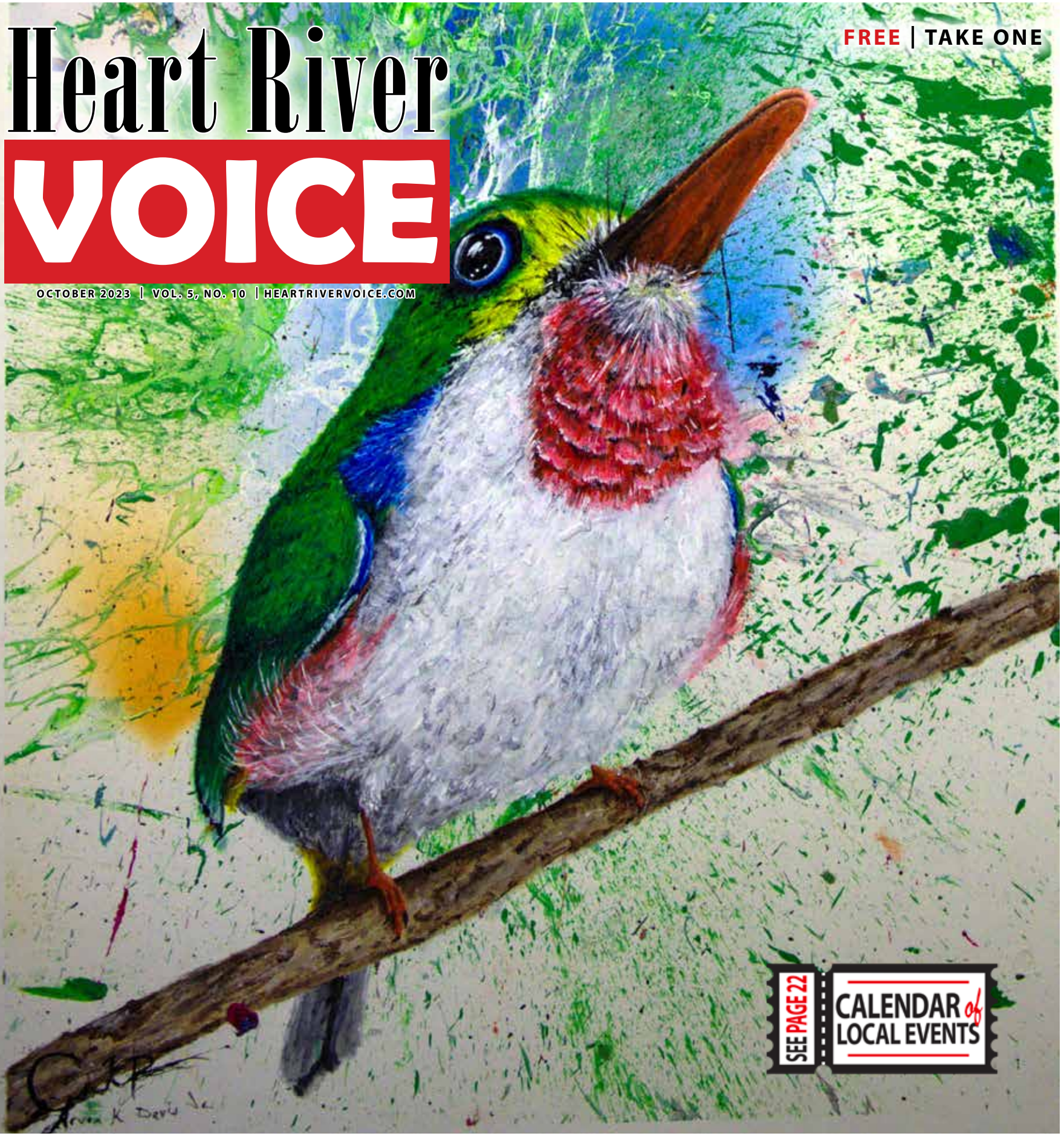


# Heart River **VOICE**

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OCTOBER 2023 | VOL. 5, NO. 10 | HEARTRIVERVOICE.COM



SEE PAGE 22

CALENDAR *of*  
LOCAL EVENTS



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## A note to our readers

We are grateful to our community for the support you have shown towards Heart River Voice. Your dedication has allowed us to continue showcasing the vibrant tapestry of talent and creativity that exists within our community. We are honored to be the platform that brings these events to your attention, and we are committed to continuing to serve as a VOICE for the arts and culture in our community. We are always open to feedback and suggestions. Contact us!

Thank you for your continued support!

**Kelley Jilek**  
*Publisher*

Cover art, "Cuban Tody" by Arvin K. Davis, Jr. For more information about the artist, see page 5.

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## MAMMOS & MOCHAS

*Saturday, October 14: 8a - 12p*



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## #BOOKWORM

## A spook-tacular October!

By Cindy Thronburg



We are celebrating autumn and all things spooky this October. We have tons of activities in which the whole family can participate. All events take place in the Community Room of the library unless otherwise stated.

We have a couple of "spooky" movies to show you in October. The first will be a Free Family Movie showing on Friday, October 6th at 4:00pm. We will be showing Hotel Transylvania. On Friday, October 20th we will have a Matinee Movie at 2:00pm. We will show The Corpse Bride. Attendees will receive a free bag of popcorn at each of these movies. Please feel free to bring your own drink!

On Saturday, October 7th from

1:00pm to 4:00pm we will be having our Costume Swap Pick-up. If you donated a costume and received a ticket, the first 30 minutes are reserved for you. Then, at 1:30pm, anyone can come and choose a costume, whether they donated or not.

There are lots of programs for each age group this month, starting with the S.T.E.A.M. group (ages 6-9). They will be meeting Monday, October 9th at 4:00pm to make Flying Ghosts. Sign-up is required for this program.

Tweens (ages 10-12), will be meeting three Tuesdays this month, each at 4:00pm. On the 3rd, they will be making Pinecone Hedgehogs. On the 17th, they will be making Beaded Pumpkins, and on the 24th they will make Day of the Dead Masks.

Teens (ages 13-18) will meet Thursday the 5th and Thursday the 19th, each at 4:00pm. On the 5th they will do Haunted Cupcake Wars, and on the 19th they will make Hocus Pocus Spellbooks. Then on Friday, October 27th starting at 6:00pm, Teens will have their Teen After Hours Halloween Lock-In. Sign-up for this event is required. This party will take place when the library is closed! There will be snacks, pizza, a costume contest, games, and more Halloween fun!

We have a brand-new program for ages 13+. On Monday, October 2nd at

6:00pm we will have a Magic: The Gathering session. Are you new to the game, or have you been playing since the 90s? We have a spot for you! Join with old friends and make new ones as you face off in the popular trading card game. Bring your own deck or borrow one of ours provided by MagiKids. Provided decks are in Pioneer Format. Registration is required and can be done on our website.

Adults get to join in on the fun, too! They will be making Carved



Book Pumpkins on Monday, October 16th at 6:00pm. They will also be discussing The Woman in Cabin 10 for the Adult Book Club on Monday, October 23rd at 6:00pm, and on Tuesday, October 17th at 6:00pm there will be a Sip & Stitch session.

We have a few special events in October. The first will be the Annual Friends of the Library Book Sale. This will take place from 10:00am to 2:00pm on Saturday, October 14th. Buy a Friends of the Library Book Bag, available at just \$5 a bag, and fill it up! Twice Sold Tales, the Friends' used bookstore, will also be open during the sale. Everything in the store will be 50% off! They will also be doing a Membership Drive. An annual membership is just \$10.

We will be having Ghost Stories at the Library on that same Saturday (the 14th) at 7:00pm. This is for ages 13+. The Paranormal Investigators of North Dakota will be here to share stories from their past investigations and how they use their equipment.

We will be having another Pokémon

Party on Saturday, October 28th from 2:00pm to 4:00pm. Join us to partake in all things Pokémon!

On Halloween, Tuesday the 31st, we will be having two events. The first is our Kids Halloween Party. This will take place all around the library. It will be from 2:00pm to 5:00pm. Drop-in for games, crafts, and prizes! Costumes are not required, but feel free to dress up! This party is geared for ages 2+. We will also be taking part in Downtown Dickinson's Annual Trick-or-Trunk! Look for our spooky and booky Bookmobile from 4:00pm to 6:00pm in the downtown Dickinson area.

We have so many more programs to offer you this month. Please see our Facebook pages, our website at [www.dickinsonlibrary.org](http://www.dickinsonlibrary.org), or check out our Calendar of Events that we have available in the library. We also have a separate calendar for just our Dungeons & Dragons and Magic: The Gathering events. We hope to see you around the library soon! ■



## COVER ARTIST Arvin K. Davis, Jr.

My name is Arvin K. Davis Jr., and I'm also known as "The Banana Man." I like to express myself in surrealist/dada-influenced styles. I use vibrant colors, strong brush strokes, detailed line work and paint and ink splatters; it's a controlled chaos that may be overpowering. DOOM. Banana is a new series and a trademark of mine.

A disorganized collection of influences: historical European masters, impressionism and expressionism movements, surrealism, Dadaism movement (major impact), abstractions, hyperrealism, creative realism; it's all inspiring depending on your point of view. The most major effect was working intentionally with my children. That really opened my eyes. The collaboration process took years and a lot of effort. I had to learn. To be self-assured and distinct from others. To feel competent in my artistic endeavors. What being patient entails. How to realize that what I want may not be what others want or have the energy to seek. My excitement and my pressure are not the same thing; I had to learn to give them room to exist without being pressured. I owe so much to my children; my development was not without setbacks or hurt. I had a lot to learn, and more to learn. Real collaboration comes when you learn to step back from steering the ship. It's kitschy, but as an artist, this is liberating.

I usually create in mixed media on paper, but I also like working in other mediums. I mostly work with watercolors, inks, fluid acrylic, and



Arvin K. Davis, Jr

heavy body acrylic. I've also started experimenting with sculpting. To begin, I start working mentally. Create a quick sketch(s), expand it, and then make the detail drawing at that size once I begin producing. I utilize the rush of creative energy. Take use of this fluid energy. The sum is sufficient. I utilize and enjoy the abstract's airy and ambiguous spirit. I also trust in my technological abilities enough to create realism inside it. PRACTICE that OVER AND OVER AGAIN to make it work, then simply combine these abilities. My art incorporates societal critique, worries, strengths, and outright absurdity. DOOM. Banana accepts all of this and chooses to DOOM. I choose creative energy. My only limitation is my own aptitude to learn it.

I am a self-taught artist. Perspective is provided by expression. A refuge for me to explore my ideas. Not everything I work on has significance, however, when it does, it is profound; a clichéd rogue wave. ■



The Empress



Bananaflyes

## COMMUNITY Dorcas Society

Dorcas Society is a membership organization that reaches out to families in need in our community. Established in 1909, the Society connects community support with families or individuals by offering a helping hand.

Today we are a group of women who continue to aid families, single parents, and most of all children. We provide baskets at Thanksgiving, Christmas, and Easter. Each basket provides an entire meal, and our Christmas baskets include gifts and personal items for the parents and children. We receive referrals from Social Services, teachers, pastors, and our members. Each member is assigned one or two families in need. We keep in touch throughout the year and provide help as needed, fostering the bond of understanding and friendship. ■



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## NDSU EXTENSION Time to join 4-H!

By Holly Tuhy

The fall is such an exciting time for us in the Stark-Billings Extension Office. September brought the start of the new 4-H year! This is the best time for new members to join and explore all the wonderful things 4-H provides. Now that we are in October, there is a buzz of excitement as we prepare for the celebration of National 4-H Week, which is October 1-7, 2023!

What is 4-H, you ask? Great question! 4-H is an organization that empowers youth to build valuable life skills through hands-on learning, leadership, and public speaking. The four H's in 4-H stand for head, heart, hands, and health. 4-H is open to all youth ages 5-18. Students who are ages 5-7, by September 1, are considered Cloverbuds. These 4-H'ers aren't quite ready to compete to the same degree that older children can, but there's still plenty for Cloverbuds to do. Students who are 8 or older, by September 1, transition to full membership. While 4-H is a youth organization, parental support and volunteering is vital to the success of 4-H members.

It may appear that all one does in 4-H is attend club meetings, but 4-H offers much more. 4-H'ers select project areas of interest to them at the beginning of the 4-H year. Maybe it is wood working or baking, beef animals or photography. Youth can pick from any subject area! From September on, members go in-depth with their projects, practicing and learning as they go. Come June, youth have the opportunity to showcase their finished products at the Stark-Billings County 4-H Achievement Days.

Maybe you are familiar with county fairs and have walked through a 4-H exhibit building or two. But did you know



4-H offers even MORE to members than a week at the fair? There are so many learning opportunities and so much fun to be had in 4-H. Don't just take my word



for it, check out what our members have to say about why they LOVE 4-H!

"I like 4-H because I get to do different activities, and learn new things every day."

-Layne M. with the Heart River Wranglers 4-H Club

"I like 4-H because there are so many different things I have gotten to experience since joining. Everyone encourages each other to try new things they may have been too scared to do before. It's a fun and rewarding activity I like being part of."

-Ian B. with the Badlands Edge 4-H Club

Call NDSU Extension Stark-Billings County to join 4-H TODAY: 701-456-7665! ■



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**CHRIS FUNK, THE WONDERIST**  
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## COMMUNITY N'Compass

Women's Barbershop has been in Dickinson for 30 years. It started with a group of women interested in exploring a new kind of harmony. We gathered at the United Methodist Church to hear about this close harmony that was already being sung by the men of the



Bandlanders Chorus. Norm Iverson put out the call and this was the start of the Prairie Rose Chorus a member of Sweet Adelines International. So, for the last 30 years women of all ages have come together every Tuesday night to learn a new hobby.

Women have come and gone, with a few remaining for the entire time. Fast forward to 2023 and times have changed, but many of the same faces remain. Prairie Rose is now N'Compass Barbershop Chorus and has joined the Barbershop Harmony Society which was originally just made up of men's choruses. In about 2019 BHS began admitting women's Barbershop Chorus's and has mixed chorus's as well. With this change comes exciting new things for N'Compass.

Under the direction of Linda Splichal, the chorus is looking to update the type of music that is being sung as the chorus adds new selections like "Happy",

"Beach Boys Medley" and "Kokomo" as well as retaining some of their favorites "Irish Blessing", "Consider Yourself" and "American Medley". As changes continue, the chorus knows the importance of honoring their history while moving into a new era to attract new voices, which we have done since making these changes. We are still welcoming women of all ages to join us on Tuesdays from 6-8pm at St. John's Lutheran Church.

Recently 10 members of N'Compass has the opportunity to travel to Hill City to join other BHS choruses for a day of singing with coach Donny Rose. To cap the day off, the chorus's performed individually and as a mass chorus at Mount Rushmore. The learning was fabulous and concert, followed by dinner and more entertainment was more fun than we could imagine. With 100 voices on the risers the sound was big, full and fantastic! We can't wait for next year's Harmony Happenings in the Hills.

Moving on to our next chapter is our annual Christmas sing, Let There Be Peace, on December 2nd at 2 pm at St. John's Lutheran church. Women of all ages are invited to join us starting October 3rd at 6pm. Rehearsals are held in the basement of St. John's Lutheran Church. It has been so much fun singing with our guest in past years and we are looking forward to seeing familiar faces from past years and welcoming new faces this year. The Christmas Sing lets women try the chorus out and learn about Barbershop singing to see if they might want to be a part of it.

If you would like more information about the all new N'Compass Barbershop Chorus, contact Linda Splichal at 701-495-4955 or Tanya Hushka-Martin at 701-260-4755. We would love to have you join us for a wonderful sing experience. ■

## GOING POSTAL Piñatas

The U.S. Postal Service is celebrating the fun of piñatas with a new booklet of 20 colorful and festive Forever stamps. The Piñatas! stamps feature four vibrant illustrations of the traditional Mexican party favorite. Two are of a donkey with either a bright pink or orange background, and two feature a seven-point star set against either a purple or green background.

Today, the piñata is an important part of many celebrations in Mexico, the United States and around the world. Blindfolded players take turns striking the piñata until it breaks, scattering inside treats to be gathered up by all the participants.

Victor Meléndez created the original art and designed the stamps. Antonio Alcalá was the art director.

Customers may purchase stamps and other philatelic products through the Postal Store at [usps.com/shopstamps](https://usps.com/shopstamps) or at their local Post Office. ■





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**THE ARTS**

# Unforgettable presentation by Karin Gunderson "Lift the World"

Karin Gunderson, International English teacher, author, musician, song writer and founder of Heavenly Harp, is set to deliver an unforgettable presentation titled "Lift the World." This enlightening and inspiring program will take place on Thursday, November 2, 2023, at 7:00 pm at St. John Lutheran Church 146 6th Ave West.

During this extraordinary journey to the heart of the Afghan refugee crisis, Gunderson will delve into the lives of those she has taught, revealing

unimaginable bravery and strength. Attendees will witness a brand new perspective on Afghanistan, one that is often overshadowed by news headlines.

Gunderson's engaging narratives will highlight the resilience, faith, and strength of the Afghan people, reminding us all of these qualities within ourselves. Through her unique blend of storytelling, music, and conversation, attendees can increase their own power to make a difference.

In addition to the captivating stories, uplifting songs accompanied by the enchanting sound of the harp will be performed by Gunderson. These melodies have the power to uplift spirits and fan the fire within each individual. Attendees will find themselves singing along, inspired by the universal language of love in music.

Karin Gunderson emphasizes that true change starts with the individual and how we choose to value each person that exists. Whether you are a parent, student, retiree, young adult, or a passionate advocate for change, this program will leave you feeling motivated, enlightened, and ready to be a bright



light in your everyday world.

The event promises to be an unforgettable experience, filled with soul-stirring songs, heart-touching stories, and opportunities to engage in conversations with fellow attendees. Don't miss this chance to be motivated by Gunderson's extraordinary experiences. Admission is free, and a free-will

offering will be accepted to support this important work. Additionally, books, CDs, DVDs, and heart-touching photos by an accompanying Afghan photo journalist will be available for purchase to further contribute to this cause.

Together, let us create a world where every voice is heard and every heart is uplifted. ■

**BEST FRIENDS**

## Make a difference with us



Many people know of the Best Friends Mentoring Program as a volunteer opportunity for high school students and college students. While we value our student volunteers, we also want to reach out to community members who want to give back to their community. We currently have a waiting list of children in need of mentors, attending Dickinson Public, Trinity Catholic, and Bowman County Schools. These youth choose to participate in either our school-based program, where the mentor meets with them at the school, or our community-based program. Mentors who volunteer in the school-based program spend one lunch hour a week with the child. In the

community-based program, mentoring occurs during evenings or weekends when the youth and mentor can meet in the community. Through the community mentoring program, it is possible to volunteer your time while doing things you already regularly do such as going to the community center, bowling, or going out to eat. These are all activities you could do while spending time with a mentee.

Volunteering with youth may seem intimidating to some, but every reader should know that it is rewarding to be a mentor. A small commitment of your time and your presence – just being you – has a powerful, lifelong positive impact on a child. The youth in our program may face many challenges; some report dealing with bullying, some have a difficult time fitting in with their peers, and some face challenges in their home life. What a difference it would make to them if you would volunteer your time to encourage and support them! Please consider mentoring a child, making a monthly donation, or supporting our upcoming A Chocolate Affair event on November 18th. You can find more information at [www.bestfriendsnd.org](http://www.bestfriendsnd.org) or by calling the Best Friends office at 701-483-8615. ■

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## COMMUNITY

# Home on the Range receives special reward

Home On The Range was awarded a Prevention Solution Fellowship for one year from My Life My Choice, a nonprofit organization. Home On The Range (HOTR) was one of only five nationwide organizations that received this fellowship. The fellowship award will be used for professional development and training for the employees who are working with trafficked and exploited youth.

Home On The Range has a high population of commercially sexually exploited children (CSEC) youth. According to the HOTR



admission records from October 1, 2018 through October 1, 2022, 83% of the females admitted were assessed as CSEC.

It is one of the few facilities that specializes in treatment for trafficked and exploited youth. Some of the therapeutic programs include My Life My Choice, Ending the Game, Girl's Circle Group, self-defense, trauma-informed yoga, social emotional learning, Girls Educational and Mentoring Services (GEMS) by our trained nurse, relationships group, drug and alcohol counseling and animal assisted therapies.

My Life My Choice's mission and goal is to bring CSEC to the surface and make people aware and what to watch for. It is led by CSEC survivors who work with youth to empower them to defend themselves and society and not tolerate this harmful industry. Survivors educate youth and work with allies to help the youth rebuild their lives and have an impact within their communities.

This evidence-based program focuses on awareness and advocacy. My Life My Choice works closely with providers, law enforcement and other organizations to build a strong network of people to help children by helping them fight back and get a new start. The fellowship award will be used to train

clinical staff to be group leaders. Home On The Range will have some of its employees and clinicians participate in a six-week advanced program to enable them to train other team members. This on-line course will teach employees the ways to deal with CSEC population in a residential environment. The basic training sessions will eventually reach all of Home On The Range's employees so they understand the program, are

using the same language, are familiar with what to watch for, and learn how to respond.

Jodi Ebel, HOTR Clinical Director stated, "we were

surprised to be named as a recipient, but excited and honored. I think this award speaks highly about the successful treatment programs we have with CSEC kids." HOTR collaborates with many agencies to help these youth such as the North Dakota Human Trafficking Navigator, Youthworks, and Rachel Thomas, founder of the Ending the Game. The clinical team works with a multi-disciplinary task force to help the kids when they are discharged.

"The HOTR clinical team recognizes the trauma these youth have experienced and realize they respond better to treatment programs which focuses on boundaries, staying safe, forming trusting relationships and improving their feelings of self-respect and self-worth. We want to make sure all of our employees are trained to have the knowledge and tools they need to work with these youth. We want to be consistent in every department at HOTR," said Jodi Ebel.

HOTR is a qualified residential treatment program and therapeutic working ranch located in southwestern North Dakota. It is licensed to care for boys and girls, ages 12-19. To learn more about the programming, visit their website at [www.hotrnd.com](http://www.hotrnd.com). ■



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## CONNECT MEDICAL CLINIC Reasons for breast pain (that aren't cancer)

By Tara Zettel, RN, Executive Director  
of Connect Medical Clinic

Since breast cancer is the number one women's cancer, it's always best to have breast changes evaluated by



your healthcare professional. There are causes for breast pain that are unrelated to malignancy. Here are a few:

### Hormones:

Rapid hormonal changes commonly cause breast swelling and discomfort. Some begin to have pain around ovulation (when the egg is released from the ovary) that continues until menstruation. Tenderness may be felt in only one breast, both, or radiating to the upper arm. Pain levels can range from barely noticeable to so severe that close contact or tight clothes are not tolerated.

### Fibrocystic Breast Changes:

Fibrocystic breast changes are found in 60-70% of all women. The condition can present as cyst formation, diffuse "ropy" thickening of breast tissue, and breast tenderness. Fluid-filled cysts form in roughly 50% of women in their reproductive years and are the most common cause of a palpable (able to be felt) mass that is neither malignant nor pre-malignant. Pain often corresponds with hormonal fluctuations.

### Infection:

Mastitis, or an infection in the breast, happens most often related to breastfeeding. However, mastitis can occur after damage to the nipple, such as a cracked nipple or piercing, or



attributed to a compromised immune system. Symptoms of mastitis can appear suddenly and include tenderness, warmth to the touch, swelling, skin redness, generally feeling ill, and a fever of 101 F (38.3 C) or greater.

### Traumatic Breast Injury:

Traumatic breast injury is as it sounds: breast pain related to a physical injury. This is common after a car accident. If a person was wearing a seatbelt, the force of the collision could sometimes cause significant trauma to the chest. Other potential causes include assault, a fall, or a sports injury.

### Other possibilities:

Breast pain has been commonly attributed to caffeine and high-fat diets without obvious pathological or hormonal changes, but hard data cannot prove this definitively. An improperly fitted bra can also be the culprit. Too tight, the bra compresses the breasts and chest wall, resulting in discomfort. Too loose and inadequate support to the breasts, ligaments and tissue may stretch and result in breast pain.

Treatment for breast tenderness includes addressing underlying causes, wearing well-fitting support both day and night, cold compresses, premenstrual salt restriction, and over-the-counter pain medication. If you have any questions about your breasts or menstrual cycle, reach out to Connect Medical Clinic's Nurse Practitioner, Rachael Marshall, FNP-C. ■

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**FINANCIAL FOCUS®****Don't leave your IRA to the IRS**

If you've invested in an IRA for many decades, it may well turn into a key source of income for your retirement. Still, you might not deplete your IRA in your lifetime, especially if you also have a pension or a 401(k) and other investment income. So, if your IRA still has sizable assets after your passing, it would likely end up in your estate plan. If you leave your IRA to grown children or other family members, could they be hit with a big tax bill?

Here's a little background: Up until the Secure Act of 2019, those who inherited traditional IRAs could extend their required withdrawals over their lifetimes, which stretched out the annual taxes due on these withdrawals. But the Secure Act changed the provisions for non-spouse beneficiaries who inherited an IRA after 2019, meaning that beneficiaries of inherited IRAs had only 10 years (beginning the year after death) to withdraw the entire balance. For some beneficiaries, this could potentially create a tax burden. (Inheritors of Roth IRAs are also required to follow the 10-year distribution rule but are not subject to income taxes on account earnings if the Roth IRA's five-year holding period has been met).

However, not all beneficiaries were affected by the new rules. Spouses can stretch their inherited IRA distributions over their lifetimes and exceptions exist for certain non-spouse beneficiaries. Minor children of the IRA owner (until the age of majority), chronically ill or disabled individuals, and beneficiaries

who are no more than 10 years younger than the IRA owner may opt to stretch their distributions.

The new 10-year requirement applies to IRAs inherited on or after

Jan. 1, 2020. But due to confusion over changes to required minimum distribution (RMD) rules for some beneficiaries of inherited IRAs, the IRS waived penalties for individuals who failed to take RMDs in 2021 and 2022 and extended the RMD penalty waiver for 2023.

Although these rulings give beneficiaries — those not eligible for the exemptions listed above — more time to plan, they will eventually need to start taking RMDs, which could affect their tax situations. To help protect your heirs, consider these suggestions:

- Using permanent life insurance. A properly structured permanent life insurance policy could help you replace the assets your family might lose to the taxes resulting from an inherited IRA. You might even consider naming a charity as the beneficiary of an IRA, rather than your family members. The charity would receive the IRA proceeds tax free, and the life insurance could then provide tax-free benefits to your heirs.

- Leaving taxable investment accounts to your heirs. Apart from your tax-deferred IRA, you may own other, fully taxable accounts containing investments such as stocks or bonds. Typically, these investments receive what's known as a "step-up" in their cost basis once they are inherited. This

means your heirs will essentially inherit all the gains your investments earned by the time of your passing — but they won't be taxed on these gains if they sell the assets immediately. This type of sale could help offset the taxes your heirs will incur from the inherited IRA.

The tax and investment issues surrounding inherited IRAs can be complex, so consult with your tax and

financial advisors before making any moves. And, as with many areas relating to inheritances, the sooner you start planning, the better.

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

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**LESSONS IN BUSINESS****Gen Z at work:  
Unveiling  
leadership  
traits that click**By **Debora Dragseth, P.D.**

Several months ago, I wrote a column delving into Generation Z (born 1997-2012) as they move from the educational setting to full-time careers. With the first Gen Z cohorts graduating from college around 2018, they now find themselves entering a workplace where their bosses represent a mix of Millennials, Generation X, and Baby Boomers.

As a college professor, my position allows me to closely interact with hundreds of Gen Z students every year, offering me a window into this new wave of professionals. Gen Z is creative, risk-taking, enthusiastic, entrepreneurial, and adept at team working and multitasking.

My students tell me that their relationship with their boss is imperative to their job satisfaction. It is often said that

people don't leave jobs; they leave bosses. In an environment of low unemployment and increasing turnover rates, it is critical that organizations understand and adapt to the leadership preferences of Gen Z employees to create a productive work environment.

To provide employers with more insight into building a more connected, productive, and motivated workforce, I decided to take a look at what my Gen Z students truly value in their leaders. To compile a comprehensive list of positive traits, I reviewed research from institutions such as Deloitte, the Journal of Management Studies, the Sloan Management Review, and the National Institute of Health. I synthesized a list of 12 attributes that my students could consider:

- Accountability
- Communication
- Courage
- Empathy
- Flexibility
- Humility
- Integrity
- Patience
- Passion
- Positivity
- Transparency



- **Vision**

Among these traits, communication stood out as the undisputed champion, resonating with almost every Gen Z student in my classes. Communication topped their list of essential leadership qualities. Following closely were accountability as the second most valued trait, with integrity, positivity, and patience rounding out the top five.

Students also emphasized the importance of leaders who are fair,

trustworthy, creative, and continuous learners.

Leaders who exhibit these qualities will have an advantage in attracting and retaining Gen Z talent as they build a harmonious workplace in which every generation can thrive.

*Debora Dragseth, Ph.D., is the Baker Boy Professor of Leadership at Dickinson State University. Her monthly column offers practical solutions to common workplace issues. ■*

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## CHAMBER OF COMMERCE Chamber launches annual membership drive

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

While the autumn weather is cooling down, the Dickinson Area Chamber's annual membership drive is heating up!

For over 116 years, the Dickinson Area Chamber of Commerce has served as a membership-based nonprofit to unite the business community for the greater good of Dickinson and southwestern North Dakota. Beginning in October through the end of 2023, existing members and new businesses have their next opportunity to invest in their community through Chamber membership. We've added more than 40 new members in each of the last two years, and we have membership tiers available to fit our largest employers, our individual entrepreneurs, and our local nonprofits.

With the help of dozens of volunteers on five committees, the Chamber hosts more than 30 annual events to connect business and community, including many that are free to attend. Our events provide opportunities for members to "be their own billboard," and the fall schedule features two of our largest. Our recently completed Harvest Festival traditionally draws 2,500+ to the campus of Dickinson State University, while our



upcoming Trick or Trunk on October 31st is always a Halloween hit.

Meanwhile, our membership campaign also provides us with the opportunity to introduce some of our new faces in new places. Kyler Swan of Cornerstone Bank is the President-Elect of our Board of Directors, while Nick Grant of Ebeltoft Sickler Lawyers and Maria Renicker of Heart River Properties have been added to our board as well.

Finally, visitors to the Chamber are likely to be greeted by a new friendly face. Dickinson native and DSU sophomore Avery Belland is our new part-time administrative assistant. She joins Executive Director Carter Fong and Marketing and Communications Manager Alicia Erickson to complete the team. With the support of our 400+ members, we seek to welcome all who arrive to work and live in our region at a time when North Dakota leads the nation in labor force participation rate.

For more information regarding Chamber membership, visit [www.dickinsonchamber.org](http://www.dickinsonchamber.org) or call 701-225-5115. ■

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## KUDOS Dickinson Pink Ladies

*"The human spirit is stronger than anything that can happen to it," C.C. Scott*

The Dickinson Pink Ladies is a nonprofit group of women who get together, play darts, build community, and raise money to help men, women, and children fight cancer.

When Vice President Gena Bowar joined three years ago, she didn't realize the growth and impact this initiative would have. The club integrates a fun night out, a support group of women, and the chance to give back to cancer victims, so "No One Fights Alone!"

With a eight-person volunteer board and a growing number of women joining the Dart League, their chapter has recently expanded its benevolence region beyond Dickinson into the entire Stark County.



"Our club meets on Sundays for 8 weeks starting in October," says Gena Bowar, Vice President. "Women of all ages and

skill levels are welcome to join!"

Registration is \$10 per person, and the league plays with couples.

"We'll help you find a partner if you don't have one," Bowar adds.

The green fee to play each evening is collected and donated to anyone fighting cancer in Stark County by nomination. Along with league fees, the group has merchandise for sale and sponsors area tournaments to increase their giving capacity.

Though the name, the Pink Ladies, may lead some to assume the gifts are for those battling breast cancer, the group is committed to uplifting anyone fighting the disease. They note their youngest recipient was a

17-year-old girl.

The friendship and camaraderie found in the club are another way they serve the community.

"Women find a non judgmental support system with the Ladies," says Bowar. "We're there for each other and those suffering in the community."

Nominations for gifts or information about the league can be found on their Facebook site, [facebook.com/dickinsonpinkladies](https://facebook.com/dickinsonpinkladies).

*Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see [wewnetwork.org](http://wewnetwork.org). ■*



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**HEALTH****Female hormone replacement**

By Steve Irsfeld

When discussing female hormones, the most common are estrogen and progesterone, but testosterone also plays a role. Balancing three hormones is a bit more complicated and takes an understanding of those hormones and what is happening in the rest of the body. Female hormones fluctuate throughout life.

When a person is young, hormones typically will be at their highest levels, which makes the potential for childbirth possible. As a woman enters perimenopause, the time before menopause, her progesterone levels begin to decrease. At the same time, estrogen remains elevated, setting her up for estrogen dominance and the symptoms that go along with that, including heavy periods, abdominal pain/bloating, anxiety, breast tenderness, fatigue, constipation, decreased libido, hair loss, brain fog, and insomnia.

The next phase in life is menopause, where hormones are on a roller coaster, leading to different symptoms. Symptoms include hot flashes, sleep disturbance, fatigue, mood changes, weight gain, decreased libido, dry eye, and irregular menstruation.

Finally, when a woman has stopped menstruating for a year, they are considered post-menopausal. During this phase, a woman's hormones are deficient or, in some, non-existent. Remember that we have hormone receptors scattered throughout our bodies, with some areas having more than others, making low hormone levels more of a burden. Estrogen receptors concentrate in the brain, breast, liver, GI tract, cardiovascular system, bone, and urogenital tract, making these areas susceptible to low estrogen levels.

Early in my professional career, hormone replacement therapy was accepted, and Premarin was one of our biggest-selling prescription medications. In the early 2000s, a large study called the

Women's Health Initiative or WHI came out. This study used synthetic conjugated estrogen (Premarin) and a synthetic progestin called medroxyprogesterone. The study was a good study on synthetic hormones, but bioidentical hormones got lumped into the data in the process, even though they weren't included in the study. The study showed an increased risk of breast cancer with synthetic estrogen + synthetic progestin, and the risk was also given to bioidentical hormones.

In regards to breast cancer, several studies, including the E3N-Epic study, showed that estradiol alone had a slight increase risk of breast cancer; estradiol + progestin had an even greater risk, and estriol + progesterone had a decreased risk of breast cancer. Keep in mind that the WHI study lumped progestins and progesterone together.

The WHI study demonstrated that adding a synthetic progestin to synthetic estrogen substantially increased the risk of heart attack and stroke. This outcome is not surprising because synthetic progestins produce adverse cardiovascular effects and negate the cardioprotective effects of estrogen. Progesterone, in contrast, has the opposite effect because it maintains and augments the cardioprotective effects of estrogen, thus decreasing the risk of heart attack and stroke.

How does a person know where they are at hormonally? The best and easiest way to find out is to test with blood, saliva, or urine. Each testing mode has its benefits and limitations, but the bottom line is that if you are curious and have symptoms, do the test. Once you have the results, you can work with a provider who is on board with prescribing hormone replacement therapy.

Making a specific compounded preparation for an individual patient allows for a tailored product specific to that patient. If you are suffering from symptoms of hormone imbalance, know that you have options. It is hard to do justice to a vast topic in such a small space, but hopefully, it opens the door to conversations with you and your provider if needed.

My staff and I would like to help you with questions regarding hormone balancing and testing of hormones, so call (701-483-4858) or stop in to schedule a consultation. Visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find archived articles in the blog section. Until next time, be vigilant about your health! ■



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# DICKINSON MUSEUM CENTER

## Love & Cement

By Bob Fuhrman

In 1910 the Northern Pacific Railway had a problem. On April 23rd the Dickinson Press reported over the previous year the company had lost a great deal of merchandise to theft between Mandan and Glendive on the Yellowstone Division. NP detectives, often in concert with local authorities investigated all variety of thievery (and bootlegging) up and down the tracks.

The occasion for that April article was the arrest of Jerome (Joe) Madigan and G.W. Leng, two NP brakemen who were arrested for pilfering beer. Madigan had helped himself to 15 bottles of beer shipped to a Dickinson resident (un-named) on April 18th and was fined \$50 and sentenced to 20 days in jail. On that same day Deputy Sheriff George Brown was holding a warrant for Leng who was expected to return to Dickinson from a freight run, the allegation being that Leng had taken a consignment of beer from a baggage cart on the depot platform. Brown's attempt to apprehend Leng was frustrated as it seems someone tipped him off about the reception awaiting him in Dickinson, leading him to exit his train at Belfield. A day later he was arrested at his parent's farm south of Belfield and drew a 50-day sentence and \$100 fine.

The captures of the brakemen were the fruit of several theft investigations conducted by one of the NP's detectives over several days. It was noted that the detective "found several acts (of theft) which looked bad for (numerous) parties" and that "a number of employees have been discharged."

The Northern Pacific probably hoped that the stiff fines (\$50 in 1910 would be just over \$1600 today) leveled by Justice of the Peace Folsom, along with jail time, would serve to deter further

thefts. And, for a time, that seems to be the case, at least in terms of what made its way into the columns of the Press. However, the respite was short lived – as August gave way to September, the night of the 31st/1st, parties unknown appropriated two-hundred and fifty-two 100lb. sacks of cement from the Northern Pacific roundhouse, dumping them into the George McClellan's shed at the Dickinson Coal and Cement Works located on east Villard Street.

The theft was discovered at the roundhouse after sunrise by NP Carpenter Foreman Lewis Berg. Berg, along with Joseph Fisher, another NP employee, easily followed wagon tracks from the roundhouse to McClellan's cement works on East Villard Street where the bags of 'Huron' cement were discovered in one of the sheds; Huron, the NP's preferred brand, was manufactured in Oswego, NY and transshipped via the Great Lakes to the railroad's ore docks in Superior, WI. The cement in the roundhouse was likely left over from work on a dike/reservoir project located about a mile west of the city.

Upon discovery of the errant cement



Northern Pacific Roundhouse in Dickinson, 1904.  
Southwestern North Dakota Digital Archive, Osborn Copy Negatives,  
Aerial\_view\_of\_Dickinson\_around\_1904-002

Berg or his supervisor contacted Sheriff John Weich who then visited McClellan's home where the contractor "was greatly taken aback" when informed of the contents of his shed. He reported "someone was hanging around his works the day before and offered to sell him cement at \$2.50" per bag. McClellan informed Weich that he told the man his price "was a good deal cheaper than he was able to buy his cement for and he was afraid there was something wrong" with the deal.

Weich's investigation uncovered the cement was hauled to McClellan's shed by drayman Robert Pelton and it a man named George Joslin who offered to sell McClellan the cement. Joslin, about 30 years old, had recently been employed by the NP – first as a baggageman, then as a 'pumper' - a fellow who circulated in the railyard oiling engines – before being let go by the railway, reason unknown, the Press mentioning he "drank some and could not save his money."

The next day, Friday September 2nd, Joslin was seen in town around 7:30 AM before disappearing. That same day Foreman Berg swore a complaint alleging grand larceny against McClellan and Pelton who each posted \$1000 bail with Justice Folsom the next week. In the meantime, an NP investigator named Sexton sought Joslin and a man named Dave Rhodes, trailing them to Glendive on the 4th where both were detained.

David Rhodes, 49, was a carpenter on Louis Berg's railroad gang who had

worked for the NP 28 years "off and on" and was "not looked upon as naturally bad," but had some association with Joslin and was suspected of being involved in the theft. When tracked down and arrested by Sexton, Rhodes willingly accompanied him to the office of Glendive's NP Superintendent Johnson where shortly thereafter Joslin himself was brought in under arrest. Questioned separately, Joslin and Rhodes "made a clean confession of the entire cement transaction" and gave sworn statements (neither had asked for an attorney) which they signed.

The statements admitted Pelton's dray team transported three loads between 2 and 4 AM, carrying 252 bags of cement which were placed in McClellan's shed. As it was getting toward morning the miscreants "did not dare to move more." The Press reported the two men were "penitent and kept back nothing, giving every detail leading to the theft," their confessions made under no promise of leniency from the Northern Pacific and the railway noted as believing two or three others were involved and actively being sought.

The Press noted Joslin was broke on the 1st but early on the 2nd "he had quite a little sum" which he spent freely in Glendive, though not as intended. The story continues that prior to the theft Joslin had shared his last jug of whiskey with Rhodes and related poverty was keeping him from his dream of

*Continued, next page*



Continued from page 16

**NORTHERN PACIFIC RAILWAY COMPANY.**  
This Form to be used only by Employees in service on or prior to July 1st, 1909.

Full Name *David L. Rhodes* Business *Dickinson*  
Name of parents, if living *Not living*  
Name of nearest relative, if parents not living *S. B. Millward*  
Address of parents or nearest relative *Shawabawa Wash*  
Give names and ages of persons dependent on you for support *None*  
Age *43* Weight *156* Height *6' 7"* Color of Hair *Brown*  
Color of Eyes *Gray* Particular Marks *None*

Have record card first supplied by Northern Pacific Railway Company  
If not of service check first employed give month and year of initial employment.

How Employed	From	To	Location	Under Whom	Title	Monthly Rate of Pay
<i>Bridge Capt.</i>	<i>Jan 1894</i>	<i>Apr 1895</i>	<i>Minnesota</i>	<i>S. B. Pelton</i>	<i>Supervisor</i>	<i>6</i>
<i>Bridge Helper</i>	<i>Apr 1895</i>	<i>Jan 1897</i>	<i>Minnesota</i>	<i>(S. B. Pelton)</i>	<i>(S. B. Pelton)</i>	<i>4</i>
<i>Capt.</i>	<i>Jan 1897</i>	<i>Jan 1900</i>	<i>South Dakota</i>	<i>Frank Hanson</i>	<i>(S. B. Pelton)</i>	<i>6</i>
<i>"</i>	<i>Oct 1900</i>	<i>Jul 1901</i>	<i>"</i>	<i>Pete Nelson</i>	<i>"</i>	<i>"</i>
<i>"</i>	<i>Aug 1901</i>	<i>Apr 1902</i>	<i>"</i>	<i>John Carlson</i>	<i>"</i>	<i>"</i>
<i>"</i>	<i>Apr 1902</i>	<i>June 1907</i>	<i>"</i>	<i>Pete Nelson</i>	<i>"</i>	<i>"</i>
<i>"</i>	<i>Jan 1907</i>	<i>"</i>	<i>"</i>	<i>Louis Berg</i>	<i>"</i>	<i>"</i>

Do you hold bonded position? *No*  
If so, in what capacity and to what amt?  
Signed *David L. Rhodes*  
Occupation *Carpenter*  
These generally employ height, ability and name for promotion.  
Signature of local official

David Rhodes' record of employment with the Northern Pacific Railway. Note that he joined Lewis Berg's carpenter gang in January of 1909.

marrying Miss Lillian Hutchengson (Hutchington?), a one-time employee of the NP's lunch counter at the Dickinson Depot. Before heading to Seattle she and Joslin had set a wedding date; later, she telegraphed him to "hurry." When Rhodes heard of Joslin's frustration he mentioned there was great pile of cement at the roundhouse and a plan was formed.

The two men were returned to Dickinson where they testified at McClelland and Pelton's October 8th hearing before Folsom. McClelland's grand larceny charge was dropped but replaced with 'receiving stolen goods.' The alleged fifth participant in the scheme, Fred Hanson, who worked as a drayman for Pelton, testified he was there simply as an employee and wasn't aware of the scheme. Joslin testified "everything (was) properly arranged in the shed for the cement, showing that someone in authority must have had knowledge of the deal." He also stated that he, Pelton and Rhodes were to equally share the proceeds of the cement sale.

When McClelland took the stand,

he said Joslin had approached him two or three times claiming to be the contractor on the NP's dike project (there was no contractor, NP handled most of their projects 'in-house') and had excess cement he wanted to sell. McClelland added that he couldn't believe anyone would sell cement for so low a price and therefore would have nothing to do with the offer. He also said that Pelton had come to him regarding the deal and assured him that he could guarantee title to the cement. Mrs. McClelland, her father and a man named William Noggle all corroborated George McClelland's statements.

At Pelton's hearing Hanson and Joslin offered basically the same testimony as before though on cross examination Joslin said that Pelton gave him \$20 on September 2nd and told him to leave the city. Pelton did not take the stand at the hearing and called no defense witnesses. Justice Folsom bound over the defendants for trial at the December term of court before Judge Crawford.

When court opened Joslin and Rhodes entered their guilty pleas with sentencing set for December 17. McClelland's trial was held on the 11th with Joslin the featured prosecution witness, again recounting his testimony from the preliminary hearings. McClelland's defense (attorneys Berry and Baird) did not deny Joslin had approached McClelland and that McClelland might have taken the deal if Joslin could demonstrate title to the cement, but, they contended, McClelland never closed a deal with Joslin and "never paid one cent of money." Attorney Berry held that Joslin lied to his client and Pelton and was trying to implicate them in his crime in a case of "misery wanting company." When all was said and done the jury deliberated

**Northern Pacific Railway Company.**  
NOTICE OF SUSPENSION, DISMISSAL OR RESIGNATION.  
YELLOWSTONE DIVISION OF DEPARTMENT  
Glendive, Mont., Sept. 16th 1910  
Name *George Joslin* Occupation *Painter* Location *Dickinson*  
Discharged Date *August 25th 1910*  
If suspended give date expiration expires, and state when same expires.  
Date of entering service in above capacity *May 1st 1910*  
Give brief reason for suspension or dismissal, and state character of service since was employed. If reason of dismissal of more than one nature, give briefest of each, and list of all other employees discharged for same reason, and names and title of persons together with any other information of value to work.  
Dismissed, stealing cement Dickinson.

*B. P. Johnson* Master Mechanic  
*W. J. Nichols* General Foreman  
Glendive, Mont.

Northern Pacific Railway Dismissal Form – George Joslin. The dismissal date is actually six days before the cement theft. Perhaps the NP sought to amplify the finality of Joslin's August 25 dismissal by citing the more serious charge.

NP personnel files are full of employment/dismissal verifications as many RR workers worked on and off for various railroads over several years. It was not uncommon for dismissed employees to try and catch on to a job somewhere else in the NP system.

15 minutes and acquitted McClelland.

Two days later Pelton was in the dock but the state dismissed the charge of accessory to a crime and filed information on a grand larceny charge instead, the court granting a motion by Pelton's lawyer to grant time for Pelton to decide his plea. From there the cement case moved to the sentencing of Joslin and Rhodes on December 17th. Judge Crawford acknowledged the defendant's time served in the Stark County jail but "under the circumstances he believed that the punishment should be severe," and imposed a sentence starting that day of 18 months to 3 years at hard labor in the State Penitentiary for both; good behavior granting them release in 18 months and then another 18 months on parole.

The Press once again mentioned Rhodes had never been in any notable trouble and that being "in bad company when with Joslin" had "cost him his previous good name and his freedom." After sentencing State's Attorney McBride indicated that

he would not move to bring Pelton to trial at the current term of court, which the Press predicted "will likely result in nothing further being done in the case" – a prediction borne out as Pelton's name disappeared from court notices and he quietly returned to running his dray line until selling it in 1912.

Surprisingly, given Crawford's sentencing, Joslin was released from prison in mid-December 1911, six months short of term, and four months later Dave Rhodes is noted as having finished his sentence after which he left for Alberta, probably looking for a fresh start. Sadly, we've no clue as to what became of Joslin's intended, Lillian Hutchengson, or how she felt about her lovesick, felonious fiancé. ■



Though Robert Pelton 'walked' and was never tried in the Cement Case, why did he give George Joslin \$20 and tell him to leave Dickinson on September 2nd? Was that \$20 the "quite a little sum" Joslin spent so freely in Glendive?



**NOTES FROM THE BADLANDS**

**Medora's still hoppin'**



Joe Wiegand

**By Joe Wiegand**

For some people, Medora, Theodore Roosevelt National Park, and the Badlands of North Dakota have always been a summer destination, where fond memories are associated with hot temperatures, ice cream, and the Medora Musical. Locals know that fall and winter life in our region can generate adventures and memories to rival those of summer. This October and November events in the Badlands are harbingers of what's to come as the Theodore Roosevelt Presidential Library, planned to open in July of 2026 promises to attract visitors to Medora all year long.

From October 1st through the 29th, the Million Dollar Quartet musical review will play Medora's Old Town Hall Theater every Wednesday through Sunday. The country, rock-a-billy, and gospel tracks laid down by Carl Perkins, Elvis Presley, Jerry Lee Lewis, Johnny Cash at Sun Record Studios in Memphis, Tennessee

on December 4, 1956 come to life through the talents of Matt McClure, Alex Swindle, Brandon Filette, and Tyler Michael Breeding who have been packing the house to rave reviews.

October 2nd through 4th the Theodore Roosevelt Medora Foundation Wisdom Chain Day leadership seminar, featuring Yellowstone Strategies, provides business teams and entrepreneurs an opportunity to be informed and inspired, participating in servant leader conversations with Vern Dosch, Mike Eggl, Wally Goulet, Niles Hushka, and Eric Washburn.

The Dickinson State University Theodore Roosevelt Center Annual Symposium - "Freedom Struggles" - will be held from October 12th through 14th, while the week following our friends at the Medora-headquartered North Dakota Cowboy Hall of Fame take the Badlands to the Fraternal Order of Eagles Hall in Valley City for the annual East Greets West Benefit Dinner and Auction on October 20. The October 28 Medora Craft Fair and the November 10 Hunter's Feed sponsored by the Medora Chamber are just two of the many activities to be hosted at the Medora Community Center. The hits keep coming on November 11th with Medora's Sip & Shop throughout Medora and the North Dakota Cowboy Hall of Fame's Fall Gather Benefit Dinner & Auction at McKenzie County Ag Expo Building in Watford City.

November is barely through when Bill Sorenson and the Magical Medora Christmas Show return to the Old Town Hall Theater on December 1 and 2, followed by the December 8 and 9 Old Fashioned Cowboy Christmas featuring dinner, dancing, crafts, fireworks, Eats on the Streets, Outhouse Racing, and Christmas shopping specials.

Sure, summer in Medora is bully, but there's more to explore in Medora and the Badlands in the months ahead. ■

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**SAT, OCT 14**  
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**COMMUNITY****Power of 100 Women split \$20,000 between two charities**

Power of 100 Women Dickinson, a local charitable group, met on July 24 to review four charities selected by their members to consider for their 28th quarterly donation. This is the 15th time Power of 100 Women will split their donations between two charities. A milestone was reached earlier in 2023 when the groups donations went over a half million dollars.

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



(L-R) Diane Duchscher, Shirley Dukart, Duane Splichal, Kathy Davis, Pam Praus, Deb Barros, Bonnie Warm and Irene Schafer

St. Vincent de Paul Society St. Patrick's Conference is an organization that aspires to support the poverty-



(L-R) Mandy Robinson, Shirley Dukart, Dori Hauck, Charlotte Hoff and Irene Schafer

stricken citizens in the Dickinson and surrounding area experiencing financial hardship with love, respect, hope and encouragement.

Richardton Healthcare Foundation in Richardton, ND is a home for those who can no longer care for themselves. Most of the residents are from the Dickinson/Richardton and surrounding area. Donations will go to the care and needs of residents outside of regular operational needs.

Power of 100 Women Dickinson expanded the area for nominations from 501c3 charities to a 50-mile radius of Dickinson. Members of Power of 100 Women have the opportunity to submit charities for consideration at each meeting. Women in Dickinson and the surrounding area are invited to be a part of this group. Those interested can contact Shirley Dukart (701-290-2283) or Irene Schafer (701-290-3222) for additional information and a membership application.

Power of 100 Women's next meeting will be held on Monday, October 23 at the Dickinson Eagles Club. Prospective new members and guests are always welcome. No dues and no charge to attend. ■

**ROTARY CLUB****Dickinson Rotary names Buck Haas Rotarian of the Year**

Buck Haas with a copy of his Journal.

Buck Haas was recently honored by the Dickinson Rotary Club as its Rotarian of the Year for the 2022-2023 Rotary Year. During the year, Buck recruited new club members, who then recruited additional members. He helped organize speakers for the club's weekly meetings. Buck used his expertise in owning Taylor Nursery for many years to plan and implement the new - and very successful - Rotary Club Flower Pot Sale fundraiser for club projects to benefit the community. Buck donated substantially to Rotary's Bolivia clinic project, helping to make healthcare for an isolated community a reality. Upon publishing his new book, Buck donated a copy to Rotarians. He serves on the Dickinson Rotary Club's Vocational Scholarship Committee with two other Rotarians; this trio of Rotarians seeks out high school seniors planning to gain an education in a variety of vocational fields. Buck is the longtime king of pancake mixing for the Rotary Club's annual Pancake Karnival. ■



The Rotary Club of Dickinson held its semi-annual Roadside Cleanup on August 16. The Club has been cleaning three miles of ditches along Interstate 94 near the Painted Canyon Visitor Center, gateway to Theodore Roosevelt National Park, for many years. Under the leadership of Rotarian Seth Poland, Rotarians Don Bares, Erv VanVeldhuizen, Todd Otto, Stepheny Reger and Angie Rabbitt, along with family members and Cub Scout Pack 28 made short work of this environmental project and enjoyed pizza in Belfield following the project.

Kurt Robinson  
Owner



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## VOICING SOME THOUGHTS

# Roots and wings

By Nancy Hoff

As summer drew to an end with start of school, I ran into a "heart mom" I know well, who is totally devoted to her family. Their oldest daughter just left for college. Her abiding sunny disposition was clouded by the constraint in her throat and the lake in her eyes – putting up a brave front – but missing her girl, oh so much. She still has a few children at home – but they are growing and will soon join the legions of spring colts let out to pasture.

This is the way of the world – we snuggle our babies, applaud each milestone, correct their errors, dry their tears over disappointments, and agonize if all will be well. And then they leave. Because it is now their turn as they embrace freedom and hope with the covenant of youth. It is good ... it is right – but we cannot avoid the ache in our hearts.

Children are all so different. My daughter is the free spirit, the communicator, the traveler. My son is contemplative, authentic; he leads



quietly but steadily. Often opposite poles in beliefs and opinions. But they have a common ground of selflessness and benevolence, empathy for the world around them. I am humbled at their uniqueness – in spite of all my mistakes in parenting. But they are loved and nurtured. I doggedly researched what

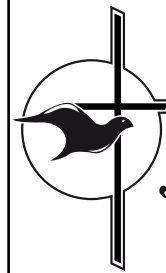
was precious and important to them and encouraged as best I could as they grew.

So yes, I do remember the day they left the nest – and the ache. Even after 20 years. Although it is now only a faint tug, every time they leave after a visit and even if my son is just across town. It does lessen – but it is always present in a parent.

But with every loss, there is a gain. To witness your children's successes in life – the soul mates they have found to enhance their life – and in turn, yours. The whole new life brought by grandchildren and the busy liveliness and every changing

occurrence as they grow. The careers they have forged through a ton of hard work and years of schooling – and stellar dedication in their work and people they serve and the family they now raise. The joys of their new experiences, travels, people that have come in their lives. Their trials and the sorrows. Their OWN life. Made possible through the heartache of their parents, letting them go.

I'll end with a favorite quote: "We give our children two important things; one is roots and the other wings." Very apt in this season of migration. ■



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WHERE BUSINESS GOES TO GROW



## WHERE BUSINESS GOES TO GROW

# Getting at the "Why"

By Matt Ellerkamp, Business Advisor, Small Business Development Center



At the Fusion Conference in Bowman, ND keynote speaker, Greg Knapp explained, The Golden Circle by Simon Sinek. The Golden Circle is an inverse of a target of what a person would expect to be in the center of a circle. Greg explained how it separates regular organizations from great organizations, how the "WHY" in business defines a culture's Passionate Purpose. Instead of an organization defining themselves by "WHAT" they do or "HOW" they do it, legendary companies figure out the "WHY" they are in business, and this provides propulsion to new heights! WHAT'S compete in business, HOW'S succeed, but the WHY'S are best in class!

Let's briefly examine WHAT, HOW, and WHY of Simon Sinek's The Golden Circle:

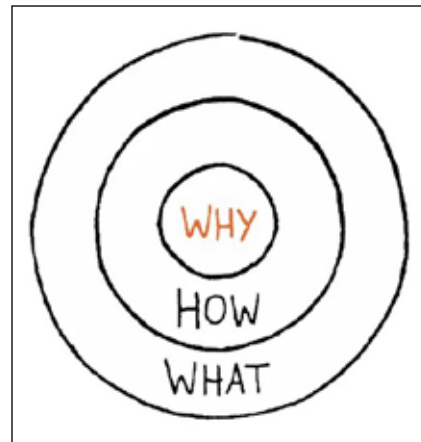
**WHAT** – Every organization can tell you what they do. The baker makes bread, the barber cuts hair, and the brewer brews beer. The WHAT is literally the product or service that is being sold.

**HOW** – A business that knows "HOW" they accomplish their rendered service or tasks usually by focusing on quantity, quality, and/or efficiencies of service or scale. They know how to do the job; better, faster, or in larger quantities with less resources. The baker makes better quality bread, the barber finds ways efficiently to cut hair and the brewer scales his brews to produce the beer cheaper.

**WHY** – Now this is where things get interesting. Knowing the "WHY" behind something, it gives purpose, passion, heart, and meaning, and who doesn't want that in life? The "WHY" can create an "experience", something we also want in life. The "WHY" is never about money, that is what the WHAT and HOW focus on and both are commoditization. When a business knows "WHY" it exists,

consumers tend to buy and pay more for it. Why does the baker bake the best bread? To provide warmth and earthy aromas around the dinner table. Why does the barber cut hair? When people look good, they feel good, and they are more confident. Why does brewer make beer? Because taste, smell, and the look of beer connect people together. The WHY creates community, inspires others, and leads in their prospective industries.

How does an organization find it's "WHY"? By asking the right questions and getting a little personal! Start by asking a few open-ended questions?



- Where did the inspiration for the business come from?
- How is the business unique?
- How is the business solving a problem?
- What is interesting about the business start-up?
- What struggles has a business had and how did it overcome them?
- What are personal and professional core beliefs?
- What "causes" does the business support?
- How does the business make a difference in a person's life, family, and/or community?

Knowing a business' "WHY" will drive everything from hiring practices, marketing, pricing, sales, innovation, community participation and will align it with like-minded organizations for success that means more than profits. A success that can leave a legacy for all people of good will.

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

■

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## HEART RIVER VOICE | OCTOBER 2023

# Calendar

**ONGOING IN OCTOBER**  
**DICKINSON AREA PUBLIC LIBRARY** Lots of library events happening throughout the month. See their article on page

4 for more information. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups.

## 12<sup>TH</sup> ANNUAL DICKINSON ROTARY PANCAKE KARNIVAL

Join us for a delicious breakfast with friends and family, all for a good cause!



**Sunday, October 8, 2023**  
**Dickinson Eagles Club**  
**31 1st Ave E, Dickinson**  
**8:00 a.m. – 12:00 p.m.**

\$6.00 in advance  
 \$10.00 at the door  
 Preschoolers are Free

Purchase tickets from any Rotarian or call or text [701-300-3962](tel:701-300-3962) to purchase tickets in advance of the event!

### GOLDEN BROWN PANCAKES (ALL YOU CAN EAT)

Accompanied by Delicious Sausage, Orange Juice and Coffee



A portion of proceeds from the Dickinson Rotary Pancake Karnival will support the Club's annual contribution to PolioPlus™, to be used in the fight to eradicate Polio around the world, and towards facilitating growth and leadership through Educational Scholarships for youth in our area. The Club's donation to PolioPlus™ is matched 2 to 1 by the Bill and Melinda Gates Foundation.

*Basket Raffle*

Purchase Raffle Tickets at the event for a chance to win several baskets donated by area businesses! Winners are contacted immediately following event.



### EVERY TUESDAY AND SATURDAY

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

### SUNDAY OCTOBER 1

**FREE COMMUNITY BREAKFAST 8-10AM** The Dickinson Fire Department invites you and your family to a FREE Community Breakfast as we kick off Fire Prevention Week! Come hungry and leave informed! Public Safety Center, 2475 State Ave N

### WEDNESDAY OCTOBER 4

**DORCAS SOCIETY ANNUAL FUNDRAISER** Bountiful Baskets Charity Bingo 6:30 PM Prizes: 20 baskets w/Pork Roast & Pies & 2 complete Fall Pork Dinners. See article and ad, page 5, for more info. Eagles Club, 31 1st Ave E.

### OCTOBER 4-OCTOBER 21

**FALL SALES EVENT** Superior Water & Spas, 2048 3rd Ave West

### FRIDAY OCTOBER 6

**FAMILY MOVIE: HOTEL TRANSYLVANIA** 4PM Free for all ages! One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 12. Community Room, Dickinson Public Library.

### SATURDAY OCTOBER 7

**LET'S SWAP** 10AM-3PM Women's and children's clothing swap. See ad, next page, for more info. Hillside Baptist Church, 1123 10th St. E.

**TWEED ROOSEVELT** Badlands Conservation Alliance is hosting Tweed Roosevelt in the Russell Reid Auditorium at the North Dakota Heritage Center and State Museum, Bismarck, from 2-4:30PM CT. Tweed Roosevelt will speak at 3PM, CT followed by a Q&A moderated by former North Dakota Tourism Director Jim Fuglie, with a reception to follow. All times are Central Time! The event is free and open to the public. See article, page 31, for more info.

### SUNDAY OCTOBER 8

**12TH ANNUAL ROTARY PANCAKE CARNIVAL** 8AM-12PM See ad, this page, for more info. Eagles Club, 31 1st Ave E.

### HARVEST FESTIVAL 1-3PM

See ad, page 31, for more info. Badlands Ministries Dining Hall, Medora, ND.

### TUESDAY OCTOBER 10

**ADULTING 101: CREDIT SCORES AND LOANS** 6PM Learn more about important life skills you might not have learned as a kid. Community Room, Dickinson Public Library.

### WEDNESDAY OCTOBER 11

**DICKINSON AREA CHAMBER OF COMMERCE: EGGS AND ISSUES - TOPIC SCHOOL BOND REFERENDUM** 7AM at Dickinson High School. To register for the event, please visit the Chamber website. See ad, page 31, for more information.

### THURSDAY OCTOBER 12

**START-UP YOUR DAY** 8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 12, for more info. Stark County Veterans Pavilion.

**20 YEARS BLESSED** 5-7PM Join Benedict Court as they celebrate their 20th anniversary. See ad, page 4. 830 2nd Ave East



**OCTOBER 12-14**

**THEODORE ROOSEVELT SYMPOSIUM** This Symposium aims to step into a still-difficult topic: What does freedom mean and who gets to define it? Register at <https://www.theodorerooseveltcenter.org/>. Dickinson State University

**OCTOBER 13-14**

**10TH ANNUAL PUMPKINS IN THE PATCH** Friday, 3-6PM, Saturday, 10AM-5PM. The pumpkin patch includes games, hayrides, barrel train, vendors, food, pumpkin rolls, pumpkins, and more! See ad, page 18, for more info. Hope Christian Academy, 2891 5th Ave W

**SATURDAY OCTOBER 14**

**MAMMOS & MOCHAS** 8AM-12PM Bring your friends and family to enjoy coffee and snack prior to your annual mammogram. See ad, page 3, for more info. CHI St. Alexius Health, Dickinson Medical Center

**FRIENDS OF THE LIBRARY**

**ANNUAL BOOK SALE** 10AM-2PM See ad, page 14, for more info. Dickinson Public Library Community Room.

**FALL FAIR AT LEGACY SQUARE**

1-6PM Blue Grass Music by The Waddington Brothers and Seth Mulder and Midnight Run. See ad, back cover, for more info. Downtown Dickinson

**PHEASANTS FOREVER ANNUAL**

**BANQUET** Social at 5PM with games, dinner, and a live auction to follow. Early tickets are available at JP Frame Shop at 6 W. Villard in Dickinson or at the door the day of the event. Eagles Club, 31 1st Ave E.

**MONDAY OCTOBER 16**

**ADULT CRAFT CLUB** 6PM Carved Book Pumpkins Advanced and beginners welcome. Crafty people unite! Craft supplies provided for the craft or bring your

own current project. For adults 18+. Community Room, Dickinson Public Library.

**TUESDAY OCTOBER 17**

**DPS PUBLIC FORUM** 5:30PM at Dickinson High School

**SIP & STITCH** 6PM Bring your knitting, crocheting, or other similar craft to the library for an evening with your people. Share patterns and skills with other stitchers, and we'll provide light refreshments. \*No instruction or materials provided. Ages 13+. Community Room, Dickinson Public Library.

**SATURDAY OCTOBER 21****ANNUAL KIDS MARKET DAY**

10AM-2PM Local young entrepreneurs will be selling their homemade items. There will be something for everyone! Miss Rodeo North Dakota will be there from 10-12! Hillside Baptist Church, V6RM+HMF, 1123 E 10th St

**SUNDAY OCTOBER 22**

**BUZZARD BAIT BUCKING PONIES** is the "Cutest Thing Happening!" 1PM Head on over to the DSU Indoor Arena for an afternoon of fun! Admission is \$5/adults and \$2/10 and under.

**MONDAY OCTOBER 23**

**ADULT BOOK CLUB: THE WOMAN IN CABIN 10** 6PM Read the book and come discuss it with other adults. The next months' selection will be announced at the monthly meeting. Book club books are available at the Main Level Circulation desk. Community Room, Dickinson Public Library.

**OCTOBER 23-27**

**CONSOLIDATED'S GREAT PUMPKIN HUNT** Find the Great Pumpkin, win the Grand Prize! See ad, page 2, or go to [consolidatednd.com/pumpkin2023](http://consolidatednd.com/pumpkin2023) for more info.

**FRIDAY OCTOBER 27**

**WEST RIVER ICE SCREAM HALLOWEEN PARTY** 7-9PM Happy Halloween! Come on out to the West River ICE SCREAM Halloween Party on October 27, 2023, from 7-9 p.m. dressed in your best costume and skate to a live DJ! Free food and refreshments will be available (while supplies last). West River Ice Center

**SATURDAY OCTOBER 28**

**SPOOKTACULAR HALLOWEEN CARNIVAL** 2-5PM The House of Manna presents a Spooktacular Halloween Carnival! Come dressed in your best costume! The event will feature carnival games, a cake walk, a costume

contest, and a dance for all ages. DSU Ballroom

**SUNDAY OCTOBER 29**

**DUNN COUNTY HISTORICAL SOCIETY ANNUAL MEETING**, at the Dunn County Museum in Dunn Center, 2PM MT. Meeting will be followed by refreshments and then Trunk or Treat for local kids at 4:30 PM in the museum's parking lot. Please visit our website at [duunncountymuseum.org](http://duunncountymuseum.org) for more info. New members always welcome!

*Continued, page 24*

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A fun clothing exchange

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**DONATIONS**  
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PLUS shop for an hour reserved just for swappers!

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Continued from page 23

**TUESDAY OCTOBER 31  
KIDS' HALLOWEEN PARTY**  
2-5PM Games, candy, prizes!  
Dickinson Public Library.

**TRICK OR TRUNK 4-6PM** Bring your kids downtown for some Halloween fun. Downtown Dickinson.

**MALL-O-WEEN 5-7PM** Head to the Prairie Hills Mall on October 31 for MALL-O-WEEN and Trick or Treat in the mall! Prairie Hills Mall

**SAVE THE DATE**

**THURSDAY NOVEMBER 2  
HARPIST AT ST JOHN'S LUTHERAN CHURCH** More info, see page 8.

**SATURDAY NOVEMBER 4  
HUMANKINDNESS GALA** Join CHI St Alexius Health Foundation Dickinson for their 41st annual charity event. See ad, this page, for more info.

**NOVEMBER 10-16  
53RD ANNUAL BADLANDS ART ASSOCIATION ART SHOW** See article and ad, page 27, for more info. Prairie Hills Mall

**NOVEMBER 18  
A CHOCOLATE AFFAIR** Join Best Friends Mentoring Program for a night of chocolate and fun!

**PAWSITIVELY POPPY  
Peanut Butter  
"Caramel"  
Apples**

By Miranda Kuhn

Most people think only of Halloween when October rolls around, and thanks to Big Candy corporations the go-to treats for Halloween usually include candy and chocolate. Gone are the days where a good old fashioned caramel apple was a treat found in a child's trick-or-treat sack. Now Poppy isn't allowed to eat caramel because she needs to hang on to her "athletic figure", but she does enjoy a peanut butter "caramel" apple! These could easily be a great treat for humans too, I would definitely add some fun toppings like chocolate chips, sprinkles, cereal pieces, etc. Enjoy these fun treats with your pup and Happy Halloween!



**Peanut Butter "Caramel" Apples**

¼ C Peanut butter chips

½ C Peanut butter (make sure it contains no xylitol)

Apples

Mini pretzel sticks (low sodium or no salt if possible)

Mix peanut butter and peanut butter chips and microwave about 30 seconds until melted. Stir together. Use a melon baller to cut pieces of apple or cut into cubes. Pierce apple pieces with pretzels and dip apple pieces into peanut butter coating. Let cool on parchment lined tray. Store in airtight container in the fridge up to 3 days or freeze up to 1 month. ■



**Save the Date!**

Saturday, November 4, 2023

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41<sup>ST</sup> ANNUAL CHARITY EVENT

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## Ask Alfie

Dear Alfie,

Last winter was brutal, and I'm worried it is going to be like that again this year. Do you have any cold weather tips for outdoor pets?

Sincerely, Brrrr

Dear Brrrr,

I'm glad you asked because even though the weather is still fair, very soon that will change! Don't wait until the cold weather is upon us, it is better to prepare early so that with the first blast of cold, your animals will be protected. Temperatures in North Dakota dip very low, which can be fatal for outdoor cats or dogs. Proper shelter is the most important thing. Without it they will struggle to survive. Allow me to re-share some helpful tips which we've discussed here in the past.

There are four important requirements for adequate winter shelter:

1. **Weatherproof.** The shelter you provide for your cat or dog must be weatherproof, meaning it blocks the wind and does not allow rain or snow to leak inside. Keeping moisture out of the shelter may also mean that it needs to be raised off the ground to prevent flooding. You should regularly check your pet's shelter to make sure that it does not become damp or develop leaks.

2. **Insulation.** Often times people think that if their pet has a house with four walls and a door, that is good enough. But you wouldn't be able to keep warm with just that, and neither can they. It is imperative that you ensure all the walls, ceiling, and floor are insulated. Otherwise, the shelter will not be able to retain heat. Often times people forget about the floor or ceiling, which is a grave mistake.

A popular dog house model is the "igloo". However, be advised that many igloo-style dog houses are simply constructed of hard plastic and are not insulated. Always do your research or construct an insulated house yourself.

An idea for cats is to convert an old cooler or thick Styrofoam box into an insulated shelter. For an easy-to-follow tutorial, visit [secondchancesvolunteers.org](http://secondchancesvolunteers.org). If you live in the Dickinson area, you may be able to get a ready-made winter cat shelter for free! Just contact Second Chances via Facebook or their website.

3. **Size.** How big or how small your dog or cat's shelter is matters. If the shelter is too small, the animal will have to lay directly in front of the entrance and be blasted with cold air. However, you must not rely on a shelter that is too large. This is because unless they are provided with a heater or an electric heated mat, your cat or dog must warm the space with their body. If the space is too large, they will not be able to adequately heat the air around them.

It is very common for people to

think that an unheated barn is good shelter for a cat or dog. And it is, but only if they are also provided with a smaller space inside. For example, an insulated dog house, a cooler which has been converted into a cat shelter, or cubbies made out of stacked straw bales. Otherwise, it is impossible for the animal to create enough body heat to warm the entire barn, coop, or shed. A good rule of thumb is for the shelter to be about twice the size of your pet, and no smaller.

4. **Bedding.** The best bedding you can provide for an outdoor pet is straw. Blankets, and even hay, absorb moisture. This means that if your pet tracks in snow or water on their feet, their bedding will absorb it and freeze: creating an icy-cold bed to lay on. Straw, on the other hand, wicks moisture to the bottom and keeps the top layer dry. Fill your pet's shelter with a thick layer of straw and replenish it regularly throughout the winter.

One last thing to keep in mind for winter survival is food and water. Because your pet has to expend more energy keeping their body temperature up, they burn more calories than they do during warm weather. For this reason, you may need to increase the amount of food they are given each day. Never expect your outdoor cats to survive on hunting alone as it is very difficult, especially in the winter months. Remember, water freezes quickly in the winter. Your pet needs to have access to fresh water daily, which may require checking their dish and

replacing the water at least twice per day. For your convenience, consider purchasing an electric water dish. These devices are affordable and easy to find online or in local farm & fleet stores.

Thank you for taking good care of your outdoor pets!

Sincerely, Alfie ■

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## PIPER'S PALS

# Happy Halloween!

These little friends are all set to trick or treat! ■

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

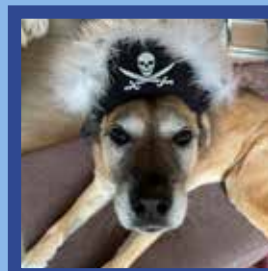
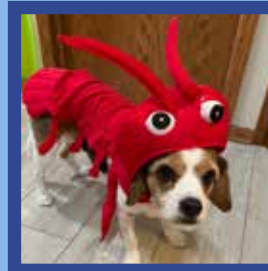
Email [kelley@heartrivervoices.com](mailto:kelley@heartrivervoices.com)

Last month's answers:

A: #2 Buster      D: #5 Daisy

B: #4 Bandit      E: #1 Daisy

C: #6 Champ      F: #3 Sadie



**COMMUNITY****DPS Bond Proposal**

On October 24, Dickinson Public Schools (DPS) will hold a special election for a \$69 million bond proposal. If successful, the \$69M will solve our challenges at Dickinson High School (DHS) regarding classrooms for a growing population and appropriate cafeteria/commons area, as well as security upgrades at DHS and elementary schools.

**Our efforts since the last referendum:**

This referendum is a scaled-down, new version of the failed referendums in 2019. We understand and respect the cost of this proposal to our taxpayers, but our growing needs at the high school remain. Since then, we have worked hard to find alternative solutions for our students. For instance,

- We added a virtual school and opened more opportunities for students at Southwest Community High School.
- We also began a robust school-to-work program that gets students into the community to explore career opportunities for credit.
- We are partnering with Dickinson State University on dual credit courses.
- We opened the Southwest Area Career and Technical Education Academy (SWCTE) by partnering with area schools. Buildings A and B are now open, offering 34 classes daily to DHS, Trinity, South Heart, and Belfield students. SWCTE is a massive win for our region and was accomplished with the help of state grants and support from local political subdivisions and business partners. This has allowed us to have a considerably smaller ask of our taxpayers.

**How will this affect taxpayers:**

A property tax levy is the only means by which schools in North Dakota can achieve an improvement of this size. DPS has passed many property tax levies in the past. The community came together in 1884 in a vote of 38-0 to build its first school. Since then, the community has helped build schools in 1920, 1935, 1950, 1958, 1963, 1968, 1982, 1996, and 2017. In addition, the school district has made significant additions without the support of additional tax dollars twenty times since 1952.

This referendum does have a cost to our taxpayers, and we have worked diligently to be as transparent as possible. You can find more information and calculate the tax impact for any property in our school district boundaries by visiting our website.

**If the bond fails:**

We must prepare for both outcomes. DHS has approximately \$35 million in capital maintenance upgrades, which include roofing repairs/replacement, fire protection systems, HVAC replacement, electrical upgrades and improvements.

If this referendum fails, we must generate funds in other ways. Currently, we are exploring the reduction of transportation for students, decreased programs across the district, and a decrease in activity expenses. We know these are important to our community, but we can no longer hold off on these growing challenges.

**Where to find more information:**

- Dickinson Area Chamber of Commerce: Eggs and Issues - Wednesday, October 11, at 7 a.m. at Dickinson High School. To register for the event, please visit the Chamber website.
- DPS Public Forum - Tuesday, October 17, at 5:30 p.m. at Dickinson High School.
- Please visit our website <https://www.dickinson.k12.nd.us/vote> or use the QR code for more information. ■



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Microtel Inn & Suites  
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## COMMUNITY

### An AmeriCorps NCCC team helping city of Beach

AmeriCorps members serving in the National Civilian Community Corps (NCCC) program are supporting the City of Beach from September 18-October 15. The team is helping meet strategic plan goals of the city and supporting the Governor's Main Street Initiative.

The AmeriCorps team from the North Central Region campus in Vinton, Iowa is contributing to the goals of the project by repainting the exterior of homes and completing minor updates and repairs. Members are also participating in tree felling, pruning, and landscape maintenance to address areas of neglect and the diseased elm tree population.

In addition, public parks and city owned properties are being enhanced through painting, replacing street signs, and updating park picnic areas and structures.

The community will benefit from the team's work by having an improved housing infrastructure and the enhancement and beautification of the community.

The mission of the City of Beach is to provide a high quality of life to their residents by serving the community's needs. The vision of the City of Beach is to build a better, more prosperous, vibrant, and healthy Beach for ourselves and generations to come.

Sponsors of AmeriCorps NCCC teams want to respond to a need in their community. NCCC service projects operate through partnerships with non-profit organizations, state and local agencies and other community and faith-based groups on a short-term basis. If interested in sponsoring an NCCC team, please email [NCCCNorthCentral@cns.gov](mailto:NCCCNorthCentral@cns.gov) for more information.

The NCCC program provides individuals with the opportunity to develop leadership skills and strengthen communities through service. For more information on how to serve, visit [AmeriCorps.gov](http://AmeriCorps.gov). ■



## THE ARTS

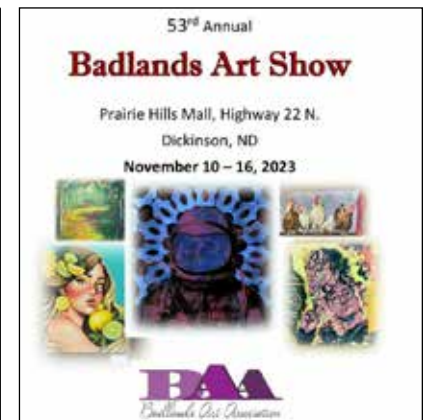
### Badlands Art Association 53rd Annual Art Show

By Meghan Bartz

The 53rd annual Badlands Art Show is put on by the Badlands Art Association, and is being held November 10-16, 2023. The show will be held at the Prairie Hills Mall. The Badlands Art show is open to artists of all abilities for the opportunity to showcase their work. And also to give the public a chance to see the wide range of work being created in the area.

There are three divisions available for the show; Professional, Amateur and Student. The student division is open to all grades (K-3, 4-6, 7-9, and 10-12). The entry fee for the student division is \$1 per piece entered. Two entries are allowed per student. The Amateur and Professional divisions can enter up to 6 pieces at \$7 per entry. The categories for entry are as follows; dimensional art, drawing, mixed media, pastel, watercolor, acrylic, oil, photography and digital media.

Entries must be dry (no oil wet paintings will be accepted). All hanging entries must be gallery wrapped canvas, metal mounts or framed. Canvases and



frames must include screw eyes and wire or they will not be displayed. If artwork is over 48 inches in width or height it must be stated on the entry form.

Artwork can be mailed in to (shipped works due by November 8th): Badlands Art Association, c/o JP Frame Shop, 6 Villard street west, Dickinson, ND 58601. Or pieces can be dropped off in person from 7am to 5pm Thursday, November 9, 2023 at the former White Drug outside entrance at the Prairie Hills Mall. Large pieces should be dropped off by noon.

Download an entry form, or more information, for the 53rd annual Badlands Art Show at [www.badlandsarts.com](http://www.badlandsarts.com). ■

## EDUCATION

### Dickinson High School names Athletic Hall of Fame inductees

The 2023 DHS Athletic Hall of Fame inductees have been announced. This year's inductees include Kerry Meske, Chad Oukrop, Dona Fischer Glick, Micah Malloy, and Joe Hanstad (Dickinson State University-Loyalty Award). The members were welcomed to the Hall of Fame during halftime of the DHS homecoming football game

on Friday, September 29 where DHS faced off against Jamestown at the BAC. In addition, a breakfast, prepared by Mulligans, was held for the Athletic Hall of Fame induction ceremony on Saturday, September 30, at Dickinson Middle School. A full story will be in the November issue of Heart River Voice. ■

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## CONVENTION AND VISITORS BUREAU

# Autumn brings cozy feelings



Who loves autumn? The crisp air? The reds and golds of the falling leaves? Nathaniel Hawthorne may have said it best when he quipped, "I cannot endure to waste anything so precious as autumnal sunshine by staying in the house." Saturday, September 23, was the first day of fall, so by October we are all fully immersed in the feelings of the

season!

For many North Dakotans, and including out-of-staters, hunting season is a favorite activity to take advantage of the autumnal sunshine. North Dakota boasts numerous locations for great hunting, whether it's for big game (white-tailed deer, mule deer, elk, moose, and pronghorns), upland game (pheasants, turkeys, and more), waterfowl (ducks, geese, and more), or for the furbearers. Hunter orange is a color we see often in the fall in this state!

Fall is also a photographer's dream. While the green grass fades into the rustic browns and golds of autumn, the colorful leaves bring a vibrancy to the landscape. Taking a tour through the

Theodore Roosevelt National Park can be an ideal fall activity. It might be the perfect time to explore the Petrified Forest. It's a little off the beaten path, but it's certainly worth the hike!

If being outside isn't your favorite activity, but pumpkin spice lattes and a cozy sweater are, be sure to support the local coffee shops in the area. There are 15 coffee shops in Dickinson alone! Drive the Old Red Trail and support the other coffee shops on the Coffee Cruise. Discover your favorite fall drink and share it with us on The Coffee Cruise group on Facebook!

Maybe you want to cozy up with some history! The Theodore Roosevelt Center at Dickinson State University hosts the TR Symposium October 12-14, 2023. The 18th annual event explores the topic of "freedom struggles." What does freedom



mean and who gets to define it? Theodore Roosevelt first came to Dakota Territory in the fall of 1883, so it's appropriate this annual event is always held in the fall season.

Whether you're hunting, taking the perfect photo, or cozying up to a warm cup of joe, as always, don't forget to tell us about your adventures! Use the hashtag #visitdickinson to share your stories. ■

## Positive Discipline

Creating Respectful Relationships in Homes and Schools

**Advance registration is necessary.**  
Call: (701)-456-0007  
Email:  
parentresource@dpsnd.org  
or scan for easy registration

**Starts: Oct. 16, 23, 30,  
Nov. 6, 13, 20, 2023**  
**Free childcare for stress  
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**Time: 6:00 - 7:30 pm**  
**Call to get your spot  
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- Research-based, effective tools and techniques
- Practice with experiential exercises that help you respond in empowering ways with your child.

**TOOLS TO BE BOTH FIRM AND KIND, SO THAT ANY CHILD, FROM A THREE YEAR OLD TODDLER TO A REBELLIOUS TEENAGER, CAN LEARN CREATIVE COOPERATION AND SELF-DISCIPLINE WITH NO LOSS OF DIGNITY.**

**Parents do you have challenges with your children:**

- Temper tantrums
- Lacking motivation
- Not listening
- Whining
- Being strong willed
- Feeling entitled

**Using Positive Discipline:**

- Bridge communication gaps
- Enforce your message of love
- Defuse power struggles
- Build on strengths, not weaknesses
- Avoid the dangers of praise
- Win cooperation at home and at school

SCAN ME!

# GHOST STORIES AT THE LIBRARY

THE PARANORMAL INVESTIGATORS OF NORTH DAKOTA WILL BE HERE TO SHARE STORIES FROM THEIR PAST INVESTIGATIONS AND HOW THEY USE THEIR EQUIPMENT. THEY WILL THEN GO LIVE ON THEIR FACEBOOK LATER IN THE NIGHT AS THEY INVESTIGATE THE LIBRARY!

OCTOBER 14TH

7:00PM IN THE COMMUNITY ROOM



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## COOKING CRAVE

### Sour Cream Apple Squares

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

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



Laverne and Rhonda

## Homemade Recipes Made Easy!

### Sour Cream Apple Squares

2 cups flour  
2 cups packed brown sugar  
1/2 cup butter, softened  
1 cup chopped nuts  
1-2 tsp. cinnamon  
1 tsp. baking soda  
1/2 tsp. salt  
1 cup sour cream  
1 tsp. vanilla  
1 egg  
2 cups finely chopped, peeled apples

Preheat oven to 350 degrees. In a large bowl, combine flour, brown sugar and butter; blend at low speed until crumbly. Stir in nuts. Press 2 3/4 cup of crumb mixture into ungreased 9 x 13" pan. To remaining mixture, add cinnamon, baking soda, salt, sour cream, vanilla and egg. Blend well. Stir in apples. Spoon evenly over base. Bake for 30-40 minutes. Cut into squares. Serve with vanilla ice cream and caramel or butterscotch topping.

Country Rose  
Cafe

CONSOLIDATED  
CHANNEL 18

COOKING  
CRAVE

# IT'S PASTA TIME!

Do yourself a "flavor" during National Pasta Month in October and make your favorite pasta dish or try a new one! Enjoy the word search below that contains traditional pasta dish names, popular sauces, distinct pasta shapes, and ingredients to make delicious pasta dishes! Send in your completed puzzle for a chance to win a pasta prize package!

X P G I O S M W Q N G P E S T O L P M W  
 G V T W O P A W L I M Q T L G V R A A B  
 W O I W S A R H D M M E I E B H A R N J  
 O Y B G X Z I U T Y N N A K J T R M I I  
 N B O L O G N E S E G T R T T E E E C U  
 J O L G N V A Y H U D B V O B B M S O P  
 Q Z Z L K Z R B I G Z G C I N A L A T L  
 T D T P B L A N G Z B I E P O A L N T S  
 O X U O O I E K C B R N N W S X O L I L  
 R R M T I M G G R O C C H A Z W O D S L  
 T A G A G H O V V E F A G A R L I C I E  
 E A L M S W Q D P Y T N R U S R N Q L H  
 L R L O B W K E O O A Q O B Y H H L O S  
 L L J T F O P S J R F S S D O B F U I D  
 I H I N U E E P E D O D D E E N M A V E  
 N H Z N O P R I M A V E R A E R A Y A F  
 I M S I S P U T T A N E S C A T F R R F  
 Y Y C K N Y X P B Y F P X U L A Q L A U  
 D A S O F D S P A G H E T T I A C N A T  
 C Y D H P D G S E W V O L I V E O I L S

Word List:

- |              |           |            |                |
|--------------|-----------|------------|----------------|
| ALFREDO      | LINGUINE  | PESTO      | SPAGHETTI      |
| BOLOGNESE    | MANICOTTI | POMODORO   | STUFFED SHELLS |
| CACIO E PEPE | MARINARA  | PRIMAVERA  | TOMATO         |
| CARBONARA    | MEATBALLS | PUTTANESCA | TORTELLINI     |
| GARLIC       | OLIVE OIL | RAVIOLI    |                |
| LASAGNA      | PARMESAN  | RICOTTA    |                |

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**FOR A CHANCE TO WIN A FABULOUS PASTA PRIZE PACKAGE,  
 SEND YOUR COMPLETED WORD FIND BY OCTOBER 27, 2023 TO:**

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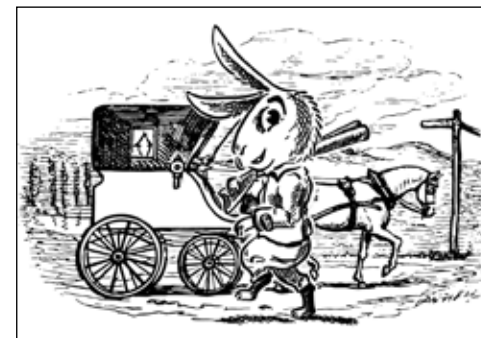
ANSWERS WILL BE PUBLISHED IN THE NOVEMBER 2023 ISSUE OF HEART RIVER VOICE!

## ID\*I\*OM

### Riding shotgun

**Meaning:** Riding in the front seat of a vehicle next to the driver

**Origin:** In the Wild West, the person who sat next to the driver was often equipped with a shotgun to kill off any robbers that might happen upon the coach. ■



## COMMUNITY

### Alcoholics Anonymous fellowship

**Preamble**

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

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

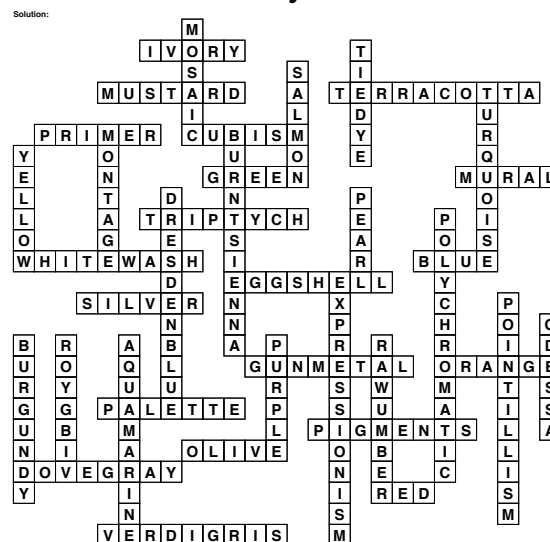
For local meeting schedule, see our website: [www.aanorthdakota.org](http://www.aanorthdakota.org)

org

All inquiries are confidential. AA Hotline 701.264.7552

### Last month's puzzle solution

#### ++Color My World++





## COMMUNITY

## Badlands Conservation Alliance presents Tweed Roosevelt

Badlands Conservation Alliance is hosting Tweed Roosevelt in the Russell Reid Auditorium at the North Dakota Heritage Center and State Museum on Saturday, October 7th, 2023, from 2:00 pm to 4:30 pm. Tweed Roosevelt will speak at 3:00 pm, followed by a Q&A moderated by former North Dakota Tourism Director Jim Fuglie, with a reception to follow. The event is free and open to the public.

BCA Executive Director Shannon Straight says, "BCA is grateful to host Mr. Roosevelt here in ND at a unique time in our state's history. The Theodore Roosevelt Presidential Library is being constructed in Medora, and ND will continue to develop our vast oil resources for decades to come. Now, in TR's memory and for future generations, BCA is committed to the conservation, and protection of our last wild, special places within the Badlands of western ND before they are irrevocably altered. BCA calls on our elected leaders and the public to join us in this work. Mr. Roosevelt's presence alone reminds us that conservation is critical for a healthy, balanced economy that is highlighted in tourism, sustainable



ranching/grazing and agriculture as well as resource development."

Tweed Roosevelt, great-grandson of Theodore Roosevelt, is Chairman of The Theodore Roosevelt Institute at Long Island University and a LIU University Professor. He is Past President of the Theodore Roosevelt Association with which he has been involved for over a quarter of a century, serving as Trustee, as a member of the Executive Committee and as President. He has been visiting North Dakota for many years enjoying his time hunting, fishing, hiking and riding in the Badlands, and visiting with his many friends.

Attendees are encouraged to RSVP on Facebook: <https://fb.me/e/67r1jyyNn> ■

## COMMUNITY

## Let's Swap event

Families today are looking to save money wherever they can due to inflation. The Let's Swap events were birthed from discussion with Branta Mar communications owner and Moe Events LLC owner on what type of event is needed to help those in need in the Dickinson community and surrounding areas. On October 7th Moe Events LLC will host its 5th Semi-Annual Let's Swap event. Registered Swappers and community members can shop the selection of new and gently used clothes, as well as shop

with local vendors to get essentials for their families for this upcoming fall/winter months. Registered swappers can shop from 9 am to 10 am. Community members can shop from 10 am to 3pm. They can get as many clothes as possible with a monetary donation. The event will take place at Hillside Baptist Church, 1123 10th St E..

Make an impact on your community and reduce the carbon footprint by donating clothes. Follow Moe Events LLC on Facebook to find out about all upcoming family-oriented events. Visit [www.letsswapnd.com](http://www.letsswapnd.com) for more information. ■



- Hay Rides
- Pumpkin Carving
- Crafts
- Carnival Games
- AND MORE!

**Harvest Festival**

Oct. 8th, 2023 1pm - 3pm  
Badlands Ministries Dining Hall

DICKINSON AREA CHAMBER OF COMMERCE

Eggs and ISSUES

HOSTED BY:  
DICKINSON PUBLIC SCHOOLS

TOPIC:  
SCHOOL BOND  
REFERENDUM

DATE: WEDNESDAY, OCTOBER 11  
TIME: 7:00 - 8:00 AM  
LOCATION: DICKINSON HIGH SCHOOL  
COMMONS AREA/CAFETERIA

REGISTER: PHONE - 701.225.5115  
E-MAIL - [team@dickinsonchamber.org](mailto:team@dickinsonchamber.org)

Free breakfast courtesy of Cornerstone Bank for registered attendees








# *Fall Fair* AT LEGACY SQUARE

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