

# Heart River VOICE

SEPTEMBER 2023 | VOL. 5, NO. 9 | HEARTRIVERVOICE.COM

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## A note to our readers

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

Thank you for your continued support!

**Kelley Jilek**  
*Publisher*

Cover art, "1936 Ford Model 48" by Julie Allen. For more information about the artist, see page 5.



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Saturday, November 4, 2023

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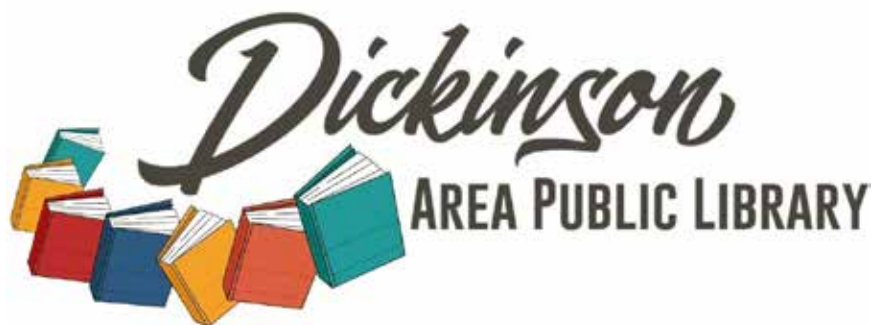
Where There is Kindness There is Goodness  
and Where There is Goodness  
There is Magic

## #BOOKWORM Fall family fun!

By Cindy Thronburg

After a pause in programming for a planning month in August, we have come back in full force for September. The month is packed to the brim with fun programming, some of which are new! There are programs for all ages to enjoy.

We start off the month with a Free Family Movie on Friday, September 1st at 4:00pm. We will be showing The Super Mario Bros. Movie. All ages are welcome, although no unattended children under



12 will be allowed. One free bag of popcorn per attendee will be provided! Feel free to bring your own drink.

On Thursday, September 7th we will be having a Pitter Patter Club Music Class. Join us for this special music class hosted by Andreea Evenson of Pitter Patter Club. Sign-up is required for this program and it is for ages 0-5.

In the month of September, we will be hosting a Costume Swap! Bring your gently used Halloween costumes to our circulation desk starting September 9th and receive a ticket. The last day to drop off costumes will be September 30th. Then on October 7th from 1:00pm to 4:00pm choose a new costume from the ones that were donated! You do not need to donate a costume to get a costume, however the first 30 minutes will be designated for those with tickets. Costumes for all sizes and ages are appreciated.

On Monday, September 11th at 6:00pm we will have Jerry Barlow: Celtic Guitarist join us for a performance. Acclaimed Celtic fingerstyle guitarist Jerry Barlow is a virtuoso musician, a warm and accessible performer, and a world-class storyteller. This hour show will be a synthesis of traditional music from the British Isles and his own

original Celtic-inspired compositions. This event is free and is for all ages.

On Monday, September 12th at 6:00pm we will have the first session of a new regular program we are starting. It is called Adulting 101. This is for ages 18+. This program will allow you to learn more about important life skills you might not have learned as kid. The topic for the first session will be Basic Bank Education.

We will be having a Little Tykes Dance Party on Friday, September 15th at 10:00am. Get your groove on at the library! We will have scarves and ribbons to dance with. This is for ages 0-5 and

their grown-ups!

On Saturday, September 16th at 10:00am we will be hosting a Pigeon Party! This is for ages 3-9 and sign-up is required. Join us in celebrating 20 years of the Pigeon, created by Mo Willems! This party will feature a reading of a story, a craft, a Pigeon-approved snack, and more!

On Tuesday September 19th we will have a new recurring program for ages 13+. It is called Sip & Stitch. Bring your knitting, crocheting, or other similar craft to the library for an evening with other stitchers. Share patterns, skills, tricks, and tips, and we'll provide light refreshments.

We will also be starting new play-based programming! These events are split up into two age groups (like our Storytimes) so kids have time to play and explore with others their age and for parents/caregivers to meet other families. Our first session for ages 0-2 will be on Monday, September 25th at 10:00am. For ages 3-5, the first session will be on Thursday, September 7th at 10:00am.

We are holding a Boba Tea Party on Thursday, September 21st at 4:00pm as a special event for ages 13 to 18! This event will give teens the chance to taste

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different kinds of bubble tea from basic milk tea with tapioca pearls to fruity teas with popping boba. In the end, they will be able to make their own boba tea and take a cup of their favorite boba tea home with them. We are requiring sign-up with a maximum number of 30 participants so sign up early to guarantee a spot!

We will be having our ever-popular Pokémon Party again! Join us on Friday, September 22nd from 4:00 to 5:30pm and partake in all things Pokémon!

Join us at the Harvest Festival from 11:00am to 3:00pm on Saturday, September 23rd at the DSU Pavilion. This is an event organized by the Chamber of Commerce. There will be fun and games and booths to see. Come check out our booth!

We will be having a Matinee Movie on Monday, September 25th at 2:00pm. We will be showing the newest Little Mermaid!

On Wednesday, September 27th we will be doing Pet a Therapy Dog at 3:30pm. This is for all ages. Come and relieve some stress and pet Okie the

Therapy Dog!

We will be hosting the Chamber of Commerce's Lunch and Learn series on Thursday, September 28th at 11:00am. Their theme in September is cybersecurity, with a presentation coming from Jeremy Berger and Kelly Wentz at Smart Computers and Consulting LLC. Anyone is welcome! RSVP by September 21 by calling the Chamber at 701.225.5115 or e-mailing team@dickinsonchamber.org. On Thursday, September 28th we will also be having Nighttime Storytime for ages 3-5 at 6:00pm. Join us for this Storytime in your pajamas with your favorite stuffed animal. We'll read stories, sing songs, and have some flannel board activities too. No craft at this Storytime.

This is only a handful of what we have to offer for programs this September. Please see our Facebook page, website, and Calendar of Events that you can pick up at the library for a full listing of events. We hope to see you soon! ■

**COVER ARTIST****Julie Allen**

Julie Allen and her husband Jody are not North Dakota natives, but fell in love with Dickinson last autumn and have been living in the community since then. Having lived most of their lives in southern Illinois and Indiana, the couple retired in 2021, sold their home, and traveled full-time in a motor home for nearly a year. During the summer of 2022, they meandered through a number of small North Dakota towns and were pleasantly surprised at the friendliness of every person they met. Realizing it would take more than a few weeks to fully explore the wide-open spaces and Teddy Roosevelt National Park, and eager to experience "big winter" for the first time, they sold the motor home and committed to living in Dickinson for twelve months. For the record, the Allens thought our record-breaking snowfall was breathtakingly beautiful, but only because they didn't have to go to work in it every day. They tip their hats to all who did!

Julie has no art training; she has dabbled in acrylic painting off and on for several years, but only began oil painting post-retirement. She had hoped to watch enough Bob Ross episodes to learn how to paint landscapes but found those "happy



Julie Allen and her dad

little trees" to be more frustrating than fun. On the verge of packing away her paints permanently, she tried a new subject - classic cars - and instantly loved it. The 1936 Ford Model 48 on our cover is her most recent painting.

Last year for Father's Day, she presented her dad with a painting of the yellow 1932 Deuce Coupe that our readers may recognize from the movie American Graffiti. "One of the fun aspects of painting classic cars," Julie commented, "is the fact that my dad is familiar with so many of them. He seems to have a story or interesting fact about every car I paint." ■



1932 Deuce Coupe

**THE ARTS****Dickinson Area Concert Association 2023-2024**

On behalf of the Dickinson Area Concert Association, we would like to invite the people of southwestern North Dakota to our upcoming concert season. We have once again planned for a wonderful concert series in 2023-2024.

The Dickinson Area Concert Association is a local organization that is committed to providing a variety of excellent professional musical and entertaining performances to the Dickinson area at a reasonable price. This year we will feature five unique concerts in two 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: Here Comes the Sun - 5 vocalists celebrating the Beatles in September; Oda Voltersvik, Solo Pianist - solo and chamber musician from Norway in November; Chris Funk, The Wonderist - a magic show with live music and an interactive video in February; Quartetto Gelato - a popular and highly unusual classical quartet enchanting audiences with its exotic blend of musical virtuosity, artistic passion, and humor in March; and Branden & James with Effie Passero - a trio of vocals, piano, and cello presenting Broadway's favorites, desirable classics, and modern pops in April.

The Dickinson Association maintains reciprocity with nearby concert associations in Hazen, Watford City, Williston, and Crosby. DACA members may attend these events free of charge.

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

**HERE COMES THE SUN**  
Monday, September 25, 2023

**ODA VOLTERSVIK, PIANIST**  
Tuesday, November 7, 2023

**CHRIS FUNK, THE WONDERIST**  
Friday, February 16, 2024

**QUARTETTO GELATO**  
Tuesday, March 19, 2024

**BRANDEN & JAMES  
WITH EFFIE PASSERO**  
Thursday, April 11, 2024

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

**NDSU EXTENSION****Process vegetables safely with pressure canning**

By Julie Garden-Robinson, NDSU Extension food and nutrition specialist

Summer is a great time to enjoy fresh vegetables. But with proper preparation and planning, you can enjoy produce from your garden, grocery store or local farmers market all year long.

Canning properly so your food is safe

Department of Agriculture recommends that home food preservers use two-piece, self-sealing metal lids. Throw away used metal lids; never reuse the self-sealing lids. You can reuse the screw bands as long as they are not damaged or bent.

Next, be sure your canning instructions are up to date and reliable. Recipes from family and friends may be tempting to



is a must, so check to make sure you have up-to-date and appropriate equipment for the canning you plan to do.

If you intend to can low-acid foods such as most vegetables, meat, poultry and fish, you will need to use a pressure canner. A properly working pressure canner will reach a temperature of 240 F. Processing low-acid foods for the proper amount of time in a pressure canner kills harmful and potentially deadly bacteria.

Be sure to have your pressure canner's pressure gauge checked annually for accuracy. Gauges can be checked at many county Extension offices.

When canning acidic foods such as fruits, pickles, jams, jellies, sauerkraut and most tomato products, you will need to use a boiling water-bath canner. When you can tomatoes, you also need to add lemon juice or citric acid to acidify them because some tomato varieties are lower in acid than others.

You should examine the rest of your equipment to see if you need to buy anything new. For example, check all jars for cracks, dents and chips. Throw away any damaged jars because they may not seal properly, which is a safety hazard.

If your jars are very old and have been reused many times, you may need to purchase new ones because the old ones can break under pressure and the heat. Mason jars are best because they are designed specifically for home canning.

After examining your jars, inspect your lids and screw bands. The U.S.

use, but you don't know if they were scientifically tested for safety.

Visit NDSU Extension's website at [www.ag.ndsu.edu/food](http://www.ag.ndsu.edu/food) for free canning information and some tasty, research-tested recipes. You also can contact your local office of NDSU Extension or visit the National Center for Home Food Preservation website at <http://nchfp.uga.edu/> for more information.

Remember, with proper planning and preparation, canning can be safe and easy, and you can enjoy summer's bounty any time of the year. ■



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## COMMUNITY

# Dunn County sheriff adds mounted patrol unit: Dunn County Rangers

Sheriff Gary Kuhn, Dunn County Sheriff's Department, proudly announces the addition of a new patrol unit to the department. The Dunn County Sheriff Rangers is a mounted search and rescue team for individuals needing assistance in the more difficult terrain such as the Badlands, prairie, and Lake Sakakawea in Dunn County. The Dunn County Rangers is one of the only mounted patrol units in North Dakota.

"Dunn County is the 5th largest county in North Dakota and covers over 2,000 miles," said Sheriff Kuhn. "You can

only get to some of it by horse or mule, so in Dunn County, a search and rescue mission has to be done "the cowboy way." The Sheriff's Department has never had a mounted patrol unit since back in the day, and it is crucial that we have a specialized unit. We assembled a team of deputies that were horseback riders willing to use their own horses and equipment. Our unit now has four deputies, led by Deputy J Young. We've already been deployed on a search and rescue mission. This fall, the Rangers will attend search and rescue training classes to obtain mounted patrol officer certification."

"We've received tremendous support from the entire community. Thank you to the Killdeer Saddle Club for their continuous support; Carla Arthaud for volunteering her time to assist with training, the use of her horses, equipment, and arena; Leanin' Pole for donating the uniform shirts and to Virginia Wock who donated her sewing talents, you are all appreciated!" ■



## GOING POSTAL

# Life Magnified

The U.S. Postal Service will commemorate the beauty of the microscopic world with 20 new stamps featuring otherworldly images of some of the smallest components of life as we know it. For hundreds of years, scientists have held deep fascination with making the invisible elements of our world visible. Development of more refined and precise microscopes over several centuries brought smaller and smaller components of life into focus. By the 20th century, microscopes had become ubiquitous in laboratories across the country and around the globe. Electron microscopes are now essential tools in a variety of scientific fields. The images that result from microscope-based research show, in exquisitely fine detail, the phenomena of life. While stunning on their own as works of art, these images also hold scientific significance. Microscopists, both professional and amateur, use a variety of techniques to capture the beauty of their subjects. Derry Noyes, an art director with USPS, designed the stamps and the stamp pane using existing photographs.

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





## Angel Advocates

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**When was the last time you reviewed your Medicare supplement and prescription drug plan options?**

Did you know that annual reviews are necessary to make sure that you are getting the best coverage for your money! AND they are necessary to make sure that you are not paying more than you need to for coverage.

You have the option of keeping the coverage you have, changing to one with better coverage or lower costs; or both. Now is the time to compare and choose the best plan for you. Annual Open Enrollment is between Oct. 15 and Dec 7.

**As independent licensed Medicare Brokers, we are here to help you with your review. Call Brooke or Renae today at Angel Advocates for a no obligation review at 701-483-3424.**



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## THE ARTS

## Unforgettable presentation

By Karin Gunderson

Karin Gunderson, an international English teacher, musician, and founder of Heavenly Harp will take our community on a captivating journey through her experiences teaching Afghan refugees in Albania. Through heartfelt stories, uplifting songs accompanied by harp, and a deep well of inspiration, Karin shows you how to unleash the light and love inherent within you – no matter where you are or what your current life situation may be.

Discover the incredible impact that one evening can have to unlock your potential to be a light in this world. In this extraordinary program, Karin will transport you to the heart of the refugee crisis, sharing intimate tales of

hope, resilience, and triumph. As she delves into the lives of those she has taught, you will be touched by their unimaginable bravery and strength. These stories will not only open your eyes to the realities faced by refugees but also remind you of the immense power each of us holds to create positive change.

But it doesn't stop there. Karin's enchanting songs, will uplift your spirits and ignite a fire within you. Her melodies will sweep you away, carrying you to a place where barriers are broken, cultures are celebrated, and unity prevails. You'll find yourself singing along, inspired by the universal language of music and the boundless possibilities it brings.

Above all, Karin emphasizes that true change starts with the individual – with you in consort with your Creator. Through her unique blend of storytelling, music, and personal anecdotes, she will guide you toward increasing your own power to make a

difference. Whether you're a parent, student, retiree, young adult, or simply a passionate advocate for change, this program will leave you feeling motivated, enlightened, and ready to be a bright light in your everyday world.

Don't miss this incredible opportunity to witness the profound impact of one person's dedication and to help you tap into your own power to effect change. Join us for an unforgettable evening with Karin Gunderson and become a part of the movement to lift the world in loving kindness, one individual at a time." This event is free of charge. A free-will offering will be accepted and books, CDs, DVDs, and photos by an accompanying Afghan photojournalist will be available for purchase to support this important work.

Mark your calendars for Thursday, November 2, 2023, at 7:00 pm at St. John Lutheran Church 146 6th Ave West. ■



## COMMUNITY

## National Suicide Awareness Month

By Alissa Thiele

September is National Suicide Awareness Month. CDC.gov reports that adolescent suicide rates in the United States have steadily increased since 2007. After a traumatic event such as physical or sexual abuse occurs, it's important to know that a child is at an increased risk of several health and wellbeing outcomes such as substance abuse, poor physical/mental health, and suicide or suicide ideation. According to a study done by the University of Manchester, children who experience physical, sexual, or emotional abuse are at least two to three times more likely to attempt suicide later in life.

How we respond to a child who has experienced trauma matters. Listen and believe in what the child is telling you and always report abuse. Once the abuse has been reported, the Dakota Children's Advocacy Center helps children who have been affected by trauma by providing forensic interviews, advocacy, and mental health therapy that can help those children understand their feelings and learn coping skills. At the DCAC, children and families are never billed for the services they receive.

You can find steps on how to help your child following abuse at <https://www.dakotacac.org/how-to-help-your-child/>.

The suicide and crisis lifeline can be reached by phone at 988 or online at 988lifeline.org. ■



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**THE ARTS****Dickinson Community Band and Strings Ensemble begins practice for fall concert**

By Dr. Rich Brauhn, President of Dickinson Community Band and Strings Board

The Dickinson Community Band will begin practice for its Fall 2023 concert on September 11th at 7:00 PM in the Dickinson High School band room. The Strings Ensemble practices at 5:30 PM and is also held in the Dickinson High School band room. The Fall Band and Strings concert will be held on December 16th at 7:00 PM in the Dickinson High School Auditorium with refreshments after the concert.

Community members are invited to participate in the band and strings ensemble. Dr. Rich Brauhn, President of the Band/Strings Board of Directors, says "we are always looking for new players in the band and strings ensemble. Right now, the band numbers are over 40 members with a good representation of all instruments." The strings ensemble has 12 members and anybody that plays the violin, cello or bass are invited to participate. Members of both groups range in age from the teens to senior

citizens and you don't have to be a highly skilled player to be part of the group. You just have to like to make music! Matt Goettle is the Community Band Director and also is the Dickinson High School Band Director. Priscilla Keogh is the Director of the Strings Ensemble and says "We need string players in all four sections." If you desire to become a member of these groups, you can contact either Mr. Goettle at 406-783-8909 or Mrs. Keogh at 701-483-9630.

The band and string ensemble play a wide repertoire of music including pieces from classical music, Broadway musicals, movie music, pop, marches and even polkas. Some of the pieces that will be played by the band and string ensemble for the fall concert include the following: music from Mary Poppins, the Coat of Arms and Washington Post marches, Cajun Folk Song II, the Slavonic Folk Suite, and the Christmas Festival. According to Dr. Brauhn, "there is something for everybody to enjoy playing and listening too in both the band and string ensemble." ■





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## CONNECT MEDICAL CLINIC CMC talks about breast health

By Rachael Marshall FNP-C and Chelsey Crone, RN

Earlier this summer, we shared that Connect Medical Clinic has become a Women's Way provider and that Women's Way may provide coverage for cervical and breast cancer screenings for eligible women.

This month we will share more about breast health and recommended



Rachael Marshall

What would put you at higher risk for breast cancer? A woman's risk for breast cancer is higher if she has a mother, sister, or daughter (first-degree relative) or multiple family members on either her mother's or father's side of the family who has had breast or ovarian cancer.



screenings ahead of October: Breast Health Awareness Month.

You may be surprised to know that breast cancer is the #1 cancer in women. The American College of Obstetricians and Gynecologists (ACOG) recommends that women at average risk of breast cancer should be offered screening mammography starting at age 40.

If they have not started screening in their 40s, they should begin screening mammography no later than age 50. Mammography is the best way to detect breast cancer in its earliest, most treatable stage. Mammography can locate cancer too small to be felt during a clinical breast examination and an average of 1.7 years before a woman can feel a lump.

Having a first-degree male relative with breast cancer also raises a woman's risk.

Your risk increases if your relative was diagnosed before the age of 50. Other risk factors include taking combined hormone replacement therapy, inheriting a mutated gene, having her first baby after 30, or not having any children.

However, many women who develop breast cancer have no identifiable risk factors other than gender and age.

To learn more about Women's Way, go to: [www.hhs.nd.gov/womensway](http://www.hhs.nd.gov/womensway). For more information about Connect Medical Clinic and a list of the services we provide, refer to our website: [www.connectmedicalclinic.com](http://www.connectmedicalclinic.com). Our medical team would love to help you schedule your breast health screening! ■



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If you own a business, you've always got a lot on your mind. But no matter how busy you are today, you need to think about tomorrow. Specifically, you'll want to create an exit strategy for the day you want to move on from your business to a new phase in your life.

To develop this strategy, you'll need to address these key questions:

- How much do you need (or want) for your business? Ideally, you'll want the sale of your business to meet your retirement and estate-planning goals. So, you'll need to think carefully about these goals and what costs they may entail. And these issues aren't just financial — for example, when you think about how you may want to spend your time in retirement, you might realize that you don't really want to exit your business completely. So, you might decide to sell just part of it, or sell it entirely, but stay on to help manage it or possibly do some consulting for the new owners.

- How much is your business worth? You may want to calculate your business' value three to five years before your planned exit. You could do this on your own, but it's typically advantageous to use professional valuation services. If you're gifting or selling your business to family members, selling it to an employee stock ownership plan (ESOP) or settling an estate, you'll need to get a more formal qualified appraisal to meet IRS standards.

- How can you close the gap between what you need and what your business is worth? The amount you need from the sale of your business to support

your retirement goals may be more than what your business is actually worth. To help close this gap, you could try to boost your business's profits through the usual means, such as introducing new products, raising prices or cutting costs. But you might also try to lower the amount you need from the sale by working longer, reducing your personal spending and saving more outside the business.

- Who will take over your business? When planning for a successor for your business, you have several choices, including selling to a family member or an outside buyer. Going public or liquidating the business are also options. These are distinct paths, but depending on your circumstances, one might be more appropriate for you than another. To cite just one factor, if you don't have an obvious choice for a family member to take over the business, you might have to consider other buyers. In any case, you'll need to explore all the economic and personal factors involved in the choice of successor.

Who can help you with your exit strategy? Exiting a business can be complex. To ensure you're making the right moves for your overall financial and family situations, you may want to build an exit strategy team, possibly consisting of your financial, legal and tax advisors. You may also need to enlist the services of a commercial banker and a business evaluation expert. Each of these professionals can bring a different area of expertise to your exit decisions, and together they can help address all the issues related to your exit strategy.

Exiting your business will take a lot of planning and decisions — but if it's done right, it can be worth the effort.

*This article was written by Edward Jones for use by your local Edward Jones*

*Financial Advisors, Marlene Bradbury and Sheyenne Haugeberg. Edward Jones, Member SIPC ■*

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## LESSONS IN BUSINESS

# Seven habits of highly ineffective speakers

By Debora Dragseth, P.D.

When it comes to giving a speech, one fundamental guideline is to introduce your topic, discuss it, and then summarize what you've covered. But the reality is far more complex. Employees suffer through untold hours of misery every year at the hands of poor speakers.

Here's a list of seven things not to do when delivering a presentation:

1. Don't come unprepared and disorganized. Winging it is never a good idea. You may be an expert in your field, but that doesn't negate your obligation to give a well-organized presentation. Develop an overall theme and outline and stick with it.

2. Don't tell us about your seven grandchildren and three cats if you are giving a speech about sustainable

agriculture. It is all right to give a brief background sketch, how you chose this profession or where you earned your degree. But, in general, don't go beyond a few statements designed to establish your expertise, because we really don't care. Tell us what we need to know—information we'll find useful and helpful.

3. Don't tell bad jokes. We'll feel obligated to laugh, which will annoy us. Be especially careful about poking fun at minority groups. Most of us have heard enough Norwegian jokes to last a lifetime. This advice is not for everyone. Some speakers are truly funny and tell entertaining jokes that amuse and relax their audiences. The trouble is, only a small percentage of speakers are good joke-tellers, the rest just think they are. Instead of telling a joke, telling a humorous story about yourself is almost always a safe bet. Make sure the story has relevance to the topic of your speech. For example, if your topic is customer service, tell about an interesting experience you had in a local restaurant.

4. Don't put us to sleep. If you speak with a monotone voice, it will indicate to the audience that you are boring yourself as much as you're boring us. Vary your voice inflection to indicate your

enthusiasm. Let us know you are alive with excitement about your topic and we will likely follow your lead.

5. Don't distract us by doing things like jingling the coins in your pocket. Excess fidgeting indicates you don't have confidence in yourself, therefore neither will we. It's normal to be excited and a bit nervous when speaking in public. Studies indicate that Americans fear public speaking more than skydiving, job interviews, or even getting married. It helps to remember that your audience is supportive and wants you to do well.

6. Don't try to dazzle us with unnecessary technology. PowerPoint and other multimedia tools are wonderful, but don't use them as a crutch to replace content. Furthermore, if you are going to use presentation tools, please come early to test your equipment before we get there.

7. Never, ever go over your time limit. Let's assume your talk is going magnificently, the audience loves you, but you haven't covered all your material yet. Surely, you think, they won't mind sitting there an extra 15 minutes, will they? The unequivocal answer is "yes," they most definitely will mind. A speaker can go from being a hero to being a goat



very quickly by disregarding prearranged timetables.

By adhering to these principles, your experiences as a speaker will become more fulfilling for both you and your audience.

*Debora Dragseth, P.D., is the Baker Boy Professor of Leadership in the Dickinson State University School of Business and Entrepreneurship. Her monthly column provides common-sense answers to common workplace issues. ■*

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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.

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 23.

Want more festival info?

WEB: [www.dickinsonchamber.org](http://www.dickinsonchamber.org)

PHONE: 701.225.5115

E-MAIL: [team@dickinsonchamber.org](mailto:team@dickinsonchamber.org) ■

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**KUDOS****Ninetta Wandler**

*Alone we can do so little. Together we can do so much. – Helen Keller*

Ninetta Wandler is a name synonymous with excellence in the Southwestern North Dakota real estate market. For over three decades, Ninetta has worked hard to help her clients achieve their dream of home ownership in an ever-changing real estate landscape. However, there's more to Ninetta than her housing market expertise.

One of her lesser-known talents is her love of baking. Her rhubarb bars, apple pies, sour cream twists and nut rolls are just some of the area's favorites you've likely come across when perusing a local bake sale or fundraising



event. Ninetta often spearheads her own fundraising efforts and uses her skills to be generous with the causes she supports such as Connect Medical Clinic, Roughrider Kiwanis Club and the St. Wenceslaus Roman Catholic Church. "Treat others as you would like to be treated."

Ninetta's passion for giving back has also inspired others, including her colleagues with RE/MAX Integrity Realty, to come together for good causes. Fundraising is crucial to the everyday operations of nonprofit organizations, allowing them to fund their missions, pay overhead costs, and create positive changes in a community.

As a pillar of the community, Ninetta's philosophy is simple:

- No matter what you do, put effort into it;
- Building relationships is key; and
- Don't take things for granted.

This mindset has allowed her to give back to the community. Her passion for excellence, dedication to her clients, and commitment to making a positive impact have set her apart as an exceptional real estate agent and community leader.

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



Ninetta Wandler

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**HEALTH****Protecting yourself**

By Steve Irsfeld

When I hear that Covid is rearing its ugly head again this fall, I'm not surprised, and you shouldn't be either. The new variant is referred to as Eris or EG.5 and its characteristics, early on, appear to be like the Omicron variant, which was highly virulent, meaning it

cavity but we also breath in through our nose. Nasal sprays have gained attention as another possible tool in the fight against COVID-19. The logic behind their use is that they could help reduce the viral load in the nasal passages, where the virus often first establishes itself before moving deeper into the respiratory system. Nasal sprays containing povidone iodine, colloidal silver and xylitol have been studied and shown to decrease the viral load in nasal passages.

It is amazing to think that two, simple, readily accessible, treatment options



spread quite easily, but it didn't pack the punch of previous variants.

Viruses are opportunistic infections, meaning if the opportunity presents itself, it will infect the individual. What makes for a good opportunity? A person whose health is compromised is a prime example. When you don't get enough sleep, eat a poor diet, are under constant stress, have underlying medical conditions, are exposed to excessive toxins, and are sedentary, these factors make an individual susceptible to a viral infection.

I'm not sure if you remember this, but individuals who were older, overweight, had multiple diseases, and had a low vitamin D status, according to studies, were the people most susceptible to the Covid virus. It would make common sense to try and decrease your risk by making changes to stack the deck in your favor. Prevention is the key, along with lifestyle changes, and is the backbone for protecting yourself through this cough and cold season.

One of the easiest things you can do is to gargle with mouthwash twice daily with the active ingredient's chlorhexidine, povidone-iodine, cetylpyridinium chloride, or one contained essential oils. Most of the popular brands have one of these ingredients. Viruses are airborne illnesses that spread through coughing and sneezing, and if the virus settles in your oral and sinus passages, gargling should kill them. Studies have shown that this is an effective way to decrease viral load.

Gargling will take care of your oral

could benefit the masses in the fight against viral infections, yet we are over 3 years into the Covid era, and we do not have any government sponsored studies looking at these inexpensive options for prevention

Additional prevention options include:

- Increasing vitamin D3 to obtain an optimal level of >50 ng/ml. The recommendation of taking vitamin D should be made every year from September thru April because our sun isn't potent enough to make vitamin D from our skin's exposure.
- Vitamin C 500mg twice a day.
- Zinc at doses of 20-50mg per day is essential to any immune support protocol.
- Melatonin 1-6mg daily at bedtime
- Elderberry or Sambucus nigra have been shown to have anti-viral properties.
- Quercetin and resveratrol are both plant flavonoids that work synergistically to fight viruses.

The information provide is designed to stack the deck in your favor when you are out and about during the winter months. If you are a patient who is at greater risk for developing covid due to weight, underlying disease states, or age, we have additional recommendations that can be accessed through the pharmacy.

If you need help with immune support, stop by or call the pharmacy (701-483-4858). Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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# DICKINSON MUSEUM CENTER

The Museum Center is taking a break this month. They have a lot of excitement going on that needs tending to. Watch for their article next month! ■

## THOMMELIER Questions, answered

By Thomas Brenner, Sommelier

Great September I wish you, dear HRV Readership. I will be answering some of your questions, alongside inquiries I come across regularly.

**Are Syrah and Shiraz the same? Is there a difference between Pinot Gris and Pinot Grigio?**

The grapes are the same, but styles can vary.

**Why is wine sold mostly in bottles when glass is very breaky and more scarce than other vessels?**

Because of tradition and perception. Many will agree that the aluminum can is (still) the most ideal container for wine as it doesn't break as easily, keeps light out, is light in weight and easily recyclable. Corks are also of a finite, natural resource that should be preserved.

**How do I best pair wine with food?** Pair your wine to match the most prominent flavor of the dish, which isn't necessarily the protein.

**How do I taste a bottle for the table?**

Make sure the wine is the one you ordered and that it isn't structurally compromised (meaning it shouldn't taste like vinegar or wet dog). That's all. Tasting a bottle is not about whether or not you like it (if you're unsure about what wine to order, start by choosing a wine from the by-the-glass menu).

**How long will wine last after the bottle has been opened?**

The higher the fill-level, the less oxidation, the longer the wine will last. Keeping a wine's temperature low helps too. Most wines can last about 2 days.

**Do I need to have a go-to wine in my repertoire?**



Yes, as you will know what you like to refer back to, be it a grape variety, style, brand or region...and also no, as it may behoove you to try something new. You may be surprised.

**How do I best store my wine?**

On its side, away from light and without wild temperature fluctuations.

**Where do babies come from?**

Ideally, from a delicious bottle of wine or two shared between two perfect parents in the making.

**How do I know if a wine can be stored for a long time?**

Reputation of producer, quality, sugar, tannins, alcohol, gas, acid, vintage and storage are all factors.

**What is a fortified wine?**

Sweet wines like Port, Madeira and Sherry are fortified with a neutral grape spirit (brandy) to reach ca. 17-19 % abv.

**Does the glass you use make a difference?**

Not really, but most wine connoisseurs would agree that drinking sparkling wine out of a wine glass is preferred over a flute. More bulbous glasses, like a Burgundy glass are great for thin-skinned red grapes (Pinot, Grenache, Nebbiolo) and full-bodied white wines like Chardonnay. A Bordeaux-style glass is great for Bordelaise grape varieties like Cabernet, Malbec, Merlot and even white wines like Sauvignon Blanc. A wine glass with a tapered top focuses the intensity of the aroma, while a wider-rimmed one disperses the aroma more evenly. Many oenophiles would agree that a wider glass is preferred for most styles of wine.

**Which wine-growing region boasts the best quality-to-price ratio?**

Chile and Portugal for everyday wines. Rioja and Rhône bottlings for serious wines you can put away for years. Best kept secret: Australia (shhhhhh! Don't tell anyone!)

**What are the best choices for wines to serve at a party?**

Unless a certain regional theme is employed, Cabernet, Pinot Noir and Chardonnay are the most popular options with sparkling wine (Cava being the best value) and Sauvignon Blanc trailing closely behind.

**Should I decant wine?**

Most of the time, no. Unless there is a lot of sediment or it needs to breathe.

**Are sulfites in wine bad?**

Pretty much all wine has sulfites, and they are not bad unless your body can't handle them. Red wines have the least sulfites (and the most antioxidants).

**What is the best publication to read over a glass of wine?**

Why, Heart River Voice, of course! ■



**BRAVO****Dr. Debora Dragseth named Baker Boy Professor of Leadership****By Scooter Pursley**

Dickinson State University (DSU) School of Business professor, Dr. Debora Dragseth, has been a fan of Baker Boy donuts as long as she's been teaching at the university, which is 34 years, and Baker Boy obviously is a fan of hers. And because of that, Dragseth added another impressive title to her academic career as she was named the Baker Boy Professor of Leadership.

"I'm just proud to be associated with this company," stated Dragseth. "I could not think of a company I'd rather be connected with and to have their title linked with my mine. My students will tour the facility, I'm going to do leadership trainings for them, and in southwest North Dakota, it does raise the profile of Baker Boy."

DSUHF's Executive Director Ty Orton approached Baker Boy President Guy Moos to gauge the company's interest in sponsoring the university's third named professorship at the university. Moos, whose company always has been a contributor to academic and athletic needs at the university, jumped at the opportunity.

"I've always had a great admiration for Deb and her career as a great educator," Moos said. "That checked the box there. An opportunity to partner with the university and Dr. Dragseth was certainly appealing to me and Baker Boy. She has touched the lives of

a lot of students over the years."

A manufacturer of premium bakery products for food service, bakeries, C-stores, and private customers, Baker Boy is one of the largest employers in Dickinson. It has been in business since 1955 and in Dickinson since 1957.

Dragseth began teaching at Dickinson State University in 1989. She is the former director of Dickinson State University's Theodore Roosevelt Honors Leadership Program, the former chair of the Department of Business and Management, provost/vice president from 2020-2022 and president of the statewide Council of College Faculties from 2017-2019. She served as the faculty representative on the State Board of Higher Education from 2019-2020.

Dr. Dragseth has received national first-place awards for web writing and business journalism. Her work on outmigration has been cited in both Forbes and Newsweek magazines. Dr. Dragseth has been given Dickinson State University's highest faculty award, the Distinguished Teacher of the Year Award. She was the Dickinson Area Chamber of Commerce's Teacher of the Year and was named the university's Innovative Teacher of the Year and named the student-elected Outstanding Faculty award. ■



Dr. Debora Dragseth and Guy Moos

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**EDUCATION**

**Tri-Energy Cooperative (Cenex) renews the Gallons of Gratitude Program**

Tri-Energy Cooperative (Cenex) will be donating over \$37,000 to Dickinson Public Schools Foundation to support classroom teachers in the 2023-24 school year. This is the third year of their partnership with the Foundation to recognize the excellence of our teachers. Each certified staff member in the district will receive \$105 and new teachers will receive an additional \$120 (totaling \$225) for classroom supplies and enhancements for their classroom.

Tri-Energy Cooperative has partnered with DPS Foundation since 2021, and we are grateful for their continued support. As a Dickinson Public School Elementary teacher shared her appreciation, "The little things we are able to use this money towards are irreplaceable. Very grateful... It is greatly appreciated!" Teachers continue to give feedback on how those little things create great things for students because each teacher chooses the enrichments to meet the needs of their students every year.

Did you know our community can help build this amazing program? For

every fill up at Cenex-branded fuel stations, a percentage of every gallon of gas that is purchased is directed towards the Gallons of Gratitude program. The Foundation appreciates your support for our teachers' supply and educational experience budgets in their classrooms. Find out more about the impact of Gallons of Gratitude by scanning the QR code. ■



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## NOTES FROM THE BADLANDS

# Summer to fall with Medora and Teddy Roosevelt

By Joe Wiegand



Joe Wiegand

Theodore Roosevelt first arrived in Medora on September 8, 1883, and all of us who call Medora home are glad for it. For me, September is a month to travel the country to tell people about Medora. After my last Teddy Roosevelt Show on September 2, my itinerary follows TR's legacy in places "back east." Labor Day finds me in Manchester, New Hampshire celebrating America's working men and women while representing the first president to arbitrate a major labor dispute - settling the 1902 anthracite coal strike by, in part, giving John Mitchell, President of the United Mineworkers of America a seat at the table.

September 5 is the 118th anniversary of the Treaty of Portsmouth, ending the Russo-Japanese War and winning

Theodore Roosevelt the 1906 Nobel Peace Prize. I'll perform at Wentworth-by-the-Sea resort, where the Russian and Japanese delegates stayed while negotiating at the Naval Base at Kittery, Maine, across the Portsmouth River. On September 5, the people of Portsmouth will ring their church bells as they did in 1905, in commemoration of the day when Portsmouth was on the front pages of every major newspaper of the world. Portsmouth is meanwhile celebrating its 400th anniversary all year long.

Medora marks the 8th of September and the 140th Anniversary of TR arriving at Little Missouri with a final weekend of the Medora Musical and a Hot Air Balloon Festival. I'll be in Newcomb, New York which hosts Teddy Roosevelt Days to commemorate the role that Mt. Marcy and the Adirondacks play as they witnessed Roosevelt become President at the death of William McKinley in September 1901.

Patriots Day - September 11 - wherever we are - let each of us find the right time and place to be still and to remember. I'll be with school children in Johnsbury, New York.

On September 12, 1898, the First United States Volunteer Cavalry Regiment mustered out at Camp Wikoff nearby Montauk Point, Long Island, New York. I'll be there on the 125th anniversary to commemorate that day when TR's Rough Riders presented their colonel with Remington's Bronco Buster and TR shook every hand as he said goodbye to his men. September 14, 1901 is the date when TR took the presidential oath in Buffalo, New York, and I'm honored on the anniversary of the occasion to recreate the event at Buffalo's Theodore Roosevelt Inaugural National Historic Site, the highlight being a naturalization



From September 27 - 30, the Theodore Roosevelt Medora Foundation will be hosting hundreds of volunteers in Medora as they celebrate the 25th anniversary of the TRMF Volunteer Program

ceremony where twenty or thirty new American citizens from all over the world take the Oath of Naturalization.

September 17 is Citizenship Day on which, as a nation, we celebrate the Constitution of the United States of America, adopted by the delegates of our early states on that date in Philadelphia in 1787.

From September 27 through 29, the Theodore Roosevelt Medora Foundation will be celebrating the 25th Anniversary of our volunteer program, and I'm glad to return to Medora to join hundreds of our volunteers in the festivities. Growing over the years from a few in number working exclusively during the Medora Musical summer season, the TRMF program now boasts over 600 annual volunteers who work shifts that start in pre-season as soon as weather allows and continues

through the fall. These are the friendly people, often retired couples, sisters, or girlfriends, who come to Medora, don the green vest, and perform a week's worth of work for the benefit of our guests.

Our volunteers, the traveling public, and our neighbors from throughout the region where this column may be read will enjoy the Million Dollar Quartet, a musical tribute featuring talented musicians and artists who will portray Elvis Presley, Johnny Cash, Carl Perkins, and Jerry Lee Lewis at Medora's Old Town Hall Theater Wednesday through Saturday at 7:30PM and Sundays at 2PM. So the Medora Musical will be put away until those happy days in June, but there are still dozens of reasons to come to Medora in September and beyond. I hope to see you in the come and go. ■

Kurt Robinson  
Owner



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## VOICING SOME THOUGHTS Quotable quotes

By Nancy Hoff

I find some quotes are a pick-me-up. But the ones I like the best are frank, funny and maybe irreverent.

My favorites:

“A man who carries a cat by the tail learns something he can in no other way.” ~ Mark Twain. This conjures up an image that makes me chuckle every time.

“What kills a skunk is the publicity it gives itself.” ~ Abraham Lincoln. A reminder to me to keep my mouth shut.

“Do the right thing. It will gratify some people and astonish the rest.” ~ Mark Twain

“God acts slowly- but he is always on time.” ~ Alanon

“A man who hangs around a barbershop eventually gets a haircut.”

“Chuck – that page has turned” ~ My late mother-in-law to my father-in-law. Short, to the point, and forget about it!

“It is better to keep your mouth closed and let people think you are a fool than to open it and remove all doubt.” A good argument for thinking before speaking!

“Age is mind over matter – if you don’t mind, it doesn’t matter.” I really liked this quote – when I was younger!

“The secret of getting ahead is getting started.” For all us procrastinators

“Thunder is good, thunder is impressive. But it is lightning that does the work.”

“Why do we rejoice at birth and grieve at a funeral? It is because we are not the person involved.”

“This, too, shall pass.” My mother’s favorite – and she was right!

“Never allow someone to be your priority while allowing yourself to be their option.” ~ Mark Twain with the best relationship advice ever.

“The best exercise for your heart is reaching down to lift someone else up.” ~ Tim Russert

“Grief is the price we pay for love.” ~ Queen Elizabeth. Missing those we have lost.



“Society has gotten to the point where everybody has a right, but nobody has a responsibility.”

“A good conversation is like a miniskirt

– short enough to hold your attention, but long enough to cover the basics.”

I hope you found a quote to carry around in your pocket today! ■

## Important DPS Foundation News

Thank you Tri-Energy Cooperative (Cenex) for donating \$37,000 to the DPS Foundation through your **Gallons of Gratitude Program**. A percentage of each gallon you



purchase goes into the fund to support teachers.

Every certified teacher in the District will receive \$105 to use towards classroom resources/supplies. New classroom teachers will receive an additional \$120. We appreciate your support of education and our teachers!

**Dickinson High School Athletic Hall of Fame** Inductees will be introduced at the DHS Homecoming Football game on Friday, September 29.

**Hall of Fame Award Ceremony & Breakfast**, Saturday, September 30, 10 am, Dickinson Middle School Purchase tickets before Sept. 25. Contact Candace Stanton or Guy Fridley at Dickinson High School for ticket information. 456-0030.



For more information about the DPS Foundation and how you can help enrich education, contact **Karen Heidt**, Director of Development at 701-590-0495.



“Providing private financial support to enrich the quality of education in the Dickinson Public Schools.”

## WHERE BUSINESS GOES TO GROW

### You make the call

By Matt Ellerkamp, Business Advisor,  
Small Business Development Center

Many small businesses neglect to do particular tasks because of the time it takes to accomplish them and perceived lack value of return on that time. Some undertakings often overlooked are business plans, financial reviews, and employee evaluations.



usually very brief, but easy to follow and memorable. The length should come in the form of short phrases or 1-3-word groupings.

These statements are similar, but each



Another topic with intangible value often overlooked that can affect the entire organization is the Mission Vision, & Values Statements. Let us briefly investigate what these statements are and how they relate to one another. With that understanding, then reflect on why they are important and worth time and acknowledgment.

#### Mission Statement

This statement expresses what a company is about, its purpose, what it seeks to accomplish in the near to mid-terms goals, think 3-5 years out. It communicates to employees, partners, and the public what is vital to the company. This statement is meant to be short, informative, and avoid generalizations.

#### Vision Statement

This is a declaration about where the company is going, its future, what is the endgame, a 10yr plus goal. The vision is meant to be inspiring and guiding force for pivotal decision making. This statement not only needs to be motivating, but also realistic, actionable, achievable, focusing on end goals, with specific objectives in mind. The declaration should be focused, avoid being ambiguous and stated in 10-15 words or less.

#### Value Statement

This testimony is about a company's morals, principles, and philosophies. The core values are literally the culture that inebriates an organization, leading and guiding the company and its constituents in the same path. The testimonial defines what a business stands for and how it conducts its activity. The statement is

provide continuity in communication, with different emphasis in the importance they relay. The mission is the purpose of company, the vision is the ultimate destination. The value statements are the ethics and standards that guide a company.

The Mission, Vision and Values are the backbone of the organization, they inform all decision making, hiring, goals, objectives, services/products offered, pricing, branding, marketing, sales, and all policies, providing the foundational riverbed on which the flow of the business moves. In order for these statement to be effective, they must be presented, spoken, and reviewed on a routine and continual basis from weekly to yearly meetings. Signage can be a great way to keep them top of mind.

The Mission, Vision, and Values statements, like any guiding force, need to be revisited on regular intervals making sure they stay at a level of Strategic Importance because they influence the Four Intangible Capitals: Human Capital, Customer capital, Structural capital, and Social Capital: (Keith Olson, Center Director for the Williston SBDC) which in turn drive longevity, sales, profits, and success.

So, you make the call, are intangibles worth the time?

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



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## HEART RIVER VOICE | SEPTEMBER 2023

# Calendar

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

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

**Dakota COMMUNITY BANK & TRUST**  
**5TH ANNUAL DICKINSON PBR**  
 Featuring **40** of the **BEST RIDERS** IN THE PBR  
**BULL RIDING FRI-SAT SEPT 1-2**  
**GATES OPEN 4:30PM 6:30PM START 2023**  
**STARK CO FAIRGROUNDS, DICKINSON, ND**  
**BARREL RACING STARTS AT 8AM GRAB-A GRAND**  
**TICKETS: \$25 /5 & UNDER FREE**  
 FINAL ROUNDS SEPT 1-2  
 SHORT BUFFERS DURING THE EVENING PBR PERFORMANCE  
 TICKETS AVAILABLE AT: [www.dakotacommunitybank.com](http://www.dakotacommunitybank.com) and Dakota Community Bank & Trust both locations OR AT THE GATE

**SEPTEMBER 6-30 ANIMALS IN THE ARTS COMMUNITY ART SHOW** Wed-Sat 2-5PM Join us in celebrating our furry, feathered, scaly, real and imaginary animal counterparts with art that portrays the theme of animals including photography, fine arts, hand-crafted, 3D, etc. Free Admission! DSU Kleinfelter Hall Art Gallery.

**SEPTEMBER 8-9 PRIDE OF DAKOTA SHOWCASE** Shopping hours: Friday, 3-8PM Saturday, 9AM-5PM Stock up on your favorite Pride of Dakota products and meet some of your local entrepreneurs. You will find unique products, including gourmet food, art, books, jewelry, sporting goods, home decor, apparel, children, pet items, and much more! Admission continues to be free thanks to the Bank of North Dakota College SAVE Plan! West River Ice Center.

**SEPTEMBER 8-10 HOT AIR BALLOONS** 6:30AM Saturday & Sunday Hot Air Balloons launch from the Medora Campground on Saturday and Sunday. Bring your camera to capture the magic from on the ground at the campground or from a birds-eye view on top of Cemetery Butte. Medora, ND.

**BADLANDS KITE FEST** The Kite Flyers will be located at the top of the Burning Hills Amphitheater — just look for the beautiful kites! Friday | 2-4PM, weather permitting. Saturday and Sunday 10AM - 4PM, weather permitting. Medora, ND.

**SEPTEMBER 9-10 GOOD OL' TAYLOR DAYS** The 25th Annual Good Ol' Taylor Days and 10th Annual Rebel Customs Car Show will be held September 9-10, 2023, in Taylor, ND. This event includes the Rebel Customs Car Show, antique tractors, horsedrawn harvesting, craft and vendor show, tractor

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

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

**SEPTEMBER 1-2 5TH ANNUAL DICKINSON PBR** Gates open at 4:30PM, riding starts at 6:30PM. Join Dakota Community Bank & Trust for a night of bull riding featuring 40 of the best riders in the PBR. See ad, this page, for more info. Stark County Fairgrounds

**SEPTEMBER 1-11 BLU HAVEN SPAS LABOR DAY SALE** Come test out a new hot tub in our showroom! See ad, page 2, for more info. 1661 I-94 Business Loop East.

**SEPTEMBER 6, 13, 20, 27 ELEMENTARY CROSS COUNTRY** Intro to cross country! Registration runs 3:45-4:25PM day of event. Racing starts at 4:30PM. See ad, page 14, for more info. Gress Softball Complex

# GOOD OL' TAYLOR DAYS

25TH ANNUAL  
SEPTEMBER 9-10, 2023

**SATURDAY, SEPTEMBER 9, 2023**  
**Heritage Hill**  
Horsedrawn Harvesting  
Starting around 10 am and throughout the day  
Family Crafts & Games and  
FLEA Market in the Red Barn

**SUNDAY, SEPTEMBER 10, 2023**  
**Heritage Hill**  
7am - 11am - Pancake Breakfast in the Opera House  
Family Crafts & Games and  
FLEA Market in the Red Barn  
10 am: Antique Tractor Display  
11:30am: Tractor Parade  
12:30pm-1:30pm: **Comedian** in the Red Barn  
3pm: Antique and Classic Tractor Pull  
Weigh in at 2pm. Score will be distance pulled  
Rewards for all classes: Bragging Rights for 1 Year

For General Information Call Sherman: 701-260-0264  
Facebook: @taylorhorsefest  
Concessions by 4H



*and 10th Annual  
Rebel Customs  
Car Show*

**SUNDAY, SEPTEMBER 10, 2023**  
**Main Street Taylor**  
9am: Car Show Registration Starts  
\$10 Registration Fee  
**10am: Western Edge Band**  
1pm: Poker Walk  
3pm: Trophies Awarded  
Vendor Booths, Door Prizes and Trophies  
Kids Coloring Contest

For General Information and Pre-registration  
Call: 701-974-4248  
Sponsored by Rebel Customs



parade, musical entertainment, antique and classic tractor pull, and MORE! See ad, this page, for more info. Taylor, ND.

**SOUTHWEST SPEEDWAY PRESENTS** Richard Jordan Memorial (Non-Sanctioned Event) Pits Open 3PM Gates Open 5PM. Southwest Speedway, 47th St SW

**SATURDAY SEPTEMBER 9**  
**911 MEMORIAL STAIR CLIMB**  
9AM-12PM Join the Dickinson City Fire Dept as we honor the fallen at the Biesiot Activities Center.

**ROCK & WALK 10AM** Hosted by the North Dakota Chapter of the TEARS Foundation. Come honor your child or another child you know that has gone too soon.

We hope to bring awareness to pregnancy and child loss in our community. DSU King Pavilion

**ALIVE EVENT** Professional and amateur Christian bands perform live music. (Full day event; performance times may vary.) Free to public! Legacy Square, Downtown Dickinson

**SUNDAY SEPTEMBER 10**  
**OUT OF THE DARKNESS WALK**  
Check-In Time: 1PM Walk Start Time: 2PM The Out of the Darkness Community Walk is a journey of remembrance, hope, and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected our lives and the lives of those we love and

care about. There is no registration fee and ALL are welcome! West River Ice Center

**MONDAY SEPTEMBER 11**  
**JERRY BARLOW 6PM** The Dickinson Library presents Jerry Barlow, Celtic guitarist and storyteller. Free to the community! Dickinson Public Library Community Room. See ad, page 17, for more info.

**TUESDAY SEPTEMBER 12**  
**ADULTING 101: BANKING EDUCATION 6PM** Join Cill Skabo, Chief Growth Officer at Bravera Bank, to learn basic banking information and have your questions answered. See ad, page 28, for more information. Dickinson Area Library Community Room.

**THURSDAY SEPTEMBER 14**  
**START-UP YOUR DAY 8-9AM**  
Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 12, for more info. Stark County Veterans Pavilion.

**SATURDAY SEPTEMBER 16**  
**POWER PULL** Which truck or tractor will take the prize? Watch trucks and tractors compete by seeing which one can pull a heavy drag or sled the furthest. Stark County Fairgrounds, South 4024, ND-22

**AN EVENING OR THE ARTS GALA 5:30PM** You're invited to an enchanting night of elegance.

*Continued, page 24*

YOU ARE INVITED TO THE  
SOUTHWEST ART GALLERY & SCIENCE CENTER

# GALA

AN EVENING FOR THE ARTS  
**09.16.23**

EAGLES CLUB, 31 1ST AVE E, DICKINSON, ND

5:30 SOCIAL - MEET THE ARTISTS  
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SILENT AND LIVE AUCTION TO FOLLOW  
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shirleydukart@homeandlandcompany.com

FUNDRAISER BENEFITING SOUTHWEST ART GALLERY & SCIENCE CENTER  
- COLORFUL EVENING ATTIRE -

Continued from page 23

Join us for the "Aurora Borealis" Gala, a celebration inspired by the celestial dance of lights in our northern skies. See ad, page 23, for more info.

**TRAILER AND BEATER RACE**  
6PM The Southwest Speedway will host the Trailer and Beater Race on Saturday, September 16, 2023, starting at 6:00 p.m. MT. This is not a high-speed derby. The object is to hit and disable other drivers' trailers, NOT VEHICLES. Southwest Speedway, 47th St SW.

### SEPTEMBER 16 & 17

The SBMC is hosting its 18th Annual Bike and Muscle Car Show Food and vendors will be available. \$5/admittance per day. Kids under 12 FREE. Saturday: 10AM - 6PM Sunday: 10AM - 3PM. West River Ice Center

### SUNDAY SEPTEMBER 17

**CZECH DAY 1PM** This event promises a dance, entertainment, and lots of good food! Admission: \$25 - Adults (includes meal and dance) \$15 - Ages 4-12. Catholic Workman Hall, New Hradec, ND.

### SATURDAY SEPTEMBER 23

**HARVEST FESTIVAL** The Dickinson Area Chamber of Commerce is proud to bring the 8th Annual Harvest Festival to the campus of Dickinson State University. See article, page 13, for more info. Festivities will get underway at 11AM. 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. DSU Kings Pavilion.

### SUNDAY SEPTEMBER 24

Free admission to the Theodore Roosevelt National Park in honor of National Public Lands Day.

**MONDAY SEPTEMBER 25**  
**DICKINSON AREA CONCERT ASSOCIATION** 7:30PM Join DACA for Here Comes the Sun. Dorothy Stickney auditorium, DSU May Hall. See article, page 5, for more info.

**SEPTEMBER 29 & 30**  
**BLUE HAWK STAMPEDE RODEO** Come cheer on the Blue Hawk Rodeo Team as they host their home rodeo - the Blue Hawk Stampede! This rodeo was the NIRA Great Plains Region Rodeo of the Year in 2017 and 2019; you won't want to miss it! Stark County Fairgrounds.

**SAVE THE DATE**

**SUNDAY OCTOBER 8**  
**12TH ANNUAL ROTARY PAN-CAKE CARNIVAL** 8AM-12PM See ad, page 18, for more info.

**OCTOBER 13-14**  
**10TH ANNUAL PUMPKINS IN THE PATCH** Friday, 3-6PM, Saturday, 10AM-5PM. The pumpkin patch includes games, hayrides, barrel train, vendors, food, pumpkin rolls, pumpkins, and more!

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

**SATURDAY NOVEMBER 4**  
**HUMANKINDNESS GALA** Join CHI St Alexius Health Foundation Dickinson for their 41st annual charity event.

## PAWSITIVELY POPPY Cinnamon Rolls

By Miranda Kuhn

With September always comes the feeling of fall. School has started, the mornings become a little crisper. If we're lucky, the leaves begin to turn before the first snow falls. Weekend mornings call for a change from iced coffee to hot beverages, and the cold cereal gives way to warmer more comfortable breakfast foods like cinnamon rolls. The smell alone puts me in the fall mood. I would never deny Poppy that wonderfully cozy feeling and though she can't have coffee with her rolls, they do make her feel included in the toasty slow morning vibe that we usually have on Saturdays. Enjoy the fleeting fall and say hi to your pooch for me!



### Ingredients

2 C flour  
1Tbsp baking powder  
¼ tsp salt  
½ C water  
¼ C canola oil  
1 large egg, beaten  
Cinnamon  
Honey  
¼ C cream cheese  
1-2 Tbsp water

Preheat oven to 350 degrees. In one bowl, mix dry ingredients. In a second bowl mix wet ingredients except cream cheese and 1-2 Tbsp water. Add wet to dry and mix thoroughly until it forms a dough. Roll onto floured surface until approximately 8" by 14" rectangle. Sprinkle with cinnamon and drizzle with honey. Roll into a log lengthwise and cut into ½" pieces. Place onto cookie sheet lined with parchment paper. Bake 15 minutes until rolls are slightly springy to the touch. Cool. In a small cup, mix cream cheese and 1-2 Tbsp water and spread onto rolls. Keep in airtight container up to 5 days or freeze up to 3 months. ■



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Sunday 11:00am - 7:00pm



## Ask Alfie

Dear Alfie,

**My dog's collar has become pretty worn out, so I'm currently shopping for a new one. I see a lot of options for harnesses. Is a harness better than a collar?**

Sincerely, Sassy's Dad

Dear Sassy's Dad,

As you are discovering, there is an abundance of types of collars and harnesses available, each of which are appropriate for different animals and circumstances.

Collars are great to have on your pet at all times, so long as you have the appropriate identification tags attached, as you never know when your pet might accidentally become lost. For some dogs, using a collar with a leash is a perfectly good way to go for a walk. For cats, and other dogs such as those that pull, a harness is the better and safer choice.

Dogs who are not used to walking with a leash, or those with a habit of

pulling, are at risk of serious damage to their throat or neck when using a collar with a leash. Dogs with tracheal collapse (that hacking cough brought on by excitement, drinking water, or exercise) are especially helped when a harness is employed for walking.

Other dogs who benefit from a harness are those with heads that tend to be smaller than their necks, such as Greyhounds. These dogs have a much easier time slipping out of their collars. That said, some pets may also find ways of escaping a harness, so it is important to be sure it is appropriately snug, without being too tight. The harness should be snug against their chest but loose enough to still allow you to slip two fingers underneath. If chafing occurs, the harness is too tight.

When it comes to cats, I will recommend that leash walking be done with a harness 100% of the time. Cats have soft throats and can easily become injured if they pull or become startled while walking with leash tension on their collar. Additionally, cats should only ever wear breakaway collars. This is because cats like to



climb and squeeze through small spaces. Should their collar become caught on something, they can easily be strangled. Breakaway collars will release when a certain amount of tension is put on them (such as if your cat is dangling from a tree branch) and can prevent fatalities.

Have fun shopping for Sassy!  
Sincerely, Alfie ■

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

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## PIPER'S PALS

### Pet Name Match

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

A: Buster (#\_\_\_)

B: Bandit (#\_\_\_)

C: Champ (#\_\_\_)

D: Daisy (#\_\_\_)

E: Baby (#\_\_\_)

F: Sadie (#\_\_\_)

(Answers in our next issue!)

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

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

Last month's answers:

A: #2 Olive

B: #1 Charlie

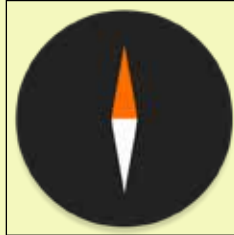
C: #3 Bear





### Trail Sense

With this app, by accessing your phone's sensors, you can tap into tools like a compass and GPS navigation by placing digital beacons as you trek, ensuring you can find your way back by following those beacons on the return trip. If you spend a lot of time exploring the outdoors, Trail Sense is a nifty little app that might come in handy when you have no access to data.



### Tasker

There are more than 350 actions available to set up your own automations, such as turning on a dark mode at a particular time of day or automatically switching off notifications once you connect to your home Wi-Fi after work. While the app isn't intuitive, those who spend their time figuring things out will be rewarded.



### Huberman Lab

Huberman Lab discusses neuroscience: how our brain and its connections with the organs of our body control our perceptions, our behaviors, and our health. They also discuss existing and emerging tools for measuring and changing how our nervous system works. Dr. Andrew Huberman is a tenured professor of neurobiology and ophthalmology at Stanford School of Medicine. His lab studies neural regeneration, neuroplasticity, and brain states such as stress, focus, fear, and optimal performance.



### Pursuit of Wellness

As a listener you can expect real and raw conversations with Mari that go more than skin deep. Tune in to the Pursuit of Wellness for a weekly dose of inspiration and insight and that is like a little nudge from a friend to keep going, to keep doing the work, and to keep transforming into the best version of you.



# Heart River VOICE

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

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

### DICKINSON

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Dickinson Theodore  
Roosevelt Regional Airport  
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Country Kitchen  
Convention and Visitors  
Bureau  
Dickinson Museum Center  
Chamber of Commerce  
Consolidated  
Rosie's Food & Gas  
DePorres House of  
Barbering and Lounge  
Dickinson Area Public Library  
Blue 42  
The Brew  
Fresh Sips  
Family Fare - West  
Market Press Coffee Co.  
Players Sports Bar & Grill  
Stark Development  
Corporation  
Dickinson City Hall  
Holiday Inn Express & Suites  
TownPlace Suites  
Microtel Inn & Suites  
AmericInn  
Frankie's West Side Shell

Villard Cenex  
West River  
Community Center  
Edgewood Hawks Point  
The Hub  
Fluffy Fields  
Ukrainian Cultural Institute  
Heritage Hills

### SOUTH HEART

I Don't Know Bar  
Heart Country Gas Station

### RICHARDTON

Suzy's Stash  
The Country Drug Store  
Pharmacy

### HEBRON

Bassackward Studios

### BELFIELD

Trappers Kettle

### MEDORA

Chateau de Mores  
Roughriders Hotel  
AmericInn

### BISMARCK

The Capital Gallery  
Bismarck Art & Galleries  
Assoc.

**GOOD EATS****Fresh Tomato Pasta**

Grab some fresh summer tomatoes and basil and try the recipe below!

**Ingredients**

6 cups ripe tomatoes cut into  $\frac{3}{4}$ " cubes  
 1 lb whole wheat pasta  
 2 cups fresh mozzarella cut in  $\frac{1}{2}$ " cubes  
 $\frac{3}{4}$  cup cotija cheese crumbled  
 1 cup basil leaves chiffonade  
 Olive oil to taste  
 Salt and pepper to taste  
 Hot pepper flakes to taste  
 Serve with Parmesan and toasted breadcrumbs

Cook pasta according to instructions. While pasta cooks, prepare all other ingredients. Drain pasta, put in bowl, add cheese and mix well. Add tomatoes and basil. Mix gently. Add about  $\frac{1}{2}$  cup olive oil. Add seasoning, mix, taste, and adjust. Serve with grated Parmesan and sprinkle with toasted breadcrumbs. Enjoy! ■

**ID\*I\*OM****Get one's goat**

**Meaning:** to irritate or annoy someone

**Origin:** This one also comes from horseracing. Jockeys placed goats in the stables with their horses as this was said to relax the horses. However, competitors would remove the goats of their rivals to spook their competitors' horses, hoping they would consequently lose the race. ■



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## CONVENTION AND VISITORS BUREAU

# Take an art adventure



Henry David Thoreau once said, "This world is but a canvas to our imagination." Thankfully, Dickinson welcomed several artists who used some unusual canvases to display their imaginations!

Guillermo Ivan Avalos completed six murals in Dickinson over four years. "Dandelion" is easily visible on Villard. "To Serve With Honor" honors firefighters and graces the wall of the Dickinson Fire Dept. Station 1. The "Queen City of the Prairie" brightens the lone underpass in Dickinson. "Ojinjinka," the Lakota translation of wild rose, looks over to the Hagen Building. "Uhusiano," the Swahili translation for connection, is close to Legacy Square and was inspired and supported by Dickinson's local African community. Lastly, "Prairie Rose" can be found on the south side of town; her contemplative expression, along with her black cat, makes for an interesting mural!

Paul Ide completed two murals in Dickinson. "Why the Caged Bird Weeps"

features three colorful birds looking at a chick that fell from its perch. "Corgis and Crabs" was commissioned by Seri Dukart, owner of The Grooming Gallery. This mural was dedicated to a family member and reminds people to "be kind, for everyone you meet is fighting a battle you know nothing about."

Altered Ink Tattoo has mural art on the front of its building. Lastly, a variety of other mural art is in "Art Avenue" starting between The Brewery and Bernie's Esquire Club downtown. You can even find Snoopy!

Several sculptures can be found in Dickinson. Tom Bollinger's sculptures "Young TR Enters the Arena" and "Forever a Blue Hawk" and Linda Little's sculptures "Johnnie's Hawk" and "Soldier" are inspiring. Krebs Kreations has a neat crane at the start of the Crooked Crane Trail. Axel Reis's rebar dinosaurs "Utahraptor" and "Pachycephalosaurus" greet visitors at Dickinson's main intersection and the Dickinson Dinosaur Museum.

Have you gone on an art adventure in Dickinson to experience these works of art in person? Pictures and addresses can be found at [visitdickinson.com/artadventure](http://visitdickinson.com/artadventure). As always, don't forget to tell us about your adventures! Use the hashtag #visitdickinson to share your stories. ■



"Dandelion" by Guillermo Ivan Avalos

## COMMUNITY

# Sound Bath with Carol Morgan

A sound bath is a meditative experience where crystal bowls are used to bathe you in sound waves at specific frequencies that are intended to induce mental refreshment, access to the subconscious mind and deep healing. You are first guided through intentional breathing, then a meditation in conjunction with sound, and finally the sound by itself. When intention and frequency come together, healing occurs.

Alchemy bowls are advanced singing bowls that have specific properties that in addition to addressing different energy centers in your system or chakras, they also help train us energetically to higher, more refined vibratory frequencies. These bowls are made by heating and blending precious metals with quartz.

Carol Morgan is a certified sound practitioner, with Xina Allen LLP. If you are interested in more information about the bowls or the session you can contact her at [carol@xinaallen.com](mailto:carol@xinaallen.com)

Join Carol at Salt of the Earth on September 10th at 10:30am. \$55 per person with \$20 down to hold your spot. Payment can be made at Salt of the Earth (cash only). ■



Dickinson Area Public Library

# Adulting 101

*Do you know that the mitochondria is the powerhouse of the cell, but not how credit scores work?*

*Join us once a month to learn more about an important life skill you might have missed as a kid!*

**September 12th:**

## Banking Education

*Cill Skabo, Chief Growth Officer at Bravera Bank, will be talking about basic banking education and answering your financial questions!*

**6:00pm**  
**Community Room**

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## COOKING CRAVE Apple Coffee Cake

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

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



Laverne and Rhonda

## Homemade Recipes Made Easy!

### Apple Coffee Cake

1 1/2 cups flour  
1 cup sugar  
1 tsp. baking powder  
1/2 tsp. salt  
1/4 cup butter, melted  
1 egg  
3 apples, peeled, cored & coarsely chopped

#### TOPPING:

1/4 cup packed light brown sugar  
1/2 cup chopped pecans  
1 tsp. ground cinnamon  
2 Tbsp. butter, melted

Preheat oven to 350 degrees. Grease a 9-inch round cake pan with cooking spray. In a large bowl, beat flour, sugar, baking powder, salt, butter, and the egg until well mixed and crumbly. Stir in apples, then spread batter into cake pan (mixture will be crumbly). In a small bowl, combine Topping ingredients; mix well and sprinkle evenly over batter. Bake 50 - 55 minutes, or until a toothpick inserted in center comes out clean. Serve warm or allow to cool, then cover until ready to serve.

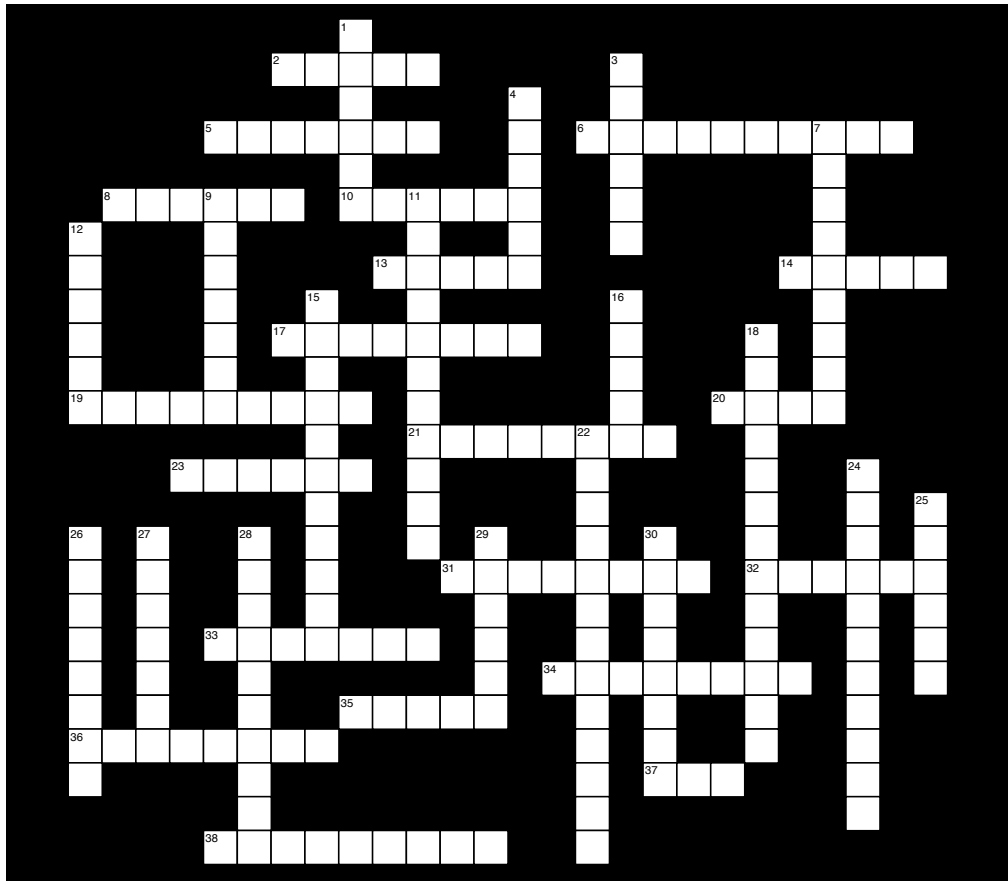
Country Rose  
Cafe

CONSOLIDATED  
CHANNEL 18

COOKING  
CRAVE

## CROSSWORD

## COLOR MY WORLD by Carlinka



## ACROSS

- 2 +Tusk colored  
 5 +Condiment or yellowish  
 6 +Color meaning "Baked Earth"  
 8 +Base coat for a canvas  
 10 +Style with geometric planes  
 13 +A secondary color  
 14 +Painting on a wall  
 17 +Work of art in 3 pieces  
 19 +To cover a wall or conceal facts  
 20 +A primary color  
 21 + Remnants of an omelet or a white shade  
 23 +Metal or shiny color  
 31 +Type of gray seen on artillery  
 32 +A secondary color  
 33 +Used to mix colors on  
 34 +Used for coloring paint  
 35 +Drink garnish or greenish  
 36 +Color named after a cooing bird  
 37 +A primary color  
 38 + Green tint that happens to copper

## DOWN

- 1 +Design with many small stones or glass  
 3 +Process for making colorful shirts  
 4 +Fish or pinkish  
 7 +Type of blue or gemstone  
 9 +Combination of paper and photos  
 11 +Color that sounds overcooked  
 12 +A primary color  
 15 +Popular color in china patterns  
 16 +Found in a clam or white shade  
 18 +Exhibiting many colors  
 22 +Representing inner emotions  
 24 +A technique using tiny dots of color  
 25 Port city in Ukraine  
 26 +Deep rich red like a wine  
 27 +Acronym for colors of the rainbow  
 28 +Water blue  
 29 +A secondary color  
 30 +Color that sounds uncooked



Watch for the Pasta Puzzle in our October issue! Win pasta prizes from the ND Wheat Commission. More details to come in October!

## COMMUNITY

## Alcoholics Anonymous fellowship

## Preamble

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

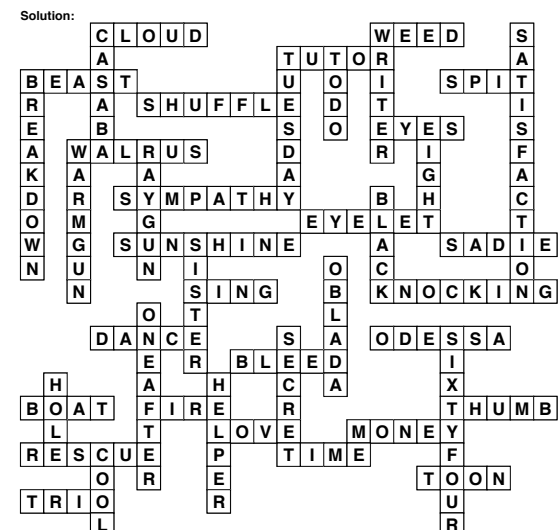
The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither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

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

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

## Last month's puzzle solution

## ++Stones vs Beatles++



**HOROSCOPE****SEPTEMBER 2023** by Hilda De Anza**ARIES**  
March 21-  
April 20  
Singles, this

is the ideal opportunity to reconnect with a romantic partner. You cannot call the shots in a relationship but need to adapt to the partner's needs. By mid-September an overhaul should be complete and radical innovation can put your work on a new and lucrative trajectory.

**TAURUS**  
April 21-  
May 21  
Expenses

tend to be high now. A good month for both working and personal partnerships, and potential partners are highly motivated to support and help. This is an excellent period for getting involved in education and growth.

**GEMINI**  
May 22-  
June 21  
This is a

time of success and fulfillment. Mid-September on, you can reap the benefits of your dedication and application. It is a wonderful time for innovation, experimentation and consciousness growth. Something new can be launched at this time.

**CANCER**  
June 22-  
July 22  
There is a

major focus on planning, analysis, education and communication during September, and the results look very promising. What has been incomplete will be completed, and outreach that has not yet gained traction will ultimately do so.

**LEO**  
July 23-  
August 22  
You

are in the middle of a 4-month period which is probably a complex time for relationships. Dealing with people and events can bring a lot of unpredictability. End month,, there is a change of emphasis from material concerns to relating.

**VIRGO**  
August 23-  
September 22  
All arrangements that you

make are subject to review and change and your efforts yield brilliant results. You expand your horizons intellectually or through travel, and when you embrace new ideas and methods. You will be firing on all four cylinders by the end of the month.

**LIBRA**  
September 23-  
October 22  
It's an important month

for relationships. Potential partners will be willing to compromise and adapt to the way you want things to be, but you may also be put off by someone being too dependent.

**SCORPIO**  
October 23-  
November 21  
There is a

strong and very favorable emphasis on groups and social arrangements for all of September. It is an excellent time for educational and social projects, designed to bring prosperity and renewal for the greater good.

**SAGITTARIUS**  
November 22-  
December 21  
To effect

change, there must be some disruption, but too much disruption sabotages harmony. Nevertheless, there will be considerable success this month, not least because of productive partnerships with leadership figures.

**CAPRICORN**  
December 22-  
January 20  
This is a great

month for children or a creative team, and in all creative projects there is the opportunity to revisit and perfect plans. It's a great period for innovation and peak performance, if not for you, then for people who are close to your heart.

**AQUARIUS**  
January 21-  
February 19  
It's an

excellent month for finance and security, and for relations with people in the local community that can bring economic benefits. It will take another month to get the framework in place, and after that there will be a steady expansion.

**PISCES**  
February 20-  
March 20  
It is all about

communication and getting all the details in place. This is a time when friends and groups demand more of you. If money is involved with people at work, you need to make sure that it is not spent on vanity projects.

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