community
share a good book
page 15

**Quick road
trip**
Coffee and pots in
Hebron
page 16

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October 4-5, 2019
Medora, North Dakota

Friday Night Live Music
by Connie Gjermundson

Saturday Festival Music
by Alyssa Scott

Advance Ticket Purchase required for Friday (10/4) Night activities. More information and tickets on-sale at Medora Uncork'd or online at www.northdakotawinefest.com

Friday 10/4

- Welcome Reception
- Three Course Wine Pairing Dinner
- Live Music
- Sip 'n Paint After Dark
- Special Lodging Rate Available

Saturday 10/5

- Wine Tasting Festival
- Cheese Sampling
- Live Music
- Sip 'n Paint



Heart River VOICE

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A note to our readers

Fall is in the air as we enjoy all the traditions of autumn. We continue to discover new things about Dickinson and our surrounding areas. Keep your eyes open and stay curious - who knows what you will find. Please feel free to share your discoveries with Heart River Voice, and we'll spread the word.

Perusing through this month's issue, we appreciate the vibrancy and color of our community. Thanks so much to all of our advertisers and contributors for supporting us. We couldn't do this without you!

Kelley Jilek
Publisher

Acrylic on canvas by Medora Frei entitled "On Cloud Nine." For more information about the artist, see page 5.

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OUR YOUTH

Experience of a lifetime



Adelyn Emter

By Adelyn Emter

American Legion Auxiliary Girls Nation is a once-in-a-lifetime experience for young women across the country. Each ALA Girls State program elects two delegates to represent their states as "Senators." The 100 young women from across the country then write, submit, and debate legislation during mock Senate sessions, visit historical sites, memorials, and monuments throughout Washington D. C., and meet with their senators or representatives. Throughout the week, they are given the incredible opportunity to connect with other young women from every state. In only seven days, the program lays a foundation for a variety of careers, including everything from public service, military, government, and law. The ALA for veterans website states, "The girls leave Washington, D.C. with a deeper understanding of government, a renewed sense of patriotism, and an appreciation for veterans."

This summer, I had the honor of being selected for this incredible program. The week-long experience

undoubtedly changed my life. It began when we arrived at the National 4-H Center where we would be spending our week. Throughout the next few days, we visited memorials in the National Mall, performed a ceremony at Arlington National Cemetery, the 9/11 Memorial outside the pentagon, attended the Twilight Tattoo, and used parliamentary procedure to debate legislation written by the delegates. Sara Smith, the other senator from North Dakota, and I worked

of meeting Vice President Mike Pence. He introduced himself to us, allowed us to ask questions, and took pictures with the group. Along with the other Girls and Boys Nation Senators, I met with Senator Hoeven, Representative Armstrong, and members of Senator Cramer's legislative staff. The opportunity to meet with so many inspiring men and women was extremely impactful. I was able to form valuable political connections, learn more about the law-making process, and appreciate the time and effort that our



Adelyn Emter and friends meet with Senator Hoeven.

between Saudi Arabia and Yemen. Our bill was ranked fourth on the docket determined by the government staff at Girls Nation, so it was one of the first to be debated. During debate, it became apparent to all of the young women in attendance that bipartisanship is vital to the legislative process.

Later in the week, we had the honor

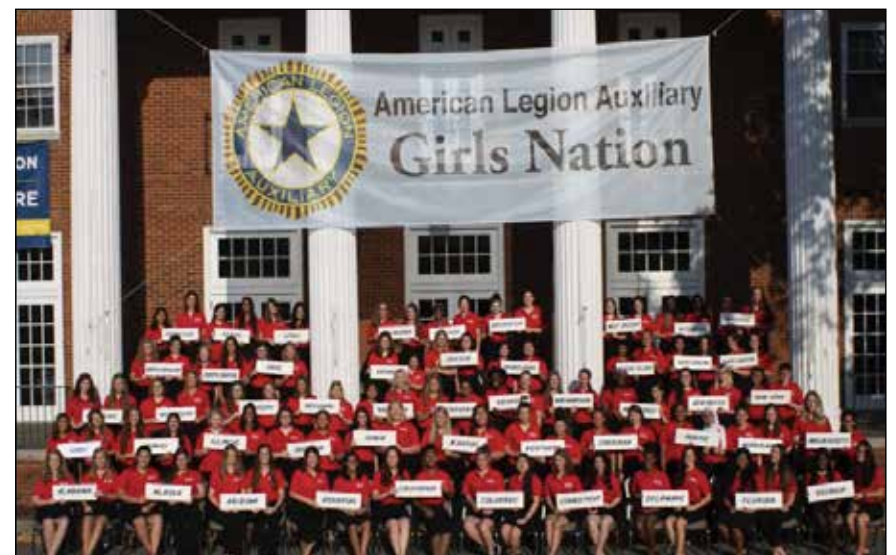


Vice President, Mike Pence, addresses the student delegates.



North Dakota delegates pose in front of the North Dakota pillar at the World War II Memorial on the National Mall.

Academy. The information and life-skills I received are incomparable to anything else I have ever experienced, but the



2019 Girls Nation delegates

senators and representatives put in.

The American Legion Auxiliary inspired me to make a difference in the world. After my experience at Girls State and Girls Nation, I have a much deeper appreciation for veterans. It caused me to consider a career in the armed forces and apply to West Point Military

best part was all of the incredible young women I met. Despite our differing views, we all respected each other and our opinions. Overall, the Flickertail Girls State program and Girls Nation programs positively impacted my life. ■

COVER ARTIST

Medora Frei

Medora Frei is an abstract artist based in Bismarck, North Dakota. She was inspired to start painting more in 2018 as a way to heal after going through a traumatic event. Much of Frei's paintings are abstract: a style of painting that allows her to convey raw emotion onto a canvas. She loves the freedom painting provides. In 2017, Frei graduated with a Bachelor of Arts degree from Concordia College in Moorhead, Minnesota. Her work has been shown at Laughing Sun Brewing in Bismarck, ND, 20Below Coffee in Fargo, ND, Mighty Missouri Coffee in



Bismarck, ND, The Von Hoffman House in Medora, ND through The Capital Gallery, Maximized Chiropractic in Bismarck, ND, as well as the Concordia College Senior Art Exhibit and the Concordia Juried Artist Showcase in Moorhead, MN. You can also find her work at All Smiles Dental in Bismarck, ND. ■



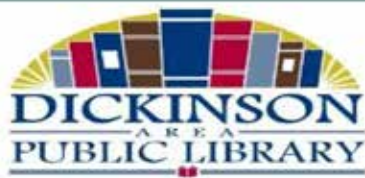
Call for Artists

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:
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The Dickinson Area Public Library & The
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Books & Brew

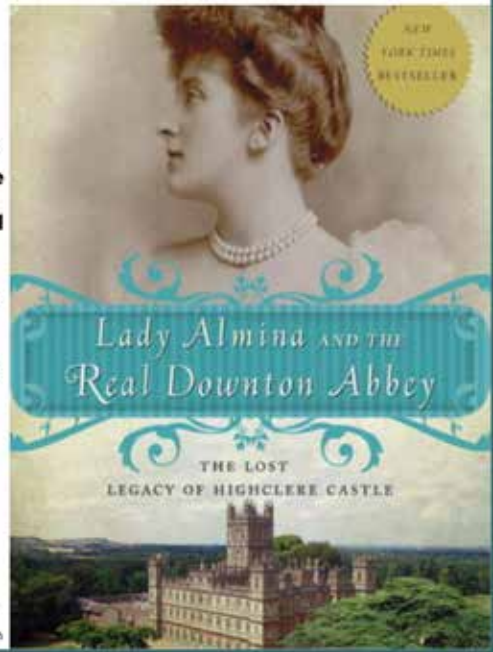
**Thursday October 10th,
2019 @ 7:00pm.**

This is a book club for adults which will meet in the relaxed atmosphere of the DePorres Lounge on the 1st or 2nd Thursday of each month and is intended for those 21 and over.

If you need a copy of the book, you may check one out at the library front desk. Just ask for the Books & Brew book of the month.

**DePorres Lounge is located @
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Dickinson, ND 58601
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If you have any questions you may contact
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Kelley Jilek at 701.290.2063 or email kelley@heartrivervoiced.com

HEART RIVER GEMS

Janelle Stoneking - an inspiration to all of us

By Kaylee Garling

With too many talents to share, and a heart too large to measure, it was an honor to sit down with Janelle Stoneking, catching a glimpse into the beautiful world she's creating through breathtaking strokes of wisdom earned with life experience.

When asked to share more about herself, she filled the pages with fascinating details. "I feel like my life has constantly been evolving. For people who

through the legislative session that year. Then, the next year they asked me to join the board. That was back around 2011, and I have been able to learn so much from Erv Bren, the organization as a whole, and represent people in the low-income sector since then.

I am also a board member of Assistive ND. Our goals include keeping elderly out of long-term care, living safely in their homes, and helping people with disabilities have the equipment they



don't know me, I am passionate about the things I am involved in. I love stories and people and try to find joy in what I learn from those relationships. Everything I'm involved in has been by chance. I try to go by my heart, and surround myself with people who will challenge me, bring a lot of fun, joy, and charisma into my life. Because of that, I've had a lot of great experiences.

Most people know me from ABLÉ Inc. since I have spent over two decades there, which has been an honor. It's my family. I've been able to make a positive impact walking side by side with people with disabilities. The relationships with the people I support there have truly changed my view on life and myself. I currently serve as one of the agency trainers, so I get to teach and inspire our employees day to day and help them grow, which I absolutely love. I also serve as chair on the board for Community Action-Region 1 & 8. They came in my life through pure gratitude. There was a time when I needed to utilize one of their programs, and when I wrote them a letter of gratitude, they asked me to give testimony on a bill they had running

need to live as independently as possible. We just received a grant through Christopher and Dana Reeves and are looking for North Dakotans to benefit from it who have any kind of paralysis, whether it be through stroke, MS, or traumatic brain injury, who are looking at adding technology in their homes to gain independence. We want people to take advantage of these grant dollars. Share the message. We support people to be independent, maintain dignity, and live their best life. I just can't help but think that will be me in a blink as we are all aging, so I want to represent them.

I joined Badlands Art Association because Cherie Roshau (an area art teacher) suggested it after she and I worked on a fundraiser for Trinity High School after the fire, collaborating on some artwork.

I'm from Savage, MT. I moved to Dickinson to attend college. I graduated from DSU with a degree in Elementary Education, but ABLÉ stuck in my heart, so I never left. I was blessed with wonderful parents who instilled in me the right tools. I had a mother who had a fire in her belly to learn, and an uncanny knack

for being drawn to people who felt different. She had polio as a child, so while she was the tough, fiery teacher always challenging you, she had such a soft spot of understanding. My dad is the kindest, most thoughtful human being. When I was in high school, catching the bus early in the morning for a volleyball tournament, if there was a skiff of snow on the sidewalk, he would get up early

and sweep it off. All those pieces are key components in who I've become.

I've been able to experience Dickinson in several different ways. Through my work, but also being a resident. People think a community is a place where people reside near each other, but there's so many different definitions when you look in the dictionary, and what I love about community is: it's a group of people who come together for a similar cause, who have similar characteristics, or who share likeness. That's one thing people forget, that as a community, we are more alike than different. With all the different organizations I'm involved, no matter the different experiences we've had, the different socioeconomic backgrounds, cultures, different abilities, we still share the same emotions and feelings. We may express or show them differently, but they are still the same.

One person gave me advice that stuck with me over the years when I was a foster parent through my 20's. We were struggling and someone said to us, 'You just have to see it differently. The kids are going to keep having challenges. You're going to keep having challenges.



You're just feeling it wrong. When things are coming at you and you're feeling overwhelmed, you can't let these moments hit you like bricks. No one's throwing this at you for you to stand strong and take it. That will do nothing but beat you down. You have to let it flow through you. Accept it, do your best and listen to what you have to gain from it. Life has to be fluid, because the next moment is going to come around just as the last one did.'

I feel all of these life experiences as I work on my mixed media art. I love the process of creating the art, making my own papers, then tearing them up and putting them onto the canvas to make something beautiful from the pieces and paint, layer upon layer. To me, it's a mirror of this life journey. We become who we are through the layers that we experience, and I'm excited to keep adding more depth to my story that brings joy and wisdom to others."

Janelle is not only an inspiration, but a pivotal part of our community. I hope we can all remember to let our challenges fuel our best selves and do more within the wonderful community of people we live. ■

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WHERE BUSINESS GOES TO GROW

ND Small Business Development Center

By Stark Development Corporation

Taking a new idea and developing it from conception to a start-up business is a lesson in patience and perseverance. Fortunately there are resources that can be there to help you through the process and shed some light on your journey to ultimate success.

The North Dakota Small Business Development Center (ND SBDC) office in Dickinson has a mission to help North Dakotans to start, manage and grow their business. The SBDC is a partnership between the federal government (US Small Business Administration), State of North Dakota (Commerce Department) and the North Dakota University System that provides training and technical assistance to entrepreneurs and small businesses across North Dakota. The ND SBDC serves 53 counties in our state and help to impact and diversify our state and local economies.

Federal mandates for the SBDC networks

include a requirement for state and local match funding for federal dollars received and a requirement that business advising services be provided free to eligible clients. Clients are entrepreneurs and small businesses in North Dakota and referrals come from lenders, economic developers, and other clients who have benefited from and appreciate our free business advising services.

Dickinson is excited to welcome our new SBDC business advisor, Dr. Ujal Ibrahim. Ujal shares his role with Dickinson State University as an Assistant Professor of Business. Ujal served as a mentor to the Yunus Centre chaired by Nobel Peace Laureate Muhammad Yunus, founder of Grameen Bank and pioneer of microcredit and social business.

Inspired by the Centre's "New Entrepreneur" program that helps children of Grameen Bank borrowers become successful entrepreneurs, Ujal brought the idea to Salt Lake City, Utah, and with the help of agencies that work on refugee issues, created a similar platform for refugee and immigrant entrepreneurs of Utah. Ujal worked with entrepreneurs of refugee background in Utah in the area of economic development.



Dr. Ujal Ibrahim

He served as a faculty member at a leading Business School in Bangladesh from 2011 to 2015. As an invited speaker, Ujal gave talks at conferences, forums, and workshops at different parts of the world. He holds a bachelor's degree from

Brigham Young University (BYU), a master's degree from Texas Christian

University (TCU), and a Ph.D. from the University of Utah.

Ujal and his extensive background in entrepreneurship and business will be a valuable asset to local businesses and future entrepreneurs in our area. The SBDC office can assist local clients with many business development and entrepreneur services including:

- Start-up logistics
- Business expansions
- Purchase or sale of a business
- Business succession planning
- Business plans
- Financial projections and budgeting
- Funding a venture
- Operating challenges
- Marketing
- Finding employees
- Procurement: doing business with the government
- International trade

To sign up for services from Ujal and the Dickinson SBDC office or for more information about the services available from the SBDC, please visit the ND SBDC website at www.ndsbdc.org. Ujal can be reached in his office at 701.483.2571 or ujal.ibrahim@dickinsonstate.edu. ■



BEST FRIENDS

Glen Ullin and Hebron Public Schools partner with Best Friends Mentoring Program

By Mark Billings

Thanks to support from school leaders, students and community members, the Best Friends Mentoring Program (BFMP) is continuing to partner with the Hebron and Glen Ullin public schools to provide mentoring.

Nearly four years into the partnership, the work in western Morton County marks the first time BFMP has expanded outside of Stark County. Within the past year, the organization has also helped activate new mentors in Bowman County at the invitation of a local community action group.

In total, there are nearly 20 mentors in western Morton and Bowman counties.

The Glen Ullin Community Foundation recognized BFMP's partnership in the local public schools by awarding a grant for 2019-20. The funds are designed to expand opportunities for mentors and mentees while helping youth focus on positive outcomes in school.

While Kayla Knoll, the former K-12 school counselor in Glen Ullin and Hebron moved on to a new position in Colorado this past summer, new staff has embraced the program. Trista Dakken, a previous school counselor at the Dickinson Middle School, is the new counselor in Hebron. Jared Bollom, who worked in the Elgin/New Leipzig public schools, took over the helm in Glen Ullin.

Six new students from Hebron High School are joining the mentoring team, including Madalyn Thomas, Jaiden Krizan, Kaylee Neyssen, Savanah Reinbold, Sierra Schaff and Justice Dakken. They join returning mentors Taizalee Glass, Abby Harnisch and Breanna Hosman for a total of nine mentors in Hebron -



the highest number since the program started during the 2016-17 school year with Zane Woroniecki, a 2017 graduate.

"I'm so proud of these kids," said Dakken. "Way to go Hebron High School students."

In Glen Ullin, Holly Wolf and Chelsey Duppong are among the newest mentors at the start of the school year with others pending. The 2019 Glen Ullin graduating class had among the highest percentage of mentors

representing a high school class in BFMP's 25-year history, with 75 percent. Graduating mentors included Alexis Bachler, Alyssa Berger, Lexi Gietzen, Mason Gerving, Chase Remboldt, Kristin Schaff, Garrett Soupir and Braden Zuroff. Bachler, who traveled to Medora with her mentee to participate in an annual BFMP activity day and also performed at its Family Fun Day in June, is continuing to mentor as a new freshman at Dickinson State University.

For information, including ways to support BFMP's work in western Morton County, please contact Mark Billings, BFMP's program coordinator, at (701) 483-8615 or by e-mail at mark@bestfriendsnd.org. ■



#BOOKWORM

October offers many opportunities at the library

By Cindy Thronburg

October is a busy month for the Dickinson Area Public Library, and this October may be our busiest one yet! With a ton of Halloween-themed events for all ages as well as several new events, our schedule is jam-packed.

The main event of October is our Halloween Party, which will be held Wednesday, October 30th from 2:00 to 5:00. Attendees will get to travel to Neverland, visit Peter Pan and his pals, and play some games to win some prizes! Costumes are not required, but feel free to dress up! All are welcome, but the activities are geared towards ages 2-10. We will also be participating in Downtown Dickinson's Trick-or-Trunk on Thursday,



Cindy Thronburg is the Cataloging Librarian at the Dickinson Area Public Library. Cindy is an avid reader and book collector and does not own enough book shelves.

our events page on our website or Facebook for dates and times.

We will, of course, continue to show free movies for younger ones as well. Upcoming titles include Detective Pikachu (all ages) and Aladdin (ages 11-17).

We have several new or special events that we are excited to be able to offer you. October is Family History Month, and on October 5th we will kick off a monthly genealogy program. For the first meeting Charlotte Renner Locklear will speak about her book Greener Pastures: History of the Renner and Kopp families. Join us at 2:00 that Saturday for a fascinating presentation from this North Dakota author.

country. This is one of the events that will be part of the Big Read program through June. The NEA says the Big Read program "is designed to broaden our understanding of our world, our communities, and ourselves through the joy of sharing a good book." The book chosen for this Big Read event is The Things They Carried by Tim O'Brien. Please visit our website and Facebook page to watch for upcoming related events.

New titles added to the collection:

- **Adult Fiction:** A Pure Heart by Rajia Hassib; A Dangerous Man by Robert Crais; The Friend by Sigrid Nunez; The Night Before by Wendy Walker; The Perfect Wife by JP Delaney; The Seven or Eight Deaths of Stella Fortuna by Juliet Grames

- **Adult Nonfiction:** Because Internet: Understanding the New Rules of Language; Semicolon: The Past, Present, and Future of a Misunderstood Mark; Breakfast: The Cookbook; Off the Grid:

Houses for Escape; How to Make a Plant Love You

- **Adult DVDs:** Tell It to the Bees; Pet Sematary; Teen Spirit; The Nest of Enemies; Everybody Knows; The Good Place: Season Three; Gotham: The Fifth and Final Season

- **Children's DVDs:** Dora the Explorer: Dora's Halloween Parade; Monster Family; Scooby-Doo and the Curse of the 13th Ghost; Garfield's Halloween Adventure

- **Children's Easy Books:** Camp Tiger; Lion and Mouse; Hair Love; Daniel's Good Day

- **Children's and Teens' Fiction:** American Girl: Luciana; Mr. Penguin and the Lost Treasure; Other Words for Home; Last Things; Hurricane Season; Just South of Home

- **Children's Nonfiction:** The Important Thing about Margaret Wise Brown; A Book About Whales; Beastly Puzzles; DIY Circus Lab for Kids ■



Image: Pixabay

October 31st from 4:00 to 6:00. Look for our Spooky and Booky Bookmobile!

Teens (ages 11-17) are invited to sign up for a Halloween Lock-In on Friday, October 25th, starting at 6:00pm. Teens will be locked in the library for 3 hours for a costume party, pizza and snacks, and other spooky surprises! Call the Library or stop at the front desk to register.

Adults won't miss out on the Halloween fun! We will be hosting a Scary Movie Series throughout the month. Titles include The Lost Boys, An American Werewolf in London, and The Thing. Movies are for ages 17+, and those under age 17 will not be permitted unless accompanied by an adult. Check

We also have started a new event for adults. Each month we will host the Books and Brew Book Club at DePorres House of Barbering & Lounge. This book club is for adults 21 and older who will meet to discuss a book and enjoy some beverages. The title for October is Lady Almina and the Real Downton Abbey: The Lost Legacy of Highclere Castle and the meeting will be October 1th at 7:00pm. Stop by the front desk of the library to pick up a copy of the book.

October 22nd marks the first of several NEA (National Endowment of the Arts) Big Read events. At 7:00 that evening, several veterans will talk about their experiences while in the service of their

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\$15 21+ under
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FOOD: Pretzel and cheese, sausage dumplings kraut, beer brats, German potato salad, apple crisp
BEVERAGES: Rhombus Guys tap take over featuring Octoberfest beer, BEER AND SPECIAL DRINK SPECIALS
GAMES: beer keg races, pretzel pass, beer pong and more!

7PM Crowning King Ludwig & Queen Theresa

7:30PM Music by CASEE ALLEN

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TRINITY CATHOLIC SCHOOLS

Kindness: A simple word with tremendous effects

By Kelli R. Schneider, Marketing Coordinator



One of the Trinity Elementary Kindness Teams of the 2019-2020 school year.

It almost seems too simple – teaching elementary students about the importance of kindness – what it looks like, what it sounds like; what it is; what it isn't. In the world that surrounds our children, however, kindness seems to be an ever-more challenging reality to live. Thus the birth of "kindness teams" for the 2019-2020 school year at Trinity Elementary School.

"So many circumstances and behavior issues come up in schools today and the root of so many of them is the absence of kindness," said Mrs. JoLyn Tessier, Principal of Trinity Elementary School. Tessier continued, "as a faculty and staff team, we really want our students to understand the importance of kindness and to not underestimate the tremendous importance of kindness throughout life. Kindness is one of our Trinity Catholic Schools Core Values and this new initiative gives us a path by which to live that value."

The Trinity Elementary Kindness Teams are a mix of students in Pre-Kindergarten through grade 6 and each team is led by an elementary faculty or staff member. These Kindness Teams meet two times per month throughout

the school year and each kindness lesson features a different teaching on kindness. The lessons began at the start of September and called for the students to think on what kindness looks like and what it sounds like. One lesson each month will involve a story and open discussion and journaling; while the second lesson each



One of the Trinity Elementary Kindness Teams of the 2019-2020 school year.

month will be a meeting of action where the students offer an act of kindness in service to others – in the school, in their families, and in the community.

Mrs. Amanda Steffes, Trinity Elementary Guidance Counselor said, "The kindness teams allow for open discussion amongst students, faculty and staff – giving us a great opportunity to bond with students in a way that does not otherwise occur." Tessier echoed Steffes "There is great value in students of different grade levels collaborating. The older students have the chance to mentor the younger students and the younger students form a sort of 'big brother/big sister' relationship with the older students. It further illustrates to our elementary students what we mean when we say that our school is a family."

Trinity Elementary School, through the Kindness Teams of the 2019-2020 school year, hopes to further a school culture of welcome, of respect, of value for the whole student – mind, body and soul. "Our ultimate goal as school is to help our students get to heaven and this is one more way to help our students see the path to holiness is not complicated. It happens in the everyday choices we make in something as simple as kindness." ■

Fearless Faith

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Thursday, Friday & Saturday
November 14–16, 2019

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Badlands Ministries

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- ♥ What's Your Word?
- ♥ Amanda Keller, speaker, co-author of *Journey in Faith*
- ♥ Chalking with Lynn

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LIMITED SPACE
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THE URBAN HOMESTEADER

Getting ready for winter

By Jon Stika

Growing up in Wisconsin I was no stranger to winter weather, and as I prepare for my 35th winter in North Dakota, I thought now would be a good time to share some ideas on how to prepare accordingly. It seems no matter how you slice it, winter is about six months long in North Dakota. Even though our last frost occurs sometime in mid-May and the first frost around mid-September, true winter weather usually only occurs from sometime in October until late April. With that said, there are several factors that drive my “get ready for winter” to do list. The first part of my thinking centers around what type of things I can do before I would need to do them with cold hands. The second part of my thinking is what I will need to do to keep things warm (or at least not letting them get too cold). Last, but not least, are some ideas of both indoor and outdoor winter projects and activities.

There are a number of things I can usually get done while the weather is

warm enough that I can accomplish them without my hands getting painfully cold. These might include: purging underground water lines, putting protective covers on basement windows, preparing the snow blower for use, putting summer equipment in the back of the shed and winter equipment in the front, pruning perennials and protecting them with mulch, cleaning the stovepipe, cutting firewood, removing the rabbit fence from the garden, and checking the engine, tires, and batteries of motor vehicles. Some folks also put up holiday decorations at this time too.

Then there are the tasks I can complete to prevent things from getting too cold, such as: check the furnace, fill the firewood cart in the shop, put winter survival/comfort gear in the car, check seals on doors and windows, set up the bird feeder (I only feed them when there is snow on the ground), and move heavy winter coats (hats and mittens)

to the front of the closet.

Another important part of preparing to deal with winter is to have some winter activities in mind to stay busy to prevent cabin fever. The list of winter activities is usually divided into outdoor activities I will do when the weather is not particularly cold, and those project-type activities that can be done indoors. Outdoor activities might include: ice fishing, splitting firewood, pruning trees that didn't get pruned earlier, walking, and making daily snow observations for the National Weather Service. Indoor activities might include: reading, writing, brewing beer, making wine, tinkering with equipment that I use for those (and other) hobbies, and any number of other consulting projects or assignments that I typically do digitally or online.

A North Dakota winter is something



that must be taken seriously. Preparing to manage the winter months safely and comfortably will be time well spent. Here's hoping you can get your “get ready for winter” list completed before you have to finish it with cold hands! ■



Jon Stika is a former USDA scientist and the author of, "A Soil Owner's Manual: How to Restore and Maintain Soil Health" and numerous articles for *Brew Your Own* magazine.

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DICKINSON STATE UNIVERSITY Continued accreditation for DSU

Dickinson State University (DSU) has received continued accreditation status from the Higher Learning Commission (HLC) following a midcycle comprehensive review of the institution's mission, academic programs and services, governance and administration, finances and resources.

The HLC is an independent corporation that grants and determines the accreditation status of degree-granting post-secondary institutions in 19 states. A comprehensive evaluation occurs every 10 years, with a midcycle review during the fourth year. The review confirmed that DSU is meeting recognized accreditation standards in higher education, pursues institutional improvement and excellence, and is in full compliance with requirements set by the U.S. Department of Education.

The review process involved the entire campus community, including faculty, staff, administrators and students. Accreditation teams worked for over a year gathering evidence and preparing information to demonstrate that DSU met HLC criteria and federal requirements. DSU submitted its Assurance Argument and Federal Compliance Report in February 2019, which was followed by a campus visit in March 2019 from an HLC evaluation team of peer reviewers from Michigan, Colorado, Oklahoma, Missouri and Minnesota.

In June 2019, the HLC's Institutional Actions Counsel confirmed DSU's continued accreditation status. The HLC visiting team highlighted several DSU

accomplishments in its report:

- DSU's Dual Mission role is on track to better serve the workforce needs of western North Dakota by providing a range of new academic educational opportunities in meaningful, responsive ways.

- In the past three years, DSU has launched two graduate degrees, realized significant gains in retention, weathered funding limitations, and continues to invest in its students.

- DSU has made great progress in the integrity of its operations since 2015. Policies and procedures are in place, leadership fosters best practices across the institution, and the State Board of Higher Education provides appropriate oversight. The DSU Heritage Foundation is operating with clear oversight, effective and appropriate internal controls, and significant transparency.

- DSU provides high quality instruction appropriate to higher education and provides student support services in ways that maximize effectiveness while managing financial resources.

- DSU has made substantial progress in the area of assessment and continues to advance in this area.

Based on HLC recommendations, DSU will continue to review academic programs and operations in support of its students, the community, and in alignment with the University's strategic plan. DSU's next evaluation for reaffirmation of accreditation is scheduled for 2024-25. ■



FINANCES

8 financial tips for college freshmen

For many young adults, college is the first time they are in control of the majority of their finances. As freshmen across the country embark on their first semester, Cornerstone Bank has highlighted eight tips to help ease their

transition to financial independence. Plan it right, and you can have CDs mature right as you need money each semester to help pay for tuition and expenses. A CD is a great alternative to a traditional savings account because the money is less accessible for impulse



CORNERSTONE BANK

transition to financial independence.

"Striking the balance between spending and saving can be particularly hard when you are focused on everything else that comes with college life, but it is important to keep a close watch on your spending habits from day one," said Vaune Johnson, Market President of Cornerstone Bank in Dickinson. "The first year of college is a great opportunity to establish good money habits and take control of your financial future."

Cornerstone Bank offers the following tips to help ease the transition to financial independence for college freshmen.

- 1. Create a budget.** Take some time to figure out your income and set your goals, factoring in recurring expenses that must be paid (like tuition, books, and car insurance, cell phone), some of your "wants" (like concert tickets and other recreational activities), and saving for emergencies.

- 2. Track your spending.** Download an app or create a spreadsheet to see where your money is going each month. Mapping your spending habits can help you identify where you can make adjustments.

- 3. Save a little each month.** Save your spare change and deposit it into your bank account at the end of each month. Increase the amount each month. This is an easy and manageable way to establish good financial habits that "Future You" will appreciate.

- 4. Open an interest-bearing account.** Stash some of your high school graduation money in an account that earns interest for doing nothing. When you open a certificate of deposit (CD), for example, you will earn interest in exchange for agreeing to leave your money alone for a specific period of

purchases.

- 5. Utilize campus resources.** Universities offer plenty of amenities to students for little-to-no cost. Take advantage of benefits such as free access to the campus activities and shuttles that take you to off-campus locations.

- 6. Take advantage of student discounts.** When you want to take a break from the campus dining halls, or feel the urge to treat yourself, try looking for places that offer student discounts. Most discounts typically range from 10 to 15 percent and will accept your campus ID as verification.

- 7. Build credit wisely.** Look into applying for a credit card that you can use for small purchases that you are able to pay off in full each month, like a music streaming subscription. Credit cards, like student loan proceeds, require discipline. I frequently had to remind my daughter that she may not still like those shoes or purse five years from now so don't make a decision that will require you to pay for something you no longer want or need. If you don't have your own source of income or are not comfortable handling the responsibility of credit alone, visit with your parents about a joint card to establish a history of credit.

- 8. Ask questions.** Just like in the classroom, this is a learning experience. If you need help or are curious about a financial issue, ask trusted resources like your parents or your bank. Bankers are excited to visit and help you understand how your decisions today can have a positive effect toward financial independence. ■

MISS BEA'S KITCHEN

Do you EVOO?

By Laura Beth Walters



Laura Beth Walters

Have you ever noticed how all the fancy tv chefs reach for the Extra-Virgin Olive Oil (EVOO) rather than the regular stuff? Ever wondered why? Well, there's a definite hierarchy amongst the oils and EVOO reigns Queen. Here's a bit about why.

EVOO is made from pure, cold-pressed olives whereas regular olive oil

The oil which does not meet the standards set for the certification process is then refined to remove any further impurities. Unfortunately, this process gives the oil a much less potent flavor and the color becomes more golden or pale green. Therefore, this refined oil is then mixed with a bit of premium EVOO and labeled simply, "olive oil".

So what does all of this mean for the home chef? Well, I would recommend keeping both Extra-Virgin Olive Oil and Olive Oil on hand. Cooking with a more expensive EVOO won't do too much for your meal since you won't be able to taste all of its subtleties in your more richly flavored dishes, but it's up to you. I do enjoy cooking with a higher quality oil and really enjoy some of the oils from Salt Kitchen & Co! (I am SO glad we have them here in town!) I know for years the prevailing thought was that EVOO turned

bitter at high temps but this isn't true. You can cook with it if you'd like but most generally cook with the less expensive when they just need a drizzle for the pan or for sauteing, and then use the Queen of the Oils, Extra-Virgin Olive Oil, for those special dressings, dips, and final touches to fancy dinners. Even though the heat won't make the EVOO bitter, you will have the best tasting experience using it in things which don't require heat.

Also, something to keep in mind when cooking with olive oil, is that if you are sauteing or cooking over low to medium heat, you can

use an all-purpose Olive Oil. However, for cooking, frying, roasting, etc over high heat you will want an olive oil labeled "light" because it has a higher smoke point. Light Olive Oil is also the best option to use in baked goods since it has a much more neutral flavor.

So, do you EVOO? I do! I hope this has been helpful and informative but if I've confused you even further, please contact me. You can find me on Facebook: @MsBeasKitchen, or email me at: MissBeasKitchen@gmail.com. ■



is made using a blend of cold-pressed and processed oils. The process of making EVOO is a long and tedious one which starts with grinding the olives into a paste, and then pressing them to extract the oil. There is no heat involved in this process, hence "cold-pressed", no chemicals either, and the result is an oil which is forest green in color; has a grassy, peppery flavor; and a fruity aroma. Both the process of producing EVOO and the certification process takes considerable time and both factor into the higher price of Extra-Virgin Olive Oil.



Herbed EVOO for Dipping

Ingredients:

- ¼ tsp basil
- ¼ tsp rosemary
- ¼ tsp oregano
- ¼ tsp salt
- ¼ tsp black pepper
- 2 cloves garlic (minced)
- Pinch of red pepper
- ½ cup Extra-Virgin Olive Oil

Directions:

Add all ingredients to a bowl or mason jar and mix vigorously. Serve with fresh or toasted bread.



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PIPER'S PALS

Pet Name Match

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

- A: Chico (#___)
- B: Mav (#___)
- C: Ronnie (#___)
- D: Archer (#___)
- E: Tonka (#___)
- F: Fife (#___)

(Answers in our November 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

Last month's answers:

- A: #2 Georgia D: #1 Jules
- B: #6 Demi E: #4 Romeo
- C: #5 Maggie May F: #3 Lucy



#1



#2



#3



#4



#5



#6

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Sanford Health East Clinic
Ukrainian Cultural Institute

SOUTH HEART

I Don't Know Bar
South Heart Public School

TAYLOR

Taylor Nursery

RICHARDTON

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

BELFIELD

Trappers Kettle
City Hall
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Medora UnCork'd
Chasing Horses

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CONVENTION AND VISITORS BUREAU

The birds are back!

Fall brings not only colors and cool weather, it also brings orange hunting vests and dogs out to the fields walking the rows of harvested corn, sunflowers and grasslands. Each year, family, friends, and sometimes business associates, gather to enjoy the crisp morning air, falling leaves, and the chance to fill their limit with the upland game birds who either run, or take flight when they sense their approach. And that's where the faithful dog comes to the rescue!



The number of North Dakota pheasants are up this year according to the ND Game and Fish Department. This year has been a good year for residual cover, and weather for nesting and brood-rearing. In the southwest area, pheasant brood size is up 2% from 2018. And while the colorful pheasant often is the primary hunt, don't forget about the sharp-tailed grouse and Hungarian partridge, who often tests the skills of the sportsman just a tad bit more.

Hunting isn't the only activity related to the ring-necked pheasant. Photographers love their brilliant colors that reflect iridescent hues of deep red, purple and black. So, while pheasants make an excellent main course for fine dining, they are also prized for their good looks.

What about the bird? Here's a few pheasant facts that you may not be aware of. Rarely, if ever, does a pheasant die of old age. In fact, the average life span is less than 1 year. The pheasant is a prey species and must face major sources of mortality beginning the day it is laid in the nest as an egg. Other facts:

- Pheasants are cousins of Quail and Partridge
- There are over 50 different species of Pheasants throughout the world
- Flight Speed: 38-48 mph (but can reach up to 60 mph when chased)
- Average Rate of Chick Survival: 50%
- Major Nest Predators: Fox, raccoon, skunk, feral cats
- Major Adult Predators: Human, fox, hawk, owl
- Pheasants can swim

While you may already know the look of a pheasant when you see one, did you know that if you looked around the nation 400 years ago that you wouldn't find a single pheasant?

Attempts to bring pheasants to America started in the late 1700s. However, the true establishment of a sustained pheasant population did not occur until the 1880s, when Owen Denny was appointed as consul general to China. He and his wife, Gertrude, were fascinated with the colorful birds, and he bought several birds and raised them to make them fatter than the birds found in common street markets. He stated in several letters to his friends that the birds were "delicious eating...and would furnish fine sport."

A year later, in January 1881, purchased 60 pheasants and crossed the Pacific Ocean to return home to Oregon. Most of the birds survived the long journey across the ocean, but the subsequent trip in trains and small boats scared the birds, causing many to go into a frenzy and injure themselves seriously. As a result, only a fraction of the birds made it to the Portland area.

The Denny's tried again in 1882. This time they chartered a ship to go directly to Portland. Mr. Denny's brother, John, released the colorful birds on the family farm and within a year, the birds had spread to neighboring counties. The first hunting season for pheasants was held in 1892 following a decade of successful advocacy by Denny to allow the population to establish and grow, and it's said that hunters reportedly bagged more than 50,000 pheasants on opening day. In the 125 years since, the pheasant population has spread to more than 19 states and become one of the most appealing and delicious game fowl animals in the nation.

So now that you know some fun facts and history of the ring-necked pheasant, get out into our countryside around Dickinson and enjoy the pheasants! ■

COMMUNITY

The NEA Big Read

by Paul Amberg, NEA Big Read Dickinson co-Chair and Outreach Librarian at the DAPL



Paul is the Outreach Librarian at the DAPL. Paul owns more books than he will ever read, but won't stop purchasing books.

On June 12th 2019, the National Endowment for the Arts (NEA) awarded a grant to Dickinson State University (DSU) to be used to help fund a Big Read in Dickinson.

The NEA Big Read is a program designed to broaden our understanding of our world, our communities, and ourselves through the joy of sharing a good book. DSU is one of 78 not-for-profit organizations to receive a grant to host an NEA Big Read project and DSU's will be held between October 22nd and December 5th. The NEA Big Read is presented in partnership with Arts Midwest.

To truly make this the community event that the NEA Big Read is meant to be, DSU is partnering with Belouga, the Bowman Public Library, the Dickinson Area Public Library (DAPL) and Medora Branch, Dickinson High School, Dickinson Trinity High School, the Dickinson Museum Center, the DSU Heritage Foundation, Edgewood Hawks Point, Joe Frenzel, Mandan-Hidatsa-Arikara (MHA) Nation Veterans, Prairie Public Broadcasting, Precision Line and the Ramada Grand Dakota Lodge. The NEA Big Read would not be possible without these and potentially other sponsors.

The book being featured for the NEA Big Read in Dickinson will be *The Things They Carried* by Tim O'Brien. Tim O'Brien is a Vietnam vet and his book is a highly acclaimed, fictionalized version of his and others experiences in Vietnam. The author will be in Dickinson on November 13th as part of the NEA Big Read. While Tim O'Brien will be delivering the Keynote on November 13th it will neither be the only event nor the 1st event for the public in Dickinson. The Kick-off event, Veterans Giving Voice is slated for 7pm on Tuesday, October 22nd at the DAPL. This opening event will feature Vietnam Veteran and author Anthony Bukoski, Vietnam Veteran and former DSU President Rich Brauhn and another panelist to be named later. DAPL Outreach Librarian Paul Amberg, himself a veteran, will moderate and ask questions of the panel that will be submitted to him by the public prior to the event.

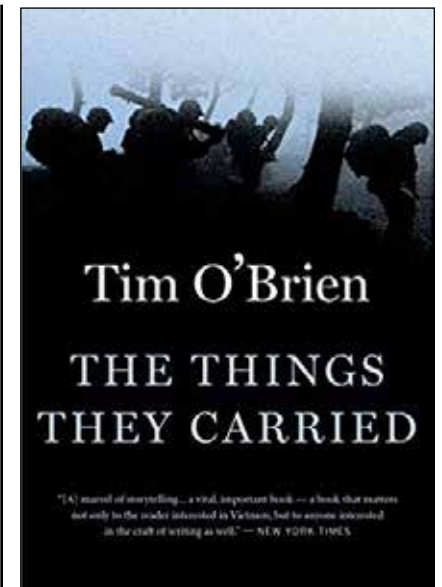
Films will be a significant part of the NEA Big Read here in Dickinson. Join us on Saturday, October 26th for a viewing of *Good Morning Vietnam* with discussion to follow. Then starting Saturday November 2nd and continuing each Saturday through November 30th, DSU will be presenting 2 episodes each Saturday of *The Vietnam War: A Film* by Ken Burns and Lynn Novick in Beck Auditorium. Viewer discretion is advised for these 6 events with footage or dramatization from the Vietnam War. Additionally, Prairie Public Broadcasting, Inc. will be presenting Basketball, Water and the Lost City of Elbowoods. A panel discussion featuring Prairie Public's Matt Olien (the producer, writer and

narrator), state senator Merrill Piepkorn and others will follow the film.

What would a community event involving a book be without a book club? Actually there will be several. Several private book clubs have committed to reading and discussing *The Things They Carried* during October and November. There will be public book clubs as well. The DAPL will be hosting 2 book clubs. Books & Brew will meet at DePorres House of Barbering & Lounge on Thursday, November 7th at 7pm, while the DAPL's Adult Book Club will discuss the book on Monday, November 25th at 6pm at the DAPL. The DAPL will also have 2 book club kits to check out in case you want to host your own book club and we hope you do.

DSU will be presenting *Reentry: A Staged Reading of a Play* by Emily Ackerman and K.J. Sanchez on October 25th & 26th at 7:30pm in Beck Auditorium. The play is a docudrama based on interviews with real Marines and their families. DSU's Global Table series, which is hosted at the Stoxen Library, will take on themes related to the NEA Big Read beginning with Author Anthony Bukoski on October 23rd. Professor Bukoski will read some of his work and talk about his experiences. Global tables are held at the Stoxen Library every other Wednesday at noon. The closing event of the NEA Big Read in Dickinson will be held on Thursday, December 5th at 5pm. This final event will deal with war and trauma and its effects on both soldiers and civilians.

The highlight of the NEA Big Read here in Dickinson will be a visit from the author of *The Things They Carried*, Tim O'Brien. Mr. O'Brien will hold a writing talk at Dickinson High School for students of DHS and of Trinity and another for students from DSU and New Town. At 7pm on Wednesday, November 13th, Mr. O'Brien will deliver the keynote for the NEA Big Read in Dickinson at the Dorothy Stickney Auditorium in May



Hall. Seating will be on a first come, first serve basis but there will be an overflow area where the keynote will be streamed. The keynote will also be streamed to the Bowman Public Library and the Dakota Women's Correctional and Rehabilitation Center.

These and other events will create numerous opportunities for the communities of Dickinson and SW North Dakota to have a conversation about a good book and its topic. We hope to see at one or more events. ■



"NEA Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest."

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ADVENTURE ON A DIME

Coffee and pots



By Laura Beth Walters

All of my best adventures start with coffee. Aaron and Miranda Anderson opened Dark Side of the Brew in Hebron seven years ago and the name came from Aaron's love of Pink Floyd. Originally, they offered a variety of soups and sandwiches which were all named things in reference to Pink Floyd songs but over time they scaled it back in order to focus on coffee and their freshly baked goods which are all made from scratch right there in shop. They offer fresh caramel rolls, scotcheroos, scones, and so many other sinfully delicious treats. The diet stops at the door, okay? These calories don't count...p.s. I had a Pumpkin Marshmallow Latte and it was to die for!

When I first walked into the coffee



Dark Side of the Brew owners Aaron and Miranda Anderson

shop, my eyes were immediately drawn to the artwork covering the wall to my



left. The Andersons are huge supporters of local artists and at the time of my visit there were eight local artists represented in their shop - all but one of them were actually from Hebron. Dark Side of the Brew sells quite a bit of art through their small gallery and they don't take any commission from the sales in order to give it all directly back to the artists. If you're a supporter of the arts and find yourself anywhere near Hebron, you should definitely check this place out.

Speaking of Hebron artists - just a couple blocks away from the coffee shop you'll find the cutest little pottery studio housed in a repurposed Texaco Service Station. Dacotah Clayworks is owned and operated by Robin Reynolds. She told me with a smile, "I am very successful because I always wanted to

fly under the radar. I wanted to be a low-volume producer and I wanted to make affordable pottery. I wanted to have one foot in the socializing camp and the other foot in isolation. So, I have succeeded!" Robin runs her fantastic little shop on the honor system and isn't always on site, but you can call ahead to set up a time to meet her. I was able to set up a tour and pottery class with Robin for myself and a few others and I'm so glad I did. She's amazing.

Her shop's shelves are filled with pieces she loves and Robin told me, "I don't make to sell - I sell what I make." Each piece is glazed with the native glaze she makes using clay dug up around North Dakota. She calls her work folk pottery and says it's not "sophisticated", but I'm glad she makes what she loves. You can see her passion in each piece and her eyes light up with pride as she talks about her work, and that's inspiring.



sprinkle the dry mix into the water until the level comes up to fill the five-gallon bucket. She will leave this bucket to sit for several days so the dry clay can absorb the moisture. Once the mixture is ready, she will stir it up and pour it through her homemade "strainer" which will collect all of the impurities and leave her with a thick, cake batter-like mixture called slip. She then lays the slip out on shelves made of plaster covered in canvas. The plaster absorbs moisture and will hold the clay until it becomes kneadable like bread dough. When the clay is kneadable, Robin transfers it into what's called a pug mill 20 pounds at a time. The pug mill helps to ensure that moisture is evenly dispersed throughout the clay and forces any air pockets out. It takes about a week from start to finish before the clay is ready to go into the tubs to be stored.

Back in the studio, Robin gave us each



We took an extended tour of Robin's entire setup, starting in her root cellar where she stores her native North Dakota clay in totes. Each plastic tote can hold up to 250 pounds of clay. Robin's cellar can hold up to about 3,000 pounds but she only had 1,000 pounds of clay on hand at the time of our visit.

Just behind the studio is a garage where Robin processes all of her clay. The clay she uses is mined 50 miles from her shop, dried, crushed and left in big mounds where people like Robin can come with shovels and get what they want. In this form, the clay is contaminated and needs to be cleaned. In order to clean the clay, she mixes clay with sand, dumping it all in a five-gallon bucket. She has a second bucket half-filled with water and will very slowly

a lump of terracotta clay and showed us how to make what are called pinch pots. Pinch pots are made simply by forming the clay by pinching rather than using the potter's wheel. When we were finished

Continued, next page

Continued from page 16



Robin also gave us a demonstration using her potter's wheel and we had fun blowing up some clay. Literally! For more about these adventures, go to Heart River Voice on Facebook and find the first episode of Heart River Voice TV.

I've lived in Dickinson over a year and a half now and hadn't really spent any time in Hebron until preparing for this article. I'm sorry now that I waited so long. I hear people complaining all the time saying there's nothing to do in Dickinson but I think sometimes we completely forget there is so much to do within a 100 mile radius. These little towns scattered around us have so much to offer. People are leaving the smaller towns and moving to places like Dickinson and Bismarck and local businesses like Dark Side of the Brew and Dacotah Clayworks are being forgotten. Everyone is catching on to the "shop local" craze and that's great. But I think in a town the size of Dickinson, "Shop Local" needs to include these out of the way places that are really inspirational and that need our support.

Thanks for tagging along! ■

forming our pots, we had the opportunity to paint them. I was very surprised to learn that you can paint the terracotta while it's wet! We had to be careful to dab the



paint on rather than swiping the brushes which would have grabbed some of the red stain from the terracotta and mixed in with the paint colors. We left our pinch pots there with Robin to be glazed, fired and prepared for pickup at a later time.

You can schedule your own class by

contacting Robin directly through her website, or give her a call. I'll put her contact info at the end of this article.

As much as I enjoyed fulfilling a life-long dream of mine to make a piece of pottery, Robin brought the entire experience to a whole new level. I learned so much about the process and came away with a whole new appreciation for pottery. I absolutely loved listening to her talk and share her passion with us. At the end, I asked if there was anything interesting she would like to share with our readers that maybe had nothing to do with our class. Robin thought for a moment and said, "A potter's kitchen is one of the better galleries in the world." "I don't have a dishwasher, and I never have. I have always enjoyed washing the dishes because all of my dishes were handmade by people I knew." What a precious thought! I feel honored to have spent this time with Robin and strongly encourage

you to do the same. She can seat up to 18 at a time and it costs just \$25 per person.





NEA BIG READ:
THE THINGS THEY CARRIED
 OCTOBER 22 - DECEMBER 5, 2019

Author Appearance
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NEA Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest.



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JOE FRENZEL



Section from a 1905 panorama view of Dickinson showing the Smith Hospital from the south. Dickinson Museum Center, Panorama Photo Collection.



The Smith Hospital. This view from the southwest (corner of Clough and Billings Streets) shows the gambrel roof lines. Not visible in any known images is the glass roof over the operating suite which located on the northern side of the building. Note the profusion of trees - Drs. Smith planted nearly their lots, 2 of which appear to survive to present day. Dickinson Museum Center, Osborn Photo Collection.

THEN... and Now: Early Dickinson Hospitals, Part 2

By Bob Furhman

In the last installment of "Then...and Now" examined the history of possibly Dickinson's earliest health care facility, the 'Ballard Hospital.' This month we will look at the next successive institution, the Smith Hospital.

Early in 1897 the Dickinson Press reported that Dr. L.C. Smith of Steele, ND had decided to relocate to Dickinson. Lester Cameron Smith was born in Quebec in 1857. Eventually relocating to Oshkosh, Wisconsin (1880), enrolled at Rush Medical College (Chicago) and then married Mary Ellen (Nellie) Owens in 1882, graduating Rush the next year. After medical school he began practicing in Oshkosh (where he also joined a local military company) and later spent time in Hurley, Wisconsin along the Michigan border. Sometime in late 1893, Smith left his family and relocated to Armour, South Dakota where he divorced his wife, in absentia, his lawyer citing her religious fanaticism as grounds which were accepted by the court. In Armour Smith's entrepreneurial bent showed itself as he bought the C.H. Dyer Drug Store in addition to practicing medicine.

In 1895 Dr. Smith married Sarah Ethel Johnson, a Wisconsin native twelve years his junior who may have been part of the reason Smith abandoned his family (there were rumors of a paramour). Sarah enrolled circa 1896 in the Woman's Medical College of Philadelphia (the second institution in the US established to train women

as doctors) and after he moved to Dickinson she visited at the end of her freshman year, returning to her studies in September 1897.

Dr. Smith continued to practice in Dickinson for a time but the Press reported in February 1898 that he was traveling to Alaska with two medical companions - "The doctor says that he wants a good gold mine and, of course, he will be prepared to practice medicine if a good opportunity presents...Mrs. Smith will pursue her studies in Philadelphia for two years yet, and the doctor thinks this is his time to do a little prospecting." The article indicates Smith's goods would be stored in Dickinson. Five months later it is reported that he had returned to Dickinson "very much discouraged over his Alaska venture."

Upon his return, Smith rented rooms over Freeman & Lehman's store, restarting his practice but itchy feet seemed to plague him. In December 1898 Smith announced that he would partner with Dr. Hunt of Glendive, Montana and would be moving there at once. Two years later, the 1900 census shows him in Glendive with his sons from his first marriage (Frank 15 and Raymond 13) as well as Sarah's widowed father and two younger sisters. By December of 1900, he was once again in Dickinson, renting rooms at the Dakota State Bank, having left his sons in Glendive to complete the school

year, probably in the care of Sarah's family. In January, he bid to become the designated Stark County physician, but Dr. Perkins' \$160 bid bested Smith's by \$30.

Mrs. Smith graduated in Mid-May 1901 and traveled to Dickinson immediately thereafter. In June, the Drs. Smith traveled to Glendive to bring the family down to Dickinson and settled in a house. Two months later, Mr. Dr. Smith was elected and commissioned as captain of Dickinson's local militia unit, Company K of the 1st North Dakota Volunteer Infantry. The pace of his activities then picked up, being appointed medical examiner for the Northwestern Life Insurance Company, he and his wife successfully bid to serve as Billings County physicians for 1902 (Mr. Dr. Smith securing the same position for Stark County for his services alone. In February, he left for several weeks to study at clinics in New York and Philadelphia, Sarah attending to his practice as well as her own in his absence. Upon returning in May '02, he announced himself as candidate for the office of School Director (dropping out the next month) and participated in local social functions. Then, in August the Press announced that Dr. L.C. Smith had purchased four lots upon which he would build 'the coming spring' - although events would prove to move much faster.

One month after the purchase it

was reported ground would be broken in mid-September for a combination hospital/residence, a 20-room structure (not counting baths) which would cost from \$10-12,000 and answer a long-time community need. The foundation was completed and covered for the winter by November '02, for what the Press termed "a magnificent 3-story structure, modeled after some of the finest hospitals in the East."

Mandan Mercantile's construction of the hospital was not meticulously covered but details emerged - a 10' basement, 30 total rooms including private and public wards, a bathroom on each floor "and one of the finest suite of operating rooms in the country" with glass roofs "which will furnish ample light for the most delicate operations." The completed cost of the building was forecast to be \$14,800 with a \$2,200 steam heat plant. Construction delays attributed to want of workmen and materials pushed completion to December 1903 when the Press carried a detailed description of the new facility, open to all doctors and served by "trained, graduated nurses who will be in constant attendance," enabling patients to "get treatment at home, thus saving the expense and danger" of a trip to the Twin Cities for care.

The new building featured offices for both Drs. Smith, a medical library, surgical facilities, kitchen and dining

Continued, next page

Continued from page 18

accommodations, a sterilizing room, dumb waiter, an eye, nose and throat room, medicine room, steam heat, gas and electric connections, whole-house ventilation system, internal cistern, vegetable cellar and refrigerator room, public restrooms, five second-floor ward rooms, eleven third-floor single patient rooms and private living quarters for the Smiths. As this was prior to a city-wide sewage system the hospital was also connected to its own 400-barrel cesspool. Originally referred to as the Dickinson Hospital the facility was most often referred to as the 'Smith Hospital' and was generally regarded as a handsome structure. With furnishings, the Smith Hospital project cost \$20,000.

With the new hospital occupying his time Mr. Dr. Smith decided to resign his captaincy in January 1904 although in 1906 he served as apothecary and assistant surgeon when Company K attended a national encampment. Mrs. Dr. Smith's activities began to receive more notice after the hospital opening as she attended and presented at meetings of the district medical society and hosted church and other functions in the hospital parlor, including the 1908 wedding of her sister Hattie to Dr. Rucker of Mott. That same year her husband (then age 51) was reported visiting old friends in Hurley, Wisconsin, and that he had given up his profession to engage in "selling western lands."

From this point forward the fortunes of Smith Hospital seem to wane. Spurred on by the Commercial Club a push for a new 40+ bed community hospital started. A proposal related to the Smith Hospital is mentioned but not deemed practical as the building was not fire-proof (i.e. brick). Despite no longer practicing, in June Dr. L.C. Smith was listed as part of the 'Committee of Hundred' created to advocate for the new hospital. Tellingly, mentions of the "Drs. Smith" start disappearing at this time, Mr. Dr. Smith spending time on a Billings County farm he purchased and Mrs. Dr. Smith attending to the hospital, probably foretelling their eventual 1913

divorce.

It is hard to judge if hospital business had fallen off or if other financial factors were at play. In March 1911 the new hospital committee visited the hospital and the Press noted the building was for sale. The next month the paper reported Mrs. James Donoghue had entertained five tables at bridge in 'her rooms' at the Smith Hospital, seeming to infer that she was a boarder; in April advertisements for "Dressmaking by Ruth Lewis at Smith Hospital" appear and by August the Press reports "Dr. Sarah Smith is renovating the hospital" although no details are provided.

As 1912 begins a Notice of Mortgage Sale is published; the construction mortgage that Dr. L.C. and Dr. Sarah Smith executed with Mandan Mercantile Company in January 1904 would be foreclosed on February 17, 1912 and the property sold at the door of the Stark County Courthouse to satisfy \$746 due (plus costs). It maybe that L.C. Smith satisfied the mortgage negating the need for the foreclosure as by May 1912 the Press is reporting a deal for the sale of the "L.C. Smith residence" to Mr. & Mrs. Julius Holst who then turned Dickinson's first purpose-built hospital into a rooming house after less than 9 years operation. The Smith Hospital would survive as a rooming house until the early 1960s when it was torn down to make way for an insurance agency which was eventually supplanted by the apartment building now located at 208 1st Avenue East.

Dr. Lester Smith then moved on - in 1913 to Washington State where he married for a third time and then eventually Wyoming and possibly Alaska again before returning to Wisconsin just months before his death in 1932. Dr. Sarah Smith also left Dickinson in 1913, moving with a sister and nephews to Oregon where she practiced to age 79, her obituary describing her as "a doctor of the old school, traveling in horse-drawn vehicles." She died in 1952 at age 83, never having re-married and consistently listed as 'widowed' in the census and her own obituary. ■



Dr. Sarah E. Smith (1869-1952)



Dr. Lester C. Smith (1857-1932)

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dickinsonstate.edu/homecoming

DICKINSON PUBLIC SCHOOLS

Becoming a "high reliability" school district

By Keith Harris, Assistant Superintendent

Greetings from your Dickinson Public School District, and welcome to the 2019-20 school year. The start of a new school year is a wonderful time. Each new school year brings the opportunity for students

and staff to dream big about what they can achieve and become. This school year is no different. We are excited about the opportunity to implement strategies that will result in better learning experiences for all of our students. After all, high levels of student learning is the



fundamental purpose behind our efforts to become a "High Reliability" district.

According to Dr. Robert Marzano, the foundation of a "High Reliability School" is a "safe and collaborative culture." A safe and collaborative culture requires that all school staff commit to a shared responsibility for every student and to working as a team to meet every student's learning needs. While we as a district embrace our responsibility to each student, we recognize that we can be much more effective when we work arm in arm with a supportive and

involved community. After all, Dr. Marzano writes that a safe and collaborative culture requires that parents and patrons have an opportunity to "provide input regarding the optimal functioning of the school." With the start of this new school year, I would like to extend an invitation to each of you to take advantage of the many opportunities to "provide input" by becoming involved in your neighborhood schools.

One option for providing input is by serving on a principal's Patron Advisory Committee (PAC). The PAC provides valuable advice and perspective for the principal to consider

as they make important decisions about the direction of the building. Throughout this year, plan to make regular communication with your child's teacher a priority. Constructive communication between a teacher and a parent can be one of the best predictors of student success. Maybe you might consider becoming a classroom volunteer and experience, with us, the magic of helping kids learn. Perhaps you may choose to help chaperone a field trip, or be involved in a classroom celebration. If time is scarce,

(and we know that it is!) perhaps you can take a few minutes and participate in the surveys that will be made available at Parent Teacher Conferences, and at other times throughout the year. The answers and insight that you provide will be greatly appreciated. Whatever your availability, please know that we are excited about the opportunities that this new year brings to work collaboratively, with you, in achieving our common goal of ensuring high levels of learning for every Dickinson student. ■



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

NDSU EXTENSION

Improve your soil - naturally

By Tom Kalb, Ph. D., NDSU Extension Horticulturist/Plant Sciences

Do you want to grow a great garden? You need great soil. One of the best ways to improve your soil is to add organic matter, and this is where growing cover crops can help. It's a popular trend in gardening (and farming) today.

A cover crop:

Adds nutrients. The deep roots of cover crops absorb and pump up nutrients from deep in the soil that your garden plants can't reach. These nutrients are then slowly released to your plants. As a bonus, some cover crops convert nitrogen from the air into nitrogen in the soil.

Holds onto nutrients. Roots of cover crops bind onto nutrients in the soil, preventing them from leaching

Boosts soil moisture. A soil covered with a cover crop loses less water from evaporation compared to an exposed soil. Cover crops improve soil structure, allowing rain to infiltrate, rather than run off the land. Cover crops collect snow over winter, which can melt into your soil.

Loosens hard ground. Roots of cover crops penetrate compacted soils, breaking them up. This allows for better drainage and aeration.

Reduces erosion. Cover crops blanket the land, preventing the soil from blowing or washing away.

Reduces weeds. Cover crops smother and kill weed seedlings.

Lots of different grains and legumes may be used as cover crops. At this time of year, winter rye (*Secale cereale*) is

preferred. Sow it anytime this month (the sooner, the better). The rye will grow vigorously this fall and begin growing again in spring. Rye is best sown on land that will be planted in warm-season crops (tomato, squash and cucumber) next spring. Sow the rye seed in areas of the garden that are done producing or between rows of crops that are still producing. In early May, mow and cultivate the rye into the soil. No-till gardeners can spray the grass with glyphosate (Roundup) to kill it. Give it a couple weeks to break down and then plant your crops at the end of May. Be aware that rye emits chemicals as it decomposes that suppress the germination of weeds and small-seeded vegetables (lettuce and carrots) in spring. Large-seeded vegetables and transplants are much less affected. Winter rye seed is available from catalogs and farm supply stores. Sow it at 3 ounces per 100 square feet. ■



Growing a cover crop in the garden is becoming a popular trend. It is one of the most natural and affordable ways to improve the quality of your soil.

SOUTHWESTERN DISTRICT HEALTH UNIT
ND Health Tracks

By Tara Bieber

North Dakota Health Tracks is a comprehensive preventative screening program available to all Medicaid eligible children through age 20. The focus of the Health Tracks program (also known as EPSDT-Early and Periodic Screening Diagnosis and Treatment) is to prevent and identify health concerns before they become an issue in growth or development for the child.

Southwestern District Health in conjunction with area Social Service providers and the regional Health Tracks coordinator offer these screenings throughout the 8 county region. Screenings are available year round and most are provided free to the child/



family. Screening schedules follow the guidelines set forth by the Bright Futures recommendations.

Services provided during the screenings are physical exams, hearing and vision checks, immunizations, hemoglobin and lead

measurements, oral assessments and the application of fluoride varnish, nutrition screening and developmental and behavioral health screenings. Referrals are made based on the findings of the providers and appointment scheduling assistance is available, if needed.

Appointments can be scheduled through the local Health Tracks coordinator who can be reached at 701-483-0171. ■



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North Clinic
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South Clinic
(701) 483-1021 446 3rd Ave W

49th BAA Annual Fall Art Show 2019

November 8 to 10, Dickinson, North Dakota

In order to have your art displayed in the BAA Art Show, you must complete a Call for Entry form. The entry form is where you can list the artwork(s) that you intend to display at the November show. The Call for Entry must be in the mail with a postmark by **October 14, 2019**. Call for Entry PDF forms can be downloaded on the BAA website, badlandsarts.com.

Student submissions are organized through the schools or the entry form for students is also available on the website.

Heart River Events

VOICE

Send your events to
kelley@heartrivervoiced.com
to list your events for FREE!

OCTOBER 1-2

FUSION CONFERENCE Two-day conference is a multi-faceted approach to you living a more fulfilled life. By focusing on what you can do for yourself, your community, and your career, you will go home feeling balanced in all of your activities. More info, see article, p. 15, ad on back cover or visit GoFusionConference.com. Bowman, ND.

WEDNESDAY OCTOBER 2

LUNCH AT SENIOR CENTER 11AM-1PM Farmers Hats and Borscht & Chicken Noodle Soup. Sunset Senior Center, 46 1st Ave East.

FREE MOVIE NIGHT: THE LOST BOYS (Rated R) 6-8PM One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 17. This is a Rated R movie so only those 17 and over may attend unless accompanied by an adult. Dickinson Area Public Library Community Room.

FRIDAY OCTOBER 4
FREE FAMILY MOVIE: POKEMON DETECTIVE PIKACHU (RATED PG) 4-6PM All ages. One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 10. Hosted in the Library Community Room by the West Entrance. Dickinson Area Public Library.

OCTOBER 4-5
NORTH DAKOTA WINE FESTIVAL 6-10PM The wine industry in the Dakotas and Eastern Montana has grown over the last several years. Wines produced by those wineries will be showcased. 3 course dinner, sip n' paints, live music and more! More info, see ad on back cover or northdakotawinefest.com. Medora, ND.

SATURDAY OCTOBER 5
6TH ANNUAL PUMPKINS IN THE PATCH 10AM-5PM This event is complete with

hayrides, vendors, concessions, carnival games, pumpkins, and more! More info, contact 701.483.1536. Hope Christian Academy, 2891 5th Ave West.

GAMECHANGER IDEA FESTIVAL 6-10PM Come join Humanities North Dakota for a day of speakers and entertainment. Theme is the American Dream: Freedom of Speech, Freedom of Worship, Freedom from Want, and Freedom from Fear. More info, gamechangernd.com. Belle Mehus Auditorium, Bismarck ND.

GENEALOGY PRESENTATIONS- GREENER PASTURES BY CHARLOTTE LOCKLEAR (AUTHOR MEET & GREET) 2-4PM October is Family History Month and it is a good time to kick off a monthly genealogy program. For the 1st meeting we will have Charlotte Locklear in to speak. Community Room, Dickinson Area Public Library.

SUNDAY OCTOBER 6
KNIGHTS OF COLUMBUS #8839 BREAKFAST 8AM-Noon Enjoy a delicious breakfast while supporting the KC's. Parish Life Center, St. Wenceslaus Catholic Church, 505 3rd St East.

MONDAY OCTOBER 7
FREE MOVIE NIGHT: AN AMERICAN WEREWOLF IN LONDON (Rated R) 6-8PM One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 17. This is a Rated R movie so only those 17 and over may attend unless accompanied by an adult. Dickinson Area Public Library Community Room.

TUESDAY OCTOBER 8
OKTOBERFEST 2-3PM Join us for Oktoberfest with music by Roger Walter! Refreshments will be served. Evergreen, 2143 6th Ave West.

THURSDAY OCTOBER 10
BOOKS & BREWS 7-8:30PM A book-club for adults set in

a relaxing atmosphere. This event is for 21 and older. Each month we will discuss a book while enjoying a beverage or 2. DePorres House of Barbering & Lounge, 17 2nd Ave W. Next to the fire station downtown.

FRIDAY OCTOBER 11
FREE MOVIE NIGHT: ALADDIN (Rated PG) 5-7PM Just for Teens (11-17). One free bag of popcorn per movie attendee. Bring your own drink. Dickinson Area Public Library Community Room.

SATURDAY OCTOBER 12
MAMMOS AND MIMOSAS 8AM-12PM Grab your closest girlfriends and come have a great time while getting your private yearly mammogram screening. Call 701.456.4253 to schedule. CHI St. Alexius Health, Dickinson Medical Center.

PHEASANT SEASON OPENER 11AM Free homemade beef stew from open to close! \$3 pounders. Come join us for all the great hunting stories! I Don't Know Bar, 207 4th St NW, South Heart.

19TH ANNUAL TRINITY CATHOLIC SCHOOLS' FALL GALA Prost! Join us for this German-inspired evening of food, fun, and fellowship, Oktoberfest style! 4:30PM Holy Mass/5PM Social/6:30PM Dinner. Back by popular demand, Monsignor James Shea, President of the University of Mary and former THS Chaplain, will be the Master of Ceremonies. Get your tickets today at trinity-catholicschools.com.salsalabs.org or call 701.483.6081. See ad on back cover.

1ST ANNUAL FLUFFY FIELDS HARVEST FEST 4-10PM Lets all be German for a day! Beer, food, game, prizes, music. Must have ticket to attend. Live Music featuring Casee Allen. Tickets available at Eventbrite. Limited tickets. More info, contact 483.2242 and see ad on page 8.

Halloween Open House!
PARENTS bring your little ones in for TREATS!
Thursday, Oct. 31st
2:30pm to 4:30pm
Consolidated
Reach the World, from here.
consolidatednd.com

MONDAY OCTOBER 14
ART SHOW CALL FOR ENTRIES 49th Annual BAA Show 2019 Call for Entries FINAL must be postmarked by October 14 to be eligible to display art work in show.

ADULT CRAFT CLUB - SPELL BOOK 6-7PM Creating a book to keep your favorite curses, errr...I mean spells that you use only for good. Supplies provided, for ages 18 and over!

TRINITY JUNIOR AND SENIOR HIGH SCHOOL FALL CONCERT 7PM Enjoy band and choir music directed by Dr. Brian Holder and Mrs. Sandy Tibor. Trinity High School Auditorium, 810 Empire Road.

WEDNESDAY OCTOBER 16
FREE MOVIE NIGHT: ZOMBIELAND (Rated R) 6-8PM One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 17. This is a Rated R movie so only those 17 and over may attend unless accompanied by an adult. Dickinson Area Public Library Community Room.

THURSDAY OCTOBER 17
TINY TOTS DRIVE IN MOVIE 10-11AM Drive on in and add some wheels to your car, find a "parking spot", grab some snacks, and enjoy the show! Please feel free to bring a pillow and/or a blanket. Ages 0-5. Dickinson Area Public Library Community Room.

FRIDAY OCTOBER 18
DSU MUSIC DEPARTMENT HOMECOMING CONCERT 7PM \$5-Adult, FREE-children, seniors, alumni, or with DSU ID. Stickney Auditorium in May Hall at DSU.

SATURDAY OCTOBER 19
VENDOR SHOW AND BAKE SALE 9AM-3PM Join us for our Vendor Show and Bake Sale, complete with refreshments. Evergreen, 2143 6th Ave East.

DSU HOMECOMING PARADE 11AM Parade route around town and college.

DSU HOMECOMING TAILGATING 11AM Biesiot Activities Center parking lot.

DSU HOMECOMING FOOTBALL GAME 2PM \$20-Adult blue seat, \$15-Student blue seat, \$10-adult, \$5-K-12 student, free with DSU ID. Biesiot Activities Center. Follow updates for all DSU Homecoming events at facebook.com/DSUHomecoming

DICKINSON AREA CONCERT ASSOCIATION PRESENTS TAKE 3 7:30PM With a flair for the wild and unexpected, this genre-bending trio mixes the refinement of a classical background with rock star charisma. Their takes on pop, jazz, and classical tunes include The Beatles, Simon & Garfunkel, and more. More info, contact 483-6873. Trinity High School Auditorium, 810 Empire Road.

SUNDAY OCTOBER 20
PANCAKE KARNIVAL 8AM-1PM The Rotary Club of Dickinson is organizing its 9th Annual Pancake Karnival. Come join us for all-you-can-eat pancakes while raising money for global polio eradication! Tickets are now available. Only \$6 for advance purchase and \$10 at the door. Biesiot Activities Center.

BAKED POTATO & CHILI FEED 11AM-2PM Join us for a Baked Potato and Chili Feed, featuring music by Leo & Diane Sand.

Plus, we're having a Bingo party at 2pm! Evergreen, 2143 6th Ave East.

**MONDAY OCTOBER 21
FREE MOVIE NIGHT: THE THING** (Rated R) 6-8PM One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 17. This is a Rated R movie so only those 17 and over may attend unless accompanied by an adult. Dickinson Area Public Library Community Room.

**TUESDAY OCTOBER 22
VETERANS GIVING VOICE- AN NEA BIG READ EVENT** 7-8:30PM Come listen to our veteran's panel talk about their experiences while in the service of their country. Registration is required and will open on Oct. 8th. Go to dickinsonlibrary.org to register.

**FRIDAY OCTOBER 25
GUN & SAFE RAFFLE** Eagles Aerie 2328 only club fundraiser. Tickets are \$20. Free Burger Bar for ticket holders from 5 - 7pm. Must be 21 to attend. Dickinson Eagles Club, 31 1st Ave East.

**SATURDAY OCTOBER 26
EVANGELICAL BIBLE CHURCH WOMEN'S MINISTRY GUEST SPEAKER** 9AM-2:30PM Jessie Seneca from More of Him Ministries will be the guest speaker. Doors will open at 8:30am with a light snack. Lunch will also be provided. Register for this event at <https://dickinsonebc.com/fall-event/>. Questions, contact Stacey Mendro at 701-570-4443 or staceymendro@gmail.com. Evangelical Bible Church, 2891 5th Ave W.

FREE FILM- GOOD MORNING, VIETNAM - AN NEA BIG READ EVENT 1-4PM As part of the ongoing NEA Big Read program, the DAPL in conjunction with DSU and other sponsors will be presenting the film, Good Morning Vietnam with discussion after the viewing. Dickinson Area Public Library Community Room.

SOUTHWEST AREA SPEEDWAY STOCK CAR RACES 6PM Awards banquet. More info, contact Contact 701.483.8722. Hwy 22, 10 miles south, 1 mile west of Dickinson.

HALLOWINE PARTY 8-11:30PM Wine, Beer, Spirits, Oh My! Come out to Medora Uncork'd for a fun and spooky Halloween Party! Ghostly

drink specials, prizes for best costumes, and more! 370 Pacific Ave, Medora.

**WEDNESDAY OCTOBER 30
HALLOWEEN PARTY** 2-5PM A very, merry un-Halloween for me? For you! Down the rabbit hole with Alice to Wonderland we go! Drop-in for games, fun, and prizes. Costumes are not required, but preferred. All ages welcome. Dickinson Area Public Library Community Room.

**THURSDAY OCTOBER 31
HALLOWEEN OPEN HOUSE** 2:30-4:30PM. Bring your little ones in for treats. Consolidated, 507 South Main.

TRICK OR TRUNK 4-6PM Bring your kids downtown for a fun, safe, and unique trick- or- treating experience. Area businesses share goodies from their trunks. More info, 701.483.6949 or email director@downtown-dickinson.com. Downtown Dickinson.

DICKINSON PARKS AND REC HALLOWEEN EVENT 7-9PM Enjoy a fun and safe atmosphere! Live DJ, door prizes, FREE admission and food, \$2 skate rental. Dress to impress, prizes awarded for best costume. All ages (children 7 or younger must be accompanied by someone 16+). More info, call Alissa Karsky at 701-456-2074. West River Ice Center, 1865 Empire Road.

ONGOING EVENTS

**DINING, NIGHTLIFE, BARS
THE ROCK** Thursdays 1st-Open Mic Night-Brady Paulson, 3rd-Live Music, 9PM-close, no cover. Friday Night Trivia. Starts at 6:00pm FREE to play. Regular Trivia followed by Music Trivia. Come early...Seats fill up FAST! 113 1st St West. More information rockdickinson.com.

THE EAGLES CLUB 5:45PM Wednesdays and Fridays Stop in and play Bingo. Games played in succession. 5-9PM Thursdays Beer and Wings. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

I DON'T KNOW BAR 11AM-3PM Lunch specials Monday-Friday. Mondays Pizza and a pitcher \$11. Tuesdays \$2 Long Island teas. Wednesdays 2-4-1's wells and domestics

6-10PM. Thursdays \$2 pints. Friday steak fry 5-9PM and \$6 pitchers. Saturdays \$15 beer buckets. Ladies night free wells and domestics 8-9PM then 9PM-2AM only \$1. Sundays \$5 Bloody Mary bar 11AM-3PM and \$3 pounders 5PM-close.

**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.

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

**FAMILY FUN
FARMER'S MARKET** 4-8PM Tuesdays/10AM-2PM Saturdays Dakota grown produce available while supplies last. Prairie Hills Mall parking lot.

DICKINSON MUSEUM CENTER 9-10AM Toddler Tuesdays Join us at the Museum Center to enjoy songs, crafts and stories. FREE and open to the public. Ages 2-4.

DICKINSON AREA PUBLIC LIBRARY 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 4-5PM Tuesdays Teen Fun (11-17). All day 1st/3rd Thursdays Kids' Lego Club. See dickinsonlibrary.org for up-to-date information and more fun activities that require sign-ups.

UNIVERSITY THEATRE 10AM Free, family movie the first Saturday and Sunday of month. Family fun in luxury electric recliners. First come, first served, doors open at 9:30 AM. DSU Student Center.

**CLUBS/GROUPS
BADLANDS BANDITS COWBOY SHOOT** 9:30AM Registration 10AM Wild Bunch Match 12PM Cowboy Match. A Cowboy Action Shooting (CAS) located in Belfield. They shoot every 2nd Sunday from May-October at the Belfield Sportsmen shooting range, 1/4 mile north and 3 miles west of Belfield. More info, 701.260.0347. Follow

event on social media for any changes in dates/times.

HEART RIVER HOMEBREWERS 5:30PM 4th Thursday of each month. Calling all home brewers! Meet at Phat Fish Brewery, 1031 West Villard.

SEW SISTERS Sew Sisters on October 8 and Loose Threads Quilt Day on October 26. More classes and info, see www.SuzysStash.com. 118 N Ave, Richardton. 974.7899.

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 Dickinson Chamber of Commerce. Contact Deb Kerner for more info 260.9292.

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.

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.

BADLANDS ART ASSOCIATION 7PM 1st Tuesday of each month. All community artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

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.

**MEETINGS
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/

mission/

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

PLANNING AND ZONING MEETING 8:00AM Last Thursday 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.

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club.

**COMMUNITY OFFERINGS
START UP YOUR DAY/START UP YOUR NIGHT** 8-9AM 2nd Thursdays/5-7PM 4th Wednesdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info visit startupyourday.com or startupyournight.com.

SAVE THE DATE

**NOVEMBER 14-16
FEARLESS FAITH WOMEN'S RETREAT** Badlands Ministries in Medora, ND. Registration forms available at www.fearlessfaithjourney.com or Facebook - [fearlessfaithjourney](https://www.facebook.com/fearlessfaithjourney). More info, call 701.264.0505. See ad on page 29.

**SATURDAY DECEMBER 7
OLD-FASHIONED CHRISTMAS STROLL** 12-5PM Join the Downtown Dickinson Association for an old-fashioned Christmas Stroll along with a ceremonial Christmas tree lighting at 6PM and a Parade of Lights to follow. Downtown merchants will host special events and in-house specials. To be held in downtown Dickinson.

HEART RIVER VOICE Q & A

Solution to meeting clients' needs solved by relocating

By Nathan Zent

Therapy Solutions owners Jared and Brenda Erie are looking forward to moving into their new Dickinson location, hopefully by October 1. The new location will be at 1679 6th Ave West in Dickinson, formally known as the Strom Center and part of the north campus of DSU, located just west of the Prairie Hills Mall. Most recently, this building has been providing a much-needed childcare service to the community known as Learning Ladder Preschool and Child Care. The new location will allow for all of the services that Therapy Solutions provides to be in one building. Jared and Brenda shared with some history about Therapy Solutions, as well their thoughts on how having all services in one building and the new building itself and will improve client care.

HRV/Nathan: What inspired you both to establish Therapy Solutions?

Brenda: Jared and I were both working for other great companies however, we both had a desire to do things a little different. Incorporating our faith into our practice was a priority. We also sought to create a family-based, light-hearted environment for our staff and wanted our company to become invested in the community. Having the flexibility to design our company how we wanted was incredibly appealing. Personally, I was excited to start working with clients individually. There is often so much despair in people's lives, and I was eager to help people turn from that despair and embrace hope in their lives. The ability to be part of a client's process of gaining inner peace through counseling is extremely rewarding.

Jared: I looked forward to developing a company that made a difference in multiple service areas within the community of Dickinson, as well as the surrounding area. I wanted the company to be an active and breathing part of the community - from helping young kiddos deal with developmental issues, assisting the injured athlete back on the course/track/field/court/mat/pool, returning a worker back to work, or being a part of dealing with injuries as we age. It was a priority to give patients who come to Therapy Solutions continuity of care and to demonstrate through our actions that each person's needs and individual goals are equally important to us to help them achieve.

Brenda: Jared and I are committed to helping people Take Their Life Back.

HRV/Nathan: How long has Therapy

Solutions been in two locations?

We opened our doors in August of 2010. At that time, we all fit at one location, which is currently the "North Clinic Location." As we added more staff and mental health, occupational medicine, and physical therapy continued to grow, we needed to obtain a second location. So, in fall of 2014, we located part of our business to the lower level of Advanced Vision Center.

HRV/Nathan: How are the services currently divided between the two locations?

Physical, occupational, and speech therapy as well as athletic training and occupational health are located at the north clinic. Mental health and human resources are located at the south location.

HRV/Nathan: Does the new building have any attributes that will improve



Jared Erie

client care?

Jared: We are extremely excited for what this building will allow us to do. Space is one of the biggest attributes. We will have designated areas for our pediatric gym, occupational health gym, sports rehabilitation area for both prehab (injury prevention) and rehab

(post-injury intervention), and large private treatment rooms. Our mental health services will have much-improved accessibility for our clients. The building rests on three acres, which will allow for an outside physical training area as well as a relaxing walking track that can be used for mental health's walk-n-talk



Brenda Erie

therapy.

HRV/Nathan: Do you have plans to add additional exercise equipment? If so, what?

Jared: Therapy Solutions will be able to add more cardio equipment including additional items such as treadmills, nu-steps, and bikes (upright/recumbents) to

New Clinic Location

Opening October 2019



Therapy Solutions
TAKE YOUR LIFE BACK.

1679 6th Avenue West (west of Prairie Hills Mall)

- Merging our two locations into one convenient Dickinson location
- Large Private Parking Area
- ADA Accessible
- Offering: Physical Therapy, Occupational Therapy, Speech Therapy, Mental Health/counseling services, Occupational Health (including drug/alcohol testing, hearing testing, pulmonary fit testing, physical ability testing, ergonomic assessments)



enhance what we currently have to offer. We are looking into more specialized equipment to meet the growing demands of athletes as well as items to assist our aging community such as a Free Motion machine.

HRV/Nathan: In what ways, if any, will having all the services in one building help providers to help clients to get their life back?

Jared: The biggest benefit to having our business in one location is ease of access to our entire organization from therapy intervention, occupational health services (drug/alcohol testing, pre-hire testing, etc), mental health services, pediatric services, and our administrative offices will all be available with one stop. Anytime, we as a group can collaborate in person on any subject is going to have a better outcome in the services we can provide. Technology is great, but without personal contact, something gets lost in the communication process. Having services under one location will get our group focused on giving a valued service to our community.

HRV/Nathan: Will there be a separate entrance in the new location for clients who are coming to Therapy Solutions for counseling services to alleviate any stigma that may occur from other people knowing why they are there?

Continued, next page

Continued from page 24

Brenda: Therapy Solutions is designed to have PT, OT, speech, occupational health, and athletic training on one side of the building and mental health on the other side of the building. The building will have two waiting rooms. Therapy Solutions wants to provide privacy and respects privacy of individuals. We also want to educate the public on the misconceptions about mental health illnesses. Millions of people suffer from mental health issues. It is not something to be ashamed of.

HRV/Nathan: After the new location opens in Dickinson, will Therapy Solutions

still offer outreach to Richardton and Killdeer for physical, occupational and speech therapy?

Jared: Yes, nothing will change with the outreach services. We will continue to offer outpatient services to Killdeer and Richardton. Both these communities have been so welcoming and supportive of us over the last nine years. We look to continue this involvement and working closely within each of these communities. We also offer in-patient therapy services to Hilltop Home of Comfort in Killdeer and Richardton Heath Center in Richardton. Therapy Solutions have

also developed a great relationship with Killdeer School offering sports medicine services including weekly health checks and game coverage at all sporting events.

HRV/Nathan: What are you most looking forward to about having all services in one location? Why?

Brenda: We are looking forward to all being together under one roof! We are looking forward to being in a convenient location with ample parking for clients and to offer more services to clients due to the additional space we will have.

If you would like more information about Therapy Solutions, visit their

website, Therapy Solutions.net. You can also call them at 701-483-1000. Heart River Voice wishes them the best in their new space! ■



Nathan Zent is a sophomore at Dickinson State University. He has interests in journalism, public relations, law, and sports. His favorite recreational activities are cheering on the Blue Hawks sports teams and going to Fine and Performing Arts events.

PARKS AND RECREATION

The history of golf in Dickinson

Golfers are a passionate bunch, most know everything there is to know about golf from the equipment they play to the speed of greens on any given day. Many avid golfers think they could design, build and maintain a golf course better than any course Jack Nicklaus ever designed. But how many of these golfers know the true history of their own hometown course and what transpired in the past to make the golf course unique or how past events impacted the course they enjoy today.

Golf in Dickinson, North Dakota all got started on May 6, 1913 when 9 people met and formed the Dickinson Town and Country Club. V. H. Stickney was elected president of the club; John Reuter, secretary; and Guy Hunter treasure. The very first golf course was 9 holes located on 70 acres leased from James C. Young for whom Young's park was named. Those 70 acres are part of what's known today as Rocky Butte Park and Memorial park. The land subsequently became the property for the golf course and construction of the 9 holes was mostly done by the 35 to 50 volunteers that made up the Dickinson Town and Country Club membership.

In 1920 shortly after World War 1 ended a corporation was formed which issued stock to the membership in order to build a clubhouse at the cost of \$9,000. Within 10 years the depression hit and the dry years of the 1930's and the golf club found itself \$6,500 in debt mostly from back taxes owed. In 1938 the Dickinson Town and Country Club decided they could no longer continue without help from the city so the property was deeded to the city for payment of back taxes and other outstanding bills. The agreement that was made back then provided that the land deeded to the city be used for

a golf course, but if the land was ever sold the city would provide for another golf course. In 1940 the city provided the first caretaker for the golf course but all other operating expenses would be paid for from membership fees to the Dickinson Town and Country club.

The Dickinson Town and Country Club was dissolved in 1952 and was replaced by a new organization that would bring about an improved golf course called the Dickinson Country Club. On May 18, 1954 the Dickinson Country Club was incorporated and took over managing and promoting the golf club. The club leased the golf course from the city and the board hired C. W. Ripley as the caretaker for seven months at \$200.00 a month. On June 20, 1954 a golf pro from Billings, Montana by the name of Abe Espinoza presented the board with a plan for a new golf course for the club membership. Mr. Espinoza proposed site was the location of our present golf course. He also estimated the construction cost at \$61,451 with a yearly operating expense of \$35,000 annually.

March 3, 1955 a plan was set into motion to turn the golf course into a housing project and was later placed on the ballot in 1956. It was believed at the time that the sale of the golf course for residential development was the only way to obtain a better golf course. The measure passed so the city formed a non-profit corporation called the Dickinson Development Corporation to sell the lots in the new sub-division. The land for the present golf course was acquired by long term leases to the City of Dickinson from the Northern Pacific Railway and the Bureau of Land Management. The City of Dickinson would contribute \$63,500 in installments from 1957 until August

13, 1959 for the construction of the new golf course. The land leveling and construction of bridges took place in 1957 with the major construction being done by Leo Johnson for Sioux City Iowa. The Dickinson Golf Club opened for golf on May 30, 1958. Pryor to the opening of the course on October 8, 1957 the old club house was moved onto the new location and placed on a newly



constructed basement. Eventually the original club house was purchased by Gib Sax and moved to his property just west of the golf course. On March 11, 1961 the bid of \$28,000 from Heaton Lumber was approved for the construction of a new club house and October 20, 1966 club president Robert Stranik reported funding was in place for the construction of a new pro shop.

The first talk of expanding from 9 holes to an 18 hole golf course happened September 1, 1967 when the board approved to acquire 104 acres of the Bureau of Reclamation land south of the Patterson Lake dam. One of the biggest events in Dickinson golf course history happened in 1971 when an automatic sprinkler system was installed at the cost of \$75,000. In 1973, 18 members of the Dickinson Golf Club formed the Golf Course Expansion Committee chaired by Kay Kloster, the city leased the land for the proposed expansion from the Bureau of Reclamation, with some of the land originally belonging to William Kesting.

Sometime in 1974, a preliminary

plan of the golf course layout was submitted by Don Herfort, an Architect from Minneapolis, Minnesota. This plan was only used as a starting point because once the project was under way, Dick Phelps from Evergreen, Colorado laid out the master plan for the 18 hole golf course. Construction on the new 9 holes began in 1974 and \$175,620 was spent on the project until

1977 when construction was halted with the decision to raise Patterson Lake 3½ feet by installing bascule gates on the spillway. Further construction on #10 and #18 fairways stopped until the auxiliary spillway could be completed. Upon completion of the bascule gates and auxiliary spillway, construction of the final two fairways were completed and the Dickinson Golf Club officially became an 18 hole golf course in the early 1980's.

Fast forward to 2019 and through the years the Heart River Golf Course has continued to grow and mature into an esthetically beautiful, one-of-a-kind golf course that will challenge even the best of golfers. As we look to the future the Dickinson Parks and Recreation will continue working to elevate your golf experience and enhance the beauty unique to the Heart River Golf Course. We find ourselves in the fortunate position to be stewards of a beautiful property that future generations can enjoy and we owe it all to a decision 9 passionate individuals from the Dickinson Town and Country Club made 106 years ago. ■

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



The Dickinson Rotary Club, represented by members Deb Dragseth, left, and Dawn Pruitt, donated more than 200 boxes of crayons to the Hagan pantry as the Club's September community kindness initiative. Donations to the pantry are made available to all students in need in the Dickinson public schools. Each month the Dickinson Rotary club collects an item for a particular charity. Past initiatives have included a large donation of toilet paper to the Domestic Violence and Rape Crisis Center.



Mom and son take a selfie at the Chamber of Commerce Harvest Festival.



Patrons enjoy learning more about dinosaurs at the Cretaceous & Beyond Symposium.



Laura Walters and Shirley Herbel, Dickinson Area Community Concert board members, at the Chamber of Commerce Harvest Festival held at DSU.



NDSBDC's/DSU Asst. Professor, Dr. Ujal Ibrahim, speaks at Stark Development's Start-Up Your Day event held at the Odd Fellows Lodge.



Teddy takes a ride down the straw slide at the Chamber of Commerce Harvest Festival.



Customers peruse Pride of Dakota products at the 2019 Dickinson Harvest Showcase.

YOUR HEALTH

Magnesium and pain

By Steve Irsfeld

Society today is dealing with an opioid epidemic and patients and practitioners are looking to treat pain with options that don't contain potentially addictive opioid medications. After reading this article, I hope you agree that magnesium should be considered one of those options.

As good as magnesium is for you, the bad part is that the Food and Drug Administration estimates that up to 68% of the population is deficient in this important mineral. It is available in our diet by eating almonds, cashews, peanuts and peanut butter, soybeans, spinach, dried beans, potatoes, whole grains and other foods. Getting magnesium in your diet can be a challenge for many and supplementation can be easily done with not much of a strain on your pocketbook.

Magnesium has many functions including: strengthens bones; maintains nerve and muscle function; regulates heart rhythm and blood sugar levels; and helps maintain joint cartilage. This mineral is a critical cofactor in over 300 enzymatic pathways in our bodies. When you consider 68% of us are deficient in this mineral, it would appear that our bodies are not functioning optimally.

Symptoms of low magnesium include: fatigue, depression, muscle cramps, irregular heartbeat, high blood pressure, sleep disturbances and asthma, to name a few.

The role of magnesium in pain management involves its blocking of the NMDA receptor. NMDA is an abbreviation to a really long description and is one of several gateways for pain transmission. If we can affect the NMDA receptor, we can help stop pain. The NMDA receptor is also blocked by medications like ketamine, tramadol and methadone, all commonly prescribed for pain management.

Getting magnesium in your diet is a great option but a majority of patients are not eating the necessary foods

to make that happen. Medications can also work against us. Diuretics or water pills pull fluid off of our body and are used in patients with blood pressure and cardiac issues. When they pull fluid from our systems, they also pull out electrolytes and minerals including magnesium. These include popular medications like furosemide and hydrochlorothiazide.

Proton pump inhibitors or PPI's affect the absorption of magnesium. These include omeprazole, pantoprazole, and lansoprazole, either prescription or over-the-counter. If you are suffering with pain and taking one of these medications, it is critical to be taking a magnesium supplement to offset their depletion.

As with any supplement, the quality and form of magnesium is critical. When you are presented with many different options for the best form to use, this can be quite confusing.

The glycinate form is one of my favorites. Magnesium itself can cause loose stools and diarrhea and that is why it is used in preparations like milk of magnesia. The glycinate salt form is gentler on your stomach than other salt forms. Secondly, absorption is a big deal and taking a magnesium supplement that isn't well absorbed will do little for you. The glycinate is a highly absorbable form of magnesium.

That being said, it may not be the right choice for you, and visiting with a health care professional should make that decision a little easier. People who have kidney issues should consult a doctor before taking magnesium. Kidney problems can cause difficulties in excreting the excess magnesium.

Magnesium is a great option in our quest to effectively treat pain. Other supplemental options include: Vitamin D, curcumin, Omega 3 fatty acids, and Selective Pro-Resolving Mediators.

Our pharmacy can help with choosing the right magnesium supplement for your needs. Stop by or give us a call. Until next time, be vigilant about your health! ■

A graduate of NDSU College of Pharmacy, Steve Irsfeld has been the owner of Irsfeld Pharmacy PC in Dickinson for 23 years. Steve enjoys spending time with his 3 daughters and wife of 31 years, Carolyn. He enjoys traveling, gardening, mountain biking, cooking, and learning new ways to better help his patients.



MINISTRY

Friendship 365

The Evangelical Bible Church Women's Ministry is thrilled to announce that Jessie Seneca from More of Him Ministries will be the guest speaker at EBC in Dickinson, ND, Saturday, October 26, 2019, 9am-2:30pm MST. Doors will open at 8:30am with a light snack. Lunch will also be provided.



Jessie is the founder of More of Him Ministries. She has shared with women in the U.S. and Canada and works with Lifeway Women's ministry on national events and is a frequent presenter at YOU Lead

leadership conferences. She enjoys seeing women get into the Word of God and have it make a difference in their lives. Her ministry challenges women to make God a priority and inspires them to move into a whole-hearted lifestyle, one devoted fully to God.



This, one day, FREE event will be a day of renewal and refreshment as Jessie shares on the topic of "Friendship 365". Jessie will share her experiences and lessons learned about friendship with God and others. ■

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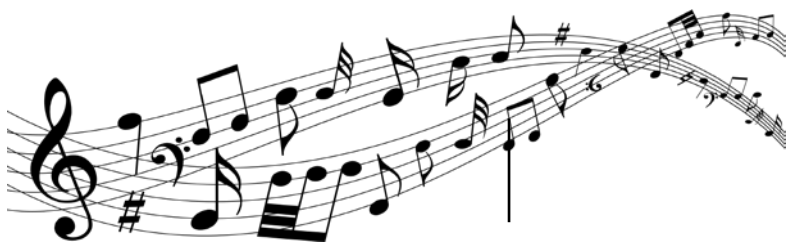
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DOWNTOWN DICKINSON ASSOCIATION

MUSIC TO OUR EARS



Dickinson Area Concert Association

By Carma Gerbig

As fall comes to Dickinson, ND, the Dickinson Area Concert Association is up and running with an outstanding show called TAKE 3, a unique trio of Piano, Violin, and Cello. And, while this classically-trained ensemble has roots at Carnegie Hall and Alice Tully Hall in New York City, TAKE 3 has evolved into a

cross-over attraction that includes a wide range of music. With a flair for the wild and unexpected, this genre bending trio brings their training of refined yet rigorous performance to a crossover point with rock star sensibility. Whether playing pop, rock, jazz or classical,

they bring enthusiasm and impart a true love of music to all audiences. Their fan base continues to grow around the world through each individual's solo, chamber and orchestral engagements.

Led by American violinist Lindsay Deutsch, who with her limitless enthusiasm and vast gifts as a performer and entertainer, brings a captivating and charismatic presence to Take 3. She is presently touring as a solo violinist with worldwide musician Yanni and as traveled the globe with his unmistakable shows.

Cellist Lila Yang began her instrument at age 6. By the time she was ready for college, Juilliard was ready for her and she received a rare scholarship. Since performing professionally, she too has traveled the world playing in many prestigious venues.

Pianist Irene Kim has established



herself as a highly sought after musician after winning the Franz Liszt First Prize in the Liszt -Garrison International Young Artist competition. She has won many other awards and has performed at such venues as the Dorothy Chandler Pavilion, the Kennedy Center and the Library of Congress.

Altogether, these three musicians who are TAKE 3, will TAKE you on a musical journey to the worlds of Simon & Garfunkel, Astor Piazzola, Leonard Cohen, Hans Zimmer and The Beatles...to name a few.

Be sure to mark your calendar for TAKE 3 on Saturday, October 19 at 7:30 PM at the Trinity High School Auditorium. You can watch a video of Take 3 at [Vimeo.com/286211741](https://www.vimeo.com/286211741). For more information, please call 701-227-1673. ■

UNITED WAY

2019-2020 Campaign

United Way of Dickinson is the collective power of people working together toward long-term solutions that bring about changes and solutions that are important to our community. These changes are essential to improve the quality of life and truly help build the future of the Greater Dickinson Area.

Funds raised in the United Way of Dickinson's annual fundraising campaign and fundraisers are used in programs right here in Stark, Dunn, and Billings counties. In addition to funding programs and partner organizations, United Way of Dickinson runs several community-wide initiatives.

United Way brings everyone together

to improve lives by amplifying individual passion to take on our toughest challenges together. We don't focus on a single issue because change is bigger than one organization or program. We partner with local nonprofits and invest in local programs that show measurable outcomes—every year.

The 2019-2020 United Way campaign will continue until Nov.

15 and everyone is invited to make a difference. Help us continue to help 16 local nonprofits, 18 local human service programs, for a total of over 6,000 local community members in need each year. For more information about how you can help improve lives in the local community, visit dickinsonunitedway.com. ■



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Heart River
VOICE

CRAFTING

Everything is a miracle



By Suzy Rummel

There is a quote by Albert Einstein; "There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle." That quote really hit home this past month. My brother passed away after a battle with cancer, and I was with him during his last moments. Miracles really do happen every day and we can look at them as coincidences or we can look at them as miracles so I prefer the miracles. Double rainbows, amazing family, terrific friends, dreams, butterflies, babies; all are miracles when they are put into perspective.

My brother told me to tell everyone to "Remember me with smiles and laughter for that's way I'll remember you all. If you can only remember me with tears then don't remember me at all." It is a quote by Michael Langdon and thank goodness for the internet because we found it! I am choosing to live my life as though everything is a miracle because it is a lot more fun that way. I am also going to remember my brother with smiles and laughter because that was one of his last requests.

Our two year anniversary was on September 26 and we celebrated in style. Thank you to everyone who came

and for all your support for the last two years. We are constantly striving to offer more selection, more classes, different venues and exciting events. We love to hear suggestions and love to see your beautiful faces so come on in and visit. If you can't venture in, you can always shop online at www.SuzysStash.com. Rock around the block is going great, we still have two selections left and the quilt samples are finished so come take a look.

October is filled with classes, events and interesting things. Some of the upcoming events include Sew Sisters which is the second Tuesday of each month at 2:00 pm. A daylong event hosted by the Loose Threads Quilt Guild will be held on Saturday, October 26th with demonstrations which the public is invited to attend. Halloween Strip Pieced runner October 2, Rag or T-shirt class on October 16 and 30 are some of the events held in October. We are also switching to soup daily. Two sandwich and two soup selections are served from 11:00 - 1:30 Tuesdays through Fridays. We also have fresh flowers with a cooler full of beautiful arrangements.

Have a spootacular and bootiful month! ■

BADLANDS MINISTRIES

Fearless Faith Journey set in the Badlands

By Debi Simmonds

Have you ever wondered if there was a place to attend a women's retreat where you can rejuvenate your faith in God through prayer, art, song, and laughter? I did. I truly believe, "If God calls us to it, God will see us through it."

So, it is with fearless faith, I invite you to bring a friend or two and come to Badlands Ministries for the Fearless Faith Women's Retreat from Thursday, November 14, through Saturday, November 16, in the quietude of the Badlands.

Since there is limited space for this retreat, you are urged to register on our website: fearlessfaithjourney.com. Follow us on Facebook-Fearless Faith Journey.

This first-of-its-kind retreat offers a unique setting and customized sessions all geared to nurture your faith in Christ. Highlights of our retreat include:

Amanda Keller, Speaker

Amanda is a Worship Pastor and Tech Director and contributes as a writer and speaker for Titus II Ministry. Amanda and Nathan met at Trinity Bible College and married in 2001. She



is a homeschooling mother of two great teenagers, Jaden and Kylie. The Kellers love to serve in ministry as a family and have done so for the last sixteen years. They currently reside in Williston, ND. Amanda's passion for leading others in worship shines through along with her love for Jesus, her family and laughter. Amanda holds associates degrees in both music performance and office administration from Trinity Bible College. She is the co-author of a devotional book "Journey in Faith, Embracing the Unknown."

Canvases of Faith with Cherie Roshau

Each participant will illuminate a favorite scripture passage or quote through their art. No previous art experience



necessary. Just bring your eyes of faith. Through doodling, painting, gluing, cutting, tearing, stamping, and, creating you will be discovering your path to faith and prayer. During this session, you are invited to experience art expressions as a visual voice of a prayer or scripture. You will be working on a canvas using acrylic medium, acrylic paint, photos, magazine clippings, and memorable items. You are encouraged to bring your favorite faith quotes (printed or written down).

Chalking with Lynn

Experience the newest crafting technique, Chalk Couture, with Lynn Prevost. All supplies will be included to create a faith-related home decor piece of your choosing.

What's Your Word?

You will create your own MyIntent's What's Your Word? bracelet. A mindful reminder of your dreams, goals or what matters most to you.

Together we can begin our journey to fearless faith. Please join us! Let's Be Fearless. ■



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| 10 Siren | 47 Relation | 36 Dashed | |
| 11 Moist | 48 Night | 38 Ocean | |

- DOWN**
- 2 Hocked
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 - 6 Adverb
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Last month's puzzle solution

++Color My World++

Solution:



real estate made simple.





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Tammie Braun
BROKER ASSOCIATE

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tammiebraun@gmail.com

**DADDIES WITH DAUGHTERS
HAIRSTYLING CLASS**

When: Friday October 11th @ 6:30 pm

Where: Fluffy Fields Winery

2708 21st St E, Dickinson

Duration: Class 1hr

Optional Dates Following Class

Cost: Free

HAIR SUPPLIES PROVIDED
FOOD AND DRINK FOR DATE NIGHT WILL NOT BE INCLUDED

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OCTOBER 2019

HOROSCOPE

by Hilda De Anza



ARIES
March 21-
April 20
Early October signifies a

transition from very hard-working focus to the importance of relationships in your life. Mid-month partners are looking for greater intimacy and deeper sharing. Challenges build up as you approach the end of October, which indicates a career challenge as you face up to authority figures. Do your best to compromise. Someone has found your weak spots, and perhaps this is an opportunity to work on them.



TAURUS
April 21-
May 21
There is

a powerful focus on new developments at work. On October 8th your ruler Venus moves into Scorpio, which puts a much stronger focus on intimate relationships. You feel things more strongly and you feel vulnerable too. During end October your softer and more idealistic side is evoked. This is a time when you may want to get more involved in a movement or group which is focused on a universal ideal.



GEMINI
May 22-
June 21
In October,

you leave worldly pleasures behind and get stuck into challenges of the workplace. You have a great capacity for research and are easily able to get to the bottom of things. This is also a period of working under the radar to find solutions and realize profitable tactics. It is a good time for marketing and working on subconscious emotional factors. The work situation gets more complex and things take longer to sort out.



CANCER
June 22-
July 22
For much of this

month you will be focused on domestic matters and family relationships. This is an extremely dynamic period in your family life. The full moon on October 13th brings dynamic developments in your career and is extremely favorable. Later in October there is a strong focus on self-expression and intimacy when your charisma comes into play. Expect a surprise around October 28th.



LEO
July 23-
August 22
The focus

will be in getting your message across, expressing your ideas and generally smoothing over any difficulties. This is going to be a positive, happy month, particularly around the full moon October 13th. During the end of October, the focus shifts radically towards family and domestic issues. This is a hard-working period requiring grit and determination, sparked by a surprise event at the end of the month.



VIRGO
August 23-
September 22
The energy

shifts from material and financial issues to communication matters. You may be dealing with sensitive and private matters that need to be discussed. Secrets are completely safe with you, but you cannot prevent them coming out through other people. Near the 28th, unexpected information comes to light, forcing you to share what you know. This is a good time for travel and research.



LIBRA
September 23-
October 22
Expect

interesting developments in relationships which dominate much of the month. Partners are very motivated to be with you and are willing to make a lot of compromises for the sake of love. The October 13th full moon powerfully activates relationships. This is going to be a key month in your love life. Mid-October is an extremely positive time, when everyone is willing to make compromises, and happy events arise.



SCORPIO
October 23-
November 21
A good time

for love and romance, and partners are certainly motivated to do things your way. It is a good time for intimacy and intensity. You tend to adopt a low profile, act too nice and generally feel insecure when faced with communication and educational challenges. While partners are emotionally demanding, you tend to isolate yourself. Accept a more masterful role, which paradoxically would make partners feel less insecure.



SAGITTARIUS
November 22-
December 21
With the full moon

on the 13th, things now go your way. You can expect happy events in every aspect of your life and great success socially and with creative ventures. What you work on now is crucial for future success. By the end of the year, you will be entering new and challenging territory, which will set the scene for many years to come. Expand now and consolidate later.



CAPRICORN
December 22-
January 20
During this period,

compromise is not something that is high priority, therefore you are likely to veto decisions other people make, if they are perceived as undermining. Towards the end of October, there is a major emphasis on your role in organizations and on friendships in general. People look to you for leadership and advice in this respect, and this is a good time to forge exclusive bonds with powerful people which are private and confidential.



AQUARIUS
January 21-
February 19
Main emphasis

this month is on your professional life. Things are moving forward for you, and slowly but surely you start to make progress. The full moon on October 13th may usher in a period for travel. The new moon on the 28th indicates an unstable period in home and career. End of month brings changes which involve more travel, and perhaps a decision to go back to a profession you are more familiar with.



PISCES
February 20-
March 20
October opens

a window of opportunity to achieve some of your dreams and professional aspirations. The full moon may bring financial benefits and support from people who are inspired by your vision and forward thinking. Money can come your way and money-making initiatives pay off. Your intuition is extremely powerful at this time and you are attracted to alternative viewpoints, and there may be radical developments surrounding you.

CHI St. Alexius Health
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Mammos &
Mimosas**

1 in 8 women get breast cancer in their life.
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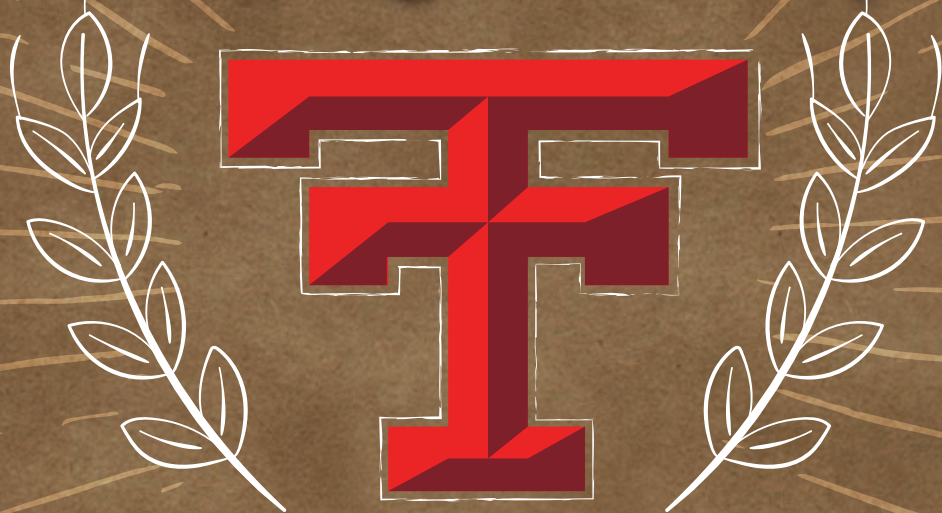
**TO SCHEDULE:
701-456-4253**

RINGO



At the young age of 9, John Garig was in his first art show which sprouted him into the artist currently living in Dickinson, ND. He finds inspiration in his dog, Astrid and Cat, Nytro. When he's not working on commissioned projects, he is teaching and encouraging the residents of Dickinson to paint their own masterpieces at a weekly Brushes and Booze class. With a varied history in all things art and a love for cartoons and animation, John continues to surprise the community with colorful artwork for all onlookers.

PROSA!



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