

Heart River VOICE

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AUGUST 2024 | VOL. 6, NO. 8 | HEARTRIVERVOICE.COM



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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 or perhaps a new monthly feature. Are you an artist or know of one who might be the perfect fit for our cover? Contact us!

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

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

Kelley Jilek
Publisher

On the cover

"Zinnias" by Trudy Stubson. For more information about the artist, see page 5.

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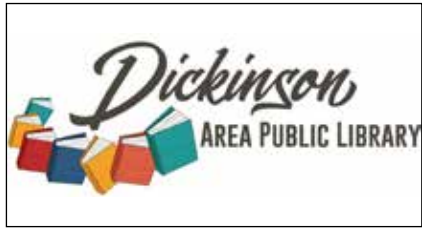
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#BOOKWORM

Summer's ending



By Cindy Thronburg

The Summer Reading Program (SRP) has officially ended! What an amazing summer we had, full of activities and programs for the whole family.

We had our Kick-Off Carnival at Legacy Square for the first time, and it was a blast! We had hundreds of kids and grown-ups in attendance. We had bouncy castles, music, games, pizza and ice cream, and lots of special guests join in on the fun. We are so thankful to those who came out for the day!

You still have a little time to get your reading logged and small prizes picked up. The last day to log reading and enter your tickets for prizes for the SRP is July 31st. The last day to pick up any small prizes will be Thursday, August 1st.

We will be hosting our Ice Cream Social to wrap up Summer Reading on Friday, August 2nd from 2-4pm. We will handout Grand Prizes and announce Coloring Contest winners. You do not need to be present to win and all prize winners will be notified after the event. Join us for a refreshing ice cream and see if you've won a prize!

We would also like to take this time to once again thank our very generous Summer Reading Program Sponsors, through which our Summer Reading Program is made possible. Our wonderful sponsors are:

- Baker Boy
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- Dickinson Ready Mix
- Fisher Sand & Gravel
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- High Plains Dental
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August is a planning month, so all regular programs are paused. Get ready for some exciting programs happening

in September! Also, be on the look-out for some Beanstack Challenges you can participate in this fall.

This year we will be running a clothing drive in partnership with United Way of Dickinson! Since socks and underwear are the most under-donated and most needed items we have decided to call our clothing drive "Seats & Feets." This year the clothing drive will start on September 3rd and end on the 31st. We will be accepting donations of new socks, underwear, and other clothing items for kids in our community.

We hope you had lots of fun this summer. We look forward to seeing you this fall! ■

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COVER ARTIST**Trudy Stubson**

Trudy's journey from a challenging childhood in foster care to becoming a successful middle school art teacher and accomplished artist is truly inspiring. Her experiences with a social worker who introduced her to art provided a form of solace and self-expression during difficult times. This early exposure to painting set the stage for her lifelong passion for art.



Trudy Stubson

and determination to pursue her interests despite adversity. Trudy's upbringing on a hobby farm immersed in nature also influenced her artistic style, evident in her vibrant and evocative paintings capturing moments of awe and escape.

Her decision to pursue art education at MSUM reflects her desire to foster creativity and provide others with the same outlet that art provided her. As a teacher, she is dedicated to nurturing her students' artistic talents and helping them find sanctuary and healing through art.

Trudy's involvement in the local art community, including her membership in the FMVA and participation in exhibitions, demonstrates her commitment to supporting and



Trudy Painting

The symbolic significance of her first pony, obtained through her dedication to drawing, highlights her perseverance



Too Calm for Sailing



Rooftops

promoting the arts. Her diverse range of artistic mediums and series reflect her versatility and depth as an artist, with each piece capturing the essence of fleeting moments in life.

Overall, Trudy's story exemplifies

resilience, passion, and the transformative power of art. Through her teaching and artistic endeavors, she continues to inspire others to embrace creativity and find beauty in the world around them. ■

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Heart River
VOICE

VOICING SOME THOUGHTS

A call to civility

By Nancy Hoff

I tend to start my writings—then put them away for completion later. I needed to complete this, in light of recent events.

If you remember...recall the day of 9/11. A picture-perfect day that ended our innocence of security. On that very day where over 3000 souls were lost in an attack on our soil, American life was destined to change. There was a palpable, staunch resolve. Our great melting pot of diverse cultures, ideas, politics, religions, rights and responsibilities (of which our nation was born) all stood in unity and support of each other and our country. Rallies, memorials, candlelight vigils reflected our belief in a unified front.

Unity. One of the greatest words ever. In spite of the tragedy, I am glad I did glimpse what mankind was created to be...on that day. I wish the spirit of that day could have become our cornerstone of change.

But it was not meant to be. Eventually we descended to wars, political and social

discord, intolerance over differing views, accompanied by anger, belligerence, distrust, disgust and other assorted negativity. Polarizing issues, some of which never even touch our personal life, have become hot buttons, splitting communities, friends and family into different camps. It was coming to an angry head.

Now we got another wake-up call, with yet another shooting. Finally – nationally leaders are condemning violence, asking for an end to vitriol, the poisoning of our universe. Calling us to pay attention, to realize how all the negativity in speech and actions only breeds misery. A call to allow our fellow man to express his differing views, in this country of free speech, to be heard and still maintain our own rights to our beliefs.

One of the beatitudes I never understood was “Blessed are the meek for they shall inherit the earth.” I facetiously said, “Yeah, the earth is a mess and only those who don’t speak up get stuck with it.” Then I read an article in which Pope Francis defined meekness as holding back anger, control of self in order to leave space for others, to not impose one’s own



interests to the detriment of others. I have a right to my belief but not to harm. I realized that is truly a good practice in tolerance, kindness and compassion...in my own little corner. I can’t change any view but my own.

So, a fleeting chance to lay a new cornerstone while, in this short time, we are united against violence and vow to stem the anger.

Human nature as it is, will always have rancor. But its sharpness can be alleviated, if we choose, in our own little corner. ■

FUN FACTS

The 'Dog Days' expression explained

The 'Dog Days' of summer are from July 3 to August 11 each year. They're usually the hottest and most unbearable days of the season. We often hear about the 'Dog Days' of summer, but few know where the expression originated. Some think it's a reference to the hot, sultry days that are "not fit for a dog." Others suggest it's the time of the year when the extreme heat drives dogs mad. But where does the term come from? And what does it have to do with dogs? You may be surprised to learn it has to do with the stars. Read on.

The constellation Canis Major, the Greater Dog

The phrase is a reference to Sirius, the Dog Star. During the 'Dog Days' period, the sun occupies the same region of the sky as Sirius, the brightest star visible from any part of Earth. Sirius is a part of the constellation Canis Major, the Greater Dog.

In the summer, Sirius rises and sets with the sun. On July 23rd, specifically, it is in conjunction with the sun, and because the star is so bright, the ancient

Romans believed it actually gave off heat and added to the sun's warmth, accounting for the long stretch of sultry weather. They referred to this time as "dog days."

Thus, the term Dog Days of Summer came to mean the 20 days before and the 20 days after this alignment of Sirius and the sun – July 3 to August 11 each year.



Summer heat is due to the earth's tilt

While this period usually is the hottest stretch of summer, the heat is not due to any additional radiation from Sirius, regardless of its brightness. The heat of summer is simply a direct result of the earth's tilt.

During summer in the Northern Hemisphere, the tilt of the earth causes the sun's rays to hit at a more direct angle and for a longer period of time throughout the day. This means longer, hotter days. ■

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EDUCATION

Paula Williams is new Director of Development for DPS Foundation



Paula Williams joined DPSF as the incoming Director of Development, July 2024. Her passion for education began after working with children on the autism spectrum following her graduation from Dickinson High. Paula graduated from Dickinson State University in 2008 and spent five years teaching at South Heart School and ten years with Dickinson Public Schools. She holds teaching degrees in Spanish, Psychology, and Social Studies.

From 2008 to 2013, Paula taught students in several rural schools virtually and served as an adjunct professor at Dickinson State University, teaching Psychology and

Spanish courses. Since 2013, she has taught middle school, high school, and homeschool students. Known affectionately by her Spanish students as Profe Pau, a title inspired by a trip to Peru with sixteen other educators, Paula is a recipient of a grant from the Department of Education and a Fulbright-Hays Scholar. She also received one of

the Foundation grants that enriched her DHS classroom through professional development.

Paula is committed to lifelong learning and personal growth, obtaining her Master's Degree in Leadership in August 2023. She is also a business owner, having operated a women's consignment boutique since 2020 and managing a small crew for a professional cleaning service. Her innovative leadership approach is further strengthened by her participation in the Start-Up reality competition "The Blox." ■



Paula Williams

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NDCF elects new directors and officers



Scott Meschke

The North Dakota Community Foundation (NDCF) is pleased to announce the election of Zachary Boettner of Grand Forks and Leslie Bieber of Alexander to three-year terms on the NDCF Board.

Boettner is an attorney and President/Shareholder of the Olson, Juntunen, Boettner & Cobb law firm in Grand Forks. He has both a legal and accounting background as well as a statewide connection to the banking, agriculture, and commercial business industries. He has been a member of the Quentin

Burdick Center for Cooperatives - Executive Education Committee since 2020.

Bieber is the Superintendent of the Alexander Public School District and has been an educator in North Dakota for 26 years. As an interactive television instructor, she taught Spanish across the state at both the high school and collegiate level in over 30 schools. She has served on numerous boards including the Western Dakota Energy Association, Northwest School Leaders, the Western Regional Education Cooperative, and the ND Association of School Administrators.

Re-elected to serve a second three-year term on the board were CJ Hager of Jamestown, Wanda Uran-Nelson of Watford City, and Ken Hall of Bismarck.

Elected to serve one-year terms as Officers of the NDCF Board:

- Chair: Chantel Southam, CPA, Mohall
 - Vice Chair: CJ Hager, Financial Advisor, Jamestown
 - Secretary/Treasurer: Laurel Goulding, VP for Institutional Advancement/Student Services, emerita, Devils Lake
- Joining the Officers on the Executive Committee:
- Dean Anagnost, Professional

Engineer, retired, Bismarck

- Scott Meschke, President of Kirkwood Bank & Trust, Dickinson

The North Dakota Community Foundation Board of Directors is made up of 15 volunteers from across the state. They receive no financial compensation for their service on the Board. They are elected from the population of North Dakota and are selected to represent a broad cross-section of North Dakotans. They can serve two three-year terms and then must leave the Board.

The North Dakota Community Foundation is a public, non-profit tax-exempt corporation which receives and distributes charitable funds to support a wide range of programs that improve the quality of life for North Dakotans. NDCF currently manages over 900 funds for various North Dakota communities and donors, including 69 community foundations and over 150 scholarship funds. It holds assets in excess of \$138 million and to date has made more than \$105 million in grants all across North Dakota.

For further information, contact Kevin Dvorak at (701) 222-8349 or visit www.NDCF.net. ■

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Get Fluffy!

COMMUNITY

Inspiring healthy futures: Volunteer with STRONGkids



This summer, the STRONGkids group mentoring program is thriving, continuing its second session for 6th to 8th-grade students. A collaborative effort between Best Friends Mentoring Program and Dickinson Parks & Recreation, this initiative aims to promote healthy and active lifestyles among our youth.

Over a 12-week session, middle school participants engage in a range of small group discussions and activities alongside volunteer coaches. These coaches play a crucial role in motivating and supporting students, helping them build confidence and awareness of their

capabilities. Thanks to Dickinson Parks & Recreation's involvement, this program utilizes a variety of spaces and equipment at the West River Community Center.

The success of STRONGkids is possible because of the generous support of ConocoPhillips, Devon Energy, Dickinson Area Community Foundation, National Recreation & Parks Association, ONEOK Energy Foundation, SpartanNash & St. John Endowment Fund. Best Friends Mentoring Program plans to continue offering future sessions and is actively seeking community members to step up as volunteer coaches. Coaches receive training, and program staff are present at every meeting to

offer guidance. By joining the STRONGkids program, you are not just volunteering your time; you are inspiring the next generation to lead healthy, active, and fulfilling lives.

Each STRONGkids session lasts for 12 weeks, with weekly meetings lasting an hour and a half. Whether you have a passion for fitness or simply enjoy working with youth, your contribution can inspire the next generation. If you or someone you know is interested in making a positive difference, please call Best Friends at 701-483-8615 for more information on how to get involved. Together, we can nurture and empower our young leaders! ■



Paula and Karen working on a smooth transition.

Thank you DPS Foundation donors for your support!

It has been my honor to serve at the DPS Foundation Director the past 21 years. I have enjoyed working with the school district staff, community partners and our donors. What a blessing. I am retiring on July 31, 2024, to spend more time with my grandkids.
Karen Heidt, Director of Development

We are excited to announce that Paula Williams is the Foundation's new Director of Development, starting August 1. Welcome Paula! She will do an awesome job as our new Director.

To learn more about the Foundation, contact:

Karen Heidt, Director of Development

Phone: 701-590-0495

Email: kheidt@dpsnd.org

Visit <https://www.dickinsonpsf.org>

COMMUNITY

Child grooming

Child grooming is a deliberate process by which offenders gradually initiate and maintain sexual relationships with victims in secrecy. On the surface, grooming a child can look like a close relationship between the offending adult, the targeted child, and (potentially) the child's caregivers. Grooming behaviors are sometimes tough to spot because they are similar to ones displayed by a close friend or caring family member. By recognizing grooming behavior you can intervene, below are some examples of red-flag behaviors:

- Giving a child special attention
- Giving gifts or experiences
- Touching or hugging a child
- Being overly eager or available to help a family with babysitting or childcare
- Access to a child through digital means such as texting, chat apps, or email.

What can you do to help protect your child from abuse?

1. Have frequent, re-occurring



conversations with your child about boundaries, behaviors, and expectations.

2. Identify safe adults that your child can talk to if anything happens.

3. Discuss the difference between a surprise and a secret and why secrets aren't appropriate.

Check out this fillable family code of conduct you can use to help keep your family safe at <https://www.dakotacac.org/category/newsletter-articles/>. ■

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- Send high-resolution images of your artwork and/or you, your family, you creating, etc.

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Selected artists will not only grace our cover but also receive exposure to our wide readership. Let's paint a vibrant picture of North Dakota's creativity! Submit your entries to kelly@thejileks.com and be part of this exciting showcase. ■

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Look for different ways to borrow and use credit

Like most Americans, you will probably take on debt at some point in your life. And by managing debt wisely, you can potentially improve your saving and spending habits – and even your ability to invest for the future.

Let's look at some of the common options available for borrowing and using credit:

- **Credit card** – When used carefully – and not over-used – a credit card can be a valuable tool, especially if you travel frequently. Many people tend to stick with the same credit card without exploring what else is out there. Try to find a card that rewards you in as many ways as possible – and then keep your eyes open occasionally for even better rewards as they can change from time to time. Obviously, you want a card with a low interest rate, although ideally, you'd like to pay the card off each month without incurring any interest. You also should take a close look at a card's other features. Are you getting a competitive amount of mileage points? How much is your annual fee? Do you have a generous "cash back" program? Do you have access to "extras," such as airport lounges?

- **Home equity loans and home equity lines of credit** – As the names suggest, a home equity loan or line of credit

lets you tap into the equity you've built up in your home, which can be considerable, especially if you've owned your home for a long time. A home equity loan provides you with a lump sum, which you will repay over a set term with a fixed interest rate. A home equity line of credit usually carries a variable rate, although you might find a lender offering a fixed-rate option. You can generally draw on your loan or line of credit for any purpose, but keep in mind that unless you're using the funds for home improvements or additions, your interest payments are generally not tax deductible.

- **Securities-based lending** – Just as a home equity line of credit lets you borrow against the equity in your home, a securities-based loan, such as a margin loan, lets you borrow against the value of your investments, including stocks, exchange traded funds and mutual funds. Some people take out margin loans to purchase more investments, but you can use the money for any purpose. The margin loan process is usually not complex and when you make repayments, you're paying yourself back. However, you should approach a margin loan with caution because if you borrow too much, the value of your margin account may fall below

the maintenance requirement – the minimum dollar amount you must keep in your margin account after you've started taking money out. When this happens, your brokerage institution may issue a maintenance call that requires you to either deposit more money or marginable securities or sell some of the investments in your account.

Ultimately, when weighing your borrowing and credit options, you'll want to evaluate several factors: the interest rate you'll be paying, the purpose for taking on the debt, your

ability to repay it without impinging on your cash flow, and so on. With careful thought and planning, and, if needed, help from a financial professional, you can make your debt work for you – and not the other way around.

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

From frustration to cooperation: Enhancing workplace dynamics

By Debora Dragseth, Ph.D

Have you ever left a job not because of the job itself, but because you found your co-workers unbearable? With reflection and distance, is it possible that you had some responsibility in making your previous work environment so intolerable? You may need some insight into how to develop a friendly, cohesive work group.

Following are some dos and don'ts for building healthy workplace relationships:

1. Have a positive attitude. An upbeat outlook will go a long way toward building a good climate. Like a virus, negativity is contagious. Look in the mirror and honestly ask yourself if you would like to work with someone day in and day out who was just like you.

2. Appreciate the diversity of your co-workers. There are many different types of intelligence and work styles. Just

because they differ from yours doesn't mean they are wrong or ineffective.

3. Focus on your coworkers' positive attributes; don't obsess over the negative ones. For example, perhaps they are slow to get their reports turned in, but on the other hand, they are careful and methodical, and their reports contain few errors.

4. Applaud your co-workers on their work efforts. Commend them on a job well done. Be sincere and specific. A genuine, heartfelt, and positive comment can make a co-worker feel appreciated.

5. Celebrate the successes of others. Don't be jealous or resentful when your co-worker is named employee of the month, is praised by the boss, or receives the promotion you were aiming for.

6. Show interest and concern for your co-workers' personal lives. You need not be meddlesome about their private

lives, but doing things like sending an encouraging note when a co-worker's mother is ill will show that you care about them as a person.

7. Engage in fun activities with your coworkers. Potlucks, group yoga, or low-stakes art activities are examples of ways to foster team building and a sense of camaraderie among coworkers.

8. Offer to help if a co-worker is having a difficult time mastering a new task or is overwhelmed with work. Helping someone who is in need will go a long way toward enhancing your workplace relationship. The additional upside is that, someday, you may need their help and they will be much more inclined to give you a hand.

9. Keep your promises. Be someone that your co-workers can trust and count on. Do your job to the best of your ability.

10. Don't judge your co-workers. Don't gossip. If you talk negatively to Jim about Jane, it won't be long before Jim figures out you are likely talking about him as well.

11. Don't pout, resort to the silent treatment, or throw a tantrum if you are unhappy with a co-worker. Hostile communication tends to degenerate



relationships very quickly. Resolve problems with good communication skills. Be willing to admit your mistakes and compromise.

12. Understand that life at work is not always going to be ideal. But by putting the extra effort into building positive workplace relationships, you will create a more desirable environment for yourself.

Dragseth, Ph.D., is the Baker Boy Professor of Leadership and the 2024 Dickinson State University Distinguished Professor of the Year. Her monthly column offers practical solutions to common workplace issues. ■

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KUDOS

Jana Jenkins



"You're here on history's timeline and in your particular place on purpose, so do what you can right where you are" ~ Jen Oshman

Tucked away in the Killdeer Mountains is a gentle and soft spoken woman who relocated to the area with her family with the intent purpose of helping new Americans from Africa settle into a very unfamiliar but exciting place. Jana Jenkins grew up in Africa, the daughter of a missionary. Called to a missionary life herself, Jana found her pathway to western North Dakota where she is a welcome face and voice

of encouragement for people who have moved here from Africa in the hopes of a better life. Understanding firsthand the challenges of navigating through living in a new area – the language, the culture, the climate – Jana works to help bridge the gap. As both a minister and a community Lay Health Ambassador with Women Empowering Women's Health Equity program, Jana reaches out to help women and their families adjust and understand how things work around here. A natural networker, Jana invites all people to engage in diversity. At times inviting local residents to share the culture and customs of our new American neighbors from Africa, at other times encouraging them to become more involved in the community.

You may see Jana hanging out at her favorite coffee place offering welcome companionship and an opportunity for conversations that help build confidence with the English language. She might be encouraging children to practice their native languages of Swahili and Kinyarwanda to help them hold onto and value their traditions. Or, hosting small groups at her home, where guests are often treated with hikes and traditional foods which include Chai (African Tea).

We are blessed by women like Jana in our community who remind us to reach out and expand our understanding of the challenges of adapting to a new land, language and culture and invite us to be friends with our new neighbors. Jana and her husband, David, have committed to the long run here in western North Dakota. Together they have started a nonprofit organization Rural Diaspora Community whose mission is to come alongside new Americans as they lead effectively within their communities, to foster inclusion to help foster mental health issues among new Americans and to help new Americans with employment opportunities, and so much more.

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. *Kudos is a*



Jana Jenkins

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WHERE BUSINESS GOES TO GROW

COMMUNITY

August: National Wellness Month tips

By Tara Zettel, RN, Executive Director



Throughout August, National Wellness Month emphasizes the importance of self-care, stress management, and healthy routines. The Care Team at Connect Medical Clinic encourage you to take this opportunity to develop wholesome habits and witness a significant improvement in your well-being.

Research highlights that self-care effectively reduces stress and boosts happiness. Making small changes can positively impact your health and overall quality of life.

Here are our team's best self-care routines, maybe inspiring you to take advantage of August.

Katrina, RN, Nurse Manager: "Being outdoors, whether it's simply taking a walk, hiking through scenic trails, kayaking on serene waters, or spending time near lakes, rivers, or oceans, rejuvenate and energize me. These activities bring me a deep sense of peace and fulfillment. Another self-care activity I find joy in is putting on a good playlist while trying out a new recipe to cook for family and friends."

Rachael, FNP-C, Nurse Practitioner: "My daily self-care routine starts with working out as my mental health depends on it. I have different self-care routines based on my mood. When I'm anxious, I clean. When I need to re-centered,

I meditate, stretch, pray, or listen to a podcast or music. When I really just need to shut-down for a while, I binge Netflix. I don't have just one go-to, instead, I listen to what my body is telling me I need in that moment."

Chelsey, RN, Director of Nursing: "I enjoy getting outdoors and going for walks. Listening to music or sitting down with a good book, also helps me to recharge! My family and I enjoy taking a family drive together in the evenings. We've seen all of Dickinson more times than I can count. It's a time we all look forward to and a great way we connect as a family!"

Jillian, COO: "I like to go for long drives towards faraway destinations with some good snacks, preferably ice cream, and rotate between silence, a good true crime podcast, and an engaging playlist."

Tara, CEO: "I sing, loudly and expressively, in my car. I have full-on car concerts. Something about turning that music up and singing along heals my soul and helps me let go of the stress of the day! I'm sure the cars passing by enjoy my show, too!"

Connect Medical Clinic is committed to your health and wellness, embodying our tagline, "Connect With Your Health." Remember, you are worth taking care of, and we're here to be your trusted partner on this journey. Embrace these self-care tips from our friendly staff and start transforming your life today. Let us support you in achieving a healthier, happier you! ■

CHAMBER OF COMMERCE

Banquet in a Field shines at Kuhn Farms

Mother Nature provided ideal conditions for the Dickinson Area Chamber's Sixth Annual Banquet in a Field on Tuesday, July 9th. While wind and rain impacted preparations in 2022 and 2023, this year's farm-to-table educational event was held on a beautiful calm and sunny evening at Kuhn Farms, located five miles south of Dickinson and just west of Highway 22.



Trey Fischbach of Helena Agri-Enterprises chats with a commodity representative, Frank Laufer

Sodexo of Dickinson and Carnivore Catering of NDSU's Fargo campus teamed up to present appetizers and a multi-course meal that featured up to 15 local commodities grown in western North Dakota. Additionally, students from the local Stark and Billings County 4-H group helped serve the meal to over 150 invited guests, and members of the Chamber's Agriculture Committee assisted in preparing a field for fine dining.

As in years past, the event was made possible by more than 20 annual sponsors of the Chamber Agriculture Committee, along with roughly a dozen



statewide commodity groups. For the first time, the event was geared toward cultural inclusion and funded in part by a PHS block grant via Vision West and the North Dakota Department of Health and Human Services. Pastor Jana Jenkins offered a blessing over the meal from her role as an ambassador to the local Rwandan community, and Hispanic empanadas and Ukrainian potato pancakes were included on the menu. This highlights the Chamber's efforts to connect its members to others who understand the language spoken not only in every industry, but also at every kitchen table in our region.

Given the Kuhn family's completion of their two-year commitment to host the event, Jeff Kuhn took the opportunity to address the gathered crowd. He highlighted the enduring love of his family and their chosen labor while acknowledging historical trends of larger farms and smaller margins in his industry.

We will seek to invite many first-time attendees to a new location in 2025. Enjoy a glimpse at our "Field of Dreams" in 2024 and be sure to contact the Chamber at 701-225-5115 if you would like the opportunity to be included in a future event. ■



Nearly 160 attendees enjoyed the beautiful North Dakota summer night at the Kuhn residence

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HEALTH

Vacation health benefits



By Steve Irsfeld

The anticipation of time off or vacation is a powerful motivational tool for me to get things done. That is how I usually approach the concept of vacation as I seem to be able to finalize some of the projects that I either avoid or don't have time to address. If we are planning a family vacation or one with a group, I will often download a vacation countdown app that helps me keep track of the days left before vacation as this heightens the anticipation of vacation.

Sometimes I hear people talking about the stress of vacation and being at the mercy of airlines having to experience delays. When I hear those stressors, I must giggle a bit as delays don't seem to bother me much. I usually pack a good book and if things get delayed, I will read or simply people watch, it's not a big deal and the bottom line is, you are working.

Webster's Dictionary lists the meaning of vacation as; an extended period of leisure and recreation, especially one spent away from home or in traveling. Another meaning is "the action of leaving something once previously occupied."

The concept of taking a vacation is a rather recent invention that has developed through the last two centuries. Historically, the idea of travel for recreation was a luxury that only wealthy people could afford. In early America culture, taking a break from work for reasons other than weekly observance of the Sabbath was frowned upon. However, the modern concept of vacation was led by a later religious movement encouraging spiritual retreat and recreation. The notion of breaking from work periodically took root among the middle and working class and was not restricted to wealthy people only.

There are definitely some health benefits to taking time off. These times away from work for most are mental health breaks allowing you to rid yourself of the stresses of the job or life in general.



There is much research being done showing the benefit of time away from work.

A recent study from Syracuse University revealed the tangible heart protective effects of going on vacation. We all "feel" the benefits of vacation, but are yet to fully understand the underlying mechanisms behind the health benefits. To assess the health of the participants the researchers monitored markers for metabolic disease. Researches stated that "metabolic syndrome is a collection of risk factors for cardiovascular disease".

In a 2009 study, four of the markers for metabolic syndrome were assessed when taking part in enjoyable leisure activities measured by the Pittsburgh Enjoyable Activities Test (PEAT). They were assessing their participation in ten different types of leisure activities as well as measures assessing positive and negative psychosocial states. Higher PEAT scores were associated with lower blood pressure, total cortisol, waist circumference, and body mass index, and perceptions of better physical function. The higher PEAT was also correlated with higher levels of positive psychosocial states and lower levels of depression and negative affect.

Research has shown that taking time off is good for your physical and mental health, even if you can't take a full vacation. Experts say that just taking a half-day off from work or turning off your devices for an hour when you clock out can help your body and mind disconnect and recharge.

If going on vacation increases health benefits (also lowering insurance costs), then let's enjoy a little time off not only for ourselves, families and co-workers, but for the sake of the entire medical system.

Please stop in or call the pharmacy with your medication questions or difficult health issue at 701-483-4858. Please visit my website at www.irsfeldpharmacy.com to view this and other health-related articles in the blog section. Until next time, be vigilant about your health! ■



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DICKINSON MUSEUM CENTER

The Horse Man and the Beer Baron A. C. Huidekoper, Part 4

By Bob Fuhrman

According to court papers, in 1900 – five years before Arthur C. Huidekoper was indicted for violating the Unlawful Enclosures Act, two homesteaders, Hans Meithe and William Olmsted, filed for homesteads near the HT Ranch. Work on improving the claims apparently drew Huidekoper's attention – and his displeasure. Huidekoper wrote letters to Meithe and Olmsted saying “he had ‘arranged’ to lease the government land inside his block of railroad land,” inferring the (non-existent) lease placed the land at his sole disposal. Even so, Huidekoper said he was prepared to offer the settlers a “fair price” for the improvements each had made on their claims, seemingly offering them a generous way out of their ‘mistaken’ settlement.

Meithe seems to have accepted Huidekoper's offer as no record of his claim exists in the Bureau of Land Management's General Land Office Records database. However, Olmsted eventually applied for a Homestead Certificate which was granted in 1907 for 160 acres in the southern part of Billings (later Slope) County though it is difficult to confirm if this is the homestead Huidekoper coveted in 1900. Regardless, Huidekoper's attempt at subterfuge was noted.

Despite Huidekoper's shady dealings with the two settlers and a later attempt to bribe a Land Office agent, it wasn't until 1905 that the Land Office turned the case over to the Department of Justice who indicted Huidekoper. Joining him under indictment were his sons Albert and Earle, Alfred Bond of New York City and HT Ranch foreman W.G. Clark – all partners in the HT

operation – though ultimately only the elder Huidekoper, his son Earl and Foreman Clark would be tried.

Responding to the indictments, Huidekoper repeated his 1900 tactic of enlisting influential friends to pressure the Department of Justice. However, this time his appeal became more ambitious as he decided to ask a young easterner who he'd met in the Badlands years before to intercede on his behalf. It's not certain how Huidekoper made his ask – possibly through an intermediary, or perhaps via the U.S. Mail with a letter addressed to 1600 Pennsylvania Avenue, Washington, D.C., “Dear Mr. Roosevelt.”

Frustrated at receiving no response from the Whitehouse, Huidekoper reportedly “wrote a condemning letter to the Land Office, criticizing the bureau for its actions against him.” This letter and others he wrote trying to enlist friends to intercede on his behalf came back to haunt him when Assistant U.S. Attorney Townsend undertook a “rigid examination” as Huidekoper sat in the witness chair during the July 1906 trial in Fargo – Townsend pushing him to nearly losing his temper while scoring points that ultimately led Huidekoper and his co-defendants to change their pleas to “guilty.”

In his pre-sentencing remarks Judge Amidon focused on Huidekoper's pre-trial campaign to enlist his Washington contacts to intercede on his behalf: “The impression that it left upon my mind from reading your letters is that during all these years you have looked upon the statute just as an ordinary criminal looks upon a policeman as something to be avoided. For men of your



Judge Charles F. Amidon

standing to try to get around a statute is just reprehensible...a criminal law is a sovereign command, not to be haggled with, but to be obeyed.”

The men faced three charges: Erection of fences on government land; maintenance of fences on government land and; asserting an exclusive right to government land – but were only convicted on the first (the rest dismissed by Townsend) – for which the father and son were fined \$1000 each (nearly \$35,000 today) and Clark \$300. All three were sentenced to 24 hours in the Cass County Jail (more an inconvenience and bother than a punishment) but for a man of Huidekoper's wealth, a \$1000 fine

wasn't even an inconvenience. Some of his prime draft horses could fetch 2 to 4 times the amount of the fine, and the HT Ranch's herd numbered over 4,000 horses in early 1906.

But even before the trial, the writing was surely on the wall for Huidekoper who apparently realized one unescapable fact sometime prior to April 1906 – the Open Range was no longer open and ranching without the range held no appeal for A.C., who decided it was near time to leave the Badlands and the HT Ranch for his Pennsylvania home. The divestment of his North Dakota domain started sometime in early 1906 and began, as one might expect for Huidekoper, with a business acquaintance, a regular, satisfied customer of the Little Missouri Horse Company from Wisconsin named Frederick Pabst, Jr.

Frederick Jr's father, ‘Captain’ Pabst was a 12-year-old German immigrant who came to Chicago in 1848. Starting as a cabin boy on Lake Michigan he became a ship's captain by 21 but gave up sailing to marry the daughter of successful Milwaukee brewer Phillip Best. From Best he bought half-interest in the brewery on his way to becoming a knowledgeable brewer himself. When his father-in-law passed away Captain Pabst took over the business, renamed it the Pabst Brewing Company and immersed himself in Milwaukee businesses, being seated on numerous bank and insurance company boards. The vast brewing complex became the cornerstone of a Milwaukee empire encompassing Wisconsin's largest bank, the Pabst Theatre, the Pabst (office)

Continued, next page

Continued from page 16



Building, the St. Charles Hotel and, for a time, two nearby stock farms where the Captain dabbled in fine Percheron breeding stock before selling off most of the land for development.

When the Captain passed away in 1904, young Frederick served as Vice-president of the brewery but quickly decided to follow his father's interest in

agriculture, taking a course of study at the University of Wisconsin before he created Pabst Farms in Oconomowoc, Wisconsin, where he eventually established a reputation as a stock breeder of cattle and, like his father, Percherons, mainly due to his business relationship with Huidekoper.

Pabst Brewery maintained a herd of

800 draft horses to pulled wagons loaded with beer throughout Milwaukee and its environs – as well as to the city's harbor and railroad depot, from which Pabst's 'nectar' traveled far and wide. When the Captain sold his farms, the brewery became reliant on breeders like Huidekoper to maintain its delivery service; a few years later the synchronicity of Pabst wanting to grow his stock operation at the same time Huidekoper was deciding to leave the Badlands must have seemed as if providence was taking a hand.

In March of 1906 a Wisconsin headline trumpeted "Fred Pabst After Percherons" in Green Bay where he was "expected to be a heavy buyer" of draft horses from Senator Hagemester's stock farm. Then, on April 7th the Press published the astounding news that the HT Ranch had been sold for \$300,000 to Pabst in "perhaps the largest real estate cash sale ever made in North Dakota." "Mr. Pabst is to be congratulated upon owning what is generally conceded to be the finest ranching and farming property in the United States." For his money Pabst acquired the Gladstone Stables, 65,000 acres of land, ranch operations and equipment with plans to import Russian Orloff trotters and, of course, raise Percherons. Two weeks later the Bismarck Daily Tribune opined that the illegal fencing case likely "had something to do with the sale of...the ranch."

Before the fencing case went to trial in June an Illinois newspaper contradicted the Orloff Trotter news from April, reporting Pabst planned to raise trotters in Wisconsin rather than North Dakota. When Pabst visited his new holdings in August, he hired Huidekoper's former foreman W.G. Clark to continue as manager of the operation, which included 3,000 HT branded horses purchased from the new owners of the brand, the Campbell-Reed Company.

In late 1906 more news of Pabst's stock dealing included the shipping of three carloads of brood mares from Oconomowoc to North Dakota with two carloads of two-year-old horses then being sent to Wisconsin "to be raised for selling at the Pabst farm." Shortly

Famous H T Ranch

Sells for Over \$300,000.00 to Fred Pabst the Millionaire Brewer of Milwaukee. Perhaps the Largest Real Estate Cash Sale Ever Made in North Dakota.

thereafter it was announced "20 pure-bred Hackney mares and two stallions and 20 pure-bred Percheron mares" would be coming to North Dakota the next spring to "form the nucleus of what Mr. Pabst intends shall be the largest pure-bred stud of Hackneys and Percherons in the world."

In February 1907 Pabst addressed the Draft Horse Breeders' Association of Wisconsin on "Horses of Russia, France and Great Britain" but was back in North Dakota shortly thereafter probably, it is assumed, arranging the sale of the Gladstone Stables which was announced in the March 9, 1907 Press. Purchased by Fred Dickinson (of Dickinson) for an undisclosed amount, the buyer undertook the dismantling of the ten-year-old stables and adjoining structures to salvage the 600,000 feet of lumber used in its construction, the plan being to sell the high-grade lumber "to the hundreds of newcomers who will want just this kind of material in the construction of buildings on their homesteads." The Press noted the stable was erected "before the Little Missouri Horse Co. people had learned that it was unprofitable to take up and keep range horses in barns during the winter time," though earlier articles had mentioned the facility's utility as a training stable where range-raised horses had been prepared for transport to Huidekoper's Meadville farm where their training was completed pursuant to sale.

With the stables sold and the more desirable horses sent to Wisconsin, ranch foreman Clark was detailed to sell 1337 head (including 600 just bought from the Spear outfit) at St. Louis in July with a second shipment announced for August, "it being the plan to gather all the horses of the HT and Spear brands running on the range outside the Fred Pabst grazing lands." In the space of five months Pabst's North Dakota operation had changed dramatically.

(Part 5 next month) ■



Danielle (O'Donnell) Harper and Abby

Danielle Harper had always known she wanted a horse. Even though she was only eight years old and hadn't ridden much, her love for these majestic creatures was undeniable. Every chance she got, she would ask her parents for a horse, hoping one day they would say yes. Her wish seemed almost within reach when her family moved to the country, a place where horses were not just a dream but a possibility.

That Christmas, Danielle's world changed forever. She woke up to find an envelope under the tree, a rather unusual gift, but her curiosity piqued. Tearing it open, she found a picture inside. It was a photo of a beautiful bay filly, standing in a green summer pasture beside her mom. "Whose horse is this?" she asked with some confusion. Her parents smiled and confirmed that the horse was indeed hers, a baby horse, a colt with a registered name of Abracadabra.

The filly was still a few months old and lived 2.5 hours away, so they had to wait until she was weaned to bring her home. Abracadabra was born from a mare owned by Zach Crane, a Dickinson State bronc rider on the Blue Hawk Rodeo Team who lived on a ranch north of Bismarck. Back then, updates weren't as immediate as they are today. There were no constant streams of photos or videos, just Danielle's imagination of what her new friend was doing and how she was growing.

From Christmas until summer, Danielle and her family played a fun game of naming the filly. They tossed around names, finally narrowing it down to Magic and Abby. Eventually, the name Abby stuck, short for Abracadabra.

The wait was agonizingly long for 8-year-old Danielle, but finally, that fall, Abby arrived. She was six months old, halter broke, and ready to meet her new family. Danielle instantly fell in love. She walked Abby around like a dog, letting her eat grass outside the pasture, and spent every possible moment with her.



They walked together to get the mail, and even accompanied her brother on bike rides. Danielle cherished these moments, knowing Abby had growing to do before she could be ridden.

A family friend, who connected them to Abby, helped train her. Some college students put in the initial rides,

My First Horse

By Dr. Holly Gruhlke

First horses are not only a good source of fun for their riders, but can also provide some really great life lessons. This type of education, learned in a pasture, on a prairie, or in an arena, can last forever, and serve as a mechanism for building grit and tenacity.



and by the time Abby was three, she was well-broken. Her docile and friendly nature made the training a smooth process. Danielle was excited to see how Abby excelled in 4H horsemanship and trail. Although not a speed horse, Abby was even used in barrel racing and other speed events, showing her versatility.

Abby was not just a Western horse; she was excellent at English riding, which seemed to be her true calling. Danielle and Abby shared countless memories, competing and riding together, forming a bond that would last a lifetime.

Years passed, and Abby eventually went into semi-retirement, waiting for the next generation of little Harpers to ride her.

Danielle had children of her own, and Abby became a beloved kids' horse. It was heartwarming to see her come full circle, being pampered and loved by four little ones. Despite her age, Abby looked as vibrant and healthy as she did at eight, never seeming to age.

Abby had a bit of attitude, perfectly matching the spirited children who rode her. She was intuitive, sensing people's emotions and responding accordingly. If someone was nervous, she would be too, but as soon as they calmed down, so did she. While not "bomb-proof", Abby was a fantastic listener, making her an ideal horse for kids learning to ride.

Abby lives a spoiled, well-loved life, enjoying every moment with the Harper family. She has a big back, perfect for the four little riders who adore her. Abby's journey from a colt to a cherished family horse was a testament to the love and dedication of Danielle, and now her family. It is amazing how one little bay filly helped create a legacy of joy and companionship that would last for generations.



The First Ride - Holly's son Jaxen

DR. HOLLY GRUHLKE

Farm Kid
Horse Enthusiast
DSU Vice President

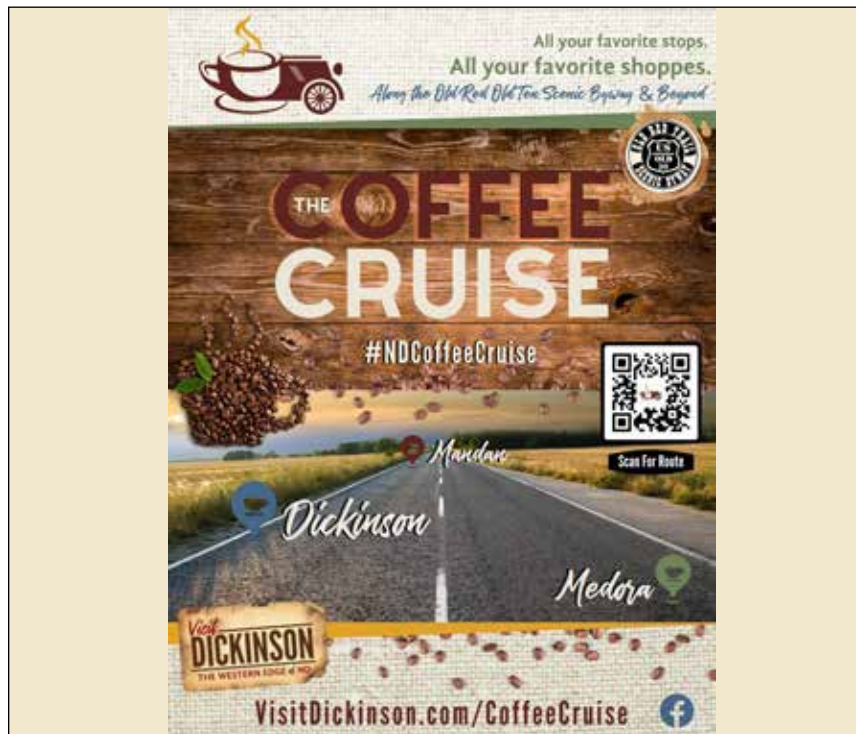


COMMUNITY

Goettle awarded music camp scholarship



Dickinson American Legion Post 3 last month awarded its first scholarship to International Music Camp to Lincoln Goettle, a trumpet band student at Dickinson High School. While at Music Camp, Lincoln achieved certification to play "Taps," a signal of the end of the day, and is played alone at military and veteran funerals to honor service members who paid the ultimate price. Pictured is Lincoln Goettle with Post 3's Honor Guard. The Honor Guard is called upon to provide military honors at local veteran funerals. For information on Post 3 Music Camp scholarships, please email dickinsonlegionspost3@gmail.com. ■



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ROTARY

Fong named Rotarian of the Year

The Dickinson Rotary Club announces that longtime Rotarian Brad Fong has been honored as the 2023-2024 Rotarian of the Year, the club's top recognition. Brad first joined the Dickinson Rotary Club in 1985, giving him more than 39 years of continuous membership. He served as Club president in 1997-1998 while actively employed leading his business. Upon his retirement, Brad took on the role of Club treasurer and has served for the past five years. As treasurer, Brad learned new software, keeps Club bills paid in a timely manner and presents comprehensive yet simplified monthly financial reports to the board of directors.

"Brad exemplifies Rotary's 4-Way Test in his professional, Rotary and personal life," said secretary Kari Shea. "He truly and deeply cares for those around him, including his community, his family and members of the Rotary Club."

Besides his treasurer role, Brad has implemented successful and fun fundraisers for the club, participates in club activities in the community and has sponsored five new Rotarians for membership in the past few years. ■



Dickinson Rotary Club holds highway cleanup at Painted Canyon

Rotarians came out to clean ditches while battling thick, tall grass and weather during our semi-annual, long term Highway Clean Up project. On June 19, the work on three miles of I-94 roadside near the Painted Canyon overlook yielded many bags of trash and a rattlesnake encounter. Pictured here are part of the Rotary crew Rotarians Kari Shea, left, and Natasha Cushman, right. ■





2024 HOME SCHEDULE



NORTH DAKOTA RIVALRY GAMES IN RED

 MAY 27- 6:35	 JUNE 24- 6:35	 JULY 18- 6:35
 MAY 28- 6:35	 JUNE 25- 6:35	 JULY 19- 6:35
 JUNE 5- 6:35	 JUNE 26- 6:35	 JULY 20- 6:35
 JUNE 6- 6:35	 JUNE 26- 6:35	 JULY 21- 4:35
 JUNE 9- 4:35	 JULY 1- 6:35	 JULY 25- 6:35
 JUNE 10- 6:35	 JULY 2- 6:35	 JULY 26- 6:35
 JUNE 12- 6:35	 JULY 5- 6:35	 JULY 27- 6:35
 JUNE 15- 6:35	 JULY 6- 6:35	 JULY 28- 4:35
JUNE 16- 4:35	JULY 9- 6:35	 JULY 30- 6:35
JUNE 17- 6:35	JULY 10- 10:05/6:35	 JULY 31- 6:35
JUNE 21- 6:35	JULY 11- 6:35	 AUG 7- 6:35
JUNE 22- 6:35	JULY 14- 4:35	 AUG 8- 6:35

TOIVOA

Keep going Momma



Michelle Massie

By Michelle Massie

A few springs ago, I spent the evening at my sweet friend's farm. Before dinner we took a trip to her old red barn to see a couple of the new calves. The rancher friend told me (the clueless city slicker) that he had a couple momma's that were having a hard time bonding and feeding their babies. So, he brought them in a stall together with the hope that the mommas would take to their babies.

I remember thinking "wow, I get it". Maybe years ago, this teen mom could have used a comfy pen with a little less stimulus (in a buzzing world) to bond with her babies.

As I came back from my thoughts, I stepped into the pen and the baby calf came curiously over to me. I watched the momma cow steadily stand up, carrying her heavy milk bag below her, slowly stepping forward to protect her baby. Good-work Momma.

Our eyes met, her dark, tired, deep, scared, and confused- I saw the "it's my first time and I don't know what I am doing in her gaze.

Keep going Momma.



A colic screaming newborn that's nipple confused and you're feeling like a failure for not being able to do what your breasts are naturally made to do.

Keep going Momma.

A trying toddler who put a big bite into another kid at a first-time playdate.

Keep going momma.

Letting go, and sending your kiddo off to school, wondering if they will forget there ABC's or to wash there hands after using the bathroom.

Keep going momma.

Watching your teen make self-destruct choices and wondering if he got the same tendencies from your blood lines.

Keep going momma.

Saying goodbye for now as your graduate leaves for college. Praying that you gave him the tools he needs to make it in this life, or wondering if he's still lost because you never had that pen or barn or natural way to connect as the newborn calf did.

Keep going momma.

Today, to the mommas who are aching to create life in their body. To the mommas who are mommas to pets not people. To the mommas who have loved and lost the deepest pain of a child. To the mommas that are new and aged, fostered and adopted. To all mommas.

Keep going momma. When you're tired, find a pen and rest. And, when it's right, get up and protect your baby. When you forget, when you have guilt, when you are lost, when you must let go, give yourself Grace, and keep going mommas.

Keep going, and maybe sing the alphabet to your tike as you put one foot in front of the other, the school bus is coming right around the corner.

Keep going momma and, good work.

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HEART RIVER VOICE | AUGUST 2024

Calendar

SEND YOUR EVENTS TO EDITOR@HEARTRIVERVOICE.COM OR
VISIT US ONLINE AT HEARTRIVERVOICE.COM

Dunn County
HISTORICAL MUSEUM
DUNN CENTER, NORTH DAKOTA



**May 24 -
Sept 2, 2024**
Fri, Sat.
& Mon. 10 to 4
Sunday 1 to 5



FAMILY FRIENDLY!
FREE ADMISSION!

For info on
exhibits and events:
dunncountymuseum.org
701-548-8111



ONGOING IN AUGUST
DICKINSON AREA PUBLIC LIBRARY August is a planning month, so all regular programs

are paused. See article, page 4, or their website, to see what's going on for August.

FARMER'S MARKET

Every Saturday at 10AM until sold out and every Tuesday at 4PM until sold out. Prairie Hills Mall

THURSDAY AUGUST 1

LIVE AT LEGACY SQUARE CONCERT SERIES: KAT PERKINS/TRIP WIRE 7PM
Free family-friendly concert. See back cover for full summer schedule. Dickinson Legacy Square

FRIDAY AUGUST 2

ICE CREAM SOCIAL 2-4PM
Free ice cream! All ages welcome. Winners of the Summer Reading Program announced. (Need not be present to win.) Dickinson Public Library.

SPIRIT OF THE WEST FEST

5-9PM Farmer's and Maker's Market. City of Beach

ROCKET 38'S 9PM Final Final,
640 12th St West

AUGUST 2-3

DAKOTA COMMUNITY BANK & TRUST PBR BULL RIDING 7PM both evenings. Tickets available at the gate. Stark County Fairgrounds

SATURDAY AUGUST 3

SPIRIT OF THE WEST FEST 9AM-1PM Farmer's and Maker's Market. City of Beach

CAR SHOW 10AM-2PM Sponsored by SAX Motors. Family fun - Kids' inflatables and games, food vendors and live entertainment. See ad, page 27, for more info. SAX Motors Co, 52 21st St East

68TH ANNUAL HOME ON THE RANGE CHAMPIONS RIDE SADDLE BRONC MATCH Gates open at 11AM, Grand Entry 12:30PM See ad, page 8, for more info. Exit 7 on 1-94, 16 miles west of Medora.

10 UNDERGROUND 9PM
Final Final, 640 12th St West

AUGUST 3-4

MAAH DAAH HEY 100 6AM
The Maah Daah Hey 100 race course takes you across one of the most majestic singletrack adventures in the world, with miles of uninterrupted trail through the heart of the rugged Badlands. Quitters need not apply. This event will push competitive riders to their limits while giving every participant an experience they will remember for the rest of their lives. Maah Daah Hey Trail, Medora

SUNDAY AUGUST 4

Celebrate the third anniversary of the passage of the Great American Outdoors Act. Free admission to Theodore Roosevelt National Park today! Medora

TUESDAY AUGUST 6

MARATHON PETROLEUM POOL PARTY 3-6PM Join us for this FREE Pool Party! There will be a live DJ, giveaways, fun and more! Bring your water toys and floaties — All ages welcome! West River Community Center

JAMAICAN INDEPENDENCE DAY CELEBRATION

6PM Final Final, 640 12th St West

CHALK WALK 4-7PM Join us for the annual Chalk Walk event which aims to empower

DICKINSON PARKS & RECREATION

INDIVIDUAL ARTIST Competition	PRIZES AWARDED 1st, 2nd, 3rd	AREA BUSINESS Competition
FREE CHALK Fruit Loop Art	GAMES Face Painting	BUBBLES Chalk Wall


CHALK WALK

GET READY...GET SET...
CREATE

VETERANS MEMORIAL PARK

Dickinson
PARKS & RECREATION

THE CHALK WALK AIMS TO EMPOWER AND SUPPORT ART APPRECIATION BY PROVIDING AN OPPORTUNITY FOR ARTIST TO SHOWCASE THEIR TALENTS.



LIVE DJ FORTISSIMO 4-7 PM	AUG • 6 • 2024 4 - 7 pm	MELISSA SPELCHEN live concert 7 PM
--	----------------------------	--

DICKINSONPARKS.ORG | 2004 FAIRWAY ST | 701.456.2074

and support art appreciation by providing an opportunity for professional artists and people of the community to free hand with chalk and showcase their talents. Our event allows everyone the opportunity to engage in an outdoor activity that invites creativity by using CHALK as well as WALK around to appreciate the art of others. See ad, next page, for more info. Memorial Park, 801 5th Ave. W

BANDSHELL CONCERT | MELISSA SPELCHEN 7-9PM Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Memorial Park, 801 5th Ave W

WEDNESDAY AUGUST 7 DROP-IN STAY & PLAY 9-11AM Join SW Art Gallery & Science Center for themed kids activity stations for kids. Partnering with Dickinson Parks & Rec, Backyard Play Cafe and the Academy of Dance for a morning

of fun! Dickinson Legacy Square

AUGUST 7 AND 8 BADLANDS BIG STICKS HOME BASEBALL GAMES 6:35PM Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 20 for full schedule.

THURSDAY AUGUST 8 START UP YOUR DAY 8AM This event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. See the ad, page 7, for more information. Stark County Veterans Pavilion.

LIVE AT LEGACY SQUARE CONCERT SERIES: LIP-STICK BETTY AND WARRANT 7PM Free family-friendly concert. See back cover for full summer schedule. Dickinson Legacy Square

AUGUST 8-10 PEO GARAGE SALE FUND RAISER All proceeds go towards scholarships. See ad, page 31, for more info. 876 Senior Ave.

SATURDAY AUGUST 10 ALIVE & RISE ABOVE 10AM-7PM Join members of the community for a day of Christian music. Family Fun- Free Music-Face Painting- Bounce House and more! Stunt Dudes, Wonderstate, N+NV, The Connection 103.7, New Beginnings, Adonai, Prairie Winds, Calvary Chapel and more!

MONDAY AUGUST 12 MATT VEE AND THE KILLER VEES: CELEBRATE THE MUSIC OF NEIL DIAMOND 7:30PM Tickets \$39 (and up, depending on seat selection) + taxes and fees. Burning Hills Amphitheatre, Medora

TUESDAY AUGUST 13 COMMUNITY GRIEF SUPPORT GROUP 5:30-6:30PM See ad, page 3, for more info. CHI St. Alexius Health Dickinson Conference Room C.

BANDSHELL CONCERT | IF MUSIC BE THE FOOD 7-9PM Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Memorial Park, 801 5th Ave W

WEDNESDAY AUGUST 14 MOVIE: PAW PATROL: THE MIGHTY MOVIE 6PM Concessions; Dusk Movie begins. Join Consolidated for Movie Night in the Park. Gladstone North Park, Gladstone

THURSDAY AUGUST 15 CONCERT SERIES: BRIANNA HELBLING AND ELI YOUNG BAND 7PM Free family-friendly concert. See back cover for full summer schedule. Dickinson Legacy Square

SATURDAY AUGUST 17 NORTHERN PLAINS ETHNIC FESTIVAL 9AM-2PM The cultures of the area come alive at the Northern Plains Ethnic Festival. Enjoy live music, museum attractions, and ethnic cuisine from the Czech, Germans from Russia, Mexican American, Scandinavian, and Ukrainian cultures at the Dickinson Museum Center! Prairie Outpost Park

STOCKCAR RACES 6PM Championship Night *All Non-Wing Sprintcars Welcome Southwest Speedway, 47th St SW

THURSDAY AUGUST 22 CONCERT SERIES: 10 UNDERGROUND | NERVE IMPULSE 7PM Free family-friendly concert. See back cover for full summer schedule. Dickinson Legacy Square

AUGUST 23-SEPTEMBER 9 LABOR DAY HOT TUB SALE! Stop in and see our selection! Blu Haven Spas, 1661 1-94 Business Loop

SATURDAY AUGUST 24 DICKINSON PRESS WOMEN'S EXPO 9AM-4PM Food, Fashion, and Fun! Free community event! West River Ice Center

THURSDAY AUGUST 29 LIVE AT LEGACY SQUARE CONCERT SERIES: BRUSHES & BEATS 7PM An evening of art fusion! Live painting by SW Art Gallery and Science Center, along with live music by the Bromantics. Catch vendors of all kinds during and before the event. A cash bar provided by

The Spur will also be available. Littles can enjoy our splash pad, dinosaur dig, games and inflatables. This event is free and open to the public! See back cover for full summer schedule. Dickinson Legacy Square

WELCOME BACK WEEK! THURSDAY AFTER THE GAME After the Blue Hawk game come out for 50 cent wings and hip hop night DJ at 9PM Final Final, 640 12th St West

FRIDAY AUGUST 30 WELCOME BACK WEEK! Bingo at 6pm. Reverse happy hour 8-10 with 2-4-1's. Dj Paulie at 9. Final Final, 640 12th St West

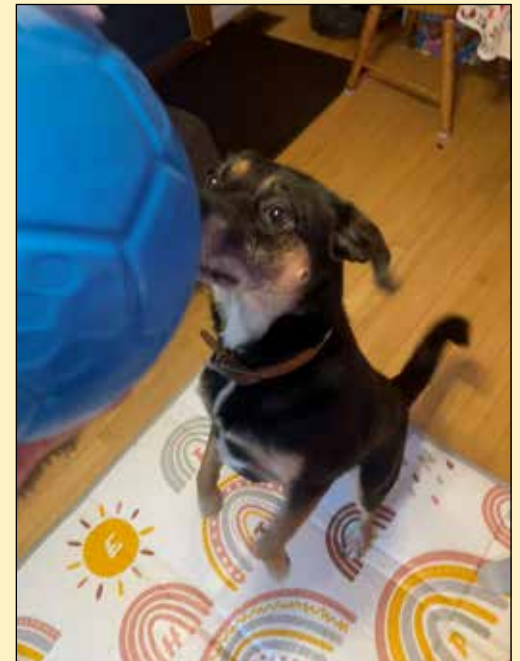
PAWSITIVELY POPPY

Seriously indestructible toys

By Miranda Kuhn

It became abundantly clear to me after a few months of Poppy living with us that she is a toy "destroyer". There are a few types of play categories that dogs tend to fall into. There are dogs who crave mental stimulation, dogs who need exercise, dogs who need comfort, and dogs who chew. For mental stimulation, think puzzles, snuffle mats, and other unique ways to stimulate your dog's problem-solving skills. For dogs who like to exercise, think Frisbees, Chuckit toys, and games that let you engage with your dog like tug-of-war. For dogs who need comfort, soft plush toys and blankets can help ease anxiety and promote calm. Then there are the chewers like Poppy. About 98% of the toys I give Poppy are in pieces around the living room within 10 minutes. She especially likes to "kill" toys with squeakers and loves de-fluffing. Now some pet owners find this to be a bad thing, but I've learned to embrace this quality about Poppy, and when I buy toys for her I get them with full knowledge that they'll be limp and lifeless in minutes but she enjoys playing with the carcasses for months afterward, so it's still a sound investment.

If your dog is like Poppy and you are desperate to find a toy that lasts longer than one day, I fully recommend Kong Squeezz balls. Poppy usually has to work on this one for a few days before it's in pieces. I've also had great luck with the giant Chuckit ultra ball and the Jolly Pets soccer ball because they're too big for her to bite into very well. Most if not all of these can be found locally as well, so make some stops to your favorite pet stores and support our small businesses!



September 21, 2024



www.hcadickinson.org/golf-scramble/

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: aanorthdakota.org

All inquiries are confidential. AA Hotline 701.264.7552 ■



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Ask Alfie

Dear Alfie,

I know it sounds crazy, but lately I feel like my house cat seems depressed. I took him to the vet and he is in perfect health, but he sleeps most of the day and doesn't seem interested in any of his old toys. What do you think I should do for him?

Sincerely, Sad Cat

Dear Sad Cat,

It sounds to me like what he should actually be called is Bored Cat! Boredom-induced depression is a common occurrence with cats, as pet owners often don't realize that even though cats are more independent than dogs, they still require our attention. Cats will often grow tired of the same old toys and routines day-after-day – wouldn't you? As a responsible pet owner, it is your duty to provide regular enrichment for your cat.

Dr. Lynn Bahr, veterinarian and creator of Dezi & Roo (a business focused on providing effective products, tools, and training for cat parents), recommends doing something different for your cat every day. "Every single day, when my cat is just looking and staring at me, it's a quick reminder to ask myself 'what can I do today to make it a different day for my cat?'" This can mean ordering new toys, cat trees, and climbers for your cat, but it can also be much simpler. Some of the easy examples

offered by Dr. Bahr include opening the door to a closet your cat never goes in and letting them explore it, throwing a sheet over a chair to make a tent, or crumpling up a piece of junk mail for them to kick around the floor.

Cats of every age love new things and are usually eager to explore what seems to be out of the ordinary. Don't believe me? Move one of your dining room chairs to another room and see how long it takes for your cat to hop up on it! My mom enjoys doing special things for my brothers and I, to keep us entertained. Some of her ideas include:

- Creating a pillow fort in the living room so that we can spend a day or two crawling in the little caves and tunnels it creates
- Filling a large container with water and dropping in a few waterproof toys for us to fish out (in the summer when it is hot, we like when she drops a couple of ice cubes in for us to bat at)
- Tossing some packing paper or tissue paper on the floor for us to jump on (bonus if she hides a toy mouse underneath for us to find!)
- Letting us have a new Amazon box to sit and play in every so often
- Growing little pots of cat grass for us to chew on
- Hiding treats in a "snuffle mat" so we have to work at finding them and digging them out
- Giving us random objects as "new toys" to shake things up. This may include the cardboard roll from paper



towels, the plastic cap from a water bottle, a shoelace, or other simple and safe household items

- Tipping a paper grocery sack or large gift bag on it's side for us to crawl into
- Blowing non-toxic bubbles for us to pop as they float around
- Offering new pieces of silvervine sticks to chew on
- Letting us watch wildlife videos or play "cat games" on her tablet (yes, cat games are a real thing!)

There are many more ideas online for how to enrich your cat's life. If you are able to offer safe and supervised outdoor time, such as in a catio or walking with a harness and leash, your cat may find that stimulating. The most important thing is: have fun with it! Spending quality time with your cat and providing new methods of entertainment may just enrich your life as much as theirs!

Sincerely, Alfie ■

Have a question for Alfie?
Email askalfiecat@gmail.com

**Badlands
Dinosaur Museum**

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Summer Sundays Noon-5
(Memorial Day to Labor Day)



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LIVE PAINTING LIVE MUSIC

Thursday, August 29th 6pm - 8pm

LIVE Music by

Dickinson LEGACY SQUARE

SW

The Bromanics
classic rock, doo-wop, Motown,
and modern pop

CONVENTION AND VISITORS BUREAU

ND sunflower power



Summertime is known for abundant, colorful crops, and the thousands of acres of sunflower fields in North Dakota create a landscape awash with vibrant, sunny yellow hues. North Dakota Tourism has launched the state's 2024 ND Sunflower Trail detailing the location of more than a dozen stunning sunflower fields all set to reach peak color in late-July through August.

For visitors planning a picture-perfect trip to see North Dakota's sunflower bloom, this year's sunflower map identifies new locations for viewing the sunflowers as they stretch toward the golden rays of sunlight and pop against the cool blue of the sky. North Dakota Tourism will update the map weekly as the sunflowers grow and burst with peak colors so visitors are sure to find the most colorful fields on their trip.



North Dakota's sunflower roots can be traced back to Ukrainian immigrants that settled in the state via the Homestead Act of 1867. Sunflowers have long been a significant part of Ukraine's economy and Ukrainians proudly recognize it as the nation's official flower. As Ukrainians settled throughout the state, they cultivated the land into sweeping fields of brilliant yellow flowers.

Sunflower fans chasing iconic photo opportunities will find fields throughout the state, and should keep in mind the following tips for capturing the iconic



blooms:

- In general, landowners and growers don't mind visitors stopping to look at the fields as long as you are respectful and don't enter or drive into the fields.



- Looking for that perfect golden hour shot? Arrive early so you can scout your location for the optimal setting to capture your images 1-2 hours after sunrise or before sunset.

- Happen to visit on a cloudy day? You're in luck, as those are often the best days to capture vivid close-up shots.

- Celebrate National Sunflower Day on Saturday, August 3, with a photo shoot and share your love of the sunny blooms throughout the summer on social media using #NDLegendary and #NDFieldFinders.

In partnership with growers, North Dakota Tourism has also placed mailboxes with free, edible sunflower seeds at several of the field locations. For details on each participating field, including location, seed availability, and bloom updates, please NDtourism.com – Let the Amazing Sunflower Put a Smile on Your Face. ■

Heart River VOICE

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DUNN CENTER

Dunn County Historical
Museum

NOTES FROM THE BADLANDS

Southwestern North Dakota calls with end-of-summer activities

By Joe Wiegand

August is the most wonderful month in Southwestern North Dakota and in our borderlands in part because rodeos, cowboys, and cowgirls set the pace throughout the month.

The Spirit of the West benefiting Home on the Range has an August 2 Calcutta Fundraiser at Medora's North Dakota Cowboy Hall of Fame, followed by the Home on the Range Saddle Bronc Match at 1:00PM on August 3 at the Home on the Range Rodeo Grounds nearby Sentinel Butte. Meanwhile, Bison, South Dakota; Sidney, Montana; and New Salem and Hettinger, North Dakota hold their rodeos on the same weekend. On August 4, the ladies compete in the Bowman Brawl Barrel Racing Championships in Bowman, North Dakota. The weekend following is highlighted by the fair and rodeo in Ekalaka, Montana and the 6th Annual Ranchorama Arena Club Rodeo in Medora on August 9 & 10.

Like to ride and race mountain bikes? Join the Maah-Daah-Hey 100 Mountain Bike Race on August 3, as racers choose among courses measuring 13, 25, 50, 75, or 100 miles with finish line festivities in Medora.

On August 4, on the third anniversary of the passage of the Great American Outdoors Act, there will be free admission to Theodore Roosevelt National Park, and on August 11th at 10:00AM the TRNP friends group, the Theodore Roosevelt Nature & History Association will lead a guided hike at the Painted Canyon Visitor Center – exit 32 – nearby Fryburg, North

Dakota. The hike is free and registration is not required but appreciated.

For sixty years, the Medora Musical has entertained audiences in the Badlands, and the 2024 edition runs every Tuesday through Sunday in August and through September 7. Kids are free every Wednesday and Sunday. Two show nights happen on August 3 and 31. The Burning Hills Amphitheater won't be quiet on Monday, August 12, because Matt Vee and the Killer Vees will fill it up with the "I am, He Said – Neil Diamond Celebration."

For a whole week, August 19 through 25, the Hugh Glass Rendezvous will celebrate the history of the trapper and the voyageur nearby Lemmon, South Dakota, where one simply must visit the John Lopez sculpture studio at the former Kokomo tavern. As Lopez recounts: "At a place near present-day Lemmon, South Dakota, the legendary Hugh Glass was attacked by a Grizzly Bear protecting her two cubs. Glass fought for his life using only a knife and his bare hands. By the time the bear was killed, Glass was terribly mauled and mangled. Fearing for their own safety, traveling partners Jim Bridger and John Fitzgerald collected Glass's gun, knife, and other accouterments, and left him for dead near the banks of the Grand River. However, against all odds, Glass did not die. His 200-mile trek back to civilization was recounted far and wide among other frontiersmen, and even Native American tribes told tales about his brave journey."



"Hugh Glass" a hybrid sculpture by John Lopez can be seen at the Grand River Museum in Lemmon, South Dakota. Mr. Lopez is the sculptor of the Theodore Roosevelt statue in Medora, a twin of which resides in Rapid City, South Dakota.

On Medora's Point to Point Trails the Strenuous Life Hikes continue 7:30AM every Tuesday, Thursday, and on Saturdays August 10, 17, & 24, and Mornings on Town Butte Hikes at 7:30AM on every Wednesday and Friday. Whether your boots are of the cowboy, mountain biking, or hiking variety, the

Badlands has your style this August. With apologies for not including the dozens of other people and places doing great things and hosting terrific events throughout the region. We're so very fortunate to call these Badlands home. ■

DICKINSON AREA

CAR SHOW

Sponsored by Sax Motor Co.
in partnership with

Dakota Western Auto Club • Prairie Cruisers Car Club • 701 Auto Enthusiasts • Rustsmith Co-op

SATURDAY, AUGUST 3, 2024

10:00 AM - 2:00 PM

LOCATION: SAX MOTOR CO. • 52 21ST ST. EAST • DICKINSON, ND

Entry Fee: \$10.00

Register at saxmotor.com/Specials/DickinsonAreaCarShow, or on the Sax Motor Co. Facebook Page/Events

All proceeds go to the AMEN Food Pantry in Dickinson, ND

Cash prizes for the top 10 vehicles!

Schedule:	
REGISTRATION	7:00 AM - 9:30 AM
DISPLAY AND VOTING.....	10:00 AM - 2:00 PM
AWARDS.....	2:00 PM - 2:30 PM

Food Vendors
Live Entertainment

Kids
Inflatables
and Games

ALL MAKES, MODELS, AND YEARS WELCOME!

WHERE BUSINESS GOES TO GROW

Return on business capital investment



By Matt Ellerkamp,
Business Advisor, SBDC

Return on Investment (ROI) is a financial ratio that is used to easily evaluate profitability on assets, products or services. ROI is a way to know the return value in relation to the costs, it can be conveyed as ratio or percentage. ROI is simple to calculate, only two values are needed, total revenue and total cost. In other words, Net Profit from a product divided by the Cost Investment of the product then multiply by 100 equals ROI. The equation is simple as the diagram

below showing ROI as a percentage.

Using ROI as percentage makes it easy to measure the profitability of a business and its products. Because of ROI's versatility and simplicity, it can be used in a broad range of applications.

There are some limitations to ROI such as it doesn't account for time value or money, opportunity costs or inflation. ROI is best used as an annual gauge for the profitability of a business and its products, but it can be applied to shorter or longer time segments. Calculating for "time" when using ROI is not difficult, it

is simply the ROI percentage divided by the number of years such as the following equation:

ROI = (\$50 net profit / \$100 original cost of investment = ROI percentage 50%) / 3 years = 16.67% per year

$$\text{ROI} = \frac{\text{Net Profit}}{\text{Cost of Investment}} \times 100$$

Opportunity Cost is the original \$100 dollars that was held for three years, the \$100 could have been used on a different venture, expansion, or product that produced a higher ROI in shorter time frame, thus allowing \$100 to be used for other purposes. Inflation is more difficult to account for due to the challenge of predicting the inflation rate, but the ROI needs to exceed what the inflation rate is. If the ROI is not exceeding the inflation rate the investment is losing money.

Why is ROI important? It can affect funding and opportunity investments. Often lenders & private investors use ROI as a quick measurement for profitability when analyzing the risk of investing resources into a business. In addition, ROI, when calculated on routine bases can provide important data to be used in making informed decisions versus assumptions. When a business uses ROI annually to assess profitability on its products, it then uses that data to make informed decisions in allocating its funds to increase profitability and efficiencies.

Other positive uses of ROI are when purchasing equipment, real estate, and even assessing marketing strategies.

ROI can aid in regulating growth and balancing cashflow. ROI can support in the creation of financial forecast, leading to better decisions that result in higher profits and improved productivity.

To start calculating ROI, a business needs accurate financial reporting systems. If there is not accurate reporting systems, the financial recording will need to be cleaned up and put in orderly manner. Learning and using financial software programs such as QuickBooks or hiring an accountant can aid in organizing finances. Many Point-of-Sale Systems such as SQUARE have robust data analytics that provide organization and data interpretation to manage finances. Once accurate financial reporting is in place, an owner can attend workshops on fiscal management, or take advantage of online resources that can provide tools and insight on the use of ROI and its applications.

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

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COOKING CRAVE

Summer delights

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!

Rhubarb Iced Tea

- 8 stalks rhubarb, cut into 3-inch lengths
- 8 cups water
- 1/3 cup sugar, or to taste

In a large saucepan, combine rhubarb and 8 cups water; bring to a boil, and simmer for 1 hour. Strain the liquid, add sugar to taste, stirring to dissolve, and allow to cool. Serve over ice.

Rhubarb Cake

Yellow or white cake mix – make according to directions on box:

- 1 cup water
- 1/2 cup vegetable oil
- 3 eggs
- 4 cups chopped rhubarb
- 2 cups white sugar
- 1-pint heavy whipping cream

Preheat oven to 350 degrees. Make cake mix according to directions on box; pour into a greased 13x9-inch baking pan. Mix rhubarb with sugar and sprinkle over cake mix, then pour cream over rhubarb. Bake for 35-40 minutes or until the cake is golden brown.

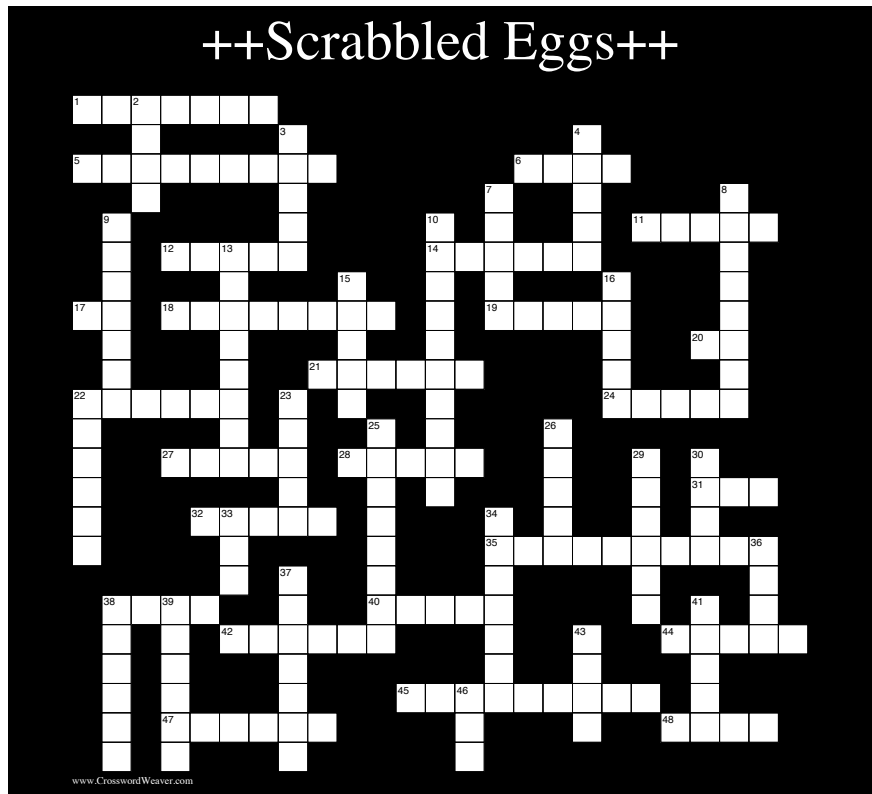


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COOKING
CRAVE

CROSSWORD

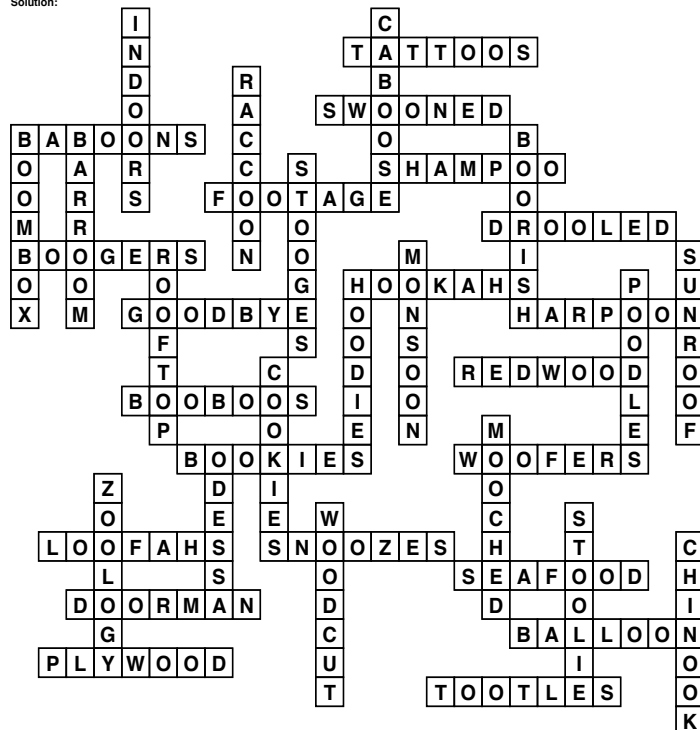
SCRABBLED EGGS by Carlinka



LAST MONTH'S PUZZLE SOLUTION

007

Solution:



ACROSS

- 1 A pillowy pasta
- 5 +Huevos__
- 6 +Color indicates double word
- 11 Lacking experience
- 12 +Using all 7 tiles is worth __ points plus
- 14 +One way to play
- 17 +Two-letter Q word
- 18 Unrealistic and impractical
- 19 +How many red squares
- 20 +Two-letter Z word
- 21 +A winter drink
- 22 Port city in Ukraine
- 24 Overly sentimental
- 27 Bright signal light
- 28 +How many tiles per rack
- 31 +How many blanks per game
- 32 Egg's middle
- 35 +How many tiles in a box
- 38 To joke or jest
- 40 Stands up for laughs
- 42 Orbiting orb
- 44 +Helpful scrabble draw
- 45 +"Double" or "triple" follower
- 47 +J plus B equal
- 48 +Holder of tiles

DOWN

- 2 " __, vidi, vici"
- 3 Overly moist
- 4 Gardeners may work on them
- 7 +X minus K equal
- 8 +Sunnyside up or __
- 9 +Popular egg appetizer
- 10 +Eggs like a detective
- 13 +Italian egg dish
- 15 +Using all seven tiles is a __
- 16 Mulligan and others
- 22 +Denver has one with ham, etc..
- 23 Bit of dust
- 25 +Cloaked in Hollandaise
- 26 Hooch
- 29 +Z plus Q equal
- 30 +Symbol on scrabble board
- 33 +A and T value
- 34 +Eggs cracked in H2O
- 36 +One way to play
- 37 +Scrabble produced by Milton__
- 38 +French egg pie with crust
- 39 Smoothed over
- 41 Town square
- 43 Clarinet's cousin
- 46 +Color indicates triple word

701-483-GRIN (4746)

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GOING POSTAL

Horses

The U.S. Postal Service recently released Horses, a set of five new stamps that pay tribute to the unwavering loyalty, tireless dedication and wild beauty of America's equines.

The first-day-of-issue ceremony was held before the start of the 164th Pony Express Re-Ride. USPS cheered on participants as they set off on the 1,966 mile run from St. Joseph, MO to Sacramento, CA.

Once vital to the early colonial development of the United States, horses are now valued for their roles in sports and recreation, beloved as companions, and admired for their timeless beauty.

The pane of 20 stamps features five photographs of individual horses. Three of the five appear in their natural environments against the background of tree foliage: a gray-maned dappled white stallion; a horse with a russet coat, copper mane and white facial markings; and a golden chestnut with a chalky white



mane. A horse with a brown spotted coat and light-colored mane is standing against a snowy wooded background, and a chestnut horse with a white blaze is photographed against a simple black background. The selva depicts a chestnut horse with a black muzzle and mane peering out of a Dutch barn window.

Derry Noyes, an art director of USPS, designed the stamps using existing photographs by Stephanie Moon and Karen Wegehenkel.

Customers may purchase stamps at their local post office or through the Postal Store at usps.com/shopstamps. Additional information on stamps, First Day of Issue Ceremonies and stamp inspired products can be found at StampsForever.com. ■

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10 Underground

8.1

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