

Heart River VOICE

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JUNE 2024 | VOL. 6, NO. 6 | HEARTRIVERVOICE.COM



SEE PAGE 22

CALENDAR *of*
LOCAL EVENTS

Jay Criffoni

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A note to our readers

And just like that, it's already June – a month full of blossoms and sunshine. There's lots to do in our community and the surrounding areas this month. Our calendar is packed with something for everyone (see pages 22 and 23). Get out there and mingle with friends and neighbors. It's time for some summer fun!

Happy Father's Day to all the dads. Cheers to a great month!

Kelley Jilek
Publisher

On the cover

"Orange Skies" by Joy Ciaffoni. For more information about the artist, see page 5.



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#BOOKWORM

Summer fun at the library

By Jayda Borah



June is a busy month here at the Dickinson Area Public Library! Our Summer Reading Program starts June 1st and will go through July 31st. It is free and open to all ages! If you haven't yet registered, you can create one account for the whole family at dickinsonlibrary.beanstack.org. Log your reading for chances to win some terrific prizes! We also have a coloring contest going on for all ages. You can find the pages at our circulation desk!

June is also jam packed with tons of free events and programs for various ages! It will start on June 1st with our Kickoff Carnival from 10:00am to 2:00pm. This year we will host our Carnival at Legacy Square! We will have bouncy castles, games, live music provided by the Rock Jocks, police and fire departments in attendance, and other special guests!

This year's summer theme is "Adventure Begins at Your Library" so we will have adventure, travel, and exploration themed programs and events throughout June and July!

This month we'll have some great performers for all ages starting with Jeff Quinn who will perform a comedic magic show at 10:30am on June 5th. The following day at 10am, Shunsuke Aoki will give a presentation and instruction on dances and traditional games that are popular at summer festivals in Japan. On June 21st, the performance group Traveling Lantern will perform "The Quest for the Kakapo", an interactive show filled with adventure! Will Stuck will give a hilarious and educational performance on June 25th at 10am. All these special programs are free and open to all ages!

We will be hosting a variety of new programs and special events! Some of our events require sign-up, so keep an eye for that on our calendar. Registration for events that require sign-up open two weeks before the event and can be done by calling 701-456-7700 or by going to

dickinsonlibrary.org.

We have added a special "Around the World" program where each week kids ages 7-10 will learn about a continent, some of the countries, famous landmarks, food, and more! Our new Anime & Manga Club will allow ages 10-17 to talk anime/manga, get to know other anime lovers over a Japanese snack, participate in a themed activity, and a watch a showing of an anime requested by our club members!

We'll also be hosting events for the whole the family! We will have Interactive Movie Nights where viewers will be given a bag of props and an activity script to follow along with the action in the movie. At specific prompts, viewers will be asked to do certain things, eat certain things, etc. All ages are welcome, but there can be no unattended children under 12.

Bring the kids and compete against other families by answering questions all about Disney at our Family Trivia Night. At our Family Fort Night, build a fort together, then read or play games inside! We will provide chairs and a tablecloth, but attendees are welcome to bring additional blankets and flashlights.

We'll have a number of new events for teens and adults. Anyone 13 and older can sign-up to play a Dungeons & Dragons adventure in one session, for beginners and veterans alike! At our Bad Art Night, we'll have a variety of materials available and attendees ages 13+ are encouraged to make a terrible piece of art without the pressure of making something perfect! Grab a drink and talk about your favorite or recent reads with other book lovers at our Read Any Book Club. It is hosted at Dunn Brothers and is open for 16+!

We will also host other popular returning events such as Storytimes, Little Tykes Drive-In Movies, Tween Time, Teen events, Adult Craft Club, Puzzle Races, weekly movies, and more! We will also be hosting weekly S.T.E.A.M. (Science. Technology. Engineering. Art. Math.) events that are for ages 6-9 and require sign-up.

Check our website and Facebook page for more information on all of our programs and events. You can also pick up an events calendar at the library. We hope you will join in the fun this summer!

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Pg-13
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COVER ARTIST**Joy Ciaffoni**

Joy Ciaffoni currently lives in the Fargo-Moorhead area where she works as an artist and voice teacher. Music has always been a part of her life, but not until about 10 years ago did she start to explore the world of visual arts. Starting with graphite and colored pencils, she



Joy Ciaffoni



Joy's dad admiring a portrait of himself



quickly gravitated to oil paints, and now works primarily with them. She states, "I love the way the colors blend, and how I can take my time letting the painting unfold." Many subjects

inspire Joy, but her favorite remains portraiture. It all started one day when she took her mom out for coffee, then snapped a picture of her and said, "That will make a great painting!" It took several years to get to it, but eventually that picture did turn into one of the first portraits Joy ever painted. It now hangs in her mom's home along with one of her father, who became one of her biggest fans before his passing. Art truly can connect people in ways that words sometimes cannot.

Joy loves working with color, shape, and composition to express the beauty she sees in this world. Not confined to one genre, subject, or style, Joy is constantly creating new works. For more information about Joy's artwork please visit artbyjoyciaffoni.com. ■



Portrait of Joy's mom

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An advertisement for Susie Lefor, a Broker Associate at Infinity Real Estate Group. The background features a large, stylized house icon with a heart shape inside. The text reads: "Infinity REAL ESTATE GROUP", "Ready to buy or sell?", "HAVE AN EXPERIENCED REALTOR BY YOUR SIDE", "Susie Lefor Broker Associate". At the bottom, contact information is provided: "Infinity Real Estate Group LLC, 1269 West Villard Dickinson, ND 586, 701-290-0538 701-483-8088, www.infinityrealestategroup.net".

CHAMBER OF COMMERCE

Youth Entrepreneurship at the Chamber

By Carter Fong, Executive Director

The youth entrepreneurship day offered by the Dickinson Area Chamber of Commerce is back in 2024, with a twist! By popular demand, the Chamber's Professional Development committee

will coordinate "Brand a Stand" on Saturday, July 27th with many locations across the community. The new name reflects the reality that Dickinson's young entrepreneurs have become more creative with their homemade menu items.



Meanwhile, the committee volunteers prefer to recognize excellent customer service and creative marketing rather than a very subjective 'taste test.' This event has grown to include more than 30 participating locations in recent years, and hopes to exceed that number in 2024. Sax Motor Company and ConocoPhillips have combined to sponsor this event in 2024.

The Chamber worked with all local schools to send home a flyer in every K-4 elementary backpack in May, and event registration is now open. For more information, contact the Chamber at 701-225-5115 or email team@dickinsonchamber.org. ■

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COMMUNITY

Former mall manager says goodbye

By Jackie Jahfetson

After nearly 30 years at the Prairie Hills Mall, former mall manager Peggy Ehresman closes a chapter.

Peggy's last day was April 22 following the recent sale of the mall to new ownership – Ram Sathyamoorthy. Just five months shy of 30 years from the retail and management sides, Peggy decided it was time to step down.

"I loved every minute of it," she said. "I never hated a day of work."

Mark Grove, one of the previous owners with Great Plains Clinic Medical Enterprises, said Peggy was the right fit for mall management.

"She would never ask someone to do something she wasn't willing to do herself," Grove said.

The sale of the mall was discussed for a couple years but progressed after the pandemic with recruitment struggles.

"Our priority in our decisions for the property was to always keep the residents of Dickinson and surrounding

communities at the forefront. We are very proud of what we were able to accomplish in the 14 years of our ownership," he said.

Peggy worked among the first tenants of the Prairie Hills Mall when it opened in October 1978. A time when smoking was allowed inside and ash trays were among the planters.

"It seriously was Prairie Hills Mall," she said, adding it was one of the few buildings built north of I-94 at that time.

After working at Braun's for a couple of years, Peggy left the mall to work for her father and then later started a family. But once the children were in school, Peggy was itching to get back to her roots. At that time, Braun's morphed into Christopher and Banks. Peggy worked there until she took over as mall manager in 2007 -- a role that had its ups and downs from staffing, the economy and the oil boom and bust of the Bakken.

However, the mall had several positive changes over the years such as bringing in Cash Wise Foods, redoing the east



Peggy Ehresman

parking lot and hosting community events such as the Easter Egg Hunt.

"I am very proud to have been able to work with her for the last 14 years and am pleased to call her my friend," Grove said.

What's next for Peggy? She said she's taking two months to spend more time with her family and travel. At 66, Peggy said she's not ready "to ride off into the sunset."

But her years at the Prairie Hills Mall will always be remembered.

"I still get choked up," she said, wiping a tear away. "... This was almost home. I spent more time here than I did at home."

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EDUCATION

Meeting the Jan Fields Educational Scholarship Challenge: A milestone for DPS Foundation

The DPS Foundation is thrilled to announce that we have successfully met the Jan Fields Educational Scholarship Challenge! This incredible achievement would not have been possible without the generous support of our donors and the dedication of our team.

The Jan Fields Educational Scholarship Challenge was launched to raise funds

for scholarships that will empower students in our community to pursue their educational goals. Thanks to the overwhelming response from donors, we have not only met but exceeded our fundraising target, ensuring that more students will have access to the financial support they need to achieve their dreams.

This milestone is a testament to the

commitment of our community to support education and invest in the future of our students. The scholarships funded through this challenge will make a meaningful difference in the lives of students, opening doors to new opportunities and empowering them to reach their full potential.

We would like to extend our heartfelt gratitude to everyone who contributed to this campaign and especially to our DPS Foundation President, Leslie Ross, for matching the donations. Your generosity will have a lasting impact on the lives of students in our community, and we are grateful for your support.



As we celebrate this achievement, we are reminded of the power of community and the difference we can make when we come together to support a common goal. Thank you for helping us meet the Jan Fields Educational Scholarship Challenge and for your continued support of the DPS Foundation. Together, we are making a difference in the lives of students and shaping a brighter future for our community. ■



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COMMUNITY

Best Friends partners with Furever Full



In celebration of National Volunteer Week and National Pets and Kids Day on April 26th, the Best Friends Mentoring Program partnered with Furever Full for a group event. Mentors, mentees, and families were all welcome to participate in this April event.

Furever Full is a local non-profit whose mission is to help those who are struggling to provide their pets with food in order to reduce the need to surrender or re-home. In 2023, they helped over 914 animals stay with their families including dogs, cats, rabbits, guinea pigs, ferrets, birds, fish, chinchillas, and hamsters. They believe that keeping pets in their safe and loving homes should be the first priority. Individuals may request assistance with food as well as other items such as litter, treats, toys, and leashes.

At the group event, participants had the chance to help make pet toys and treats to donate to the pet food bank. The event was planned during National Volunteer

Week as a way for our mentees to learn the importance of volunteer work and give back to the community. Those who attended heard from Dawn Kadmas, the founder of Furever Full, how to properly care for pets while they worked together to make homemade dog treats from scratch. Mentors and mentees had a great time learning from Furever Full volunteers how to make a variety of toys for dogs and cats which will be given to those who come to the pet food bank.

Getting involved with non-profits through donating time or money is a great way to give back to your community! Donations to Furever Full can be made at Runnings, Tractor Supply or online through its Chewy and Amazon wish lists. If you are interested in volunteering with future group events or becoming a volunteer mentor with the Best Friends Mentoring Program, visit www.bestfriendsnd.org or call us at 701-483-8615. ■



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COMMUNITY

SW Art Gallery and Science Center receives flag from American Legion

When moving into the former Dickinson city hall building, organizers of the new SW Art Gallery and Science Center realized something was missing: the American Flag. They approached the Dickinson American Legion Matthew Brew Post 3 and the Post worked quickly to donate a base, flag, eight-foot pole and eagle. Dickinson Ready Mix filled the base to provide stability and Post members on May 9 presented the flag to board members during a ceremony at the Gallery. The flag today is prominently displayed in the gallery space. ■





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

COMMUNITY

Dickinson Rotarian wins prestigious award from Rotary District 5580

Rotarian Janelle Stoneking has been selected as the Distinguished Rotarian for Outstanding Community Service, one of Rotary District 5580's top awards. She was nominated by Dickinson Rotary Club leadership to recognize Janelle's leadership as a founder of the SW Arts Gallery and Science Center, creator of the mental health art-based lock-in for high school students, chair of the Community Action Partnership board for regions 1 and VIII, and going above and beyond her 25-year job at ABLE, Inc. by personally modeling inclusion of all abilities after hours in various aspects of our community. A mixed media artist, Janelle enjoys expressing herself through mixed media art because it unifies people through emotions that we all share, no matter our differences.



Janelle Stoneking

Janelle is a new and very involved Rotarian, participating in club initiatives such as reading to preschool students and the Pancake Carnival as well as creating two tri-fold storyboards that showcased the club's mental health and environmental involvement during the past year. The storyboards were displayed at the recent District 5580 conference.

Rotary International District 5580 is a large district spanning 1,100 miles in

North Dakota, northern Minnesota and part of Canada. The district is made up of 62 clubs and about 2,700 members. Rotary International has 1.2 million members organized into 35,000+ clubs in over 400 countries, in 535 districts. ■

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Keep voting for solid investment moves

It's Election Season again. Over the next several months, you're bound to hear an array of promises from the candidates and speculation from the pundits on what those promises, if enacted, could mean for the country. But how might these possible outcomes affect your financial future?

When considering this question, keep these points in mind:

- Campaign promises aren't always kept. Presidential candidates often proclaim that they intend to institute major changes in tax or spending policies, or both. But the reality is that our political system is generally resistant to major changes, which may be good for investors, because the financial markets dislike the uncertainties accompanying these types of changes.

- Economic progress doesn't always depend on Washington. Even when political leaders do succeed in enacting laws and regulations, the results can be unpredictable. Major economic indicators, such as jobs, interest rates and inflation, can move in unexpected directions, given prevailing policies.

- Financial markets can do well – no matter who's in charge. Since 1970, the stock market, as measured by the S&P 500, has returned, on average, over 10

percent annually. And that's under every political combination – Democratic president with Democratic Congress, Republican president with Republican Congress, or one party holding the presidency with the other holding Congress.

The fact is that many factors outside political leaders' control drive financial markets. To cite just one example, it's the Federal Reserve, not the president or Congress, that sets interest rates, and the Fed itself may do so in response to unforeseen or unexpected economic events, such as the supply chain backlogs brought on, in part, by the pandemic. And other events, including natural disasters, global political or military conflict, oil production, and so on, also will have an impact on our economy and financial markets.

Therefore, instead of making investment decisions based on the political scene, "vote" for some tried-and-true strategies. For starters, try to build a diversified portfolio. While diversification can't protect against all losses or guarantee profits, it can help shield you from market volatility that might primarily affect one asset class. In certain circumstances, if you only owned stocks and the market dropped,

your portfolio could decline more than if you also owned bonds, which frequently move in a different direction than stocks.

Here's another suggestion: Invest for the long term. At times, the financial markets experience short-term downturns, but you may not want to over-react by selling investments to "cut losses." After all, if you're not invested in the market, you could miss the early stages of a potential next rally, which is often when the biggest gains are made. Consider holding quality investments as part of a strategy that's appropriate for

your risk tolerance, time horizon and personal goals.

Elections can give political leaders a lot of influence – but when it comes to making the right investment choices, you've got the power.

Investors should understand the risks involved of owning investments, including interest rate risk, credit risk and market risk. The value of investments fluctuates, and investors can lose some or all their principal.

Past Performance does not guarantee future results.

The S&P 500 is an unmanaged, index not available for direct investment and is not meant to depict and actual investment.

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

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LESSONS IN BUSINESS

Cultivating creativity and imagination at work

By Debora Dragseth, P.D.

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." ~ Albert Einstein

"Imagination lit every lamp in this country, built every church, performed every act of kindness and progress, created more and better things for more people. It is the priceless ingredient for a better day." ~ Henry J. Tayler, American author, economist, radio broadcaster and former United States Ambassador to Switzerland

What is the value of one great idea? I consulted former Dickinson State University professor Nancy Sprynczynatyk to define one of the key assets of a potential employee. Sprynczynatyk is a licensed professional counselor with more than 25 years of experience in mental health, human resource management, and education.

Her expertise spans numerous roles including mental health counseling and disaster relief. Her global leadership perspective is enhanced by international missions.

Sprynczynatyk emphasized that employee creativity is an enormous asset to any company. Creativity is crucial for brainstorming and problem solving, particularly when conventional methods fail.

Tips for cultivating creativity within your staff:

- Realize that any employee can contribute an idea in any area. A member of your accounting staff can have a great marketing idea; a cafeteria employee can have a new idea for the human resource department.

- Believe in the potential of your

employees. Ask your staff for ideas and suggestions, listen, and then act on them.

- Create a method for collaboration. Host brainstorming sessions in which you put groups of "un-like-minded" people together to try to generate new and creative ideas.

- Introduce an 'idea box' instead of a suggestion box. Having a creative idea is sometimes viewed as risky. Allow your employees to suggest creative ideas anonymously. At the same time, try to foster a culture in which sharing an innovative idea is not viewed as risky.

- Reward people for great ideas, and don't punish people for bad ideas. Creative people want to work in an environment that encourages risk taking.

Cultivating Creativity in Yourself

Beyond fostering creativity in your team, here are several ways to enhance your own creative skills:


- Immerse yourself in the topic at hand. Generate as many ideas as you can. Stay open to all ideas. Postpone judgment. Write things down in a notebook so that you don't lose any of your thoughts. Reframe the problem. Question assumptions.



Enhance your creative potential with these techniques:

Develop your observation skills. Relax and allow for play time to exercise your creative potential. We are all creative—often all it takes is permission and practice.

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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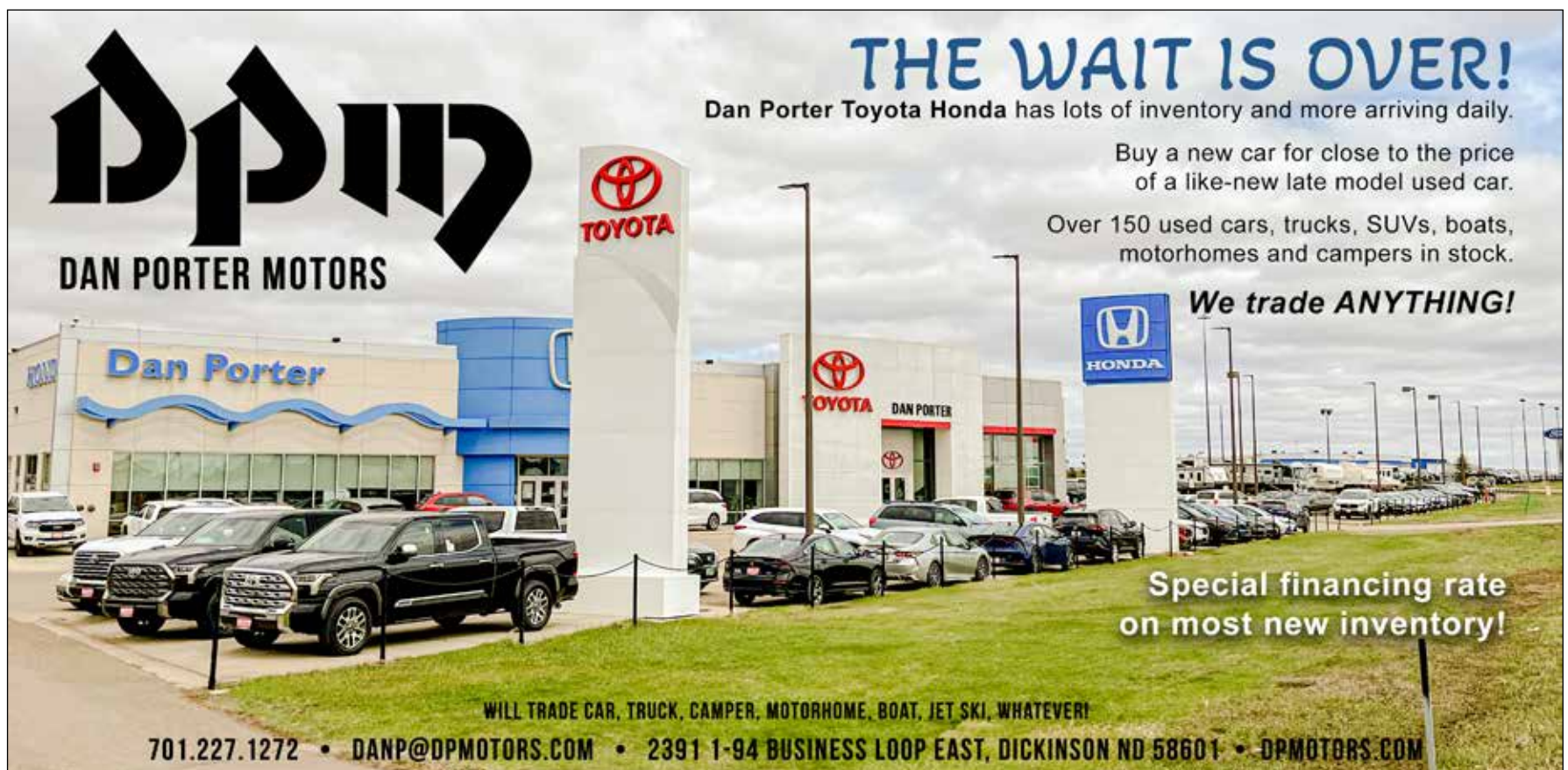
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"Beauty begins the moment you decide to be yourself." -Coco Chanel.

Rachel Heinen is only 21 years old, yet she has been gainfully employed since she was 13 and started her full-time career at 18.

The youngest of a family of six, Rachel was raised in a home of go-getting, highly driven individuals. Her parents instilled in her the values of tenacity and hard work, which have been instrumental in her career as an esthetician at Beauty Bar Salon and Day Spa.

"They taught me that if I wanted something, I had to work for it," she states. Yet she recalls their support: As her parents witnessed her making homemade concoctions ("experiments") for facials and hair masks, they bought her a salon chair and apron for a birthday gift.

Having only recently left her teen years, Rachel remembers struggling with confidence, as most her age do.

"What I learned through those difficult years, and I hope I can impart to others, is being comfortable in your own skin," she says.

While the beauty industry often promotes "fixing the problems," Rachel instead wants to help women and men find the root of their concerns and heal from the inside out.

"Everyone deserves to feel like themselves," she says. "Covering every 'flaw' actually works against self-confidence. Instead of telling women to 'hide' behind a full face of makeup, I want women to feel like they don't need makeup to be beautiful. Everyone deserves healthy, glowing skin that reflects their truest self."

Having started her career young, Rachel has a busy schedule with a growing

base of regular clients. Her warmth and commitment to a personalized experience have left a lasting impression on her clients.

"Beauty is not a one-size-fits-all world," she says. "I research constantly to offer each client the most knowledgeable, custom product recommendations."

She adds, "Allowing my clients to tell me what they need is also essential. I ask for their input as to the experience they need that day. Do they need to talk, or do they need just to be quiet? I hope they feel welcomed, seen, and cared for at every appointment."

What's next for this young woman? She's enrolling in massage therapy school while keeping up with her clients here in Dickinson. "Massage is just another way I can help people feel comfortable in their bodies," she notes.

Rachel is an admirable young woman who exemplifies wisdom and determination in her endeavors. She empowers individuals in their journey of self-healing and self-acceptance, encouraging them to embrace their perceived "flaws" as part of their unique identity. *Thank you, Rachel!*

Kudos is a program of the local nonprofit



Rachel Heinen

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 ■



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COMMUNITY

Reproductive health & wellness, A to Zinc



By Tara Zettel, RN, Executive Director

Zinc is a Transition Element on the Periodic Table, number 30, right next to Copper and above Cadmium. It's a natural raw material for life on Earth. In our bodies, in concert with many other nutrients, zinc contributes to DNA synthesis in our cells, collagen cross-linking in our skin, mood and appetite balance, and spermatogenesis in men. Of course, that's not an exhaustive list of zinc's role in human lives.

Our medical team at Connect Medical is interested in reproduction wellness, so here are a few more useful zinc + fertility factoids to file away in your "good to know" drawer:

#1. Zinc deficiency was first identified in subfertile men in Iran and Egypt in 1961. Researchers noticed these male dwarfs with poor sexual function also ate a diet high in the traditional bread of that Middle Eastern culture. This bread was

unleavened, high in a compound called phytate, which is common in high-fiber grains, and cooked in clay dishes that bind to zinc.

#2. In teenagers, zinc deficiency may delay menarche (onset of first menstruation). If the deficiency continues, it may contribute to menstrual irregularities throughout adult life.

Vegetarianism or overall low red meat intake is a significant and modifiable factor.

#3. Women who take hormonal birth control pills, and possibly those with non-hormonal copper IUDs, are at greater risk of elevated copper levels. Copper competes with Zinc and decreases its bioactivity. This is a possible mechanism for an increased prevalence of mood disorders like depression in young women who are put on hormonal birth control. Hormonal birth control necessitates additional zinc (and other important nutrients a hormonally informed nutritionist can tell you about).

#4. Teenage boys with low zinc levels of delayed sexual development, which may result in infertility if zinc intake

is not improved. Even in fully sexually developed men, low zinc has been linked to a decrease in testosterone and lower sperm count. Prostate issues are also more common in men with low zinc.

#5. The Recommended Daily Intake for Zinc depends on your age, sex, and reproductive stage: Males and females aged 9-13 are recommended to have 8 mg per day. Males aged 14+, 11 mg, and Females

14+ slightly less at 8 mg per day. Adult Males and Females are recommended 11 mg. Pregnancy increases women's recommended daily zinc intake to 12 mg, and lactating women to 13 mg.

We invite you to talk to your primary care physician or come and see us at Connect Medical Clinic about your sexual health and fertility needs! Come and "Connect with Your Health!" ■

HELP SAVE Little Anakin!

Anakin (5) was born fighting for every breath. A life-threatening heart condition has been his constant companion. Now, there's a chance - a one-time surgery at Mayo Clinic in Minnesota. But the cost is immense, and his single mom, Tasha, can't do it alone. This surgery bypasses his weak Right Ventricle, giving him a fighting chance. Help us give Anakin the future he deserves. Every penny counts.

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

We gave over \$110,000 to the school district this year.

Our awesome partners helped make this possible. Shout out to Tri-Energy Cooperative (Cenex), the American Foundation for Wildlife at the Southside Saloon, Jay Bleth and Edward Jones, the DHS Class of 1973, dinner theater sponsors and guests, plus our fantastic donors.

We can't wait to see what we can do next year!!!!



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HEALTH

Microbiome

By Steve Irsfeld



This article will focus on the Microbiome, which consists of the bacteria, fungi, and viruses that live in and on our bodies. The health of our Microbiome directly influences our overall health. These microorganisms live in different areas, including the nose, skin, mouth, lungs, stomach, colon, and sex organs.

Several pharmacy team members and I recently took in lectures from a women's health conference. One of the speakers discussed how the bacterium in our gut is also found in the vagina, bladder, and urethra of women. If the bacterium in our gut isn't healthy, these other body areas can also be affected.



Fad diets have a direct effect on your Microbiome. Keto is a diet that largely shuns fruits and vegetables and, therefore, over time, can negatively affect the makeup of the biome. A high-fat diet has been found to reduce colon bacteria overall while increasing total anaerobic microflora and bacteroides counts. Bacteroides are typically beneficial organisms, but overgrowth is associated with inflammatory bowel disease, severe antibiotic-resistant infections, and colorectal cancer.

Here are some nuggets of information regarding the microbiome that can help all of us:

- The Microbiome of our gastrointestinal tract does not start with the stomach. It begins in our mouth. The best way to take a probiotic is to open up a capsule, put it in a cup or two of yogurt, and eat a scoop or two of this probiotic-fortified yogurt every day. A group of med students was tested for the above probiotic vs. capsule form. When they had their GI bacteria tested, those who took the probiotic in yogurt had more bacteria in their colon than those taking

a capsule. Not only does this technique colonize the oral cavity, but it also appears to be better distributed in the gut. It is also less expensive when taken this way.

- Hormones change the pH of the vagina. As women age, specifically postmenopausal women, they make fewer and fewer hormones, negatively affecting the pH of the vaginal cavity. If the pH is off, women have the potential for increased risk of vaginal infections. The acidic environment is part of our immune system, protecting women from infection. Menopause severity can be affected by an unhealthy microbiome.

- Lactobacillus are broken down into lactic acid, eventually affecting the pH of the vaginal cavity. Lactobacillus also has both an antimicrobial and anti-inflammatory benefit to both the gut and the vagina.

- If you are being treated for a urinary tract infection, taking a probiotic is a good idea, but taking D-mannose is also essential, as it helps prevent the bacteria from sticking to the bladder wall.

- We have tests that can see what type of good bacteria is populating both the gut and the vagina. I find this super interesting as traditionally, you would test these areas to find out what kind of harmful bacteria are growing in them.

I hope you have found these bits of information both informative and actionable. Our Microbiome, in some ways, seems to be headed towards the endangered species list. If we don't take care of the bacteria that live on and in us, we are setting ourselves up for health complications in the future. A quote from Hippocrates states, "All disease begins in the gut," and it could not be more accurate in today's world.

If you would like help or more information about the Microbiome and which probiotics might work best for a particular condition, do not hesitate to contact my pharmacy staff, as they would be more than willing to help you at 701-483-4858. All my articles can be found online at our website, www.irsfeldpharmacy.com. My podcast, "The Irsfeld Pharmacy Optimal You Podcast," can also be accessed through the website. Until next time, be vigilant about your health! ■

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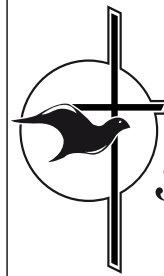
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DICKINSON MUSEUM CENTER

The Horse Man and the Rustler A. C. Huidekoper, Part 2

By Bob Fuhrman

In the late 19th and early 20th Century Arthur C. Huidekoper's Little Missouri Horse Company (LMHC) was a nationally-known source for prime draft horses. Huidekoper, who called Meadville, Pennsylvania home, had fallen in love with North Dakota's southwestern badlands and built up a horse ranch whose reputation for producing fine draft animals seemed second to none.

Huidekoper, along with his son Earl (and occasionally other relations) regularly traveled back-and-forth between Pennsylvania and the HT Ranch, attending to his many business interests back home (including his Little Missouri Stock Farm located near Meadville) and enjoying sojourns on the ranch when he would mount up and join in the round-ups of his growing herds. To protect the bloodlines he was developing, Huidekoper fenced off a considerable amount of land, including three 8 square-mile pastures – one of which was called the “Hay Creek” pasture located in the southwest corner of the fenced areas of the ranch.

In summer of 1901 a herd of 160 full and half-blood Percheron stallions and mares was at large in the pasture, all together worth about \$20,000 (one source said \$36,000). When a fellow known as “Stuttering Dick” Hale (a one-time HT rider who'd worked the blooded stock) met a horse/sheep rustler named Otto Chenoweth in Wyoming the two hatched a plan to snatch some horses that they were sure would bring them a nice ‘profit’. Hale knew the HT hands generally did not work on Sundays except during roundups so the two men elected to pull their job on an August

Saturday night which would give them sufficient time to locate some horses in the vast pasture.

When Hale and Chenoweth (whose first name was actually ‘Oramel’) arrived at the Hay Creek gate, they were surprised to find nearly the entire herd gathered within easy reach. Perhaps not thinking too far ahead, the two thieves decided on the spot to take the whole lot and drove them from the pasture – and then closed the gate. One has to suppose that closing the gate was a reflex action – certainly on Monday when HT riders came to check on the pasture and found nary a trace of the herd, along with no broken fences, it was pretty obvious from the closed gate that someone had driven the herd out.

Soon thereafter a neighbor (which could easily mean someone who lived several miles distant) rode to the HT Ranch house with news he had seen Huidekoper's herd on the move. A man of action, Huidekoper sent a hand to Medora to alert the sheriff while six others started off in pursuit. As the stolen herd included mares and colts, Hale and Chenoweth's escape was not a high-speed operation and they had only gotten as far as the South Dakota border before having to picket the herd and bed down for the night. Unaware there was an outfit rounding up stock nearby, the two thieves were startled into a quick escape the next morning when the roundup riders happened upon their camp. The two men jumped on the two fast HT horses they had selected for themselves and lit out for parts unknown, abandoning the purloined herd to the ‘posse’ who were likely confused by the pair's sudden departure.

Despite regaining all but two of his horses (and perhaps gaining the two plugs the thieves originally rode) Arthur Huidekoper's temper was “aroused.” A reward of \$1,000 for each of the thieves was posted, “dead or alive...with the understanding the second alternative was to be preferred,” and wanted posters were circulated. In the meantime, those fast HT horses carried Hale and Chenoweth southwesterly into Montana where Chenoweth was finally arrested at a saloon in Miles City, thence ending up in Medora for trial. In his memoirs, Huidekoper wrote, “If we could have caught them in the open, it would have been cold lead or a neck-tie party.”

Chenoweth's biographer Lawrence Woods wrote that the young thief's plight was desperate as he sat in Medora's modest jail awaiting trial. Nearly broke and far from his Boston roots, Chenoweth sent for a local barkeep he knew and asked him to put an order for some art supplies (we assume he had enough money for that, at least) into the hands of a passenger train conductor who served the run into St. Paul. As strange as this sounds, the story of Chenoweth's life shows him to be a charming sort with a reputation for

being a ranch hand who “put in his spare daylight on the range painting.” Reportedly, “the products of his brush found ready sale among rich sheepmen and cattlemen of (the) vicinity.” This reputation certainly didn't hurt in Chenoweth's appeal for help and the arrangements for obtaining the art



**Caroline Van Duesen Chenoweth
(1846-1917)**
Author, educator, clerk at the Boston
Customs House, member of London's
Society for Psychological Research and
mother of Oramel Chenoweth

Continued, next page

Continued from page 16

supplies were agreed to and shortly thereafter paints, brushes and canvas arrived. With these Chenoweth painted a cowboys and cattle stampede scene.

Upon completion Chenoweth placed his painting into the Sheriff's hands, asking him to "take that picture to the bar and tell the boys to send me \$50. Hang the painting up, and some tenderfoot will offer \$500 for it..." Well, we don't know if some tenderfoot snagged himself the Chenoweth painting but the boys in the saloon did indeed send \$50 to the jail, enough for the broke rustler to hire himself a lawyer.

The case was prosecuted in Medora on December 10, 1901 by Billings County States Attorney Denniston, with Dickinson lawyer Leslie Simpson for the defense ("perhaps the smartest lawyer in that part of North Dakota" according to Lawrence Woods). Simpson's smarts were a bit challenged by the case, as he had to conduct it by proxy - that is, at the time Simpson had been disbarred "for converting a client's money to his own use, and taking kickbacks from liquor retailers" so he managed the case sitting on the steps outside the courtroom where he received near real-time updates on the proceedings from an assistant.

Chenoweth was initially found guilty but Simpson gave Judge Winchester notice he would appeal, citing two important witnesses had not been heard (high waters supposedly prevented them making their way to Medora); also, he alleged that Winchester was prejudiced against Chenoweth and promised a motion for change of venue would be forthcoming. Taking these points under consideration, Judge Winchester deferred sentencing and scheduled a hearing on Simpson's points for February 14, 1902.

Simpson never got a chance to argue those points for Chenoweth as his client decided to discontinue his residence at the jail in Medora despite having enjoyed the company therein. According to Arthur Huidekoper's memoirs, Chenoweth had made friends of his jailers, running errands for the deputies and "taking a fourth hand at poker or a cue at pool" as needed (you have to suppose that the pool table wasn't in Medora's small jail). Huidekoper said he believed Chenoweth had secured or made a duplicate jailhouse

key and then, very early in the morning of January 15, 1902, after the 4 AM break-up of the nightly poker game, Jailer Jay Brown left on an errand which allowed Chenoweth time to release himself from custody. Upon returning to check on his prisoner, Jailer Brown (who had only been absent "about 10 minutes") immediately "noticed that his prisoner was gone...apparently having procured overshoes and some clothing, and no one knows which way he went."

Ever the charming rouge, Chenoweth crammed a lot into "about 10 minutes." Besides opening the cell, procuring overshoes and clothing, getting dressed and then locking the jail door on the way out, Chenoweth also took a few precious minutes to leave a note for the soon-to-be-embarrassed Jailer:

This is the note he left for the jailer:
 Jay, I must tell you all good-bye. Please don't think me such a bad man as they are trying to make me out to be; circumstances have gone against me I thank you all for your kind treatment, and I am sure we would have been good friends under different conditions. I would rather be dead than in jail, so tell them when they come after me to come a shooting, for I will not come back alive if I can help it.
 Otto.

'Otto' Chenoweth's note to Jailer Jay Brown, left as he exited early on the morning of January 15, 1902
 Dickinson Press, 1/18/1902

From there "Otto" disappears for a time, despite the vigorous investigations of various lawmen - and the rustler's concerned mother - a very unique individual in her own right, Caroline Van Deusen Chenoweth.

Mrs. Chenoweth, born into a well-to-do Ohio family, was educated in New Orleans and at Moores Hill College in Indiana before marrying Captain Bernard Peel Chenoweth during the Civil War. Her husband's staff service eventually led to a post-war diplomatic posting when then President Grant championed him for the U.S. Consulate in Canton, China, a post he assumed in 1869 before dying in China the next year at age 33. During her husband's illness and for several months following his demise she unofficially served as Vice-Consul, though she was denied the Consul post by Secretary of State Hamilton Fish. Returning to the US, she was named a clerk at the Boston custom house, an uncommon post for a woman



THE LIVES OF OTTO CHENOWETH

WYOMING'S GENTLEMAN HORSE THIEF

LAWRENCE WOODS

in that era.

When news reached Mrs. Chenoweth of her son's legal troubles and escape, she began a search at the same time as several lawmen. Huidekoper wrote, "We were a persistent outfit, and spent money to catch rustlers," a fact that came to Mrs. Chenoweth's attention, leading her to write the HT's owner about her "high-spirited" (though not vicious) son, imploring Huidekoper to forgive him. According to Chenoweth's biographer, Huidekoper "agreed that Chenoweth was clever, and 'a first-rate fellow,' (but horse theft was still not forgivable... suggesting it would be a 'good thing' if her son were placed 'where his spirits would be curbed and where he would be out of temptation."

Here we must leave Mrs. Chenoweth; by the time her son surfaced a few years later as Warren Davis of Arizona, events in North Dakota had diminished Arthur Huidekoper's desire for revenge on the rustler. In fact, at about the same time

Huidekoper was admonishing Caroline Chenoweth over her son's unlawful ways, he himself was under scrutiny for fencing those townships adjacent to the railroad lands he had purchased for pastures, such as the one from which 'Otto' Chenoweth liberated a herd of fine horses one Saturday night in August 1901.

Note on a source: 'The Lives of Otto Chenoweth: Wyoming's Gentleman Horse Thief' by Lawrence Woods (Authorhouse, Bloomington, IN 2016) relates what is known about the enigmatic cowboy painter Oramel Chenoweth - but many mysteries remain, including the location of any of his artwork. Nonetheless, Woods has done a fine job pulling together many threads and the book not only tells an interesting story but exposes the reader to the many and varied sources historians must use to tell early stories of our region.

(Part 3 next month) ■



Jaelyn and Reign

In the heart of Montana, where the rugged beauty of the sky stretches as far as the eye can see, there lived a young woman named Jaelyn Quenzer. Born and raised in the simplicity of the small town of Baker, amidst ranching families and agricultural legacies, Jaelyn was unfamiliar with the Western lifestyles of many of her classmates.

Not everyone is born into ranch life or the intricacies of farming; some, like Jaelyn, come to it by chance, driven by a thirst for adventure or a longing for connection with the land. For these individuals, the journey into the heart of Western life is not merely a matter of birthright but a testament to the resilience of the human spirit and the boundless possibilities that await those brave enough to embrace the unknown. It wasn't until fate presented upon her an unexpected gift that her life took a captivating turn.

At sixteen, Jaelyn would form a relationship with a young gentleman named Colton. Colton grew up on Cedar Pocket Ranch, near Rhame, an amazing location to breed and raise horses. Colton introduced Jaelyn to the lifestyle, and she was hooked, which wasn't a hard sell with the beauty of the North Dakota countryside.

Jaelyn was introduced to horsemanship in the form of an older mare named Rose. Rose was dependable and kind, but still, she was Colton's horse. A borrowed steed is a different feeling than one you can call your own.

As Rose grew older, Colton knew that the rides on her would need to be scaled back, impacting the newly found passion for equestrian activities that he had introduced to Jaelyn. Rose served her time as a hand and needed retirement.

Understanding that temperament and disposition are not something to let go of Colton decided to have Rose provide a foal to keep her legacy going.

On several occasions, Rose had the opportunity to become a mother, but the stars just did not align. Each pregnancy the kind mare had did not last to full term. While Colton was hoping for Rose's bloodline to remain around, it seemed unlikely, but it was worth one more try.

Tucked away in a barn on a prairie landscape, in what Jaelyn and Colton would share as a miracle, Rose would give birth to a beautiful little sorrel filly. Jaelyn would get to witness the event, a rare occasion for many



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.



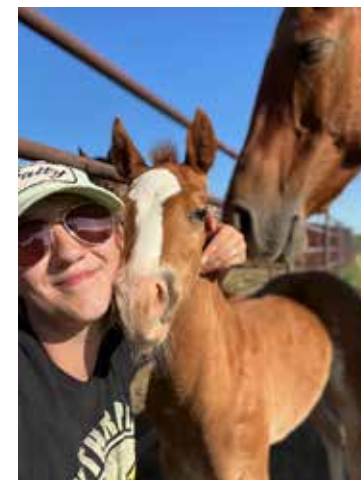
horse owners. The foal had four white socks, a blaze with flecks of color, and Rabicano spots on her belly. The baby would be a gift for Jaelyn, who recalls the excitement of seeing her for the first time, and the thrill of naming her. Jaelyn felt Reign was the most appropriate.

Jaelyn spent the last two years forming a bond with the mare. When talking about Reign, Jaelyn beams with excitement. "She was always the sweetest baby. She is really special." Reign meets Jaelyn at the gate, not fighting to be caught. After years together, Jaelyn shared that Reign is pretty much "bomb-proof," a big feat for a creature so young and still in training. Reign has the attitude of her mother, which has Jaelyn counting down the days until she can take her first ride.

Reign's mother, Rose, would pass away this winter after enjoying the last few years of retirement, but not before giving Jaelyn the amazing gift of a first horse. This amazing little filly secured Rose's legacy.

When the time is right, Jaelyn plans to train Reign as a ranch and barrel horse. Jaelyn shares that they are "chomping at the bit" in anticipation of the next stage in their relationship. Regardless of the success in the arena, as long as the two can frequent the countryside with long rides, possibly trailing some cows or just out for leisure, that will be their ultimate success.

The introduction to the Western lifestyle has influenced Jaelyn's career plans as well. She is in her last semester as an Agriculture Sales and Services major with an Equine Management minor at Dickinson State University. After her studies and time spent on Colton's ranch, Jaelyn is now a cowgirl. She has Colton, Rose, and Reign to thank for her initiation, which forever changed her life. ■



Farm Girls

DR. HOLLY GRUHLKE

Farm Kid
Horse Enthusiast
DSU Vice President



DICKINSON
STATE UNIVERSITY

NOTES FROM THE BADLANDS

Bismarck native Karter Dolan joins the Medora Musical

By Joe Wiegand

In 1958, in observation of the Centennial of Theodore Roosevelt's birth, the drama "Old Four Eyes" came to life in the newly-constructed Burning Hills Amphitheatre in Medora, gateway to Theodore Roosevelt National Park in the Badlands of North Dakota. On July 1, 1965, with the sponsorship of Harold Schafer and his Bismarck, North Dakota-headquartered Gold Seal Corporation, the Medora Musical began a run that continues this summer, the 60th season of the now world-famous entertainment.

Among this year's talented entertainers is Karter Dolan, a 2015 graduate of Bismarck's Century High School. Karter's love for singing grew after he attended his first Medora Musical as a small child. Soon he was singing in choir and show choir in middle school, crediting his teacher, Brian Saylor, for instilling the discipline that came with daily practice before school. A decade later he graduated from University of North Dakota with a Bachelor of Fine Arts in Musical Theater.

While Karter's talent has taken him to the Bronx in New York City, New York, his North Dakota experiences include going to high school prom with future Burning Hills Singer and Miss North Dakota, Delanie Wiedrich of Hazen, and performing at Prairie Repertory Theatre in Brookings, South Dakota with Medora Musical superstar Jkobe Wallace, like Karter, another North Dakota-grown talent making his way in theater in New York City and beyond.

At Sleepy Hollow Theatre and Arts Park in Bismarck, Karter performed

under the direction of Job Christianson, the Grand Forks native whose Broadway career was preceded by two years as a star of the Medora Musical.

"Karter is an exceptional talent with an incredible work ethic. I can't wait to see him shine and represent North Dakota this summer. We are all so proud of him," said Christianson.

Perhaps none prouder than Karter's parents, Robert & Tammy (nee Marthaller) Dolan of Bismarck and Karter's wife and fellow performer, Anna Wentworth, whom he met while they co-starred at the Round Barn Theatre in Nappanee, Indiana.

You can see Karter Dolan and the Medora Musical this summer, Tuesdays through Sundays, from June 5 through September 7. Visit www.medora.com for tickets and information. ■



Atop Medora's Town Butte, Bismarck's Karter Dolan (L) tells Emma Lee Murphy about Medora Musical founder Harold Schafer, featured with his son, Ed, at Schafer Point, in a bronze sculpted by Dickinson's Linda Little. Karter and Emma star in this summer's 60th season of the world-famous musical.

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THE ARTS

Badlands Opera Project presents Cinderella: Youth Edition

The Badlands Opera Project is at it again! We are so excited to be hosting our 2nd annual Youth Summer Camp! Our campers, ages 8-17, are already hard at work preparing their parts for Rodgers and Hammerstein's Cinderella: Youth Edition. Their camp experience includes a week of acting, dancing, and singing classes, as well as their only in-person rehearsals to put on a fully staged and professionally costumed show! They will perform on Saturday, June 15 in the DHS Auditorium at 2:00 p.m. and 7:00 p.m. Tickets can be purchased at the door and are \$10 general admission and \$5 for students and seniors.

We are particularly looking forward to having native son Damon Fichter return home to share his show-business expertise with our campers. This DSU graduate and former Burning Hills Singer will be directing the campers' rehearsals all week long and sharing his insights and wisdom

about the performance world with them. Earlier in the week, on Monday, June 10, we will be featuring Damon in a faculty recital at 6:00 p.m. in the DHS Auditorium. The recital will also include a performance from the theater troupe The Company of Wayward Saints, directed by Don Ehli, as well as performances by other Badlands Opera Summer Camp faculty and staff, including Cole Beck, Beth Hurt, Kayla Kilwein, Sonja Tinjum, Laura Walters, Joel Walters and Drs. Anthony Rohr and Brent and Kelsey K. Rogers. Admission to this recital is free, but a free will donation supporting Badlands Opera Project will be taken.

As a special treat, we are thrilled to have been invited back to perform as the Medora Musical pre-show on Wednesday, June 12. Come support these talented local youth as they perform on the big stage! ■

BADLANDS
opera project

Rodgers & Hammerstein's
Cinderella
YOUTH EDITION

Badlands Opera Summer Camp Performance
Saturday, June 15th at 2pm and 7pm
at Dickinson High School

WHERE BUSINESS GOES TO GROW

Upskilling

By Matt Ellerkamp,
Business Advisor, SBDC



Upskilling is a company's ability to increase the skills with its current employees by identifying skill-gaps within itself. Upskilling provides employees the opportunity to grow their skills, to advance their pay, learn different roles, and advance in the business. Upskilling when done right leads to better, stronger, and more profitable company.

Upskilling is a great choice for businesses to address our regions shrinking workforce. Companies are finding it increasingly difficult to find qualified employees to fill its workforce needs. Upskilling affords the opportunity to improve internal employees' new skills to increase performance and upward mobility in the company.

As dynamics in the workforce continue to evolve, employers are shifting hiring practices away from paper degrees and moving to a more skills-based qualifications. These hiring practices will also require a desire to learn and think for oneself. The aptitude to learn skills and apply them to an occupation will soon be of higher value than a degree from academia for many occupations.

The first step in Upskilling is self-assessment, a company must accurately identify skill gaps within the business. A business' Upskilling must align with skill-gaps within the organization. It is imperative to focus on the core skill-gaps missing in the company. Cultivating the missing core skills will increase the long-term value of the Upskilling, leading to a highly versatile staff.

Upskilling is not a broad-spectrum approach to expanding skill sets, but rather a personal method, due to the fact that each person has their own skills and roles within a company. Providing incentives to Upskill such as, bonuses, pay increases, leadership opportunities, and advancement for closing skill-gaps will encourage employee participation. Alexander S. Gillis, (Upskilling, techtarget.com) suggests the following methods to



implement Upskilling:

Job Specific Upskilling – attain specific credentials or certifications.

Personal Development Plan – allow employees to choose how they want to Upskill versus being told to do.

Allocate time to Upskill at work – Maintains work/life balance.

Use a Third-Party Service – Learning platforms can offer courses and certifications.

Mentoring and Shadowing – Experts exist within many organizations that can be tapped to provided knowledge and real-life experience to novices.

Lunch and Learn Sessions – A great way to expand knowledge on specific topics.

Micro-Training – A great way for staff who need training but don't want to spend significant time away from their occupation.

As the business world continues evolve, the way business owners view attaining qualified employees must change. Many young people are finding there is a diminishing return on a college education and are instead opting to for on-the-job training, tech/vocational school, and/or attaining certifications versus the modern debt laden university path. Plus, as prior generations are attempting to adapt to a skills-based job market, many are not looking to take on additional debt or take time from family to gain new skills. The prior generations want to augment their acumen for today's occupations.

Upskilling is not without pitfalls but can be a solution for a business' lack of qualified applicants. Upskilling when done right tends to improve employee productivity, retention, customer satisfaction, improve a company's brand/culture, and creates a flexible, and capable team. All these attributes lead to a stout and consistent bottom line.

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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Calendar

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ONGOING IN JUNE
DICKINSON AREA PUBLIC LIBRARY Ongoing activities and events at the library. Sign

up for their Summer Reading Program! See article, page 4, for more details.

FARMER'S MARKET

Beginning Saturday, June 22. Every Saturday at 10AM until sold out and every Tuesday at 4PM until sold out. Prairie Hills Mall

FINAL FINAL

M-F Happy Hour 4-6pm. T-Sat Live DJ 9pm. Every Monday, Martini Night 2 for 1 Martinis. Every Tuesday, International Night \$5 Modelos & Margaritas, Bingo at 6pm. Every Wednesday, Ladies Night, Trivia 6pm, \$1 Drinks 9-10pm. Every Thursday, Country Night, Line Dancing 6pm. Every Saturday, Bingo at 6pm. 640 12th St West

MAY 17-JUNE 3

BLU HAVEN SPA HOT TUB SALE Come check out our selection of hot tubs to enjoy all summer long! Blu Haven Spas (inside Denny's Electric) 1661 1-94 Business Loop.

SATURDAY JUNE 1

OLD RED TRAIL RUMMAGE SALE 8AM-5PM (Your local time zone) Explore the rummage sales and enjoy The Coffee Cruise along the Old Red Old Ten Scenic Byway (Highway 10).

SUMMER READING KICK-OFF CARNIVAL 10AM-2PM

Bouncy castles, games, live music provided by the Rock Jocks, police and fire departments in attendance, and other special guests!

See page 4 for more information. Held at Dickinson Legacy Square.

STOCKCAR RACES 6PM

Southwest Speedway, 47th St SW

SUNDAY JUNE 2

70TH ANNUAL BIRDWALK The leisurely one-hour stroll begins at 6:30AM and is for novice and experienced birders alike.

Participants should meet at the Cottonwood Campground registration area. Participants should bring binoculars, field guides, and keen eyes to help record the day's sightings.

MONDAY JUNE 3

BLOOD DRIVE 9AM-1PM

Benedictine Living in Dickinson is teaming up with Vitalant to save lives! Reserve your preferred time today. Call 701-456-7358 for more information.

WEDNESDAY JUNE 5

STOCKCAR RACES 6PM

Southwest Speedway, 47th St SW

JUNE 5, 6, 9, 10, 12, 15-17, 21, 22 AND 24-26

BADLANDS BIG STICKS

HOME BASEBALL GAMES

6:35PM (4:35PM on 6/16) 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 9 for full schedule.

JUNE 7-8

RUMMAGE & BAKE SALE

Friday 1-6PM; Saturday 9AM-12PM Join the Catholic Daughters of America for treats and treasures. See ad, next page, for more info. Queen of Peace Community Room, 725 12th St West

TUESDAY JUNE 11

BUSINESS AFTER HOURS

4-6PM Join the Chamber of Commerce for an opportunity to network with business and

community leaders. See ad, this page, for more information. Held at Red Rock Ford.

BANDSHELL CONCERT | PAUL FAMILY BLUEGRASS 7-9PM Please join us to kick off the first bandshell concert of the season. Free! Memorial Park 801 5th Ave W

THURSDAY JUNE 13 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.

FRIDAY JUNE 14 THE 12TH ANNUAL BAKKEN BBQ 4-10PM A family-friendly fun event for all to enjoy with unlimited taste testing, live auction, kiddy corner, and entertainment. Open to the public. Admission: \$20 adult, \$10 children 9-15, 8 and under are free. West River Ice Center

JUNE 14-15 32ND ANNUAL MISSOURI RIVER BLUE GRASS FESTIVAL Friday 6:30-10:30PM; Saturday 10AM-10:30PM See ad, page 19, for more info. Cross Ranch State Park

SATURDAY JUNE 15 DICKINSON YOUTH RODEO 9AM Kids ages 0 - 13 participate in events such as stick horse racing, boot racing, dummy roping, goat tail untying, flag racing, sheep riding, barrel racing, pole bending and breakaway roping. Free event! Stark County Fairgrounds, 4024 Highway 22 S

BADLANDS OPERA PROJECT PRESENTS CINDERELLA: YOUTH EDITION 2PM AND 7PM See article, page 20, for more info. Dickinson High School Auditorium

TUESDAY JUNE 18 BANDSHELL CONCERT | NU BLU 7-9PM Free weekly concert. All ages welcome! Memorial Park 801 5th Ave W

WEDNESDAY JUNE 19 FREE ENTRANCE TO THE-ODORE ROOSEVELT NATIONAL PARK In honor of Juneteenth, the Theodore Roosevelt National Park will be open free of charge for the day. Medora, ND

JUNE 19-20 SUMMIT ON BEHAVIORAL HEALTH IN ENERGY COUNTRY Vision West ND, a leading consortium dedicated to the sustainable development of Western North Dakota, will hold this summit at the Astoria Hotel & Event Center in Dickinson. This transformative event aims to bring together professionals, community leaders, and advocates to address the pressing behavioral health challenges facing the region. See ad, page 4, for more info.

THURSDAY JUNE 20 PUBLIC WORKS FAMILY FUN DAY 4-8PM Free for the family! Hot dogs, chips, and drinks. Dickinson Legacy Square

FRIDAY JUNE 21 THE QUEST FOR THE KAKAPO 10AM Join The Caterpillar Hunter in his search for the rare Kakapo. All ages welcome! See article, page 4, and ad, this page, for more info. Dickinson Public Library

TRAVELING LANTERN SHOW 2PM Family-friendly play "Rhonda Applesed and the Tree That Learned How to Speak", Memorial Park, 801 5th Ave W

JUNE 21-23 SUMMER SOLSTICE FESTIVAL: HOLISTIC & WELLNESS FAIR Starting at 4PM

Friday Dickinson's first annual Summer Solstice Festival with holistic and wellness fair is a three-day celebration embracing mind, body, and spirit. Patterson Lake

JUNE 24-27 ROUGHRIDER DAYS FAIR & EXPO 4-H ACHIEVEMENT DAYS Support area kids as they present their 4-H projects. Livestock exhibits and shows - Stark County Fairgrounds. Static exhibits - Biesiot Activities Center

TUESDAY JUNE 25 BANDSHELL CONCERT | RAGGED UNION 7-9PM Free weekly concert. All ages welcome! Memorial Park 801 5th Ave W

JUNE 19-23 CARNIVAL Ride the thrills of the carnival. Kids of all ages will enjoy the games and cotton candy. Wristbands and individual tickets will be available for carnival rides. Wed-Fri: 6-11PM; Sat: 3-11PM; Sun: 3-5PM. Stark County Fairgrounds

JUNE 21-22 DEMOLITION DERBY 7PM Friday/12PM Saturday Tickets: \$18 for adults, \$10 for kids (aged 6-12). Kids 5 and under are FREE. Stark County Fairgrounds

THURSDAY JUNE 27 CONCERT SERIES: KINGS OF QUEEN WITH OCTOBER ROAD Free family-friendly concert. Dickinson Legacy Square

JUNE 27-28 A TASTE OF UKRAINE 11:30AM-1PM Join us for a delicious meal! Ukrainian Cultural Institute, 1221 W. Villard

JUNE 28-30 ROUGHRIDER DAYS FAIR & EXPO PRCA RODEO See article, page 27, for more info. Stark County Fairgrounds.

SATURDAY JUNE 29 PARADE 10AM-12PM Bring your friends and family and enjoy colorful parade action including clowns, bands, floats, horses, and MORE! It's colorful and it's fun! Downtown Dickinson

26TH ANNUAL FAMILY FUN DAY 11AM-4PM Family-friendly activities that include road races, inflatable amusements, a toddler zone, music, food booths and a vendor show. See ad, page 30, for more info.

SATURDAY JUNE 29 STOCKCAR RACES 6PM Southwest Speedway, 47th St SW

Catholic Daughters of America
Court St. Catherine #323

RUMMAGE SALE and BAKE SALE

Friday, June 7 1:00 p.m. - 6:00 p.m.
Saturday, June 8 9:00 a.m. - 12:00 p.m.
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Please no furniture or TVs.

Donated items can be dropped off at Queen of Peace Community Room on Thursday, June 6 after 10:00 a.m.

Dickinson AREA PUBLIC LIBRARY

THE TRAVELING LANTERN'S The Quest for the Kakapo

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PAWSITIVELY POPPY**Limited ingredient treats**

By Miranda Kuhn

Have you ever taken a closer look at the ingredients in the foods and treats your dog eats? Treats especially are notorious for containing a plethora of difficult to pronounce ingredients that make me think I'm feeding Poppy some kind of science experiment.

Early on in Poppy's life with me, she began to itch under her tummy a lot and our vet said it was likely an allergy to something in her diet. I put her on a limited ingredient dog food that seemed to help, but then I dove into her treats and discovered a nightmare of ingredients that cause inflammation and other issues. I looked into how to help this situation, because Poppy is incredibly food driven and I needed to find something better for her.

As I perused the treat aisles at stores, I've found a few that had exceptional ingredients. Poppy loves the Fruitables brand treats in several flavors (I find them locally at Menards but they're available at online pet retailers), and especially loves the Heartland Farms sweet potato chicken wraps where the only two ingredients are chicken and sweet potato! I've recently discovered the brand Three Dog Bakery which is an entire line of dog treats that uses ingredients which can mostly be found in your kitchen at home, which I love because as you know I love to cook and bake treats for Poppy in my own kitchen! With a little research and a little attention to the details of the treats you purchase for your pet, you can make a big difference in their health and I guarantee you will feel much better about what you are giving your best friend. Hope this helps you to make some small changes that can make a big impact on your pooch's health! ■

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Ask Alfie

Dear Alfie,

I just adopted a new cat and I am trying to decide what kind of food to feed him. There are so many options, but mostly I'm wondering whether I should feed him wet food or dry food? Any advice is appreciated!

Sincerely, Foodie

Dear Foodie,

You are correct about there being many options for cat food, and it can be overwhelming to make those decisions! My own cat-mom is frequently making adjustments to my diet to ensure I have the most optimal health. Food brands aside, I'd like to address your question about wet versus dry.

Many people may not realize it, but cats are very prone to dehydration as they are not naturally driven to drink water. This is because domestic cats evolved from desert-dwellers that were designed to have a low thirst-drive, obtaining their required moisture primarily from their prey. While it is important that your cat drinks water every day, you may notice that they do not typically gravitate toward their water bowl as often as your other pets.

Most dry cat foods, even the expensive brands, contain on average just 10% moisture. Wet or canned cat food on the other hand contains much more water - typically about 70% or higher. Therefore, when cats are fed a diet of strictly dry food, they are at a much higher risk of developing health problems such as kidney disorders and bladder stones than if they are given wet food. In fact, one of the most common and most serious medical issues among cats is urethral obstruction, which many believe is largely related to chronic dehydration. Not only are these medical issues costly to treat, but they frequently result in death, especially in male cats.

By now you may have guessed that I am trying to steer you in the direction of choosing wet food over dry. Another reason is that dry food also contains significantly more carbohydrates, making your cat more likely to become obese. Obesity in cats can also lead to a slew of health problems such as diabetes or heart disease, just as it does with humans. The fact is, wet food is simply more biologically appropriate for your cat.

Now, there are reasons that people often argue in favor of dry food. First is the idea that dry food is better for your cat's dental health, as the kibble pieces can scrape against your cat's teeth when they chew, helping to prevent excessive plaque buildup. This definitely can be helpful for their teeth, however many cats do not chew their dry food but rather swallow the pieces whole. An alternative way that



you can help your cat clean his teeth (aside from brushing them yourself, which I highly recommend) is by offering him dental treats such as Greenies, or silver vine sticks, which cats find pleasurable to chew on.

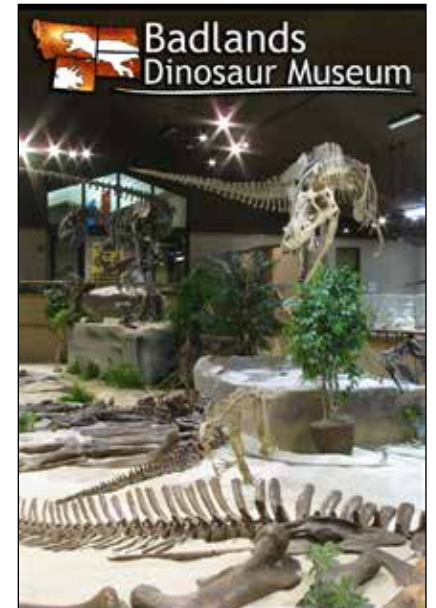
Another reason people may choose dry food over wet is cost. There is no hiding the fact that wet food costs more than a bag of dry kibble. However, if you keep in mind the potential for serious medical issues, in the long run the dry food may actually cost you more! Even lower-quality, cheaper brands of canned cat food such as Fancy Feast are better for your cat's health than the more expensive dry food brands. Even if the best you can do is a 50/50 diet with wet and dry, that will greatly improve your cat's odds of staying healthier.

If you absolutely cannot afford wet food, something you may consider is adding moisture to your cat's daily servings of kibble. Start by adding just a small amount of warm water or bone broth, slowly increasing the amount as your cat becomes accustomed. Important note: if you use bone broth, please select one that is specifically made for cats or dogs. Bone broth that is made for humans usually contains extra sodium as well as onions and garlic, which are toxic to pets. A more affordable way to use bone broth is to buy a powdered version and mix it with water before serving.

If you would like to learn more about my opinions on cat nutrition and how to help them stay hydrated, let me know!

Sincerely, Alfie ■

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



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DICKINSON MUSEUM CENTER

COMMUNITY

ABLE opens an adult universal changing place at T-Rex Mall

At first glance, it is easy to see that a lot has been happening with the makeover of the former T-Rex Mall. While complete renovation of the space is expected in 2025, building owner, ABLE recently celebrated a project completion: an Adult Universal Changing Place for people with long term or temporary disabilities.

When renovation began, one of ABLE's goals was to ensure the building's restrooms would cater to the individuals they support. Often, individuals with intellectual or physical disabilities face challenges when it comes to using standard restroom facilities. These individuals often require specialized equipment to ensure their safety and comfort, keeping them off the bathroom floor and providing a convenient and secure way for caretakers to assist them.



Absence of such adaptive equipment can result in dehumanizing, unsanitary, and potentially unsafe situations for both the disabled individual and their caregiver.

In the end, that is why ABLE decided to build not just one, but two facilities! One exclusively for people they support who work at the mall. The other is publicly available to individuals with disabilities. These facilities include adult changing tables and other transfer assistive systems, as well as bath and shower facilities. For those passing through the area or for those simply going about their day in the community, ABLE's goal is to continue to create a more accessible and compassionate environment for all individuals.

For more information or to schedule use contact Rosie at 701-456-3000. ■



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CONVENTION AND VISITORS BUREAU

Roughrider Days Fair & Expo



The Roughrider Days Fair & Expo in Dickinson, ND, for 2024 promises a thrilling lineup of events celebrating the spirit of the American West. This annual event is deeply rooted in North Dakota's heritage, making it one of North Dakota's largest 4th of July celebrations.

Kicking off the festivities is the 4-H activities that include the Static Exhibits that highlight the hard work and effort that result in amazing projects the 4-H kids have created. The horse show and livestock show bring another skill level that is between the animal and the handler.

Many months of dedication come to the final day when 4-H kids are judged on their skills.

You can also enjoy the roaring motors and oval racing at the Southwest Speedway just south of Dickinson. Contestants will be racing for the trophy amongst a full track of race cars. Be sure to get a seat early!

Everyone loves a carnival, and the rides will be in full action at the Stark County Fairgrounds for five days, get your wristbands early for a discount and enjoy the thrills. The Parade and Family Fun Day will be held on June 29th this year, a longstanding Saturday event, bringing the community together to view the floats, enjoy numerous community food options and a day of family friendly events.

The Professional Rodeo Cowboys Association (PRCA) Rodeo will be a highlight event over three nights where top-notch cowboys and cowgirls display



their skills in events like bull riding, barrel racing, and roping. For those who prefer a more musical atmosphere, the headliner concert this year features Gary LeVox of Rascal Flatts, along with Montgomery Gentry featuring Eddi Montgomery.

The 4th of July evening will be an explosion of colorful night skies at dusk. The performance will be held at the Sanford Sports Complex area and promise

to conclude the celebration with bursts of firework artwork.

With its blend of heart-pounding rodeo action, live entertainment, carnival fun, and more, Roughrider Days Fair & Expo is a must-visit event for anyone looking to experience the true essence of North Dakota's culture. For more information go to RoughriderDaysFair.com ■



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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

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COMMUNITY

Protecting children in the LGBTQIA+ community



Every child deserves a nurturing environment and a support system to guide them through the transitions of youth. Unfortunately, LGBTQIA+ youth are at greater risk of several types of trauma including bullying, physical and sexual abuse, homelessness, sexual exploitation, suicidal thoughts, and other types of violence. According to the CDC, LGBTQIA+ children are 4 times more likely to report child sexual abuse than heterosexual youth. There are steps we can take to help ensure that youth feel safe and supported.

- Learn the Facts of child sexual abuse and risk factors for LGBTQIA+ youth so you can be prepared for any scenario.
- Knowing the facts, think about ways you can minimize opportunity for abuse.
- Talk About It openly, so you can break down barriers and reduce the stigma around abuse and the LGBTQ+ community. This can also help kids know that you're a safe adult they can come to.
- Recognize the Signs of abuse, which might not always be obvious.
- React Responsibility to suspicion, disclosure, or discovery of abuse and always report abuse.

Information from this article can be found at <https://www.d2l.org/safe-childhoods-lgbtq-youth/>. To learn more about signs of child abuse, and how to prevent it, visit <https://www.dakotacac.org/the-issue-of-child-abuse/>. ■

VOICING SOME THOUGHTS

For our veterans

By Nancy Hoff

Honor. This seems to be an antiquated word in today's world.

It meant respect, reverence for a belief, a higher plane.

All the rancor in the world is due to a lack of honor and respect for our fellow man, in some form or another.

My family lost two veterans this past year. My husband's uncle George had signed up with the Army at age 19, near the end of WWII. He witnessed history in the making as the Berlin Wall was built. And witnessed history with one war after another, in Korea and Vietnam. Serving with the 81st Airborne in army security, he held firm beliefs and ideals. Even through horrific experiences.

Our other loss was my brother-in-law, Ken, who served in the Navy during peacetime. As a storyteller, he reveled in tales of the Bermuda Triangle and the ships he served on. Even in peacetime, he also witnessed tragedies and the knowledge that war is always imminent.

In later life, he joined the Dickinson drill team honor guard. It is the team's final tribute, carrying their comrades to their last port of call. The 21-gun salute, taps and presentation of the flag to family was a vital part of his story. He retired



from the honor guard at age 85 after serving for 400 funerals.

Both George and Ken flew to Washington DC on the Honor Flights. This is but an iota of what we can repay our veterans for all they have done. Thank you to all those who support these flights. Ken told of arriving at the Bismarck airport, greeted by school children with their drawings and cheering to thank our veterans. He would relate with tears, "No one ever thanked me like that."

Both were very young men, just starting out. Honor. Commitment. Courage. Consider the weight of Each. One. Of these words.

I think of our own hometown heroes whose names are embellished on our own wall at the Veterans Pavilion. Some lost physical vitality, calmness of spirit and even their very life. All are noble in their contribution.

I can never imagine how great your personal sacrifice truly was – but I am very grateful to each one of these honorable heroes. ■



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COOKING CRAVE

Easy dinner side dishes

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!

Lush Salad

- 1 head Romaine lettuce – torn
- 2-3 green onions
- Chow mien noodles
- 2-3 Tbsp. sesame seeds
- 6 oz. package slivered almonds
- 1 Tbsp. sugar

DRESSING:

- 1 tsp. salt
- 1/2 tsp. pepper
- 1/2 cup oil
- 6 tsp. apple cider vinegar
- 2 tsp. Accent seasoning
- 1/2 cup heavy cream

Combine sesame seeds, slivered almonds and sugar in medium saucepan; cook until lightly browned and cool. Add seeds and almonds to lettuce and onions; toss until mixed. Combine dressing ingredients; mix well. Pour over lettuce mixture and top with chow mien noodles.

Greatest Fruit Salad

- 15 oz. can fruit cocktail, drained
- 8 oz. can crushed pineapple, drained
- 21 oz. can cherry pie filling
- 2 bananas, sliced
- 14 oz. can sweetened condensed milk
- 8 oz. sour cream
- 8 oz. Cool Whip

In a large bowl, mix together Cool Whip, condensed milk, and sour cream. Fold in fruit cocktail, pineapple, cherry pie filling, and bananas. Chill for 2 hours before serving.



CONSOLIDATED
CHANNEL 18

COOKING
CRAVE

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

SAX MOTOR CO. **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

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CROSSWORD

LOCATION IS EVERYTHING by Carlinka

++Location is Everything++



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LAST MONTH'S PUZZLE SOLUTION

++CASHING IN++

Solution:



ACROSS

- 2 Show off one's muscles
- 3 +Little Mermaid, ___Denmark
- 9 Port city in Ukraine
- 11 Crowd scene actor
- 12 +_Fountain, Rome
- 14 +Lascaux Caves
- 15 +St. Basil's Cathedral
- 19 "Green" energy type
- 20 Grammy or Oscar
- 22 Missing from base
- 23 Storage spot for electronic data
- 24 Crumbly cheese
- 25 +Prehistoric monument, England
- 27 Orange serving
- 30 Not too bright
- 32 Quick smell
- 34 Metal mixture
- 35 +_City, China
- 37 +Christ the Redeemer
- 38 Jiggly dessert
- 39 +_of Dover

DOWN

- 1 Support for glasses
- 2 +Ponte Vecchio
- 3 Trendy spiced tea
- 4 +Giza_, Egypt
- 5 Zenith
- 6 +Switzerland + Italy share this mountain
- 7 Became less bright, as the moon
- 8 +Bordering Ontario and New York
- 10 Sound of a scissors cut
- 13 +Volcano in Japan
- 15 +Inca citadel
- 16 Clinton instrument
- 17 +_Wall, Jerusalem
- 18 Sail supporter
- 21 Mason is a type
- 23 Thin French pancake
- 26 Belly button
- 28 +Angkor Wat
- 29 +Castle in Scotland
- 31 +Agra, India
- 33 Conjugated word
- 36 +Sydney_ House

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COMMUNITY

Quilts of Valor



The military service of each of these 13 Vietnam-era veterans was honored Friday, May 3 during a beautiful ceremony held at the Stark County Veterans Pavilion. Many were part of the Veterans Club at Dickinson State University, making the ceremony a reunion of these heroes. Each was wrapped by family and/or friends in a patriotic quilt made by members of the Missouri River Quilts of Valor.

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8.22 **NERVE IMPULSE**
10 Underground

8.29 **BRUSHES & BEATS**
LIVE Painting & Music by
The Bromantics 6:00pm

9.5 **CHASE AND OVATION**
The Sidekicks



ELI YOUNG BAND



KAT PERKINS



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