

# Heart River VOICE

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SEPTEMBER 2022 | VOL. 4, NO. 9 | HEARTRIVERVOICE.COM



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## Published Monthly by Heart River Voice, Inc.

PO Box 2117  
Dickinson, ND 58602

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## A note to our readers

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

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

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

**Kelley Jilek**  
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Cover art, "Cherry Orchard" by Harold E. Bohn. For more information about the artist, see page 5.

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## #BOOKWORM

# Banned Books Week, Library Card Sign-Up

By Cindy Thronburg

Banned Books Week occurs September 18th through the 24th this year. This week is a celebration of the freedom to read, and it highlights current and past attempts of book censorship. The theme this year is, "Books Unite Us. Censorship Divides Us." The Office for Intellectual Freedom (OIF) of the American Library

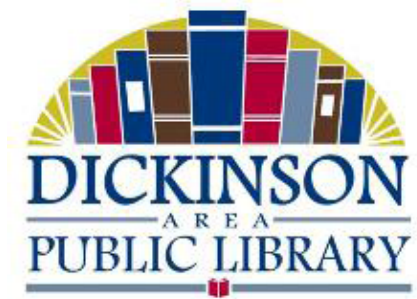
Association (ALA) compiles a yearly list of the most challenged books for the previous year. For 2021, the most challenged book was Gender Queer by Maia Kobabe. It was banned, challenged, and restricted for LGBTQIA+ content, and because it was considered to have sexually explicit images.

The Dickinson Area Public Library follows the ALA's Library Bill of Rights ([ala.org/advocacy/intfreedom/librarybill](http://ala.org/advocacy/intfreedom/librarybill)), which states that, "Libraries should challenge censorship in the fulfillment of their responsibility to provide information and enlightenment" and "Libraries should provide materials and information presenting all points of view on current and historical issues.

Materials should not be proscribed or removed because of partisan or doctrinal disapproval." It also states, "Materials should not be excluded because of the origin, background, or views of those contributing to their creation." The Library, therefore, celebrates Banned Books Week as a statement against censorship and supports allowing people to read what they choose. This year marks the 40th anniversary of Banned Books Week. Celebrate with us by reading a banned book, lists of which can be found on the ALA's website at [ala.org/advocacy/bbooks/banned](http://ala.org/advocacy/bbooks/banned). We will also have a display of books up in the library during that week.

This month also brings us Library Card Sign-Up Month! To celebrate, any new patron who signs up for a library card in the month of September will receive a free day pass to the West River Community Center. Library cards are available for permanent residents/property owners in Stark, Billings, and Slope counties free of charge. For those living outside of our service area (within North Dakota), we offer a card for a \$20 annual fee or \$25 for a family. Temporary residents can obtain a limited use card with a non-refundable \$20 annual fee. To obtain a card, you must present a current picture ID, as well as physical proof of your address if it is not current on your ID. Those getting replacement cards are not eligible for the free day pass.

September also has some special events occurring, as well as some changes to events we'd like to make note of. First, we have a new program we'd like to share! One Saturday a month we will be having Saturday Morning Cartoons! Relive your childhood by throwing on your favorite pajamas and we'll provide the cereal! We'll be watching cartoons mostly from the 90's. This event is 1 hour in length. All ages are welcome! The first Saturday Morning Cartoons will be September 10th at 9:30am.



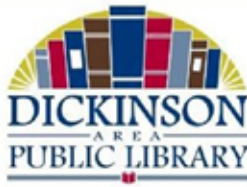
On Thursday, September 15th we will be celebrating International Dot Day! According to the website [internationaldotday.org](http://internationaldotday.org), "International Dot Day, a global celebration of creativity, courage and collaboration, began when teacher Terry Shay introduced his classroom to Peter H. Reynolds' book The Dot on September 15, 2009." In the book, a teacher encourages his student to, "Just make a mark and see where it takes you," and her single dot leads her on a journey to self-discovery. International Dot Day will be live-streamed on Thursday, September 15th at 11:00am from the Metropolitan Museum of Art in New York City in front of a live audience - featuring author Peter H. Reynolds and his twin brother Paul. A dot activity will also take place. Open to all ages!

We will be taking part in the Harvest Festival on Saturday, September 17th at DSU from 11:00am-3:00pm. This is organized by the Chamber of Commerce. There will be fun and games and booths to see. Look for our booth!

We also have two changes to programs of which we would like to make you aware. The first is that LEGO Club will be permanently moving to Wednesdays. The time will be at 4:00pm. The second change is that Tiny Tots Storytime will be moving to 10:00am. It will remain on Mondays.

We would also like to mention that the Friends of the Library Annual Book Sale will be happening from 10:00am-3:00pm on Saturday, October 1st in the Library Community Room. Stop by for some great deals on used books!

If you have any questions about any of our events, please feel free to give us a call at 701-456-7700. You can also pick up a copy of our calendar at the library or visit our website ([dickinsonlibrary.org](http://dickinsonlibrary.org)) or our Facebook page. We hope to see you soon! ■



## DPL September Highlight, 2 New Reading Challenges! Coming In September

### BANNED BOOKS


Reading Challenge



**For this challenge you can either log minutes read, log specific books read, or both to earn badges! Go on, be a rebel and read a banned book.**

### ON THIS DAY in September

Articles Included



**This challenge is just for kids ages 8-12. Learn about fascinating historical events throughout the month of September. This challenge provides short articles to read right in Beanstack! So learn some interesting things and earn cool badges by logging your reading!**



## COVER ARTIST Harold E. Bohn

This month, I'm dedicating the front cover to my step father. He was a long time artist who loved to share his creativity with everyone he met. Hal was quoted once as saying, "I consider myself as an arts activist; I like to start things and see if they will grow on their own."

On Wednesday, August 3, 2022, Harold Edward Bohn, beloved husband and father, passed away peacefully at Dominican Hospital in Santa Cruz, California at the age of 88.

"Hal" as he was known to those who knew and loved him, is survived by the love of his life, my mom, Jill Anita Bohn. Hal and Jill married on December 26, 1981 and were married for 40 years.

Hal attended the Chicago Art Institute from 1953-1954. Hal was a veteran, serving in the Army as a private from 1955 to 1957, and then served as a reservist until he was honorably discharged in 1962. He received his Master of Fine Arts degree from the Otis Art Institute of Los Angeles County in 1962. He was an art professor at Hartnell College and Gavilan College from 1963-1967. He served on many San Juan Bautista (California) boards including the



Harold "Hal" Bohn and his dog, Tinker

woods, puttering in the garden, molding ceramic masterpieces and sharing his art knowledge with others. He was known for his "break" dancing at various weddings and events. He always made his house guests feel welcome by providing cut flowers from the garden, sharing walks and berry picking in parks and neighborhoods, and happily keeping bowls of popcorn refilled.

Hal and Jill became residents of Corvallis, OR in 2007. Hal adored Corvallis, and while working in the yard, he thoroughly enjoyed greeting neighbors and passersby. He kept his Little Library well stocked, and he took great pride in what it offered to the community.

Hal will be truly missed. ■



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Hal was the caretaker for the San Juan Bautista cemetery district for 20 years, where he tended to gravesites and the grounds with the utmost devotion.

Hal had a passion for painting and creating beautiful living spaces wherever he and Jill resided. He was known for his infectious smile and his kind, gentle and compassionate spirit. Hal's life always included a dachshund by his side. Hal loved swimming in rivers, walks in the



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## CONVENTION AND VISITORS BUREAU

## The colorful ringneck pheasant

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

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

Other facts:

- Pheasants are in the Phasianidae family and are cousins of Quail and Partridge
- There are over 50 different species of Pheasants throughout the world
- Flight Speed: 38-48 mph (but can reach up to 60 mph when chased)
- Favorite Foods: Corn, seeds, insects
- Length of Incubation: 23 days
- Average First Hatch: Mid-June
- Average Clutch Size: 12 eggs
- Average Rate of Chick Survival: 50%
- Major Nest Predators: Fox, raccoon, skunk, feral cats
- Major Adult Predators: Human, fox, hawk, owl
- Pheasants can swim



PHOTO CREDIT: CRAIG ARMSTRONG

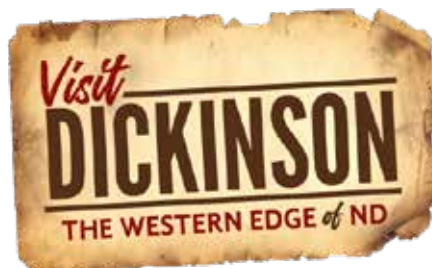
Attempts to bring pheasants to America started in the late 1700s. However, the true establishment of a sustained pheasant population did not occur until the 1880s, when Owen Denny was appointed as consul general to China.

In January 1881, he purchased 60 pheasants and crossed the Pacific Ocean to return home to Oregon. Most of the birds survived the long journey across the ocean, but the

subsequent trip in trains and small boats scared the birds, causing many to go into a frenzy and injure themselves seriously. As a result, only a fraction of the birds made it to the Portland area.

He tried again in 1882. This time he chartered a ship to go directly to Portland. Mr. Denny's brother, John, released the colorful birds on the family farm and within a year, the birds had spread to neighboring counties. In the years since, the pheasant population has spread to more than 19 states and become one of the most appealing and delicious game fowl animals in the nation.

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

NDSU EXTENSION  
4-H events

By Holly Tuhy

We talk about 4-H a lot around our office. Some may say this is because 4-H is in our job description. 4-H Youth Development is under the umbrella of NDSU Extension, and it is our job to manage the program. However, if you asked anyone in this office, we would quickly tell you how much we truly enjoy 4-H. We love watching 4-H members grow up in the program, learning and excelling as the years go by. Helping



Phaden Schrum placed 4th in the Senior Demonstration Category.

Kyron Shrum placed 5th in the Junior Interpretive Reading Category.

We also had one senior team and two junior teams compete in the State 4-H Consumer Decision Making Contest on Tuesday, July 26. The contest teaches youth how to make better consumer decisions. The life skills youth learn through consumer decision making help



Communication Arts Participants (L-R) Phaden Schrum, Kyron Schrum, Sawyer Wolf, and Layne Melchior

them develop into the best version of themselves is so rewarding. These youth gain self-confidence, find their passion, build lasting friendships, and so much more when they enroll in 4-H.

We would like to take this time to recognize some of the youth who competed in 4-H events at the North Dakota State Fair (NDSF) in Minot. These students had already competed in local contests and events, but chose to take on new challenges alongside others from across North Dakota by participating at the state level.

Stark/Billings County had four youth participate in the State 4-H Communication Arts Contest at the NDSF on Sunday, July 24. Communication Arts is a public speaking event where youth give a presentation of their choice to an audience. Youth are judged on how they present themselves, their public speaking ability, and more.

Sawyer Wolf placed 1st in the Junior Fish Tank Category.

Layne Melchior placed 2nd in the Junior Speech Category.

them to be responsible decision makers as adults.

Paula Meyer placed 1st as the overall high individual in the senior division. The Stark/Billings Senior Team took 5th place; team members were Paula Meyer, Desmond Cain, and Phaden Schrum.

The Stark/Billings Junior Team #1 took 4th place; team members were Carley Bullinger, Bergen Bullinger, and Christina Dohrmann.

Also participating was the Stark/Billings Junior Team #2; team members were Sawyer Wolf, Kenya Kilwein, and Nora Winhold.

It is important to note; this article does not mention every Stark/Billings 4-Her who participated at the NDSF. If we tried to mention everyone, we would have enough content to fill a small newspaper of our own! With that said, we are immensely proud of all of our youth. If you would like to hear about other events Stark/Billings youth competed in, give our office a call at 701-456-7665! We would love to tell you more about all the incredible things our 4-H'ers have done. ■



## KUDOS

## Rebecca Kasian

If you had the privilege to grow up in a small town or currently live in one, you know that you have to step up to make your community vibrant as there are less bodies to serve on boards, volunteer on emergency service agencies, and attend school functions. As the saying goes – if you want to get something done, give the task to a busy person.

This couldn't ring truer in the case of Dr. Rebecca Kasian, a chiropractor serving the Medora and Dickinson communities. Growing up in the rural Medora area, Rebecca left to attend Chiropractic School at Northwestern Health Sciences University, but returned to her roots to open her practice Little Missouri Chiropractic in July 2015.

children, Rebecca works hard to maintain balance in running her practice and spending time with her family. Thanks to her supportive husband, Mark, Rebecca was able to jump at an opportunity to begin a new practice in Dickinson, Back in Balance Wellness Center LLC, with two other partners.

If something is needed at school, you can always count on Rebecca to provide what is needed or be the organizer for things such as treats during teacher appreciation week. The whole school will likely get a treat when one of her kids has a birthday! She treats her patients and those in the community like family, making herself available to serve patients outside of her posted business hours should an emergency arise. If there is a community function going on that she herself isn't organizing in Medora, she no doubt is helping or sponsoring the event. Kudos to Rebecca for returning to her roots and making her community better



Not only does she help relieve pain in patients and promote healthy lifestyles through her occupation, but she is also such an asset to the Medora community. She is involved in the Medora Chamber of Commerce where she assists with the annual Hunter's Feed (fundraiser for Cowboy Christmas in Medora) and organizes the Beer & Bacon event in the fall. This event attracts visitors to Medora, benefiting all businesses.

As a mother of three beautiful

due to her contributions of time, talent, and treasure, and for being a successful female business owner!

*Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good works women do. Women Empowering Women is dedicated to the collaboration of women to meet needs and helping women become the best versions of them self. To learn more see <https://wewnetwork.org>. ■*

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## COMMUNITY

# 7th Annual Harvest Festival

Fall is in the air! Come enjoy a day full of fall fun for the entire family!

If you're looking for a fun fall festival for the entire family... look no further. Join the Dickinson Area Chamber of Commerce at the 7th Annual Harvest Festival!



The FREE-TO-ATTEND, fun-filled festival gives you and your family a reason to be outside and enjoying activities, such as local craft marketplace, amazing food, entertainment, and so much more! Here's what you need to know for planning your festival.

### THE LINE-UP:

At the Crafter's Marketplace, enjoy one-of-a-kind items from various vendors.

The DSU King Pavilion stage will feature various artists throughout the day. Bring your lawn chairs or a blanket to enjoy the musical entertainment.

Chamber member booths will provide FREE kids' activities throughout the day. New this year will

be an area for old-fashioned games which will provide great entertainment for the young and old alike.

There will be a horse and buggy rides AND a Kid Zone that includes Bounce Right Rentals inflatables and gaming bus. Not to mention the Family Fare Pumpkin Patch where your family will be able to pick out a pumpkin from the patch.

Whether you're planning to be at Harvest Festival in the morning or afternoon, there will be a variety of cuisines to choose

from. Enjoy one of the many food truck vendors and stands available that day.

Come and experience a fun day in Dickinson at DSU's King Pavilion on September 17th. ■

### WANT MORE FESTIVAL INFO?

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**THE ARTS**

**An invitation from DACA**

On behalf of the Dickinson Area Concert Association, we would like to invite the people of southwest North Dakota to our upcoming concert season. We have once again planned for a wonderful concert series for 2022-2023.

The Dickinson Area Concert Association is a local organization that has committed to bring a variety of excellent professional musical performances to the Dickinson area at a reasonable price. This year we will feature five unique concerts in three different locations in Dickinson,

Membership is open to all who are interested in becoming members. The best value is a season membership, but it is possible to attend single concerts. To become a member, season tickets may be purchased at Eckroth Music, 1067 3rd Avenue West, Dickinson, ND

or membership may be purchased at the door of any of the concerts. Season fees include \$65 for adults, \$60 for senior citizens, \$35 for students, and \$130 for a family membership. To attend a single concert, tickets are available at each concert for \$30 and \$10 for students.

Concerts which we will host this season are: The Hall Sisters – a country pop group in October; Cherish the Ladies – instrumental talents, beautiful vocals, and step-dancing in November; Travis Anderson Trio – a familiar program of 60’s TV theme music, Disney and pop/jazz standards in January; Backtrack Vocals – a 5-piece acapella group that transforms pop, funk, Motown, standards, and Broadway songs in March; and Copper Street Brass – a brass quintet which will play all types of music in bold and innovative ways in April.

For more information and to listen to clips of this year’s concerts go to: [www.dickinsonareaconcertassociation.com](http://www.dickinsonareaconcertassociation.com). ■

**Dickinson Area Concert Association 2022-2023 Season**

[DickinsonAreaConcertAssociation.com](http://DickinsonAreaConcertAssociation.com)



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## COMMUNITY

## Schweitzer scales a mountaintop taking the next right step

By Mark Billings



A long and rocky path behind her, Deb Schweitzer has climbed Mt. Everest but is still scanning the horizon for its snowy summit, her steps steady and secure.

The Dickinson native, known in many circles for her tireless youth advocacy, is also a pioneer of sorts, taking on new tasks in faith when she can't see around the next turn on her path. A case in point: Schweitzer chose to become the first director of the then tiny Connect Medical Clinic seven years ago when it had no paid staff.

"I remember listening to the radio between appointments during the day and kept hearing an ad highlighting this new director position at Connect," recalled Schweitzer. "I heard it again right before I got out of my car to visit a little girl who had a facial birth defect, and during the appointment the father told me, 'You know, if we ever knew this was going to happen to her, we would likely have not chosen to maintain the

pregnancy."

Fueled by those father's words and her belief of, "stepping into and doing the next right thing," Schweitzer became Connect's first executive director with no administrative background and was there when the doors opened on Nov. 2, 2015. "I wasn't a business person and we only had volunteer nurses Amy Hofer and Maria Renicker," she said. "We hired Ann Marie Heinen a month after I started as the second paid staff. I wasn't a Katie Vidmar or a Tara Zettel (the organization's next two directors, successively) but God had a plan."

In addition to holding this role for six months, Schweitzer has continued supporting Connect as a board member and also coupled her education from the University of Mary and experience as a nurse in both Bismarck and Dickinson as an early interventionist with the KIDS program – a position she still maintains. The initiative, or Key Infant Development Services, is a home-based, family-focused program for families and newborn children to age 3.

Schweitzer and her husband Todd, a Bismarck native, have also raised four biological children and adopted two they met as foster care parents. They include

Luke, Ginny, Mary, Molly, Faith and Ty; each was strongly encouraged to begin volunteering when they reached the 7th grade. While the couple has not kept a running tally, Schweitzer estimates she

and Todd have taken in more than 140 foster care youth, many paired with siblings.

Further adding to her youth focus, Schweitzer and her son Luke, within the past several months started Holy Family Day Care. Awaiting final certifications, they hope to care for up to 11 kids with some drop-in spots.

Through her journey, Schweitzer attributes her inspiration to Joni Eareckson Tada, who at 17 years old, became paralyzed from the neck down in a diving accident. Since then, Tada has written more than 40 books, starred in an autobiographical movie of her life and become an advocate for those with disabilities. "I truly believe that (through Tada's example), suffering in life shows us God's love," said Schweitzer. "I have known some difficult times in my life but as you trust and pray, things are not falling apart, they are falling into place when we do the next right thing."

Connect is a nonprofit sexual health and pregnancy clinic located south of Fairway on State Avenue. For an appointment or more information, visit [connectmedicalclinic.com](http://connectmedicalclinic.com) or call (701) 483-9353. ■



The Schweitzer family



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## FINANCIAL FOCUS

# When should you adjust your investment mix?

There are no shortcuts to investment success — you need to establish a long-term strategy and stick with it. This means you'll want to create an investment mix based on your goals, risk tolerance and time horizon — and then regularly review it to ensure it's still meeting your needs.

In fact, investing for the long term doesn't necessarily mean you should lock your investments in forever. Throughout your life, you'll likely need to make some changes.

Of course, everyone's situation is different and there's no prescribed formula of when and how you should adjust your investments. But some possibilities may be worth considering.

For example, a few years before you retire, you may want to reevaluate your risk exposure and consider moving part of your portfolio into a more conservative position. When you were decades away from retiring, you may have felt more comfortable with a more aggressive positioning because you had time to bounce back from any market downturns. But as you near retirement, it may make sense to lower your risk level. And as part of a move toward a more conservative approach, you also may want to evaluate the cash positions

in your portfolio. When the market has gone through a decline, as has been the case in 2022, you may not want to tap into your portfolio to meet short-term and emergency needs, so having sufficient cash on hand is important. Keep in mind, though, that having too much cash on the sidelines may affect your ability to reach your long-term goals.

Even if you decide to adopt a more conservative investment position before you retire, though, you may still benefit from some growth-oriented investments in your portfolio to help you keep ahead of — or at least keep pace with — inflation. As you know, inflation has surged in 2022, but even when it's relatively mild, it can still significantly erode your purchasing power over time.

Changes in your own goals or circumstances may also lead you to modify your investment mix. You might decide to retire earlier or later than you originally planned. You might even change your plans for the type of retirement you want, choosing to work part time for a few years. Your family situation may change — perhaps you have another child for whom you'd like to save and invest for college. Any of

these events could lead you to review your portfolio to find new opportunities or to adjust your risk level — or both.

You might wonder if you should also consider changing your investment mix in response to external forces, such as higher interest rates or a rise in inflation, as we've seen this year. It's certainly true that these types of events can affect parts of your portfolio, but it may not be advisable to react by shuffling your investment mix. After all, nobody can really predict how long these forces will keep their momentum — it's quite possible, for instance, that inflation will have subsided noticeably

within a year. But more important, you should make investment moves based on the factors we've already discussed: your goals, risk tolerance, time horizon and individual circumstances.

By reviewing your portfolio regularly, possibly with the assistance of a financial professional, you can help ensure your investment mix will always be appropriate for your needs and goals.

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



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## LESSONS IN BUSINESS

## Making a life through service

By Debora Dragseth, P.D.

Imagine living in a community in which no one gave freely of their time and talents. There would be no animal rescue organizations, no one working at the local food pantry, no Girl Scout or Boy Scout leaders, and no programs like the Make-a-Wish Foundation, or Power of 100 Women.

If anyone knows what truly defines community, it is the thousands of volunteers who are making a positive impact throughout our region. They are the active and engaged citizens who, despite the commitments and pressures of work and family, offer their time and talents to a wide range of activities that improve the lives of those around them.

Midwesterners demonstrate a strong sense of volunteerism. According to a recent report from the Corporation for National and Community Service, Midwestern states rank high in the nation in volunteerism with 35.6 percent of us volunteering regularly, compared to a national rate of 26.7 percent.

There are countless examples of good works happening in our communities every single day. We at the Heart River Voice heartily agree with Winston Churchill who said, "We make a living by what we get, but we make a life by what we give."

**Interview with Steve McCurley**

We recently interviewed internationally-known consultant and speaker Steve McCurley. McCurley presents workshops around the world on the topic of effective volunteer involvement. He is the author of more than 150 articles and 14 books including the global bestseller, *Volunteer Management: Mobilizing all the resources of the community*.

There are 125 million individuals in the United States who regularly volunteer. Their motivation, McCurley said, is that volunteering makes people feel good about themselves while at the same time helping others. Volunteers are, by all measures, happier and healthier people.

There is no "traditional volunteer," according to McCurley. The range of volunteers today is broadening in terms

of age, income and ethnic background. High powered, recently retired baby boomers are leading a trend by jumping into volunteering with gusto and creating brand new ventures. Generation Y youth are thinking, "Hey, it's going to be our world—we need to make it better."

The reason most people don't volunteer is because they feel they don't have enough free time, so we asked McCurley about time management. He said, "If people want to volunteer, they will find the time. Studies show that non-volunteers are engaged in seven more hours of "media time" a week than individuals who volunteer. It's just a matter of how one chooses to spend his or her time."

We were also curious about whether volunteerism differs in smaller versus larger communities. McCurley noted that there are two key differences. "In small towns," he said, "volunteerism is very personal; volunteers get pulled in by personal connections, a friend or a neighbor. In larger communities, agencies must advertise for volunteers. Also, small towns often are not able to pay their mayors, city commissioners, firefighters and emergency medical technicians, so these positions, which are paid jobs in cities, are filled with volunteers in small, rural communities."

In order for nonprofit organizations to successfully attract volunteers, McCurley stressed that agencies need to offer volunteers the opportunity to do meaningful work, allow them flexibility in the hours that they volunteer and provide them with a positive environment and social contact.

**Quality of Place**

The residents of Southwestern North Dakota have displayed a determination and commitment to making their communities better places to live. We can proudly see ourselves as a model for other communities across the nation.

*Debora Dragseth, P.D. is a professor of business at Dickinson State University. Her column appears monthly, providing commonsense answers to common workplace issues. ■*



*[The Gathering Place]*  
Dickinson Women's Community Bible Study  
PRESENTS  
*Jesus & Women*

"Take heart, daughter." Matthew 9:22 Imagine walking the dusty roads of Galilee with Jesus of Nazareth—braving jostling crowds just to touch the edge of His cloak and hear Him say, "Take heart, daughter, your faith has healed you." Those words, once meant to comfort a hurting woman's soul thousands of years ago, were also meant for you. Join biblical culturalist Kristi McLelland on those dusty roads as she transports you back to Jesus' world, stepping into the footsteps of the women who came face to face with the living God.

*"We will watch a video followed by a time to connect"*

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*Sorry, no children please*



**COMMUNITY**  
**The Connection's**  
**FallFest**

Dickinson's own Christian music station, 103.7 The Connection, will be hosting FallFest on Saturday, Sept. 10 from 3-7 pm at the Dickinson Armory. This event will have games, food and fun for all! The event will conclude with entertainment from the Stunt Dudes BMX Riders!

"I hear regularly from people how much they love our station. People enjoy hearing hope and encouragement, especially in a world full of negativity and division," said Heidi Larson, General Manager. "We are more than just great music - we are a ministry. We are committed to sharing the love of Christ with the Dickinson area. We also bring in concerts and other family events, help out the Amen Food Pantry, promote non-profit events, and pray for needs we are made aware of."

The station is non-profit and non-

commercial, so funding comes from donations and fundraisers. The event is a fundraiser for this non-profit ministry that serves the Dickinson area. In addition, the event will serve as an outreach to the community. Local churches will have the opportunity to have a booth and game for attendees. The Stunt Dudes will also share a Gospel message during their show.

Admission to the event is \$5 per person, or \$20 for a family. Wristbands will be given upon admission, so families can come and go as they please. Concessions will be served throughout the event.

Sponsorship opportunities are available. To inquire about sponsoring this event, contact the station at 483-1037 or via email at events@103theconnection.com.

The Connection is on air 24 hours a day, 7 days a week. Along with the 103.7 frequency in Dickinson, the station is also available worldwide on their website [www.1037theconnection.com](http://www.1037theconnection.com) and via their mobile app, available for both IOS and Android. ■

**Kind Hearts Day**

**Saturday, September 24**



**Stark County Fair Grounds**

**11:00 - 3:00**

**Free Community Event**

**FOOD**



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## HEALTH

## Collagen - Why it's so important

By Steve Irsfeld



Aging is a fact of life, and collagen, like hormones, is one of those things that, over time, start to diminish in the aging process. When a person is in their 20s and 30s, there seems to be an overabundance of collagen and hormones. Our skin is smooth, stretchy, and vibrant, and we have flexible joints. Over time, our bodies produce less and less of these fountains of youth. At some point, you look in the mirror and say, "where did all the wrinkles come from?" The answer is that you are aging, and in that process, you develop a deficiency of collagen and hormones.

Collagen is a protein found in bones, skin, cartilage, ligaments, tendons, and bone marrow. Think of it as the "glue" that keeps us together. Our joints naturally experience wear and tear as we age, becoming less flexible. Part of this is due to the body's decreased production as we age. Collagen is the primary source of protein in our body, accounting for up to 30% of the total amount. Collagen is an essential part of our connective and fibrous tissues.

The composition of the amino acid collagen comes from peptide chains and is a concentrated source of amino acids, proline, and glycine. These two proteins are not a component of animal proteins, which are the most common source of protein in the standard American diet. They can be found in organ meats which very few of us eat (think liver and gizzards).

Our skin is aided by collagen, which helps to form elastin and other

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compounds within the skin that are responsible for maintaining the skin's youthful tone, texture, and appearance. These peptides may also help support the elasticity and hydration of the structural components of skin and nails.

Clinical studies demonstrate oral supplementation with collagen helps promote healthy skin and nails by stimulating natural collagen production processes along with other proteins

in the body. Studies show that collagen can reduce the visible signs of wrinkles, puffiness, and various other signs of aging. Some have even found a decrease in cellulite when consuming foods and supplements containing collagen.

Have you ever felt like you've got "wooden legs," the types that feel "stiff as boards" and cause pain when you move? This stiffness is most likely due to a decrease in collagen because when we lose collagen, our tendons and ligaments start moving with less ease, leading to stiffness, swollen joints, and more.

We often hear of the cushion between the bones in our knees and how that is wearing away, and we have bone on bone. Collagen allows us to glide and move without pain due to the smooth structure that covers and holds bones together. A 2006 study looked at using collagen for osteoarthritis. The study indicated that there was evidence supporting its use for this condition.

There are many collagen products

on the market these days, and finding a good quality collagen product that fits your needs and has the science to back it up is essential. One of my favorites has a combination of four types of collagens. Each type has studies showing its effectiveness. It also has fifteen grams of protein and is tasteless.

If you suffer from sore and painful joints, have decreased bone density, or are not happy with your newfound



wrinkles, now is the time to try a quality collagen supplement and see if you notice any beneficial results. For many of you, collagen production will not just magically start up again, don't be afraid to help out the process.

My staff and I would be happy to help you choose a quality collagen product, so stop by the pharmacy or call to schedule a consultation. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Sign up for my podcast under the podcast tab, where I visit with providers in our region. Until next time, be vigilant about your health! ■

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## COMMUNITY

# 17th Annual Theodore Roosevelt Symposium

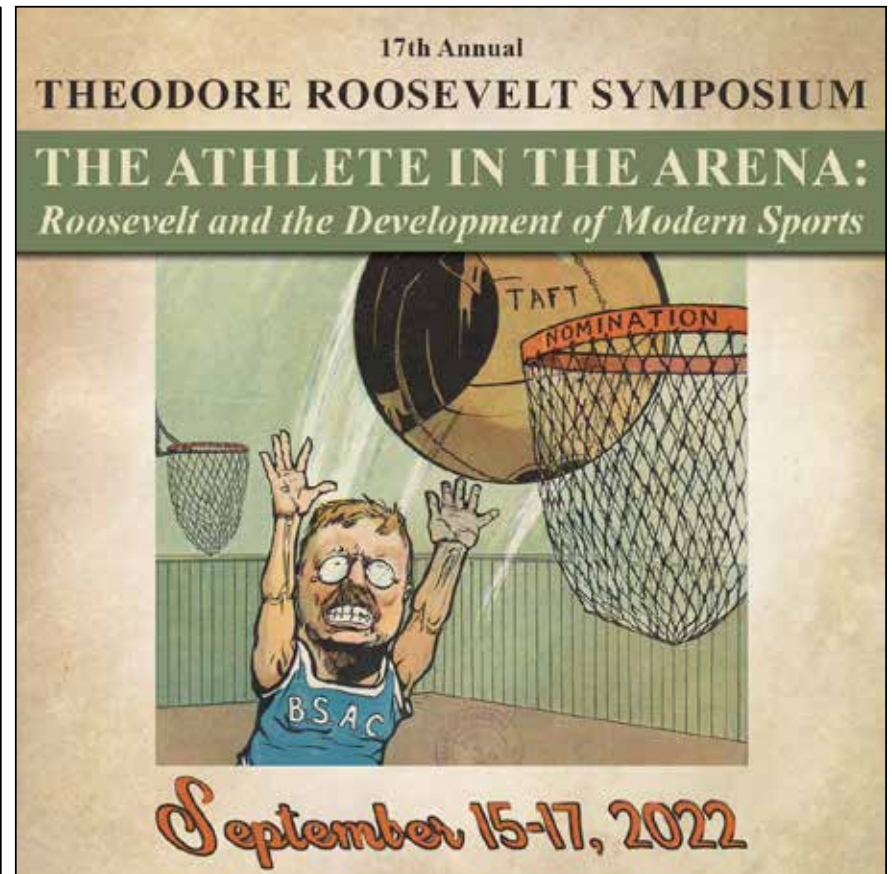
Explore athletics in the Age of Roosevelt, celebrate a DSU building grand opening

September 15-17, the Theodore Roosevelt (TR) Center at Dickinson State University will host the 17th Annual Theodore Roosevelt Symposium. In this humanities symposium, open to the public, the TR Center will explore the athletic world in the Age of Roosevelt and changing American notions of physical fitness against the era's social transformations. Topics will include the beginnings of basketball, the taming of collegiate football, the social and cultural search for "the strenuous life," the debate over physical education for women, and TR's own life as a sportsman, including boxing, wrestling, stick fighting, point-to-point hiking, skiing, and martial arts.

We are thrilled to have several award-winning authors speaking at the symposium, including Anne Blaschke, who will speak on the history of Title IX;

Simon Cordery, who will speak on "the strenuous life" as a remedy to anxieties of the Gilded Age; and Ryan Swanson, who will speak on Theodore Roosevelt's relationship to athletics. Our keynote speaker will be Michael Patrick Cullinane, author of *Theodore Roosevelt's Ghost: The History and Memory of an American Icon* and *Remembering Roosevelt: Reminiscences of his Contemporaries*. The authors will be available for book signings and will be brought together for a panel on the final day of the event.

The symposium coincides with the grand opening of a new space on campus for the TR Center, which will include offices for staff, scholars, and student workers; living quarters for students of the Theodore Roosevelt Honors Leadership Program; video and podcasting studios; event space; exhibition galleries; archival storage; and more. In addition to a well-stocked research library, the building will house a



scale replica of Roosevelt's reading room at Sagamore Hill, his home in Oyster Bay, New York, which will include copies of many of the books that Roosevelt himself owned. With this new space, the TR Center will be able to exponentially increase its efforts towards becoming the central hub for scholarly research on Theodore Roosevelt and the world in which he lived.

In conjunction with the opening of the new TR Center building, the inaugural exhibit will feature the photographs of Edward S. Curtis, famous for his work with Native Americans. Theodore Roosevelt

Humanities Scholar Clay Jenkinson, the curator of the exhibit, will deliver a lecture on Curtis' work. On the final day of the symposium, Jenkinson will lead an educational hike in the Badlands.

For more information and to register for the symposium, visit us at [www.TheodoreRooseveltCenter.org](http://www.TheodoreRooseveltCenter.org). Registration is \$175 for all three days, or reduced rates for individual days. Virtual attendance is available for \$50. Attendance is free to all DSU faculty, staff, and students. Students and faculty from all schools and universities will also be free, except for meals. ■





# DICKINSON MUSEUM CENTER

## Temperance and Prohibition Enforcement in North Dakota – Part 2

By Bob Furhman

John D. Campbell was born at Salem, New York in 1867, one of six children of a railroad station agent. By 1880 the Campbells were living in Illinois before ending up in North Dakota, the 1885 Territorial Census showing the family living north of Fargo under the guidance of John's now widowed mother, a school teacher. Seventeen-year-old John had no occupation listed but five years later he is a member of the University of North Dakota's second graduating class, being the first male graduate in UND's Normal (teacher's) program. Spring 1891 finds John Campbell teaching in the Washburn schools when it was announced he'd been hired as Principal of the Dickinson schools starting in fall.

Campbell arrived in town as the new 'High School' was being built and surely he and his staff (Miss Crowley, lower primary department and Miss Courtney, second primary) were eager to move into the building which would be ready for the winter term. Just before term the December 12, 1891 Dickinson Press reported on the new school, calling Campbell "a gentleman of good culture and habits, who has had experience in teaching and (has) always given the very best satisfaction. His heart is in his work and he is doing all that he can for our schools." The same edition also reported "Principal Campbell has worked up an interest for a Latin class, which will be commenced soon."

Two weeks later the Press reported the organization of "A Stark County Law and Order League," led by President C.H. Gordon with John Campbell serving as Secretary. "It is presumed that the league will work against saloonism (sic) and the alleged violation of the prohibitory law as on the statute books of North Dakota." The use of the word 'alleged' foreshadows the Press' eventual stance against prohibition, favoring instead high license fees for liquor retailers (not an option under the law). Given later events it is ironic that the same edition reported Campbell receiving the complete works of Dickens in 15 volumes, a present from Dickinson students.

The Stark County Law and Order League obviously took the fight against drink seriously as the District Attorney's Docket (from Museum Center collections) shows four complaints filed by Gordon and Campbell for the sale of intoxicating liquors - three Dickinson

businessmen: Charles Klinefelter (Villard House hotel), George Tilton (billiard hall), Matthew Pisha (cigar store) and - Sebastian Mischel (general store/hotel in Richardton).

Tilton and Klinefelter had been charged for the same offense the previous August, but those charges, like the ones filed by Gordon and Campbell were eventually dismissed, State's Attorney Bates presumably not inclined to press the matters given the anti-prohibition crowds quick retribution when, a week later the Press reported new County Superintendent of Schools Dr. Victor Stickney had received a petition signed by 46 citizens calling for Campbell's dismissal. The petition alleged Campbell had been negligent of duty, the Press providing no details on the allegation or petition. On January 14 the school board agreed and dismissed Campbell. Concurrent to this reporting, the Press carried a notice from the local Law and Order League:

**The Law and Order League of Stark county publicly make the following statement that J. D. Campbell, as secretary, and E. E. Cook, as president of the league, have acted in that capacity only, and the action taken has been ordered by the league, and the league alone is responsible for the same; and believing that the action of the school board is an abridgement of J. D. Campbell's rights as an American citizen and entirely beyond their powers. We hereby protest against their action as not only frivolous, but malicious, and we will support Mr. Campbell both in the town and in the courts, as we believe he has given perfect satisfaction in the school and to all law-abiding citizens.**

**Done by order of the Law and Order League of Stark county.  
E. E. COOK President.**

*Dickinson Press, January 16, 1892*

Despite some newspaper skirmishes in the form of letters for and against him, Campbell stayed above the fray while he waited for Dr. Stickney to hear his appeal - apparently the first time Campbell would have a chance to put his case as is was no record of a pre-dismissal interview between Principal and Superintendent to be found - Dr. Stickney only asserting that "he wanted to get at the true facts of the case" at the post-dismissal appeal. Details of the dismissal hearing had not been published, the Press contending that "our columns are too crowded this week to admit of publishing a brief of the testimony, which was neither sensational or startling," however, they did publish Dr. Stickney's summary on February 13:

<p><b>John D. Campbell vs. Dickinson School Board.</b></p> <p>After a careful deliberation on the evidence taken at the hearing of John D. Campbell vs. the Dickinson School Board, last Thursday, Superintendent of Schools Stickney gives his written decision on Saturday, the 6th, a true transcript of which is the following:</p> <p>STATE OF NORTH DAKOTA, } COUNTY OF STARK. } ss J. D. Campbell } vs. } Dickinson School Board. }</p> <p>To J. D. Campbell:</p> <p>You are hereby notified that the following is a true copy of my decision in the matter of appeal in the above named case, held before me on the 4th day of February, 1892:</p> <p>From the evidence before me I am lead to believe that the appellant, J. D. Campbell, has neglected his duties as a teacher in the public schools of Dickinson in the following ways, viz:</p> <p>In having neglected to report to the proper office notice of beginning of school.</p> <p>In having neglected to teach in his department of said school the subject of physiology, and having neglected to teach in any way the nature of alcoholic drinks, stimulants and narcotics and their effects upon the human system.</p>	<p>In having organized, without the consent or cognizance of the school board a class in Latin, thereby usurping the power of said school board and exposing them to civil action to recover money spent in supporting a school in which the English language is not taught exclusively.</p> <p>I find that the action of the school board of Dickinson school district in discharging J. D. Campbell as teacher in the public school of Dickinson, for neglect of duty, was justifiable.</p> <p>V. H. STICKNEY, Co. Supt. of Schools, Stark Co.</p> <p>The decision is based on neglect of duty, the authority for which we cite sections in their order, corresponding with the foregoing points of decision, from the general school laws of North Dakota:</p> <p>First—Beginning and suspension of schools—Sec. 120.</p> <p>Second—Branches to be taught in all schools—Sec. 130.</p> <p>Third—Branches of study—Sec. 78.</p> <p>Fourth—English language to be used and taught—Sec. 89.</p> <p>Mr. Campbell has employed council and is having the case go in shape to go before the state superintendent. There is no small amount of feeling in the matter, on both sides, and it is not improbable that the case will go into court.</p>
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*Dickinson Press, February 13, 1892—Dr. Stickney's summary*

With his world turned upside down, Campbell finally took an opportunity to voice 'A Few Words in Self-defense,' published in the same edition of the Press that carried Stickney's decision:

Under the modest-sized headline 'School Principal Bounced,' the February 19 Hope Pioneer said

*Continued, next page*



Continued from page 16

**John D. Campbell vs. Dickinson School Board.**

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COUNTY OF STARK. }

J. D. Campbell  
vs.  
Dickinson School Board.  
To J. D. Campbell:

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In having neglected to report to the proper office notice of beginning of school.

In having neglected to teach in his department of said school the subject of physiology, and having neglected to teach in any way the nature of alcoholic drinks, stimulants and narcotics and their effects upon the human system.

In having organized, without the consent or cognizance of the school board, a class in Latin, thereby usurping the power of said school board and exposing them to civil action to recover money spent in supporting a school in which the English language is not taught exclusively.

I find that the action of the school board of Dickinson school district in discharging J. D. Campbell as teacher in the public school of Dickinson, for neglect of duty, was justifiable.

V. H. STICKNEY,  
Co. Supt. of Schools, Stark Co.

The decision is based on neglect of duty, the authority for which we cite sections in their order, corresponding with the foregoing points of decision, from the general school laws of North Dakota:

First—Beginning and suspension of schools—Sec. 126.

Second—Branches to be taught in all schools—Sec. 130.

Third—Branches of study—Sec. 78.

Fourth—English language to be used and taught—Sec. 89.

Mr. Campbell has employed council and is having the case put in shape to go before the state superintendent. There is no small amount of feeling in the matter, on both sides, and it is not improbable that the case will go into court.

Dickinson Press, February 13, 1892—Dr. Stickney's summary

Dickinson Press, February 6, 1892

...the schools have been most seriously injured as a result from the strife which has come up, and this can be traced to Mr. Campbell's holding the secretaryship of the Law and Order League of Dickinson, which society is the legitimate outgrowth of the prohibition move here. And what we blame Mr. Campbell for, and the only grievance we have against him, is his having accepted a position in our schools as principal, knowing as he did, all the feeling, pro and con, here over the liquor question, and then take a position which would draw the public schools into the muddle. It is like Adam and his experience with the apple. Some may have sought to take advantage and do Mr. Campbell an injustice, but he was not called upon to sacrifice principal or honor to have saved this trouble.

John Ayres Editorial

\*Press editorial

Denny Bailey (hardware), F.A. Hickman (unknown) and M. F. Klinefelter (drayman) whose father Charles had been named by Campbell and Gordon in that liquor complaint the previous January. While it seems these men align with the general business interests of the community (and saloons were popular and tax-generating businesses) it's irresponsible to assign them sympathies without cause, though why else would Simpson call them? As with so much of this story, this lack of trial detail adds to other frustrations - not knowing the names of the 46 signers of the dismissal petition, the lacking school board minutes for the meeting that voted to dismiss, and no details of the testimony of Campbell's appeal before Superintendent Dr. Stickney.

What we do know is that Simpson's defense took 65 minutes to present with Judge Winchester's charge to the jury taking 40 minutes, deliberations commencing at 4:20. The jury was out overnight, deliberating over 16 hours before reporting at 9 AM that they were unable to agree on a verdict, whereupon they were dismissed by Winchester, the case being put over to the next term. Later that day Charles Klinefelter's liquor case was tried, the jury delivering a 'not guilty' verdict "after a short deliberation."

The remainder of the story comes in dribs and drabs via newspapers - within a month Campbell is appointed state organizer for the Independent Order of Foresters (a fraternal insurance society), in September he is teaching in Tower City. The next March he is expected in Dickinson for court, undoubtedly for his suit to be re-tried - which does not happen, the case being dismissed the following year.

In fall 1894 Campbell is the principal of Park River Schools, raising funds to fully equip a school laboratory by January '95. In August 1896 he spends his vacation reading law and joins the

Walsh County Sound Money Club (part of a banking reform movement). In summer of '97 he resigns from Park River Schools and opens a law office in Larimore after admission to the Bar. Two years later he marries Luraette Ballard in Rochester, Minnesota.

By 1903 the Campbells are in Spokane where he is elected secretary of the North Dakota Association of Washington. Before Luraette passes away in 1912 she and John are listed in Who's Who on the Pacific Coast. Remarrying in 1913 he continues to practice law in Spokane until his death in 1930.

Campbell died three years before the 18th Amendment is repealed, signaling the end of the 'Noble Experiment.' After navigating his rocky road in Dickinson as an active prohibitionist, Campbell must have felt satisfaction and vindication with the 1920 nation-wide ban on the consumption of liquor (Washington State's own ban passed in 1916). If the demeanor demonstrated in his "Few Words in Self-defense" is any indicator, we might imagine him as a quiet man of conviction, understanding that liquor caused harm to some members of society, but perplexed that his personal actions somehow earned the rancor of certain people in Dickinson given he was advocating for the enforcement of a state law that came into being only after a territory-wide referendum (albeit, a close vote).

Campbell's legal career seems to have been fairly quiet, even pedestrian, though the lack of any complaints is no proof of competency; we do know he was highly regarded as a teacher and principal before joining the Law and Order League and we can only speculate how successful he might have been as an educator had he not been singled out for retribution for actions for which he believed the School Board had no right to control. ■

Campbell would have a hearing before the State Superintendent (which failed to happen) but was already reading law in Minneapolis. The Press then reported Campbell would bring suit against the school board, though opined Campbell would lose, as "it will be remembered that we thought Mr. Campbell had made a great mistake in ever letting such a state of things come to pass in the public school..." though never identifying what that 'state' was.

When the term of court opened on April 5 Campbell vs Dickinson School District No. 1 was on the docket, Campbell suing for \$245.25, the amount remaining on his contract. Defense Attorney Leslie Simpson's motion "to dismiss on grounds that the complaint was insufficient on which a cause of action could be had" was denied, the trial set to begin the next morning.

Bismarck lawyer N.F. Boucher presented Campbell's case from 9:00 to 2:15, save an hour for lunch. Campbell

was called first -the Press reporting his testimony took "more than a half day and was very rigid, reviewing the grounds of dismissal pro and con, his methods of teaching, etc." Boucher then called six more witnesses, three of whom were active in the Dickinson Congregational Church, generally regarded as prohibitionist. Ironically, one of these was Myron L. Ayres, editor of the Dickinson Press, whose editorials advocated high-licenses and took Campbell to task over his membership in the Law and Order League, thus seemingly putting him at odds with the other Dickinson Congregationalists. Two months before the trial the Press had this to say (see Press editorial)\*

Why Boucher called Ayres is a mystery as no transcripts of the testimonies are available, but it is an intriguing twist. When the plaintiff rested, Attorney Simpson called five witnesses - Superintendent of Schools Stickney, Alonzo Hilliard (banker),



## FEATURE Q &amp; A

# Friendship Park: Closer to becoming a reality

By Nathan Zent

I have once again interviewed Sarah Carlson, President of the Friendship Park Committee, to give you an update on the progress toward making Friendship Park a reality. Friendship Park will enable individuals of all abilities to play together in a safe and inclusive environment. Previous articles about Friendship Park can be found in the July 2019 and July 2020 issues of Heart River Voice.

(Interview edited for clarity and length.)

**NZ: Did you come up with the idea for Friendship Park and initiate the committee and the project?**

**Sarah Carlson:** We should all be motivated to share spaces with everyone in our community, which means that some spaces need to have adaptations. When my son, Beckett, was born, he loved to swing in the playgrounds we visited, but it was difficult to navigate our current parks with his stroller, and eventually his wheelchair. So I have wanted an inclusive playground to meet his needs for as long as I can remember. There are others that have this dream as well: other parents who have children who need adaptations, professionals who serve this population, and others who have curiosity or interest in people

We started years ago. Fundraising is hard work, and we all volunteer our time to dedicate toward fundraising and other parts of the project, so it has taken time.

**Is there a groundbreaking scheduled for Friendship Park?**

There is nothing scheduled, but the dirt work has started! We hope to have a community event to bring people together when the playground officially opens to have a big hot dog cookout to celebrate the option to play side by side.

**Please describe the final design of Friendship Park.**

The main play area is circular and resembles the earth. The colors are green and blue. There are adaptations throughout the play area. The central structure has ramps and there are swing options for people who need extra trunk support. There are zip lines (This is the popular request!) both with supported swings and without. There are lots of features that will be revealed when we open, but we are most excited for all of the adapted pieces meeting the needs of all children in our community.

**Please describe the different phases in which Friendship Park will come into existence.**

I want to honor the phases we have been through: we have dreamed about

There will be a parking lot, shelter with accessible bathrooms, and eventually the playground. Hopefully these will all get completed in 2022.

**Is there a target date for when all phases of Friendship Park will be completed?**

We are hopeful that it will be completed sometime this late fall/early winter (if weather cooperates). At the very latest, it would be spring of 2023.



**Are more funds needed to ensure that Friendship Park is a success?**

We are still happily accepting funds, as there are additional parts to the playground that we would love to be a part of the build, like a more private area for play that is adjacent to the main area, but could provide a sensory break to those who might need it. We also are hopeful to have a walking trail around the perimeter.

**If someone wants to support the Friendship Park project by purchasing a T-shirt, how much does one cost and how can it be purchased?**

T-shirts are \$20. Feel free to contact me [Sarah] for one at 515-450-7378.

**Are there additional ways people can support Friendship Park?**

We did establish an endowment, so future dollars [donations] can go into the endowment for repairs needed for the playground or future playground spaces!

**As President of the Friendship**

**Park Committee and a mother of an individual with a disability who can benefit from Friendship Park, how does it feel to be on the cusp of having an inclusive park in Dickinson?**

It's sweet relief! I can't wait to get out and play with you all!

**Through your involvement with the Friendship Park project, what lessons have you learned about advocating for individuals with disabilities that you think may help the general public if they would like to assist with making Southwest North Dakota more inclusive?**

We have come a long way, but we still have a long way to go. I ask a question to people who seem impressed or interested that I have a passion for people with disabilities: are you friends with someone with a disability? (Usually, that answer is no.) Why not? I think one thing to start out with is to see something that connects you with another human being. Start with recognition. If you recognize the accessibility need, or sensory needs, or whatever it is; it's everyone's job to accommodate for that. It shouldn't be something that needs advocates because it should be automatic for everyone to consider someone who might do things a little differently.

I would encourage you to consider contributing to Friendship Park and looking at venues and businesses from an accessibility perspective to keep Dickinson and Southwest North Dakota moving forward toward being more inclusive. ■



From left to right: Jenna Weisz, Daniel Duletski, Sarah Carlson, Katie Schlosser, and Angie Skaarvold / Photo courtesy of Sarah Carlson

that might be different than them. When we first started meeting, there were ideas that were thrown around to name the park after Beckett or someone in particular, but this playground is not just about Beckett's needs. It's bigger than that—it's about all community members coming together to build friendships.

**How long has the committee been working toward the goal of an inclusive park in Dickinson?**

this playground! Having a vision is really essential to motivate the fundraising, the longest stage of the project. Some of the funds that were used were public dollars, so the project went out for bids a couple months ago, and companies were selected. The engineers have been involved in the final design and how it best works within the space with drainage and existing trees. Now the dirt is being prepped for concrete.



## COMMUNITY

# Shadehill West cabins now ready with AED

By Ted Uecker

A little over a year ago, a lady close to our hearts died in her sleep at the West Cabins area of Shadehill, South Dakota. CPR and mouth to mouth resuscitation were administered immediately by concerned neighbors and then, all the way west to the White Butte Road and a few miles north. The Lemmon Ambulance crew continued CPR from there. Plus, they tried four AED shocks. But to no avail.

To hopefully not have this event happen again, about half of the residents (so far) at West Cabins, Shadehill, SD, decided to do something about it. Twenty-eight individuals and families gifted from \$50 to \$100 each, so that an AED (automated external defibrillator), a steel box container and AED sign could be purchased and placed at the West Cabins Shadehill area. It is located on a post just east of the "Honeychuk's" Lake House (huge black building with gold roof, at the end of West Cabin Road), on the West

Cabins/Corps Line.

So far, \$2,580 has been raised – well beyond what this AED unit costs. The balance of funds will be utilized for more AED pads, battery replacement and eventually an upgraded AED. Or maybe there might be another item that is needed to help save a life? We are open to suggestions. Ted and Sheri Uecker will be cleaning and checking the AED regularly during the spring and summer months, plus storing inside their lake house during the cold winter.

On Saturday, June 25th, Matt Barnes and Nikole Tennant from the Lemmon Ambulance Service, volunteered their expertise to come down to West Cabins for an AED/CPR brush-up course. With CPR dummies and sample AED machines in hand, Barnes and Tennant gave a terrific 1½ hour presentation on basic AED and CPR fundamentals. Every person attending practiced their CPR technique and learned about the new AED equipment. Barnes and Tennant also fielded and answered many questions from the 13 participants regarding CPR/AED usage, technique, timing, etc.. Thank you to the "Honeychuks" for allowing us to use their lake home for this AED/CPR brush-up.

Special thanks to Sheri Uecker for spearheading this important AED Project at West Cabins. Plus, thank you to Shane and Jody Timm for gifting the large rock located at the base of the AED equipment. And thanks to Carl Ebert for engraving this memorial rock with the saying, "Welcome to My Happy place. Love, Betty." The following thoughtful families and individuals have given so far toward this important AED project at West Cabins: Kip & Angie Stevens, Barry Stevens, Shawn & Lori Frank, Susan Bentsen, Loren Luckow, Shane & Jody Timm, Erin & Alan Timm, Garret & Christi Schmitz, Jamie & Juanita Byrne, Eric & Dana Andress, Kim Erickson & Cory Seamands, Chuck & Sarah Seamands, Ryan & Becky Brooks, Greg & Tonya Jensen, Wayne & Roberta Braun, Mark & Debbie Thompson, Robert & Brooke Saunders, Dave Haar & Joan Schmaltz, Travis & Chrystal Haar, Chris & Tricia Parnow, Eric & Kayla Honeyman,



Dennis & Jan Bentsen, James & Donna Strand, Wes Evans & Liz Hallen, Mike & Heidi Mellmer, Dr. Steve & Mary Kilwein, Rory and Julie Ketterling and Ted & Sheri Uecker. If anyone else would like to participate, checks can be written out to "Ted Uecker," with "West Cabins AED" written in the memo section and mailed to PO Box 1355, Hettinger, ND 58639.

We will plan another AED/CPR brush-up gathering early next summer – as now, there is an AED available for anyone and everyone to use (if needed) at West Cabins Shadehill. Enjoy the rest of your summer! ■

## JOIN US TO BREW UP YOUR ENTREPRENEURIAL SPIRIT!



SEPTEMBER 8, 2022 | 8-9 AM | STARK COUNTY VETERANS PAVILION

### SPEAKER



**Tyson Bren** grew up in the Dickinson area and presently works as a Loan Officer for Farm Credit Services of Mandan. He has worked for Farm Credit Services for almost 7 years and has worked in the banking industry for over 15 years. He also farms and ranches with his dad on their farm which is Northwest of Dickinson. They raise small grains for crops and run approximately 70 head of cows as well. Farming embraces the entrepreneurial spirit because there is constant change in the agricultural industry day in and day out.

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

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## WHERE BUSINESS GOES TO GROW

# Inspire, engage, retain

By Matt Ellerkamp, Business Advisor,  
Small Business Development Center

Every direction a person turns, they see or hear about businesses hiring, sign-on bonuses or paying off student loan debt. The workforce shortage is an opportunity to move-up the ladder, receive better pay and better benefits, but do monetary benefits equate to a better job environment, quality of life, or better family life.

According to Gallup poll in 2021, 48% of America's working population was actively searching or watching closely for the next career opportunity. Gallup stated the reason for leaving was not usually monetary. The top priority for employees was meaningful and purposeful work and feeling valued. If an employee has a manager who engages them in their work, it takes more than a 20% increase in pay to entice them away. Yet, disengaged employees will leave for almost nothing, so they leave and take the pay bump.

Although, money has a lot to do with work, it is not the only component to job satisfaction. The "intangibles" are where small business has the advantage to adapt and gain an edge. A small company needs to focus on keeping their employees engaged but should start investing in staff development for their entire workforce. Owners and managers need to focus on the intangibles of involvement, mentoring, autonomy, flexibility, and recognition. Hiring and training new employees is costly and time consuming. Investing into a business's current workforce will also cost time, energy, and money, but the investment will save money and increase profit with workers who feel valued.

### Involvement

Find ways to involve employees in a company beyond their current role. A few different options could be a customer service roundtable, continuing education board, or a council for better work environment. Typically, the more involved a person is the less likely they will leave.

### Mentoring

Mentoring employees is a great way to help them grow and learn within the workplace. Having a mentor shows a person the company values them. As an employee becomes competent in their occupation, the mentor will be someone they can rely on throughout their career with the company.

### Autonomy

A great way to show staff that the owner trusts and values their skills is

letting them complete their job without overbearing micromanagement. Mentoring is a great way to create oversight and at the same time develop the skills and culture small business owners strive for and in turn leads to trusting a worker's autonomy.

### Flexibility

The pressure to manage work and family life can be very challenging. Having personnel invested, mentored and autonomous leads to letting them work in a way that fits their lifestyle. The upcoming generations want and are capable (with the help of technology) to work anywhere at any time. Is the employee capable of handling the freedom and responsibility to complete the task at hand and on time? This is the ultimate question that needs to be answered and takes an act of confidence on the employer's behalf. If done right, the benefits of a satisfied employee can pay great dividends.

### Recognition

Praise for a job well done, even for just doing what is expected goes a long way with job satisfaction. Recognition should be given in both private and public and should be rewarded when appropriate. The reward doesn't always have to be monetary, be creative and think of something that benefits not only the employee, but the company as well.

Each way noted of engaging employees, helps them feel involved, valued and part of team who cares about them beyond their contribution to the company, but as person. Isn't acceptance and being valued for who we are as an individual person and to be recognized for the dignity each of us holds inside of us what each of us really want? If a small business owner can do this, it will take a lot more than 20% bump to lure them away. ■



## EDUCATION

# Back-to-school is better than ever!

Backpacks ready...pencils sharpened...students' names on lockers and desks. Back to school days are finally here - and they bring even more anticipation for incoming Kindergartners! The kindergarten class of 2035 has a new world of friendships, experiences, and learning awaiting them. At Jefferson Elementary, kindergarten students will have even more exciting opportunities because of new hands-on experiences they will have in their daily learning.

The Jefferson Kindergarten team was awarded funds for academic success through the 2021-2022 DPS Foundation Annual Teacher Grant Program. With the grant, the teachers purchased math and reading/language arts materials that will allow students to work individually and successfully at their learning level. The materials are organized into activity tubs which the teacher can use for instruction, reinforcement, or intervention of specific skills. In addition to experiencing individual success, students learn important school and classroom routines, build social skills, and engage in cooperative learning situations. As Sara Steier stated, "students experience hands-on right way through intentional and purposeful play."

The Jefferson teachers learned about this system at a kindergarten conference. They were able to try some activities in their classroom, and Crystal Hoerner reported "[students] enjoy it! They don't even know that it is work!" Yet, there is no question the students are learning as they engage in differentiated activities, strengthen fine motor skills, and focus on important skills that all kindergarten students need to be successful. The



teachers shared "the biggest goal for this project would be to increase student knowledge and to aim for all students to be proficient in our kindergarten standards."

As always, the Jefferson kindergarten teachers are as excited as their students for the new school year, but now they have one more reason to look forward to the school day. Megan Miller reiterated the possibilities of the "differentiation and engagement" because of the innovative learning provided by the DPS Foundation grant program. The teachers agreed, "We are so thankful to the Foundation for giving us this opportunity. It would not be possible without them."

I want to learn more! <https://www.dickinson.k12.nd.us/dps-entities/foundation/grant-program>

I want to support teachers and students! <https://www.dickinson.k12.nd.us/dps-entities/foundation/donate-to-the-foundation> ■





# Heart River VOICE

## STOP BY, SAY HI, AND PICK UP A COPY!

**Find Heart River Voice at the following fine establishments:**

### DICKINSON

Family Fare  
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Country Kitchen  
Country Rose Cafe  
Dakota Diner  
Blue 42  
The Brew  
Dunn Brothers Coffee  
Dickinson Theodore  
Roosevelt Regional Airport  
Stark Development  
Corporation  
Chamber of Commerce  
Convention and Visitors  
Bureau  
Dickinson Museum Center  
West River  
Community Center  
Edgewood Hawks Point  
Consolidated  
Dan Porter Motors  
High Plains Dental  
DePorres House of  
Barbering and Lounge  
Holiday Inn Express & Suites  
La Quinta Inn & Suites  
TownPlace Suites  
Microtel Inn & Suites  
AmericInn  
Players Sports Bar & Grill  
Fresh Sips (located in St.  
Joe's Plaza)  
Frankie's West Side Shell  
Villard Cenex

The Hub  
Fluffy Fields  
Dickinson Area Public Library  
Ace Hardware  
Ukrainian Cultural Institute  
Heritage Hills  
Market Press Coffee Co.

### SOUTH HEART

I Don't Know Bar  
Heart Country Gas Station

### RICHARDTON

Suzy's Stash  
The Country Drug Store  
Pharmacy

### HEBRON

BassAckward Studios

### TAYLOR

Taylor Nursery

### BELFIELD


Trappers Kettle  
City Hall

### MEDORA

Chateau de Mores  
Roughriders Hotel  
AmericInn

### BISMARCK

The Capital Gallery  
Bisman Community Food  
Co-op  
Bismarck Art & Galleries  
Assoc.

DICKINSON STATE UNIVERSITY  DICKINSON ROTARY  DSU HERITAGE Foundation

PRESENT THE 2022  
**Blue Hawk Stampede**  
**RODEO**  
September 30-October 1, 2022  
Stark County Fairgrounds  
2.5 miles south of Dickinson, ND, on Highway 22


<b>Friday, Sept. 30, 2022</b>	All Times MDT	<b>Saturday, Oct. 1, 2022</b>
<b>12:00 p.m. Slack</b>		<b>9:00 a.m. Slack</b>
<b>6:00 p.m. Performance</b>		<b>1:00 p.m. Performance</b>
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For more information, contact DSU Rodeo at 701-483-2185

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## HEART RIVER VOICE | SEPTEMBER 2022

# Calendar

**ONGOING IN SEPTEMBER DICKINSON AREA PUBLIC LIBRARY** Ongoing activities and events at the library. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail on certain events.

**SATURDAYS AND TUESDAYS ROUGHRIDERS HOME GROWERS ASSOCIATION FARMERS' MARKET** Saturdays 10AM until sold out; Tuesdays 4PM until sold out. Prairie Hills Mall.

**SATURDAYS AND SUNDAYS SEPTEMBER 3-10 PAINTING WITH SALLY** 1:30-3:30PM Details and tickets at [medora.com](http://medora.com). Townsquare Showhall, Medora, ND.

**SEPT 7-OCT 26 JESUS & WOMEN A BIBLE STUDY FOR WOMEN** Wednesdays 1-3PM. Come as you are! Free! Fellowship Room, Stevenson Funeral Home. To register, call or text Stacey Mundro 701.570.4443.

**FRIDAY SEPTEMBER 2 FAMILY MOVIE: THE BAD GUYS** 4PM All ages are welcome for the free family movie. One bag of free popcorn per movie attendee! Bring your own beverage if desired! Dickinson Area Public Library - Community Room. PG

**SEPTEMBER 3 & 4 HISTORY ALIVE** Labor Day weekend. Saturday at 10:30AM, 1:30pm, & 3:30PM, Sunday at 1:30 & 3:30PM. Hear eyewitness accounts of adventures experienced by Medora's founding family and their friends! Join us on the porch of the Chateau as local actors bring history alive! All performances are free. Donations encouraged. 701.623.4355. Chateau de Mores State Historic Site, Medora.

**MONDAY SEPTEMBER 5 MUSEUM MONDAY GAME NIGHT!** Join us at the Chateau and learn about and play popular games of the Gilded Age. Free, donations encouraged. 6:00PM MST at the Chateau de Mores Interpretive Center in Medora. Call for more details: 701-623-4355.

**TUESDAY SEPTEMBER 6** The Chateau de Mores State Historic Site will transition to off-season hours, open Tuesday-Saturday, 9:00am - 5:00pm MT. Visit and explore the Chateau, hike the bottomlands in the autumn, and explore our world-class exhibits! Call for more details: 701-623-4355.

**THURSDAY SEPTEMBER 8 START-UP YOUR DAY** 8-9AM Join us to brew up your entrepreneurial spirit! Event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. Stark County Veterans Pavilion, 801 5th Ave W. See ad, page 19, for speakers.

**FRIDAY SEPTEMBER 9 MOVIE - THE HOBBIT: AN UNEXPECTED JOURNEY** 5:30PM All ages are welcome for the free family movie. One bag of free popcorn per movie attendee! Bring your own beverage if desired! Dickinson Area Public Library - Community Room. PG-13

**SEPTEMBER 9-10 TAYLOR HORSE-FEST & GOOD OL' TAYLOR DAYS** A community event to provide opportunities for the surrounding areas to come together and learn about area history and the life styles of early North Dakota. Proceeds from these events go toward land improvements, local charities, scholarships, and community projects.

**STOCK CAR RACES** Pit Gates Open: 3PM Grandstands Open: 5PM Racing starts 6PM Southwest Speedway, 47th St SW.

**FALL HARVEST SHOWCASE** Friday 4-9PM, Saturday 9AM-5PM. Fall Harvest Showcase featuring all North Dakota made products at the annual vendor show in Dickinson! Shop everything from food products

and home décor to clothing and more. West River Ice Center.

**SATURDAY SEPTEMBER 10 THE CONNECTION'S FALL-FEST 3-7PM** This event will have games, food and fun for all! The event will conclude with entertainment from the Stunt Dudes BMX Riders! More info, see ad and article, page 13. Dickinson Armory.

**TUESDAY SEPTEMBER 13 BOOKS & BREW 7PM** A book club for 21+ will be hosted at DePorres Lounge. Books & Brew books are available at the Main Level Circulation Desk at the Dickinson Area Public Library. \*Beverages at the event are not provided by the library.

**SEPTEMBER 15-17 THEODORE ROOSEVELT SYMPOSIUM THE ATHLETE IN THE ARENA: THEODORE ROOSEVELT AND THE DEVELOPMENT OF MODERN SPORTS** The symposium begins on Thursday evening between 6 - 7PM and concludes on Saturday evening at 5PM. More info, see article, page 15 or call 701-483-2814. DSU, Medora and Theodore Roosevelt National Park.

**FRIDAY SEPTEMBER 16 MOVIE - THE HOBBIT: THE DESOLATION OF SMOG** 5:30PM All ages are welcome for the free family movie. One bag of free popcorn per movie attendee! Bring your own beverage if desired! Dickinson Area Public Library - Community Room. PG-13

**SATURDAY SEPTEMBER 17 YES! 5K RUN & FITNESS WALK** 8AM registration and packet pick up, 9AM event starts. More info, see ad, previous page. Biesiot Activities Center.

**OUT OF THE DARKNESS COMMUNITY WALK** 9AM Activities start, 10AM Ceremony begins. Walk to



Fight Suicide. More info, see ad, this page, or call 701.483.1265. West River Ice Center.

**7TH ANNUAL HARVEST FESTIVAL** 11AM-3PM Food trucks, marketplace vendors, inflatables, free entertainment, a pumpkin patch, plus other activities will be available that day. Admission is FREE and all ages are invited to attend. More info, see ad and article, page 8. DSU King Pavilion.

**SUNDAY SEPTEMBER 18 CZECH DAY** 1PM Dance and entertainment begin. Meal served at 5PM. Entertainment by Matt Hodek & The Dakota Dutchmen. All are welcome to come out and celebrate all things Czech! More info, see ad, this page. Catholic Workman Hall, New Hradec.

**MONDAY SEPTEMBER 19 ADULT CRAFT CLUB: MINI CANVAS PAINTING** 6PM Crafty people unite! Advanced and beginners are welcome. Craft supplies provided or bring your own current project. For ages 18 and over only! Dickinson Public Library - Community Room

**FRIDAY SEPTEMBER 23 MOVIE - THE HOBBIT: THE BATTLE OF THE FIVE ARMIES** 5:30PM All ages are welcome for the free family movie. One bag of free popcorn per movie attendee! Bring your own beverage if desired! Dickinson Area Public Library - Community Room. PG-13

**SATURDAY SEPTEMBER 24 KIND HEARTS DAY** 11AM-3PM Kind hearts day is a community event to come together to celebrate each other. While encouraging our

youth to embrace the spirit of kindness and giving. Food, first responders, activities. A free community event. Stark County Fairgrounds. More info, see ad, page 13.

**MONDAY SEPTEMBER 26 MISSIONARY PUMPKINS** A book signing at Faith Expressions Christian store in the evening. More info, see article, page 28.

**ADULT BOOK CLUB** 6PM Read the book and come discuss it with other adults. The next month's title will be made known at each meeting. \*Check out your copy at the meeting! Dickinson Area Public Library - Community Room

**SEPT 30-OCT 1 BLUE HAWK STAMPEDE RODEO** 2017 and 2019 NIRA Great Plains Region Rodeo of the Year! More info, see ad, page 21. Stark County Fairgrounds.

### SAVE THE DATE

**SATURDAY OCTOBER 1 2ND ANNUAL KIDS' MARKET DAY** 10AM-2PM Young entrepreneurs will be selling their unique homemade goods. There will be something for everyone! Hillside Baptist Church, 1123 E 10th

**CZECH DAY**  
Sunday, September 18, 2022  
Admission Catholic Workman Hall  
Adults - \$25.00 (includes meal and dance)  
Ages 4-12 - \$15.00  
New Hradec, North Dakota  
Entertainment By: Matt Hodek & the Dakota Dutchmen  
Dance and Entertainment Starts at 1:00 p.m. (Mountain Time)  
Meal Served at 5:00 p.m.  
Advance Tickets: Adults \$22.00 (No Refunds)  
Mail or Call Pat and Gayle Breen  
1265 Alexander Drive • Dickinson, ND 58601  
Phone: 701-264-9673 • Cell: 701-290-1813  
Prepay Prior to September 4  
EVERYONE WELCOME  
Menu: CHICKEN NOODLE SOUP • FRIED CHICKEN  
MASHED POTATOES & GRAVY • PIGS IN THE BLANKET • RICE & GIBLETS  
FRUIT SALAD • CORN • KOLACHE AND ROHLIKY (DINNER ROLL)  
Prijet! jisti, vypit a byvat vesely  
(Come, eat, drink and be merry)

Street.

**SATURDAY OCTOBER 7 CHI ST. ALEXIUS HEALTH FOUNDATION PRESENTS: THE FABULOUS CHARITY BALL** For more info, see ad, page 2. Roosevelt Grand Dakota Lodge.

**NOVEMBER 18-19** The Badlands Opera Project is excited to announce its first full season! They will present Amahl and the Night Visitors, Gian Carlo Menotti's touching opera about a poor young mother and her son and their three royal visitors.

**Walk to Fight Suicide**

Dickinson ND  
Out of the Darkness Community Walk  
Saturday, September 17, 2022  
West River Ice Center  
Activities start at 9 am | Opening Ceremony begins at 10 am

Register at [afsp.org/DickinsonND](https://afsp.org/DickinsonND)

American Foundation for Suicide Prevention  
OUT OF THE DARKNESS

**ADVANCED COLLISION CENTER, INC**



## THE ARTS

### Southwest Art Gallery & Science Center

By Janelle Stoneking

You may be hearing the buzz around town about this new nonprofit, the Southwest Art Gallery & Science Center. People keep asking us, "Is this really going to happen?" Our response is YES, it's time that we make our community brighter. We need a creative center to bring the quality of life that other regions are offering to recruit the workforce/families that we need and engage tourists to extend their stay and play all seasons of the year. Williston, Minot & Jamestown have boasted wonderful art centers for years. Interactive science centers are popping up all over the state. Now is the time for us.

Since our organization was incorporated in April, we've secured a feisty board of directors that include parents, artists and community volunteers who have dedicated a TON of time to move this project forward. Our plans for the center include: an art gallery to exhibit local art and traveling exhibits, classrooms for creative classes of all mediums for people of all ages & abilities, a pottery/ceramic studio, an interactive science center with hands on exhibits for children, a birthday party space, and a retail store with art supplies, local artisan products, and science related products/gifts. Our community needs survey told a clear story of what people are wanting in our region and we are grateful for that.

What we've learned? People need a space to wander to when they need to get away from the pressures of life, a quiet space where they can escape and see the world through someone else's eyes, through art. Other times, they want to disconnect their family from electronic devices and see joy in the eyes of their

kids or grandkids as they play, delight and explore, they need the science center. Our families want more classes that teach true art fundamentals, and our teachers want more CEU opportunities to meet their educational requirements. Adults want to get away for a night out to create with their friends and there are others who want to find new friends to connect with who are also going through grief/loss and need a way to express that. Our homeschool communities strongly desire opportunities to strengthen their curriculum. Our businesses want creative team building experiences that get their employees out of the office to strengthen their connection and get respite from the everyday stressors. Those of us who have been immersed in this project have heard it all. We continue to assess available properties in Dickinson that offer the space our center will require. A key component of our business plan includes traveling to surrounding counties in Southwest North Dakota to provide pop-up events/exhibits.

We are busy applying for grants/funding sources and planning "An Evening For the Arts" Gala at the Eagles Club in Dickinson on Nov 18th! It is looking to be quite a beautiful event that will engage our youth, regional artists, businesses, and stakeholders featuring a live art auction, silent auction and more. We have just begun our Cents for Science fundraising contest with small donation boxes at local businesses. The organization or business with highest dollars raised will be recognized at the Gala on Nov 18th. To stay informed, find us on Facebook at <https://www.facebook.com/SWartgalleryandsciencecenter> ■

## PAWSITIVELY POPPY Dog walking

By Miranda Kuhn

Let's talk dog walking. Poppy loves to walk. I can't even say the word in her presence without a show of dramatics worthy of Broadway. For me it's not so much a walk as it is a jog as she tugs me around town.

When I first adopted her, I noticed that she was choking herself by pulling on her collar when walking. I soon learned that dogs could damage their vocal cords and their airways this way, and I immediately began to research other options. Martingale collars are designed to evenly distribute pressure from pulling, and in theory it gives the dog a cue to stop pulling. This did not work well for Poppy, as she was too excited by her adventures, and I felt there was still potential for injury. I decided that for her safety and my peace of mind, I would use a body harness. This gives me more control over her when she is walking, and as an added bonus it has a handle that allows me to pick her up like a suitcase if a situation ever calls for her to be up off the ground quickly (like when a big stranger dog attempts to get too friendly).



In the way of leashes, I don't advise a retractable leash. There is little to no control over your dog and they can get too far away from you, potentially causing accident or injury to your dog. If an accident happens, they can also cause severe lacerations and complications up to and including amputation. My advice is, get a standard six-foot leash and learn some basic commands to help your dog enjoy the outdoors while being safe.

Last, consider the walking surface. In the summer pavement can reach temperatures which can cause severe burns in paw pads, and salted roadways in the winter can cause irritated or cracked paws. Shoes may be necessary for the safety and comfort of your fluffy friend. Be safe out there and say hi to your pooch for me! ■



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## PIPER'S PALS Ask Alfie

Dear Alfie,

**My wife wants to foster cats or dogs, but I think it would be too hard on the kids and I when it's time to say goodbye. I worry we'd end up keeping all of them, so I told her I don't want to do it. What do you think?**

**Sincerely, Potential Foster**

Dear Potential Foster,

One of the most common reasons people hesitate to foster is just what you said: they worry they will not be able to say goodbye and will end up being a "foster fail" by keeping it. While that certainly is something which sometimes happens, going into the experience knowing that the pet will eventually leave can help you be mentally prepared for it. It can hurt to say goodbye, but what a selfless thing you are doing! Choosing to save a life even though you know you may experience a little heartache yourself. It's admirable.

There is an overwhelming need

for dog fosters and an even greater need for cat foster homes. In fact, it is estimated that 1.5 million animals are euthanized in pounds and shelters every year in the United States. Rescues everywhere can hardly keep up with the number of animals coming in, and without foster homes, they cannot help as many pets. Every time you allow an animal to live temporarily in your home, you are freeing up space for another pet to be rescued.

It's certainly true that you will likely bond with the cat or dog you are fostering and may even grow to love it. This is a good thing. It's likely you may be the animal's first experience with having a loving home and you are teaching him or her what it means to be cared for, how to co-exist with humans, and how to be part of a family.

Understand that when the pet is adopted, you are still giving it a very happy ending! That cat or dog is now being given a forever home and you will be able to move on to the next pet who needs a place to stay. Have a conversation about this with your children, in advance. Explain to them that it is not a sad thing to say goodbye, because the animal is getting its very

own family. You may even be able to ask the new family to send occasional updates or photos.

If you do decide to foster, please be prepared to provide a home for that animal indefinitely. While there are sometimes issues that can come up which prohibit people from continuing to foster, understand that the rescue organization cannot predict how long it will be before the dog or cat you have will find a permanent home. You may only have the animal for a month, but it could be a much more extended length of time. Commit to allowing it to live with you for however long is necessary. Should you decide that you cannot keep the animal, give the rescue plenty of notice to find alternative placement and be patient with them while they make arrangements.

Fostering is one of the most worthwhile and rewarding things you



can do to help homeless pets in need. Do your research, discuss it as a family, and communicate any questions or concerns you have with the rescue organization(s) you are considering fostering for. I hope you will decide to open your home!

Best wishes, Alfie ■

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

## Pet Name Match

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

- A: Lucy (#\_\_\_)
- B: Rocco (#\_\_\_)
- C: Luna (#\_\_\_)
- D: Rebel (#\_\_\_)
- E: Ollie (#\_\_\_)
- F: Maddie (#\_\_\_)

(Answers in our next issue!)

Last month's answers:

- A: #2 Nola
- B: #4 Zoey
- C: #5 Lucy Lou
- D: #3 Penelope
- E: #6 Lucas
- F: #1 Kora

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

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





## HEART RIVER GEMS

## Tori Barnum

By Kaylee Garling

my life usually involved drinking. Once I took that part out of my life, those bad problems seemed to just vanish.

"I'm not saying there haven't been horrible days -- depression, anxiety, fear, feelings of hopelessness, and so



Tori and his wife, Traci

Let's kick off this school year with an individual that has beat and continues to beat the odds. Tori Barnum, local bar owner of The Rock located in downtown Dickinson, is our featured Heart River Gem, and he doesn't disappoint. Experience and empathy radiate from his stories, and even though we really had to cut them short, I hope that this quick overview will inspire you as much as it inspired me.

He says, "Of all of the things I have accomplished in my life, being sober is what I am most proud of. I became a Noncommissioned Officer in the United States Army, I graduated from college with honors, I reached my dream of becoming a bar owner, I married the most beautiful, smartest, kindest, incredible woman, Traci Barnum, and yet, every day that I wake up and stayed sober the day before, is the accomplishment I am most proud of by far!

"I never thought I had a problem with drinking because it was so normal. Everyone drinks. It wasn't until I quit drinking that I was able to see clear enough. I was able to really look back and realize that the worst problems in

much more! But those days, weeks, years are going to come into your life whether you are drinking or sober. The difference is how those things are dealt with. While drinking, it's so easy to avoid and pretend, and cover up that pain for a moment. Then you wake up the next day, you still have that pain from before, but now you have the guilt of avoiding it coupled with the pain of whatever choices you made the night before -- the money you couldn't afford to spend, the words you said to someone you really care about and can never take back, the crippling anxiety of just knowing you did something horrible but you just can't remember.

"When times are happy and you feel like you have no problems, that's when it gets you. That's when alcohol tricks you into believing that you have a choice. That you are in control of your consumption and have nothing to worry about. 'I've quit drinking for months at a time,' you tell yourself, 'so I must not have a problem.' Our minds search for comfort. Alcohol brings comfort to the mind temporarily by avoiding the pain life brings. When you build this false

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SCAN ME

sense of security that you have control over your choices, and life turns, and

things start to go bad -- because, I promise you, it will -- you don't know how to



Tori outside The Rock

Continued next page



Continued from page 26

process the pain, you don't know how to deal with the anxiety. You aren't mentally prepared to deal with the things that life brings. So, now you turn to the only thing you know to avoid that pain for just a moment.

"And the awful cycle continues. Until one day, you make a choice.

"That choice usually comes when the thought of quitting drinking is less painful than your life has become. For most people this is called, "Rock Bottom". This looks different to everyone. For some, it's losing a job or getting a DUI. For others, it has to be worse. For some, it's their 5th DUI or killing someone. Losing their spouse or almost dying.

"Those are still the lucky ones. Those are the ones who made a choice to quit drinking before it was too late. The ones who didn't, never found their Rock Bottom, they leave this world without ever really seeing it without the security of the bottle.

"On October 28th, it will be eight years of being sober for Traci and me. It was my wife who looked at me and said, 'I have a problem. I need help.' I didn't know what treatment was or how to help, so I googled it, and the first place I saw, I called. It was Heartview in Bismarck. They told us we could come in on Monday. This was a Friday, so we had to go over the weekend, continuing to drink, knowing Monday we wouldn't be. On Monday, they turned us away because of financial stuff. Fortunately, we had our family that could financially front the bill. Most people that need that type of help, don't have that type of money or access to get help. It's a real struggle, especially in Dickinson, because there aren't enough resources. It doesn't take much to discourage a person from getting help, and there are some big steps to take.

"As for anyone who is struggling with someone in their life who is battling alcoholism, there's a program for you as well. It's called AL-ANON and it's a group for people who love an alcoholic. It can be a spouse, a child, a friend, a parent, anyone who you care about. It's important to understand alcoholism so that you can understand how to be the best friend, spouse, parent etc. AL-ANON is actually where I began. I didn't admit to being an alcoholic until I

was attending AL-ANON for a full year."

Tori is a sober bar owner, which should be an impossible thing, yet he has proven that it's not. Since he is in the position he is, he's been able to help mentor, coach, and inspire people. He has allowed the things he cannot control to stop inhibiting him, and to take control of the things he can. I find it ironic how the people who have struggled through some of life's greatest challenges can be the most interesting and inspiring, and Tori is definitely one of those people.

You won't find him at the bar very often, but he is still very involved with its success. He gives credit to his incredible staff, and the ability they have to create a place for people to do business, relax after a hard day, let their hair down, and enjoy the upbeat atmosphere.

If you or someone you know is struggling with addiction or alcoholism, we encourage you to follow in Tori's footsteps. Reach out to those you love. Get the support you need, whatever that may look like. We're cheering for you. ■



Tori and the smile for which he's known

# CONNECT WITH YOUR COMMUNITY



## Heart River VOICE

## EDUCATION

### Invitation Hill Adventist School

Invitation Hill Adventist School is perhaps one of the best-kept secrets in Dickinson. This is certainly not intentional, for as the name suggests, there is an open invitation for our neighbors to come and be a part of what we are doing up on "The Hill".

In 2015, the Dickinson Seventh-day Adventist Church (across Sims from the old hospital) was bursting at the seams. Plans were in place to build a new facility that could also house an elementary school. That fall school was begun in the basement of the existing church. In spring of 2017, the new facility was ready for occupancy and a new name was given to the congregation as well as to the school. The name "Invitation Hill" was

inspired by the painting that hangs near the entry of the building. It is titled, "The Invitation," and pictures Jesus with His arms outstretched, welcoming everyone to come to Him to know Him better. Since we are up on a promontory point on the east side of

town, it felt appropriate to dub the place, Invitation Hill.

Our school provides quality Christian education where the focus is on building a strong educational foundation in a small setting which has a family sort of feel. This year there are six students in the K-2 classroom and six students in the grades 3-8 classroom. Many people wonder how education can be done in a multigrade setting. You might be surprised to learn of the many benefits of learning in this type of environment.

If you are interested in learning more about our school or coming in for a visit, please feel free to contact us at [invitationhillschool@gmail.com](mailto:invitationhillschool@gmail.com) or 701-483-2050. ■





## GOING POSTAL Go Beyond

The iconic image of Buzz Lightyear has been captured in the newest Forever stamps from the U.S. Postal Service and Disney and Pixar.

*Go Beyond* is a colorful pane of 20 stamps arranged in four horizontal rows of five stamps featuring the image of Buzz Lightyear, a Space Ranger marooned on a planet 4.2 million light-years from Earth.

Greg Breeding was the stamp art director using illustrations from Pixar Animation Studios.

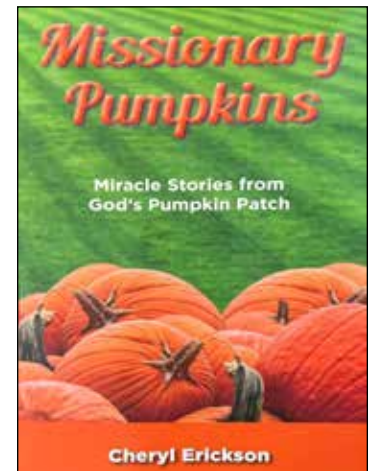
The USPS celebrates new commemorative Forever stamps featuring Buzz Lightyear, who is the star of his own feature film this summer - "Lightyear." The sci-fi action-adventure movie gives audiences insight into buzz's past and brings to the big screen the intergalactic exploits of the hero. Buzz is known for being Woody's best friend in the "Toy Story" movie franchise.

Customers may purchase stamps at their local post office or online at [usps.com/shopstamps](https://usps.com/shopstamps). ■



## COMMUNITY Missionary Pumpkins

This fall, a lovely Christian farmer's wife and mission enthusiast will be visiting in Dickinson. She will be having a book signing at Faith Expressions Christian store in downtown Dickinson on the evening of Monday, September 26. Over twenty years ago, this lady was inspired with the idea to begin growing pumpkins to sell in order to sponsor the building of churches in



India for the spreading of the gospel. She has written a book entitled *Missionary Pumpkins* which details 31 of the many miracles she experienced over the decades of growing seven acres of pumpkins for this cause. You are invited to stop by Faith Expressions that evening to meet the author and to get a copy of her book. ■



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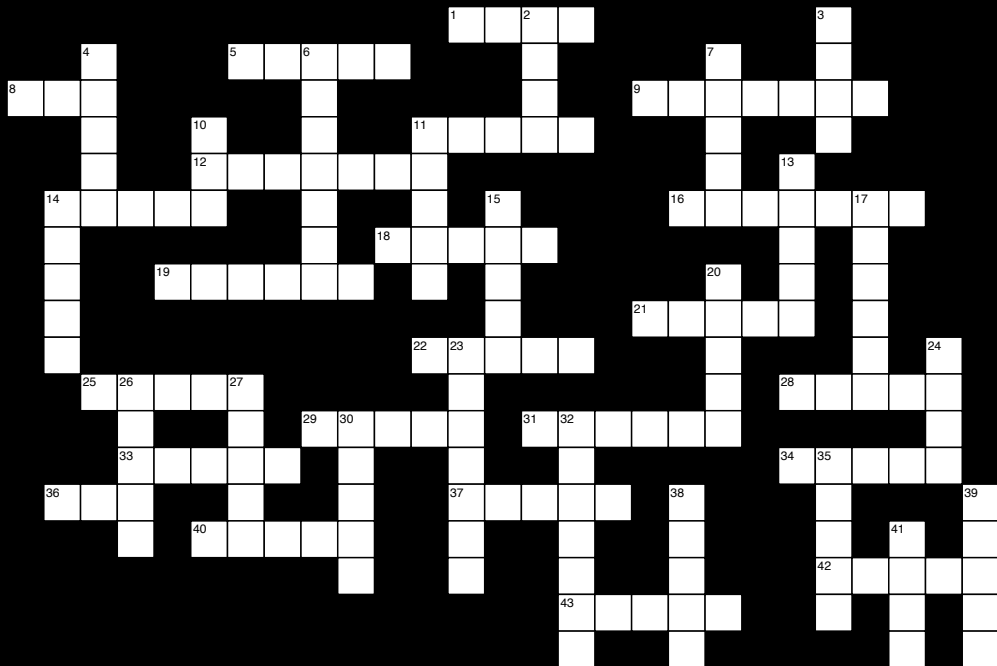
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**CROSSWORD**

**A, B, C's** by Carlinka

**++A,B,C's++**



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**ACROSS**

- 1 Hoity-toity
- 5 Collection of treasure
- 8 Place to renew an I.D.
- 9 Monarch's land
- 11 Multiheaded mythical monster
- 12 Ingredient in a California roll
- 14 Louisiana waterway
- 16 ++Greek "U"
- 18 Campaign contributor
- 19 Court decision
- 21 Andean pack animal
- 22 Symbol between "I" and "NY"
- 25 Wild guesses
- 28 Sea creature that sings
- 29 Stimulates, as one's appetite
- 31 ++Greek "L"
- 33 New version of a song
- 34 ++Greek "G"
- 36 ++Greek "R"
- 37 "Loosey" way to unscrew
- 40 Dig (into)
- 42 Hybrid utensil
- 43 ++Greek "D"

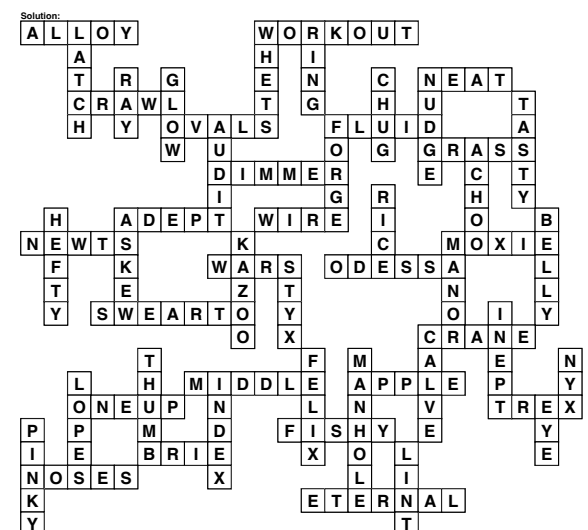
**DOWN**

- 2 Begin to wake up
- 3 Tie up, as a ship
- 4 Dangler in the throat
- 6 ++Greek "O"
- 7 Act nosy
- 10 ++Greek "T"
- 11 Privilege
- 13 ++Greek "S"
- 14 Expensive jewelry, informally
- 15 Terra\_\_(clay material)
- 17 Port city in Ukraine
- 20 ++Greek "K"
- 23 ++Greek "E"
- 24 ++Greek "Z"
- 26 Stone's \_(short distance)
- 27 Multi-room hotel booking
- 30 Bouncing off the walls
- 32 Breath mint brand
- 35 Deep chasm
- 38 Out of practice
- 39 Signed, as a contract
- 41 ++Greek "I"



*Last month's puzzle solution*

**++DIGITS++**



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**HOROSCOPE****SEPTEMBER 2022** by Hilda De Anza**ARIES**  
March 21-  
April 20

The month starts with an intense focus on organization. You work very hard this month, and you are strongly motivated to help those who may be isolated or suffering. Mid-September, you run into people who really help smooth things along. Partners are a real asset because their ability to create balance and resolve everything diplomatically. At a time when you must work hard, it is nice to have someone who sweetens your life.

**TAURUS**  
April 21-  
May 21

Early September is a very creative period, when you work well in with a team. Rather than worrying about what people think of you, just set yourself a goal and work hard to reach it. In mid-September you come into your own in your daily life and work. Your diplomacy and abilities are appreciated. New trends by the end of the month bring great success because your professionalism and upbeat attitude.

**GEMINI**  
May 22-  
June 21

You tend to burn the candle at both ends and take on a lot of organizational responsibility. Improvement projects are on the agenda and successfully accomplished. It is a super practical period when efforts are rewarded with success. Mid-September is a time when there is a sense of mission accomplished and you can relax. If dating is on the agenda, efforts are crowned with success, the end of the month is a brilliant time.

**CANCER**  
June 22-  
July 22

A very busy period and nerves may be a bit frazzled and stress levels quite high, as there are so many details to master. By mid-month there is a considerable change of focus as domestic matters get higher priority. This is a wonderful period for entertaining friends at home, working on aesthetics and enjoying family relationships. The end of the month is characterized by happy events and harmonious working environment.

**LEO**  
July 23-  
August 22

This is a very constructive period, when you gather your assets and make things much more efficient. Early September is all about putting systems in place which will make a lasting impact on how you earn and save. Towards the end of the month work priorities fade away and you become more interested in getting out and about and making connections. The last week of the month is great for romance and pleasure.

**VIRGO**  
August 23-  
September 22

It's going to be a very busy month. You find yourself burning the midnight oil and involved in frenetic activity. You are the model of efficiency and your success is guaranteed because you work so hard and are so well organized. The full moon mid-month brings change, you merge forces with a friendly and helpful person and together you find yourselves in a new and happy situation of balance and harmony.

**LIBRA**  
September 23-  
October 22

Rather than having high expectations, self-discipline is the secret, and it's crucial to eliminate any connections which drain you emotionally and physically. Mid-September, you emerge from obscurity and really begin to assert yourself and your personal agenda. Together with someone who is completely on your wavelength there is a sense of starting anew. As the month ends, you will experience many successes and happy events.

**SCORPIO**  
October 23-  
November 21

This is a testing month, and not everything goes according to plan. Nevertheless, this is an excellent time for group work, especially in the field of education and information. You have a powerful no-nonsense role. During the last part of September, you will be left to get on with things and you do this efficiently and well. Later you will be able to move on and experience a bit more peace and quiet.

**SAGITTARIUS**  
November 22-  
December 21

The focus is on work, status and professional ambitions as the month begins. Focus on facts and priorities and not sidelined by dreams, family matters or poor judgment of others. The last part of the month is much more pleasurable and relaxed. It is a wonderful period for cultural activities, educational projects and celebrating all the good things in life.

**CAPRICORN**  
December 22-  
January 20

This is an extraordinary year for you. If there ever has been a time when karma rules, this year is that time. It is as if you are emptying out a bucket of old stuff you no longer need, and this process leads to transformation and empowerment next year. Plans for the future fall into place and experts in their field show their allegiance to you. Mid-September brings favorable new trends in your professional life.

**AQUARIUS**  
January 21-  
February 19

Early September is the perfect time for working with emotional problems and solving them. In finance, this is an epoch when security is elusive, and you must operate on faith. By mid-month there are excellent trends for connecting with people traveling the same path as you and a new optimism dawns, free from a lot of the worries that occupied you earlier. This is a turning point for you, when you take practical steps to create a successful future.

**PISCES**  
February 20-  
March 20

For you, organization is key in this period, but you tend to have an aversion to it. You are always seduced by the big dream and the highest expectations. After mid-September there is less engagement with groups of people and more focus on close relationships. Kind and generous people give you support, and this is a time where funds can be made available in partnership with others to achieve your dreams.

**Weather Up**

We have so many different weather apps installed on our phone that they've necessitated their own Weather folder. This new rebranded and revamped app packs calendar synchronization so you can keep tabs on the conditions for your upcoming events.

**Masse**

Founded by former production managers from Moda Operandi and Jet, Masse is a peer-to-peer product recommendations platform that has no sponsored content or paid-for recommendations. Sign up for the service and you get recommendations on everything from candles and headphones, to moisturizers and boots, based on your actual friends and families opinions on products.

**Wild Things**

Back in 2003, the story of German-born magician Roy (from the iconic Siegfried & Roy duo) getting fatally attacked by one of his own tigers during a live Las Vegas performance took over the news cycle. But decades later, a journalist has uncovered new discoveries from behind the scenes. This riveting expose tries to find the truth to what really happened that night.

**Normal Gossip**

Admit it: We all live for the drama, at least a little. On each episode, the host is joined by a roster of hilarious guests. Both take generous sips of the spilled tea from a listen-submitted (anonymized) piece of gossip from the lives of total strangers. This podcast offers some harmless, petty fun.



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