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Michelle Kline  
19

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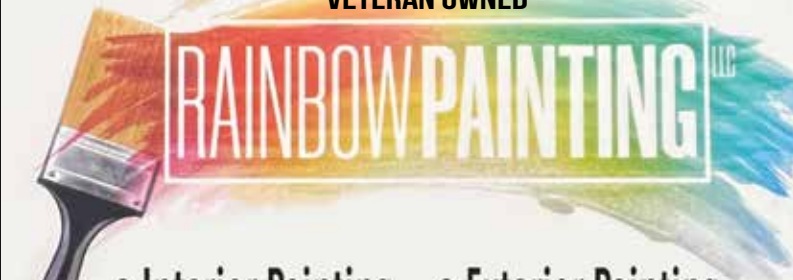


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## A note to our readers

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](mailto:kelley@thejileks.com).

**Kelley Jilek**  
*Publisher*

## On the cover

"Swath of Time" by Michelle Roise. Originally an 11x14 acrylic on canvas, already sold, but available in prints or other forms via her website on Fine Art America. It is a distinctive image of her hard-working and beloved dad, Robert Bolduc, a humble, lifelong farmer in the northern Red River Valley. For more information about the artist, see page 5.



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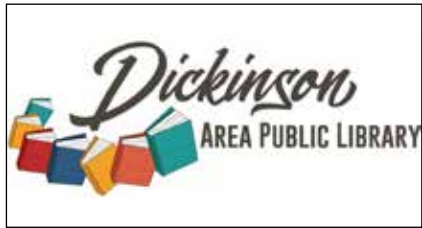
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## #BOOKWORM

# Fall-ing back into programming



## By Library Staff

We are back after our programming break month in August, and we're hitting the ground running! September is filled to the brim with fun things to do for all ages. We also have a lot of special events happening this month.

We will be hosting a Clubs and Activities Fair in the Community Room on September 14th from 2pm-4pm. Different clubs and organizations looking for members or volunteers will have

tables set up. Everyone is welcome to chat with them and learn more about what is available to join in Dickinson! Groups wanting to set up a table can go to the News and Updates page on our website to sign-up.

September is Library Card Sign-Up Month. Sign-up for a library card during the month of September and receive a free day pass to the West River Community Center. Not only will you get a free day pass, you also get to check out books, eBooks, movies, audiobooks, board games, and so much more for FREE with your card! To be eligible for a free library card, you need to be a resident of Stark, Slope, or Billings County and be 4 years of age or older.

In September, we will be running "Seats & Feets." This new clothing drive starts on September 1st and ends on the 30th. We will be accepting donations of

new socks, underwear, and other clothing items for kids in our community. Socks and underwear are the most under-donated and most needed items and all sizes for children of all ages are needed. All donations will be divided up and given to the public School's Clothing Pantry and United Way of Dickinson.

Our Halloween Costume Swap is back this year! Bring your gently used Halloween costumes to our circulation desk from September 3rd-25th in exchange for tickets. On September 28th, between 1pm-4pm, choose a new-to-you costume! The first hour of the swap is reserved for ticket holders. Anyone is welcome to shop the swap from 2pm to 4pm. Every costume donated will be an entry in a drawing for an Amazon Gift Card!

In September, we will be starting Saturday Craft Club for ages 13+! This Craft Club will be held one Saturday a month with the first one being on September 7th. Come between 1pm-3pm and paint a picture on a mini canvas!

On Wednesday, September 2nd, we will be hosting the North Dakota League of Women Voters who will be doing a presentation called "Voting 101." Get all your questions answered so you're ready to vote in the general election. This is mostly geared toward young adults and first-time voters. The event will take place at 6:00pm.

On Friday, September 20th at 11:00am, we will be hosting our first Senior Social Hour. Coffee, treats, and activities will be available. This is geared for ages 55+, but all are welcome!

We will also be participating in the Harvest Festival on Saturday, September 21st, organized by the Chamber of Commerce and held at Dickinson State

University. We will be at the festival from 11:00am to 3:00pm. There will be lots of fun and games and booths set up.

This fall is also an exciting time for teen programs! We've added a fun and educational Teen Workshop for teens to participate in on the second Tuesday of the month AND a Teen Gaming program (with prizes) one Saturday per month! All this on top of the usual Thursday Teen Crafternoons with a new craft every week. We couldn't be more excited to expand our program offerings to our teen and young adult patrons.

In other exciting news, our resident game master would like to remind any interested persons ages 13 and up that we have openings for our Dungeons & Dragons games this fall. There's no better place to celebrate D&D's fiftieth anniversary than here at the library rolling dice. To start your adventure, please reach out to Rachel.Waldo@dickinsongov.com for more information.

We have some programming changes. Starting in September, we will no longer be hosting Pre-School Storytime on Wednesdays. There will only be Tuesday Pre-School Storytime. This is being done to allow the Community Room to be available for use by community members.

We also want to announce an upcoming closure for the library. We will be closed Friday, October 11th for staff training. Regular hours will resume Saturday, October 12th.

Besides all of these awesome things happening, we have all of our regular programs to attend! We hope you are able to join us for some of the fun things we have going on during the month of September. Be sure to watch for some spooky events happening in October! ■

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**COVER ARTIST****Michelle Bolduc  
Roise, \*RRWS**

I can't recall a time when I didn't love the feel of a pencil or the smell of a crayon in my hand. Thankfully, I had encouraging parents and caring teachers who recognized and affirmed this little farm girl's budding skills. Eventually I studied at the University of North Dakota, took a lengthy hiatus to raise my family, and completed my degrees in visual art and art history in 2016.

While UND formed a significant part of my education, complementing my formal education were years of personal growth simply observing and living a full life—planting seeds of inspiration that continue bearing fruit to this day. My life was often seasoned with opportunities to teach art to my own children and occasionally share beyond that, but around 2015 I began drawing and painting again more seriously. Taking some great watermedia workshops, oil painting instruction, and enjoying mentorship in many forms, my body of work has continued to grow and mature—a process I hope never ends.

My paintings often begin with a recurring thought or memory perhaps spurred by a photo or experience—first inviting artistic interpretation and then compelling it! Drafts are sketched, but informed or intuitive adjustments happen every step of the thousands along the way. My abstract paintings take that intuitive piece to another level again.

While the process isn't always that simple and straightforward, my goal is to enjoy the journey, regardless of all twists and turns, and my paintings are the shared "postcards" of my creative journey. Awe-inspiring, nostalgic, deeply moving, or just for fun—I'm drawing from the well of my life and inviting you to take a refreshing cup alongside me.

Fine Art America Website: michelle-roise.pixels.com

\*Red River Watercolor Society ■



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## VOICING SOME THOUGHTS

# Pet peeves

By Nancy Hoff

Maybe it is the cantankerous nature of aging in me, but some things have become a bit bothersome in my advancing years.

1. Small print. I swear it used to be bigger! Print is now minuscule, from contracts to shampoo bottles. Speaking of which – it would be very helpful to produce shampoo and conditioner bottles each in a different color.

2. Stuck shopping carts. EVERY single time I pull a cart to start grocery shopping, it maintains a death hold on its friend behind it. Usually after three tries, one will relent.

3. Recipes on the Internet. The recipes are so enticing – but one must scroll, scroll, scroll ... past the story of how the recipe came on the Mayflower, how an addition of a very rare spice makes it so very, very tasty, how to select each and every ingredient, how great uncle Harold praised it at a long ago Thanksgiving, thus leading into discussion of the best season of the year and many reasons why ... by this time, I have lost my appetite.

4. Packaging. Notice how many inferior products flood the market. However, they are packaged so well that an egg could survive all the way from China. It requires a tool chest containing

scissors, knives, screwdrivers, pliers, a diamond cutting tool and a recycle bin for the packing material – just to free your \$2 item ... that broke when you unpacked it. If only we could protect our children this well.

5. Social influencers. One question – WHY? I prefer to make up my own mind, thank you.

6. Television interviews where participants and moderators talk over each other. Long ago, a clear, concise question was asked, followed by a clear concise answer. Discussion followed. Now I have a headache, trying to decipher what is being said. And not cordially, either.

7. Tupperware. I am alarmed at the divorce rate between bowls and lids. Often, I find a lost lid flipping around dejectedly in my cupboard until I put it out of its misery and into the garbage can. Only then does the bowl show up. Did it simply need a little time and space?

8. Loud TV commercials. It seems actors feel the need to whisper, breathe excitedly or mumble incoherently, prompting me to amp up the volume button. Then, without warning, an ad involving the Indy 500, the launch of the space shuttle and ear-splitting music assaults the ears.

9. Automated phone assist. Although I am admonished to carefully listen to all options, my attention has wandered ... so I have to call back, this time resolving to listen carefully to all options. Then I



am advised that hold time may run past bedtime. IF I do get through, I am usually given another number to call. Can I PLEASE simply talk to a live human being?

10. One word – Acoustics. Why, oh why, do crowd-gathering venues insist on metal walls and high ceilings? Youth of America, mark my words. Someday, you too will have difficulty hearing in a crowd – and know the embarrassment of nodding in agreement to something you would NEVER consider, only to appear sociable because you haven't understood a word, due to background noise. And an aside to bands – could you please just take it a notch or two down? We love your music, but we'd love to visit also.

Thank you! I feel much better getting this off my chest! ■

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## COMMUNITY

# Help make a difference in a child's life



Schools are places of connection for our youth– whether it is with peers, teachers, coaches or mentors. Most people can think of an adult, besides their immediate family, who offered guidance, support, or encouragement that helped them become who they are today. However, not all kids have these supports which is why there is a need for mentors. As youth settle back into the rhythm of school, BFMP continues to support students in the school setting through mentors who encourage and help kids navigate the

complex emotional and social situations they may be facing. But we need your help– we are starting the school year with a waiting list of over 20 kids who would like a mentor.

Mentoring offers an opportunity for the students involved in the program to have access to learning opportunities beyond the opportunities that already exist in the school setting. Mentoring can help youth manage their emotions and learn how to handle conflict and disappointments. Mentors can offer guidance, and most importantly empathy. They can also help students navigate complex social dynamics and personal challenges, promoting resilience and self-awareness. Mentors also model behavior in social situations. For example, they might

demonstrate effective communication skills, conflict resolution techniques, or show how to empathize with others. As students observe and emulate these behaviors, they build their own toolkit for handling life's ups and downs.

Mentoring helps students feel valued, understood, and capable of achieving their full potential which can help them grow into well-rounded individuals with strong interpersonal skills and emotional resilience. During back to school season and beyond, join the mentoring movement in making sure that all young people feel known and supported by

the adults in their lives! To become a mentor or to learn more about the role mentoring plays in our community, visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org) or call us at 701-483-8615. ■



THE ARTS

# Exciting 2025 concert season announced by DACA



The Dickinson Area Concert Association is thrilled to announce its 2024-2025 concert season, featuring an array of exceptional musical performances right here in Dickinson, North Dakota. We are committed to bringing a diverse range of high-quality concerts at affordable prices, making music accessible to everyone in our community.

Alliance Brass – a delightful ensemble featuring music from stage and screen on Tuesday, September 17, 2024, at DSU Dorothy Stickney Auditorium 7:00 p.m.

Jared Freiburg & The Vagabonds – presenting a time capsule to the golden era of American music – Rock & Roll, Blues, Country and Jazz hits from the 1950s on Thursday, October 3, 2024, at

St. John Lutheran Church at 7:00 p.m.

Letters from Home – USO style show honoring artists like Frank Sinatra, Andrews Sisters, Vera Lynn, Nicholas Brothers, Creedence Clearwater Revival, and many others on Thursday, February 27, 2025, at DSU Dorothy Stickney Auditorium 7:00 p.m.

Paolo Schianchi – master of all existing variations of the guitar, from the Renaissance lute to electric guitars, and he has personally designed a 49-string guitar – on Saturday, March 22, 2025, at DSU Dorothy Stickney Auditorium 7:00 p.m.

Street Corner Symphony – Nashville-based male a cappella ensemble which moves seamlessly between most styles of music – from gospel to rock and pop, on Saturday, May 10, 2025, at DSU Stickney

Auditorium at 7:00 p.m.

Membership & Ticket Information:

- Season Memberships:
  - o Adults: \$65
  - o Senior Citizens: \$60
  - o Students: \$35
  - o Family: \$130
- Single Concert Tickets: \$30

Season memberships provide the best value and grant access to additional concerts through our reciprocity agreements with nearby concert associations in Hazen, Watford City, Williston, and Crosby. This year, DACA members can enjoy 13 extra concerts at no additional cost.

• Tickets and memberships are available at the door of any concert.

For More Information:

• Visit our website to explore concert clips and get more details: [www.dickinsonareaconcertassociation.com](http://www.dickinsonareaconcertassociation.com)

Don't miss out on the chance to experience a remarkable season of music and community connection! ■

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## COMMUNITY

## Dickinson Legion Post 3 forms new partnership with Community Action Partnership

Beginning July 1, veterans in crisis or in need may receive additional assistance, thanks to a partnership formed between Dickinson Legion Post 3 and Community Action Partnership.

While CAP already serves veterans, the federal program has eligibility requirements. As Post 3 became aware of gaps in service for some veterans, the Post worked creatively with CAP and its Supportive Services to Veteran Family (SSVF) Program to provide funding for veterans in crisis or need of assistance who wouldn't qualify under Community Action's current program.

"Post 3 wants to help our fellow

veterans. We learned that there were gaps in service and we wanted to step up to fill those gaps, as well as assist veterans in getting back on their feet," said Post 3 Commander Alan Fehr. "Community Action has the expertise and a system in place for assisting individuals in need, particularly veterans."

Veterans needing services are first screened by the SSVF program at CAP. If eligible, they receive assistance through the SSVF program. In cases where the veteran's needs can't be met by other programs or agencies, the veteran's needs could be met through the new program, said Erv Bren, Executive Director of Community Action Partnership in Dickinson.

"We are excited by the new opportunity to expand services to veterans in our region," Bren said.

This program is managed by CAP and funded by Post 3. Military veterans needing assistance should apply through CAP's Supportive Services for Veterans program by contacting the SSVF case manager at 701-227-0131 for an appointment. ■



Members of Dickinson Legion Post 3 presented an initiation contribution to Community Action Program's Supportive Services for Veterans Family, represented by Tom Solberg

## COMMUNITY

## Dorcas Society hosting annual fundraiser

The Dickinson Dorcas Society will be hosting their Annual Fundraiser "Bountiful Baskets Bingo" on Wednesday October 2nd at the Dickinson Eagles club, time 6:30 to 9:00 pm. Bingo prizes will be a basket filled with a pork roast, pie, and other goodies. Blackout bingo's prizes will be a bountiful pork roast dinner with all the fixings.

The Dorcas Society was established in 1909 as the first philanthropic, nondenominational society in Dickinson. The purpose of this organization was to extend a helping hand to families in need with a special emphasis on children. In these early years the Dorcas Society introduced a milk program in the schools and continued to fund it for many years. Over time the Society tried to alleviate hardships suffered by families during temporary times of job loss, illness, or due dysfunctional family situations.

Today we are a group of people that continue to aid families, single parents, and most emphatically, children. We provide baskets of food at Thanksgiving, Christmas, and Easter. Each basket provides an entire meal, and our Christmas and Easter baskets include gifts and personal items for the parents and children. Dorcas works closely with local social service agencies and school counselors. We receive referrals from social services, teachers, counselors, pastors, and our members. Each member is assigned one to four families or organizations in need. We keep in touch throughout the year and provide help as needed,



fostering bonds of understanding and friendship. Our help is not limited to food baskets as we provide support as family's needs arise.

The Dorcas Society raises money to fund their effort through their annual Fall Benefit in October, members' dues, and the generosity of friends and establishments throughout the community. Dorcas also receives a great deal of help and support from the students and staff at Trinity High School, Cash Wise, the Eagles Club and the DSU Girls softball team. This year we celebrate our 115th continuous years as a philanthropic society and 74 years of raising funds through a Fall Benefit. This will be the 6th year of hosting the Benefit at the Eagles club. ■



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## COMMUNITY

# Celebrating 50 Years of Compassionate Care: Sharon Privratsky's Milestone at Benedictine Living Community-Dickinson

Celebrating 50 Years of Compassionate Care: Sharon Privratsky's Milestone at Benedictine Living Community-Dickinson

Sharon Privratsky has reached a remarkable milestone, celebrating 50 years of dedicated service at Benedictine Living Community-Dickinson. Her lifelong commitment to respecting and caring for the elderly began in childhood, helping her neighbors and grandparents with basic household tasks like cleaning and laundry. Inspired by her mother, who worked at the original nursing home on the south side of Dickinson, Privratsky's journey in elder care was destined from a young age.

Privratsky began as a volunteer (known as a 'candy striper' in those days because of the striped dress uniform) around age 15 at the new Dickinson Nursing Center back then, where Benedictine Dickinson is still located today. She assisted residents with opening their mail, reading letters and providing companionship. By age 16, Privratsky started working in the laundry department, moved to dietary, and ultimately achieved her goal of becoming a nurse's aide. Later, when certification became mandatory, she became a Certified Nursing Assistant (CNA). Privratsky's dedication and leadership were recognized when she was selected as a CNA Team Leader, a position she has held since. She was also honored to become a Certified Medication Aide (CMA), which she maintains today.

When interviewing Sharon, a common theme was how much things

have changed over the years. The stories she could share are countless, making it difficult to summarize five decades of memories, coworkers and residents.

What has kept you motivated and passionate about your work for so many years?

"I love the history of St. Benedict's, visiting with the residents and listening to their stories. It's all about the residents: taking care of them and meeting their needs, being here for them no matter what. I have never had a reason to not come back to work."

What changes over the years have had the most impact on your work?

"Getting new products like mechanical lifts, gait belts and electric beds. Disposable products like gloves and incontinent supplies have really made our work easier. It's a different environment now."

What advice would you give to a new CNA starting today?

"I always say, you have to want to do this job. You have to be a compassionate and caring person."

Outside of work, Privratsky enjoys crafts and crocheting, a skill she learned from a resident. Her family has always been supportive of her career, understanding the long hours and shift changes without complaint. The family tradition of service runs deep; Privratsky's sister also worked at Benedictine Dickinson for 50 years before retiring, and now Privratsky's daughter and four of her grandchildren are employed there as well. Privratsky plans to work for a few more years and then become a volunteer



Sharon with her family, all Benedictine associates

once again. Her legacy of compassionate care continues to inspire those around her and she says she hopes to be remembered for her kindness.

To start your rewarding career in senior healthcare, see open positions at [BenedictineDickinson.org/careers](http://BenedictineDickinson.org/careers) or call 701-456-7242 for more information. ■

## Growing ■ Our ■ Future

DPS Foundation is thrilled to announce **Paula Williams** as the new Director of Development. Find out more on our NEW website at [www.dickinsonpsf.org](http://www.dickinsonpsf.org)!

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## COMMUNITY

## Talking with school-age children about abuse

Caregivers may withhold conversations about physical or sexual abuse from younger children because they are uncomfortable talking about what they believe is a mature topic. The reality is that children in grade school are particularly vulnerable because of their innocence and emotional needs, making them easy targets for predators. These individuals are often experts at spotting kids who may lack confidence or have fewer supportive adults around them. Predators exploit these vulnerabilities to manipulate children.

Experts suggest that by the time kids are around 7 to 10 years old, it's important to start talking to them about puberty and sexual intercourse. It's helpful to begin these conversations earlier rather than later since kids are likely to hear about these topics from less reliable sources like friends, siblings, or social media.

It's also crucial to explain how our bodies naturally respond to stimulation.



Predators know how to use this biological response against children. Just like how you might laugh when tickled even if you don't want to, sexual arousal is something we can't control. Predators can make kids feel guilty or ashamed about this, so it's essential to talk openly about it.

Talking with children at every age about body safety (good vs. bad touch), identifying multiple safe adults that they can talk to, and preparing children for unsafe situations by talking through scenarios, are all ways we can help keep children safe.

Learn how to talk to children about abuse at every age by visiting <https://www.themamabeareffect.org/rock-the-talk> or [www.dakotacac.org](http://www.dakotacac.org). ■

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## Call for artists

Attention North Dakota Artists! Showcase your talent on the cover of Heart River Voice! We're seeking diverse artists to feature and celebrate the rich artistic talent of North Dakota.

### Submission Guidelines:

- Submit your colorful artwork!
- Include a brief (300 words or less) bio highlighting your artistic journey.
- Send high-resolution images of your artwork and/or you, your family, you creating, etc.

**Deadline:** Anytime, but the 1st of each month would be best.

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 [kelley@thejileks.com](mailto:kelley@thejileks.com) and be part of this exciting showcase. ■



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# How should you respond to market cycles?

The movement of the financial markets can seem mysterious — and yet, if we look back over long periods, we can see definite patterns that consistently repeat themselves. As an investor, how should you respond to these market cycles?

To begin with, it's useful to know something about the nature of a market cycle and its connection to the business or economic cycle, which describes the fluctuations of the economy between periods of growth and contraction. Issues such as employment, consumer spending, interest rates and inflation can determine the stage of the business cycle. On the other hand, the market cycle refers to what's happening in the financial markets — that is, the performance of all the different types of investments.

The market cycle often anticipates the business cycle. In other words, the stock market may peak, or hit bottom, before the business cycle does the same. That's partially because the financial markets are always looking ahead. If they foresee an event that could boost the business cycle and help the economy, such as the Federal Reserve lowering interest rates, they may become more "bullish" on stocks, thus driving the market up. Conversely, if the markets think the business cycle will slow down and the economy will contract, they may project a decline in corporate earnings and become more "bearish" on stocks, leading to a market drop.

Once you're familiar with the nature of market cycles, you won't be surprised when they occur. But does that mean you should base your investment strategy on these cycles?

Some people do. If they believe the market cycle is moving through a downward phase, they may try to cut their perceived losses by selling stocks — even those with strong fundamentals and good prospects — and buying lower-risk investments. While these "safer" investments may offer more price stability and a greater degree of preservation of principal, they also won't provide much in the way of growth potential. And you'll need this growth capacity to help reach your long-term goals, including a comfortable retirement.

On the other hand, when investors think the market cycle is moving upward, they may keep investing in stocks that have become overpriced. In extreme cases, unwarranted investor enthusiasm can lead to events such

as the dotcom bubble, which led to a sharp market decline from 2000 through 2002.

Rather than trying to "time" the market, you may well be better off by looking past its cycles and following a long-term, "all-weather" strategy that's appropriate for your goals, risk tolerance, time horizon and need for liquidity. And it's also a good idea to build a diversified portfolio containing U.S. and foreign stocks, mutual funds, corporate bonds, U.S. Treasury securities and other investments. While diversification can't protect against all losses, it can help protect you from market volatility that

might primarily affect just one asset class.

Market cycles often draw a lot of attention, and they are relevant to investors in the sense that they can explain what's happening in the markets. Yet, when it comes to investing, it's best not to think of cycles but rather of a long journey — one that, when traveled carefully, can lead to the destinations you seek.

*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

# What business leaders can learn from an award-winning teacher

By Debora Dragseth, Ph.D

Kendall Bergrud, an award-winning mathematics teacher at Wachter Middle School in Bismarck and a proud alumnus of Dickinson State University (DSU), is one of four finalists for the 2025 North Dakota Teacher of the Year. His teaching methods and philosophies inspired us so much that we sat down with him to explore how classroom teachers like Mr. Bergrud can guide business leaders toward success.

### Build Positive Relationships

KB: My biggest focus is on building strong relationships with students, which creates a foundation of trust and respect. Secondly, I set high expectations for both academic and behavioral achievement. I encourage students to always do their personal best and take ownership of their learning. Lastly, I provide a variety of learning experiences to meet the needs of all students in the classroom. Combining



all of these components helps create a learning environment where all students feel valued, challenged, and inspired to succeed.

Leadership Lesson: For business leaders, fostering strong relationships with employees and other stakeholders is

equally important. Building a foundation of trust and respect encourages individuals to perform their best and take ownership of their work. By setting high expectations, you create an environment where everyone feels valued, challenged, and motivated to succeed.

### Making Work Fun and Engaging

KB: The funniest moment from my teaching career involved a pair of ice skates and ice! We took our 7th graders on an ice-skating field trip. The students were challenging me to a race, and being the competitive person I am, I was not going to let any of them win! Side note: I am not an ice skater and probably should have stayed off the ice. The race began and I started out strong until I lost my balance and fell flat on my back in front of all of the 7th graders! The only thing I could do at this point was laugh with them. I am thankful there is no video evidence of this happening. Although, I have learned that 7th graders never forget anything! I haven't gone ice skating again since that day!

Leadership Lesson: Taking risks and maintaining a sense of humor in business is just as important. Leaders who are willing to step out of their comfort zones and laugh at themselves when things don't go as planned foster a positive and resilient work culture—a culture in which everyone knows that it's okay to make mistakes and learn from them.

### Advice for New Teachers (and Leaders)

KB: The three things I would share with new teachers entering the profession would be:

1. Focus on building positive relationships with students, parents, and colleagues at the start of the year. Relationships are the foundation of a successful school year.

2. Seek advice and support from colleagues. Collaboration with other



Kendall Bergrud

colleagues is a great way to gain advice as well as other resources to help support your classroom.

3. Embrace the journey with an open mind and a positive attitude, and enjoy the opportunity to make a difference in your students' lives.

Leadership Lesson: These principles are just as relevant for new business leaders:

1. Build positive relationships with employees, customers, and other stakeholders from the start. Strong relationships are the foundation of a successful business.

2. Seek advice and support from experienced colleagues and mentors. Collaboration and sharing knowledge are key to both personal and organizational growth.

3. Embrace your leadership journey with an open mind and a positive attitude. Enjoy the opportunity to make a difference in your team's lives.

Channel your inner Kendall Bergrud and cultivate a thriving and motivated team!

*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**

# Neveah Baranko



*“Be the change you wish to see in the world.” - Gandhi*

*“Dogs are not our whole life, but they make our lives whole.” - Roger Caras*

What inspires a young woman to have an entrepreneurial business plan before graduating high school? For Neveah Baranko, it was her family values, a passion for contributing to her community and most of all, her love for dogs.

As graduation approached in 2024, Neveah, a driven, community-minded young woman, recognized her desire

to work with animals. However, she didn't want to become a rancher or a vet. Observing her community, she identified a gap in services for dogs and their owners. With a strong will to achieve her goals, Neveah set out to fill that gap and pursue her passion.

“I LOVE learning and constantly strive to increase my knowledge about anything I can; it's my obsession,” says Neveah. “I think that's what got me started and took me so far into the world of dog training. I want to create the experience I would have liked to have as a young girl.”

Neveah launched two initiatives: Plum Creek Canines, a dog daycare, lodging, walking, and training business she opened two months after graduation, and Plum Creek Paws Dog Training Club, a first-of-its-kind youth 4-H club in North Dakota. Despite her busy schedule as a high school athlete and ranching family, she volunteered her time to not only develop the club from scratch but also to lead it to this day.

“I find joy in watching people connect with their dogs and each other through dogs,” she says. “In the 4-H club, competition isn't the goal; building

confidence and connection is.”

What is next for this recent graduate, dedicated youth volunteer, and now business owner? “Living Life!” she says with a smile.

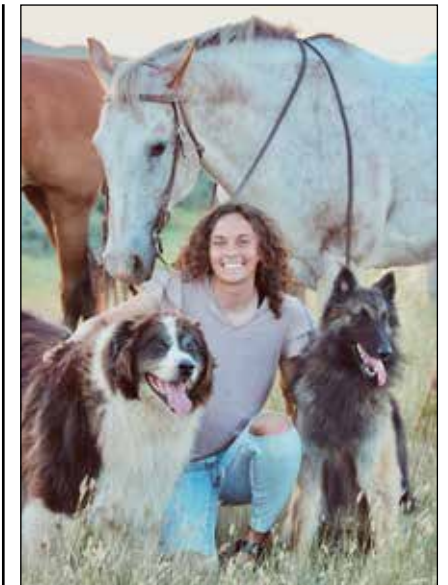
“Throughout the process, I've learned how to start something from scratch, and how to problem-solve on the go,” she says. “More than that, I've made so many friends and mentors along the way, the experience for me, while a lot, has been so rewarding.”

In the future, Dog Sports and Canine Fitness and Conditioning Training may be her next endeavor!

“You don't need an expensive purebred dog to participate in these sports, so they are accessible for everyone,” Neveah says. “I want to provide more avenues for people to build relationships with each other. And what better way to do that than through our dogs?”

At 19, Neveah has forged a path wholly her own and the community in southwest ND is better for it!

*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*



Neveah Baranko and her friends

*lives. They are an inspiration and deserve to be recognized for their efforts and impact.*

*Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see [wewnetwork.org](http://wewnetwork.org) ■*

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## CHAMBER OF COMMERCE

## Chamber crowns summer event champions



By Carter Fong

The Dickinson Area Chamber of Commerce is pleased to announce the results of two annual midsummer professional development events that continue to grow in numbers.

The Chamber's 2024 "Brand A Stand" youth entrepreneurship contest was held on Saturday, July 27th at 35 locations around town. Participants in grades K-12 featured a wider variety of items at their pop-up shops than ever before, including drinks, desserts, and hand-crafted items. The Chamber coordinated more than 20 event volunteers to make visits to these stands, offering valuable feedback



Danielle Kick with Frozen Paradise

to Dickinson's batch of small business owners in exchange for free samples of their signature menu items. Chamber board members Danielle Kick and DeAnn Scheeler were among the event volunteers, and Kick has contributed the maximum of six years to the board and to this event.

The committee identified four stands

that were worthy of special recognition. The Tough Lemons won the Best Tasting Award with their hand-squeezed lemonade. Freedom Outpost was recognized for outstanding customer service, The Lemonies presented the most detailed business plan, and Frozen Paradise stood above the rest with their marketing. The event was captured by Lynette Locken photography and was made possible by major sponsors ConocoPhillips, Gate City Bank and Sax Motor Company.

Meanwhile, wet field conditions at Dakota Community Bank and Trust Ballpark on August 7th introduced new and popular events to the Chamber's Third Annual Corporate Cup, held indoors at the West River Community Center. Volleyball replaced kickball and hot shot basketball replaced soccer penalty kicks, but the competition rolled on with a new high of 20 teams and nearly 125 participants. Much like the Summer Olympics, Corporate Cup exists to promote healthy competition and a spirit of goodwill through friendly competition and team-building activities. Remaining events included cornhole, community trivia, mini golf, tug-of-war, and an inflatable obstacle course.



Bravera wins Team Championship

For the second consecutive year, Bravera walked away with the team championship, based on the strength of their top scores in the inflatable obstacle course and in trivia. Dakota Community Bank had the best mini golf score, the Dickinson Public Schools excelled in hot shot basketball, and Sax Motor Company won the spirit award. The Badlands Big Sticks, led by their Vice President and CEO Jason Watson, served a complimentary ballpark lunch to all contestants. The Chamber is already looking forward to its 2025 event, with the possibility that future competitions will combine the best of both worlds, both indoors and outdoors. ■

## COMMUNITY

## Kiedrowski discusses new chapter with Connect Medical Clinic

By Mike Kiedrowski, M.Ed., CFRE



Mike Kiedrowski

It is good to be home and to serve the good and faithful people in Southwest ND.

For the last 7½ years I have been traveling a great deal. God's call to serve gave me the opportunity to travel nationally as a consultant for churches conducting capital campaigns and most recently in the upper Midwest serving as the Director of Advancement for Real Presence Radio. In my 35 years in fund raising, I am very grateful for the chance to connect with such incredible individuals, whose faith and generosity are a source of inspiration. It is through these good people that I continue to be humbled and my heart filled with gratitude

Now, God's plan, which has perfect timing, has called me to be the Director of Advancement at Connect Medical Clinic.



This was a providential call personally to me to help protect futures. It also will mean less travel and a chance to spend more time with family especially grandkids, now totaling 14 age 8 and under.

The holistic care provided by the dedicated team at Connect encompasses serving the physical, spiritual, emotional, mental, and practical needs of all our patients. We uphold the dignity and worth of all human life.

We are excited about our expanded clinic which is now open. Stay tuned for a grand opening celebration coming in October. I ask for your continued prayers and encouragement as we strive to fulfill our mission of providing excellent care and support to those in need. To contact Connect Medical Clinic please call 701-483-9353. We look forward to serving you. ■

## THE ARTS

## Alliance Brass – Celebrating stage and screen

Acclaimed by the Chicago Brass Festival as "the perfect blend of virtuosity and vitality," the Alliance Brass will be coming to DSU, Dorothy Stickney Auditorium, on September 17, 2024, at 7:00 PM.

Alliance Brass has emerged as one of the country's most exciting brass ensembles. Formed in 2010, the members have performed all over the world, and have served on faculty at some of the top music institutions. Their latest program features music celebrating stage and screen with favorite composers from Gershwin and Mancini to John Williams.

Mark your calendars now. You don't want to miss this special event! For ticket information please contact Chloe Alvarez at 701-260-2402. ■



## HEALTH

## Prebiotics



By Steve Irsfeld

When we first started talking about the benefits of dietary supplements in the early 2000's, there was only one prebiotic that was available as a supplement and that was FOS, also known as fructooligosaccharide. It seems like the world of prebiotics is on a cusp of exploding like the probiotic world where we are starting to see more and more "designer" products for specific conditions. This is a great benefit for the consumer as they are the direct beneficiary of the ongoing research into these incredible products. Let's take a closer look at how prebiotics can help you.

A common question we receive at the pharmacy is, "Do I need to take a probiotic or a prebiotic, and which is better?" I like this question because it allows me to educate the patient about both supplements. The answer to the question is yes however you can also get these in the foods that you eat, so you don't even have to take a supplement if you don't choose to. If you don't eat food that gives you these nutrients, taking a supplement with them allows you to benefit from these products. Both products are unique, and they work in different ways, so one is not necessarily better than the other, and the two enhance the benefit of the other, we call this a synergistic effect.

Prebiotics are the fertilizer or food that makes the good bacteria in the gut flourish. We can seed the heck out of a garden, but if we don't nourish the plants, they won't give us the results we hope to achieve. The same thing happens with good bacteria in the gut and the food we give them. Prebiotics are non-digestible carbohydrates found most often in certain high-fiber-containing foods.

The natural fertilizer for our gut comes from the foods that we eat. These foods might include under-ripe bananas, onions, garlic, jicama, whole grain wheat, apples with skin, many beans and leeks. It makes sense that we use natural products when we can to get the best results.

The prebiotics not coming directly



from food consumption come in many forms. As I stated at the beginning of this article, the one I was first introduced to was FOS. Saccharides are forms of sugar that are not systemically absorbed, so they stay in the intestinal tract and don't get used until they reach the colon. The colon is where most of our bacteria reside. We want the prebiotics to end up in the colon, allowing all bacteria to enjoy the prebiotic buffet.

Additional prebiotic options include:

- Galactooligosaccharide
- Xylooligosaccharides
- Inulin is a type of fructan, an oligofructose carbohydrate.
- Resistant starches – oats, cooked and cooled rice and raw potato
- Human milk Oligosaccharides – found in human breast milk
- Isomalto-oligosaccharides (IMOS)

There are many benefits to taking prebiotics than simply the food that feeds our bacteria:

- Improve our digestive health
- Promotes healthy inflammatory markers
- Powerful antioxidant support
- Strengthen our microbiome
- Increase levels of short-chained fatty acids resulting in many health benefits
- Decreases the pH of the colon, increasing minerals like calcium and magnesium

As you can see, we not have different options to consider other than FOS and I believe the options will continue to grow as research and development into this area of dietary supplements expands. This growth around prebiotics is exciting because to many patients suffer from GI issues. Prebiotics may be something to consider if you have gut issues.

Please stop in or call the pharmacy 701-483-4858, if you want help choosing a prebiotic product or if you need help with gut health in general. You can access this and other articles on our website at [irsfeldpharmacy.com](http://irsfeldpharmacy.com). Until next time, be vigilant about your health! ■



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# DICKINSON MUSEUM CENTER

## The Horse Man and the Beer Baron and beyond A. C. Huidekoper, Part 5

By Bob Fuhrman

By the end of August 1907, it became plainly evident that Frederick Pabst, Jr. had changed plans for his North Dakota stock operation. He had shifted some of the most desirable horses from North Dakota to his Wisconsin stock farm and, perhaps more tellingly, the once-announced plan for spring of 1907 - to bring "20 pure-bred Hackney mares and two stallions and 20 pure-bred Percheron mares" to North Dakota to "form the nucleus of what Mr. Pabst intends shall be the largest pure-bred stud of Hackneys and Percherons in the world" seems to have been quietly forgotten. He had also divested himself of the commodious Gladstone Stables as well as hundreds of horses from his Badlands range stock via two large auctions in St. Louis.

Pabst also spent little time in North Dakota during 1907 - there was a mid-February visit but it was June before he returned - though, to be fair, in April Pabst had been in a serious automobile accident in Milwaukee that put him in the hospital for a short time. Mention of his June visit carried no details of his activities but the shortness of his stay may have been influenced by a need to prepare for the July International Horse Show at Olympia, England where Pabst's Hackney stallion 'Sir Humphrey' won first prize and his 'Matchless Princess' secured the reserve premium prize for Hackney mares.

Several other Pabst horses featured in a Farmer's Advocate and Home Journal article on the Olympia show, including 'Meanwood Majesty,' 'Rosadora' and 'Caynton Phyllis' (a "spanking pair" of "aged mares over 15 ¼ hand"), 'Dillam Prime Minister,' 'Whitewall Wildfire,'

and 'Lady Kitty' - leading one to think that breeding champion horses came naturally to Pabst - the real challenge might be in the naming.

Pabst returned to North Dakota in October for a week, and the next month a bombshell dropped...in a sale overseen by ranch manager W.G. Clark, Pabst sold all but 5,000 acres of the HT Ranch to the Western Land Securities Company for \$500,000, making the transaction the largest real estate sale in North Dakota up to that time - and making Pabst a neat profit of about \$160,000, a scant 18 months after buying the operation from A.C. Huidekoper.

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**10 Head of Registered 2-year-old Percheron Stallions**

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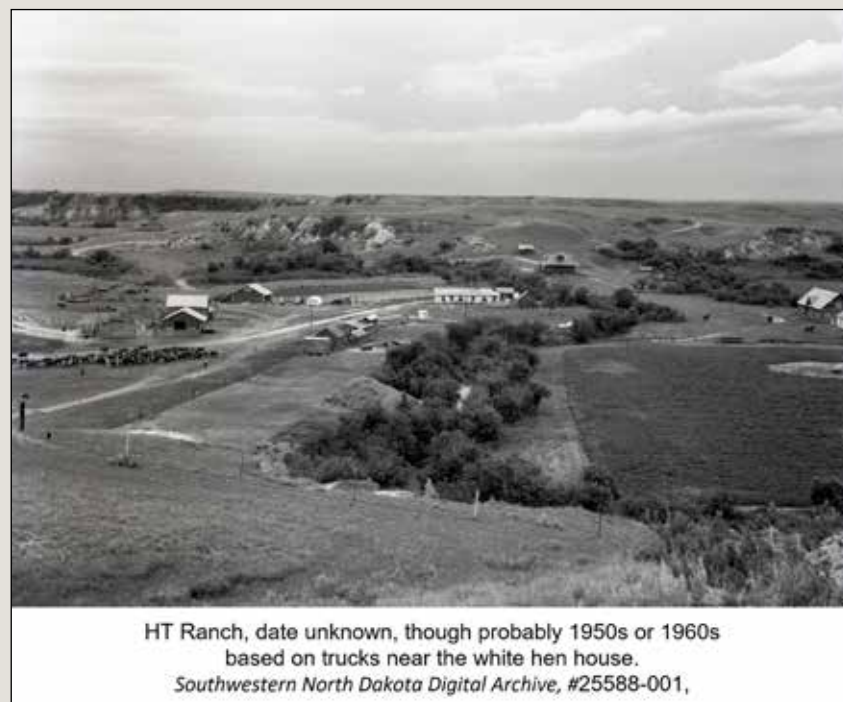
These are an exceptionally well bred lot of young horses, and the fact of their carrying the famous H T brand is positive guarantee of their usefulness and all round general excellence.

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Dickinson Press, March 1909

The transaction was truly a land deal as Pabst reserved his herd of 1,000 Percherons from the sale with plans to run them on the nearby T Cross ranch which W.G. Clark held as his own.



HT Ranch, date unknown, though probably 1950s or 1960s based on trucks near the white hen house.  
Southwestern North Dakota Digital Archive, #25588-001,

The Press' report of the sale noted that "the steady advance in real estate has advanced the price" which Western Land Securities paid willingly as they were planning to divide much of the HT Ranch property into smaller parcels, expecting to realize a good profit as more settlers arrived in southwestern North Dakota even as homestead lands shrank in number.

Within three months of Pabst's sale, A.C. Huidekoper's cousin Wallis also decided to capitalize on the land boom in southwestern North Dakota and divested himself of his land in Billings County selling, like Pabst, to

the Western Land Securities Company 11,520 acres for \$50,000 (about \$1.7 million today). Wallis, who primarily ranched in Montana, became 'hooked' on ranch life after a summer vacation on A.C.'s place at age 16. Though he owned land in Billings County his home ranch operation was in Montana. He would later serve as president of the Montana Stockgrowers Association and may be the last Huidekoper to own land in southwestern North Dakota as he retained three sections of land (480 acres) after this sale.

*Continued, next page*



*Continued from page 16*

No trace of an explanation has been found as to what exactly changed Pabst's mind about his North Dakota venture. He joined W.G. Clark for an auto trip from Dickinson to the much-reduced HT Ranch in summer of 1908, likely to arrange for the auction of 700 horses at St. Louis that August. The next June he returned to show prospective buyers some of his remaining HT acreage, a task he surely could have delegated, so one might surmise he still found something attractive about the area, but after '09 the Press carried no further reports of visits by the beer baron.

Pabst ranching experiment.

Discontinuing operations in North Dakota did not signal the end of Pabst's stock breeding. Concentrating on the 1500-acre Pabst Farms in Oconomowoc, Wisconsin, Pabst bred champion Percheron and Hackney horses and established a remarkable Holstein dairy herd "known throughout the country for its top breeding programs, best land management practices, and self-sufficient dairy operations." When Prohibition became the law of the land in 1920 Fred Pabst, Jr. stepped back into a leadership role in the family business and helped it survive the dry years by developing its

sold the controlling interest in the brewery in 1933 but continued with the Pabst Farms. He died in 1958.

And what became of that Civil War veteran, Harvard Law graduate, railroad developer, business mogul and Rancher Arthur Clark Huidekoper, that Horseman who had such an impact on the Badlands and southwestern North Dakota ranching? Following his 24-hour incarceration for illegal fencing and realizing the demise of The Range was a foregone conclusion, Huidekoper decamped for Pennsylvania where he enjoyed his palatial home in Meadville and the Little Missouri Stock Farm located at nearby Conneaut Lake, where he continued to breed Percherons and cattle in addition to dabbling in racing stock.

In 1908 the Dickinson Press received clippings from Arthur's son Earl recounting the Little Missouri Stock Farm's success in exhibiting their stock at recent eastern fairs. The Press' coverage singled out the Farm's showing at the "great Toronto exhibition" where several animals originally raised on the HT Ranch took home honors, the 12 animals entered into competition securing 10 first prizes, including the overall Thoroughbred champion awarded to the mare 'Woodland Nymph.' Also receiving special mention was Huidekoper's purebred 4-year-old Durham bull, 'Sidelight' and Sidelight's yearling son, 'Pride of Conneaut' – already 1300 pounds and "called the finest specimen of the purebred Durham at the show."

In 1924 Huidekoper wrote his memoir, *My Experience and Investment in the Bad Lands of Dakota and Some of the Men I Met There* in which his enthusiasm for ranch life, the Badlands and 'Some of the Men I Met There' confirms the fondness of his memories, though he does insert a brief protest of his trial and conviction for illegal fencing and laments the passing of the Range. The memoir is a short little pamphlet of 50-odd pages, not published until 1947, 19 years after Arthur Huidekoper passed

## Pioneer of Dakota Passes Away in East

Tardy word of the death of Arthur O. Huidekoper, former HT ranch breeder of Percheron horses near Amidon, at Meadville, Pa., November 30, has been received by old friends at Dickinson. He came to Dakota in 1883 and purchased the ranch, which covered more than a township. The coming of settlers cut up the range so that he sold out and thereafter made his home entirely in Meadville. He was 83 years of age and was a Civil war veteran and Harvard law school graduate. He had wide investments in eastern corporations.

away from pancreatic cancer in 1928.

### A Note On Sources

A complete telling of the tale of Arthur Huidekoper's time in North Dakota and the HT Ranch story is well beyond the scope of even a 5-part series. Each source revealed valuable tidbits and most, frustratingly, also presented the temptation to dive deeper into the research. Despite the temptation, it seems better to point the way to some of our sources and allow readers to enjoy what more gifted researchers and writers have to say about A.C. and the HT Ranch.

In addition to the files of the Dickinson Press (our local 'first draft of history') several sources helped bring together the threads of this story:

Huidekoper, A. C., *My Experiences and Investment in The Bad Lands of Dakota and Some of the Men I Met There*, Wirth Brothers Publishing, Baltimore, 1947.

Mattocks, Ron, "Don't Fence Me In: A.C. Huidekoper's Government Tangle Over Public Lands," *Crawford Messenger*, <https://crawfordpahistory.blogspot.com/>, January 2016.

Neevel, Scott R., *Ranching in Western North Dakota, 1887-1920*, University of North Dakota, UND Scholarly Commons. Theses and Dissertations, <https://commons.und.edu/theses/2497>, August 1980.

Slope Saga Committee, *Slope Saga, Pioneer Print/Bowman County Pioneer*, 1976. "HT Ranch," compiled by T. Junette Henke (includes a wonderful collection of HT Ranch images).

Woods, Lawrence, *The Lives of Otto Chenoweth: Wyoming's Gentleman Horse Thief*, AuthorHouse, 2016. ■



Little Missouri Stock Farm,  
Conneaut Lake, Pennsylvania

Interestingly, in March 1909 Fred Dickinson (the same fellow who bought the Gladstone Stables) and former HT foreman Clark announced the impending arrival of 10 registered 2-year-old Percheron stallions from the Pabst Stock Farm back in Wisconsin, each carrying the HT brand. Carrying the HT brand might mean these colts were amongst some of the earliest of the HT Percherons to be sent to Wisconsin by Pabst shortly after he started his North Dakota adventure. In some ways, bringing these young Percherons back from whence they came seemed a fitting coda to the short-lived North Dakota

considerable real estate holdings (Pabst had more than 1000 'tied houses' in 18 states – taverns that were owned by the brewery, many on choice corner city lots). Besides real estate development, Fred oversaw the conversion of brewery facilities to the production of several non-alcoholic products designed to keep Pabst afloat, including 'Pabst-ette' a cheese spread made with milk from Pabst Farms' Holstein herd. Pabst-ette was successful enough to draw the ire of Kraft Cheese, who sued for a royalty on the product before buying the brand outright when Prohibition ended and Pabst returned to brewing. Fred Pabst



## A Grey Mare Named Dixie

As a writer, I've been gifted the privilege of sharing the lives of horse lovers, each story a window into the Western world. These tales have been more than words on a page; they've been a journey into lives lived through hoofbeats. But sometimes, the story isn't just written by your pen—it's lived in your bones. After a few kind requests, I offer you my own story.

Not many know I was born on a farm and ranch in the heart of Northeast Montana. Our home nestled along the Missouri River, a place called Prairie Elk Point—an ancient trade marker. The details of my first horse ride have faded with time but remain important to the person I have become. Before I could steady my feet, I learned to ride. That was our life—a cadence of daily work, from dawn to dusk. When my parents worked the cows, so did we. When they grinded in the fields, so did we. It wasn't a burden, just life.

Some of my sweetest memories are of those times, like getting lost in the deep pastures, trusting my horse to find the way home. Or those sun-soaked pauses in the tractor cab, where the only escape from the heat was a leap into the cool water of the irrigation ditch.

As the years passed, my parents knew it was time for me to graduate from riding behind them to taking the reins on a horse of my own. They gifted me freedom in the form of a grey mare named Dixie. Her coat was speckled with white patches, her mane a wild tuft of spiky grey that was perfect for gripping during bareback rides—a skill we had to master before saddles were an option. It's the western way, to learn this way first. Like learning to drive a manual car, it's a lesson that teaches you the heart of the thing.

Dixie wasn't just a horse—she was my everything. She carried me, guided me, kept me safe. But she was also old—older than my young mind fully grasped. I soon learned that nudging her with my tiny legs wouldn't send her into a gallop. She needed encouragement, gentle taps with a stick in place of heels that couldn't yet reach her sides. It took time, patience, and strength to find the rhythm between us, but once I did, we became inseparable. Most days, I rode her bareback. Saddles seemed an afterthought when all I wanted was to feel her warmth beneath me as we wandered the yard, while she tried, in vain, to snack on my mother's flowers. There was nothing that beat the smell of horse sweat.

My sister had a horse of her own—a pretty bay mare named Filler. Together, we set off on grand adventures, the



## 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.



two of us riding across the prairie to Grandma's house down the road. Sometimes it was for candy, sometimes just to marvel at the baby chicks in the coop. It wasn't far, a mile or two at most, but for us, it was a world of freedom, where the only rules were no riding through water and always stepping off the gravel path when a car approached.

Dixie, despite her age, was full of spirit. One year, a wild-eyed longhorn bull made its way into our herd, and she stood her ground. She let me climb into the truck before teaching him a lesson after a hard poke from his horn. Her swift kick landed squarely in his belly, and with a disgruntled groan, he slunk away. I was so proud of her then, my brave old mare. There's a lot you can learn from a horse if you listen closely enough. From Dixie, it was grit.

Dixie had her quirks—she was an escape artist, forever untying herself and wandering off to find molasses or fresh hay. She never roamed too far, and sometimes, much to my mom's dismay, she left a trail of destruction through the flower beds. Yet no matter how many times she strayed, she always came back.

Even now, I can still feel the sway of her broad back beneath me, the laughter of my sister and me as we pretended to be weathered cowboys hobbling back to the house after a long ride.

Dixie and Filler eventually retired to pasture, where they lived out their days together, passing on in the same spring, side by side. It comforts me to know they stayed together until the very end.

There's a freedom in owning a horse that I can't quite explain. It's the freedom to explore, to roam, to feel the earth beneath you in a way that connects you to something greater. I'm grateful for that gift, for Dixie, and for sharing it all with my first and forever best friend, my sister.



The First Ride - Holly's son Jaxen

**DR. HOLLY GRUHLKE**

Farm Kid  
Horse Enthusiast  
DSU Vice President

**DICKINSON**  
STATE UNIVERSITY



## EDUCATION

## Direct Support Professional course to be offered at area high school starting Fall 2024

As the new school year approaches, students at Bowman, Hettinger, and Scranton High Schools will have the opportunity to enroll in a brand-new Direct Support Professional (DSP) Training course. ABLE, Inc. is expanding its DSP Training program through the Roughrider Area Career and Technical Center (RACTC) to provide high school students with a better understanding of the profession's philosophy, job duties, and workplace expectations.

Recognizing the area's need for healthcare professionals, this course will be part of the Health Careers program offered through RACTC, giving students hands-on training and skills to address staffing shortages at ABLE, Inc. and serve the communities of Bowman, Hettinger, Scranton and Dickinson. The training can also be a steppingstone to other health careers after high school. No matter the student's future career path, today's workforce requires employees

and professionals to build a supportive and inclusive workplace culture, and the skills of a DSP are valuable life skills in general.

The DSP Training Program will begin with an orientation to developmental disabilities and infection control, followed by an introduction to First Aid and CPR, including the use of AEDs. Students will take part in therapeutic response exercises that will teach them what it feels like to be reliant on others for assistance and how a disability can affect basic life skills. The course will help students foster unique communication strategies and provide them with the tools necessary to respond in a supportive manner. Previously, this course has been successfully offered at the Southwest Career and Technical Center in Dickinson.

For more information contact Ronda Schauer (RACTC) at 701-928-1676 or Megan Walser (ABLE, Inc.) at 701-523-5844. ■

## COMMUNITY

## NDCF announces Otto Bremer Trust grants

The North Dakota Community Foundation (NDCF) is pleased to announce that 46 organizations have received grants from its Otto Bremer Trust (OBT) Community Responsive Fund. NDCF was selected as a philanthropic intermediary partner to administer and distribute funds from OBT's Community Responsive Fund to organizations in North Dakota.

As a trusted philanthropic intermediary partner to OBT, NDCF serves as a local resource to provide guidance on regional challenges and opportunities, and community dynamics, ensuring that OBT is making a strong, positive impact in the regions it serves by distributing grants of up to \$75,000 to support local organizations that directly respond to immediate challenges and opportunities in the state.

"We are pleased to partner with the Otto Bremer Trust to distribute grants to those organizations that are addressing some of the critical needs of our residents," said Kevin Dvorak, President and CEO of NDCF. "From our large cities to our rural communities, there are many nonprofit organizations that are finding solutions and addressing the issues that some of our most vulnerable citizens face."

"We are simply THRILLED to be a recipient of \$50K for our rural food program!" said Karen Mathison, VP of Financial Development for the YMCA of the Northern Sky. "When school is out, the meals that some children received are now gone. Summer can be long when you are hungry. We will be in the communities of Warwick, Mayville and Minto in North Dakota. In Warwick, there are 380 children under 18 years of age and 72% of them qualify for free or reduced meals during the school year. With this grant, we can feed children who otherwise would not have reliable food access June through August."

"The Otto Bremer Trust's Community Responsive Fund was created as a way to ensure that its investments go to those organizations where there are unmet needs and opportunities," said Dan Reardon, co-CEO and trustee, OBT. "By partnering with NDCF to provide insight and to administer this fund, we will continue to make an increased impact in North Dakota, and this recent grant to the YMCA of the Northern Sky is just one example of the many ways in which we are doing just that."

The listing of grantees from Dickinson, Stark County and their OBT Community Responsive Fund grant awards are listed below.

Association to Meet Emergency Needs, Inc. (AMEN) Dickinson \$45,000.00

Stark County Council on Aging Elder Care Dickinson \$45,000.00

Southwest Art Gallery + Science Center Dickinson \$40,000.00

Women's Alliance, Inc. DBA: Domestic Violence and Rape Crisis Center Dickinson \$37,500.00

Best Friends Mentoring Program Dickinson \$36,500.00

Camp Recreation Inc Richardton \$36,300.00

Connect Medical Clinic Dickinson \$35,000.00

About the Otto Bremer Trust

The Otto Bremer Trust is a private charitable trust based in St. Paul, Minn. Created in 1944 by business and community leader Otto Bremer, it is committed to supporting an enhanced quality of life for residents of Minnesota, Montana, North Dakota, and Wisconsin. Since its founding, Otto Bremer Trust has invested more than \$1 billion in its region's people, places, and opportunities. For more information about Otto Bremer Trust, visit <https://ottobremer.org>. ■




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COMMUNITY

# 7th annual Let's Swap volunteering



Let's Swap was established in fall 2021 and now it's on 7th go around. The event has increased from 50 bags of clothes donated to 300 bags donated this last spring. Volunteering is the way to help make the event possible. It takes a tribe to put the event on. From presorting the months prior going through clothes making sure there are no rips, stains, holes, or strong odors. To get the clothes and racks ready for pick up. To unload and set up the Friday before. Then tear down after the event. Volunteers are what

make the event possible. The community supports the volunteers. That's why The Grub Tub, JD's BBQ and Food Riot have partnered and are sponsoring meals for Friday lunch, Friday Dinner, and Saturday Lunch volunteers. All we ask is a minimum of two hours to volunteer. Can you spare that much in your day? If so, sign up today to volunteer at Volunteering | Let's Swap Dickinson (letsswapnd.com). ■



Use code to sign up to volunteer!

**First Attendees win Swag Bags**

**Let's Swap**  
Clothing Swap & Vendor Shop Event  
Men, Women, Children, and Infant Clothes

ORGANIZED BY:  
**Men's EVENTS LLC**  
WWW.LETSSWAPND.COM

**7TH SEMI ANNUAL CLOTHING SWAP & VENDOR SHOP**  
MEN'S, WOMEN'S, AND CHILDREN'S CLOTHING

**SAT. OCTOBER 5TH**  
HILLSIDE BAPTIST CHURCH 123 10TH ST E, DICKINSON ND

**NO DROP OFF'S ACCEPTED THE DAY OF THE EVENT**  
9 AM TO 10 AM REGISTERED SWAPPERS ONLY! SWAPPERS-FILLED OUT A REGISTRATION CARD AT DROP OFF SITE

10 AM TO 3 PM SWAPPERS AND SHOPPERS SWAPPERS AND/OR SHOPPERS-(MAKE A MONETARY DONATION) TO SHOP THE SWAP

**LEFT OVER CLOTHES DONATED TO:**  
F5 PROJECT, DEJA VU TOTS, DVRCC, THE ARC DICKINSON,  
**THANK YOU TO OUR EVENT SPONSORS!**

SPONSORS: SJ Plaza, Little Pink House, Quality Salads & Prints, 2nd Street Market, JD's BBQ, Heart River Voice, Midwest Women's Boutique.

Dickinson AREA PUBLIC LIBRARY

# Dickinson Clubs and Activities Fair

Take a look at different groups in Dickinson looking for member and volunteers!

**September 14th**  
2pm-4pm

139 3rd Street W  
Dickinson Area Public Library  
Community Room

**701-456-6857**

\*Dickinson Area Public Library is not affiliated with the participating groups and serves only as a host for the fair

COMMUNITY

# Fall is Festival time

By Christina Hirschfeld

Summer is quickly coming to an end! Cooler temperatures, frantically racing to find school supplies, leaves slowly beginning to change, and FOOTBALL! Kids reluctant to return to school and parents eagerly awaiting the day. Hey, maybe you are looking for something to do on those cool September Saturdays? Why not stop by the St. Wenceslaus Fall Festival, Sept 28 from 4:30-8pm!

For the past few decades, St. Wenceslaus has provided a plethora of activities for all ages. You can start with some delicious home-made chicken noodle soup, rohlicky, and kolaches. They are also serving roast beef, pork shank, scalloped potatoes, sides, and a slice of pie for dessert. You can try your luck with the raffle, silent auction, cake walk, or bingo. Or maybe you just want to shop a little at the St. Ann's Booth. Even the kiddos can enjoy the midway games! The best part of all is time to socialize with friends, old and new.

This entire one-day event is all made possible by some extraordinary folks willing to roll up their sleeves and chip in to make the festival a true highlight of the fall season. We look forward to seeing you at St. Wenceslaus! ■



## TOIVOA

## A few things I learned by being Peggy's hospice nurse

By Michelle Massie

A few things I learned by being Peggy's hospice nurse

1. Padding in bras is optional after company leaves.
2. Leave people better than how you found them. Spread joy, it's free.
3. Put cut-out meaningful quotes by your toilet — you will be, well, moved.
4. It's okay to have hundreds of best friends (that all think they are the best of the best).
5. Trust in God always. Talk to him, heck, holler at him. He has big ears and shoulders and can handle it.
6. Dance on rooftops, and be orientated enough to remember it.
7. Hug and kiss often.
8. Advocate for yourself, but don't be afraid to ask for help — we are all walking each other home.
9. Never lose your faith. It's what will carry you through the storms.
10. Share your stories; let people learn from your life.



11. Pinch ... you know the back ends of people, especially when nosy neighbors are watching.

12. Give. Give your time, your words, even your special bracelets to those God puts in your life. Giving is the best gift.

13. Fill your life with people to love. Adopt daughters, dogs, hospice nurses and resort back to number .... leave people better than you found them.

You left me better, Peggy. I love you. Thank you for letting me be a part of your story.

Xoxo Michelle ■

## THE ARTS

## Ukrainian Bandurist Chorus of North America

By Stephen Szyzka

The Ukrainian Bandurist Chorus of North America (UBC) is proud to bring its "Ukraine Lives!" Concert series to the Dickinson Community on Thursday, October 3rd in the Dorothy Stickney Auditorium, Dickinson State University starting at 7pm. The UBC is a Ukrainian male ensemble composed of musicians from across the U.S.A. and Canada. The ensemble features the national instrument of Ukraine; the bandura – a 55 to 65 stringed instrument.

The Ukrainian Bandurist Chorus originated in Kyiv, Ukraine in 1918, led by Vasyl Yemetz. The "Ukraine Lives!" concert series is an inspiring and heartfelt program that pays tribute to the resilience, strength, and spirit of the Ukrainian people. This captivating musical journey features a collection of newly arranged songs imbued with profound patriotic significance, highlighting the enduring cultural heritage of Ukraine. The series not only honors the past struggles and triumph of the Ukrainian people but also

looks forward to a hopeful and vibrant future. This past spring the ensemble premiered this program in Toronto and Montreal. This fall, the UBC will bring the "Ukraine Lives!" concert series to Calgary, Edmonton, Saskatoon, Winnipeg, Dickinson, Minneapolis and Chicago, sharing this powerful tribute with communities across North America. As ambassadors of the Ukrainian musical tradition, The Ukrainian Bandurist Chorus is dedicated to preserving and sharing Ukrainian culture and history through music and education.

Tickets for the October 3rd concert can be purchased on-line by visiting [bandura.org](http://bandura.org). This performance is more than just music—it's a celebration of Ukraine's cultural heritage and resilience. By attending, you'll not only enjoy an evening of captivating music but also support important causes. Proceeds from the concert will support humanitarian aid for Ukrainian wounded warriors and the Bandura Education Fund. ■

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HEART RIVER VOICE | SEPTEMBER 2024

# Calendar

SEND YOUR EVENTS TO [EDITOR@HEARTRIVERVOICE.COM](mailto:EDITOR@HEARTRIVERVOICE.COM) OR  
VISIT US ONLINE AT [HEARTRIVERVOICE.COM](http://HEARTRIVERVOICE.COM)



This 9/11 Memorial Stair Climb is a way for the community to remember those who made the ultimate sacrifice on September 11, 2001. Each participant pays tribute to a FDNY firefighter by either walking 5K or climbing the equivalent of the 110 stories of the World Trade Center towers carrying the name and photo of a fallen hero to symbolically complete their climb.

Proceeds raised during this event help the National Fallen Firefighters Foundation create and maintain programs which care for fire service survivors. Your support of our event provides assistance to the families and co-workers of the 343 firefighters who we lost on September 11, 2001.

The 9/11 Stair Climbs fund the programs provided by the NFFF to support the families of your local fallen firefighters and the FDNY Counseling Service Unit.

**9/11**

**MEMORIAL STAIR CLIMB**  
**DICKINSON, ND**

**SATURDAY, SEPTEMBER 14, 2024**  
BIESIOT ACTIVITIES CENTER, 398 STATE AVE  
ENTER THROUGH THE EAST GATES ON 13TH AVE W  
8AM REGISTRATION BEGINS | 8:45AM CEREMONY | 9AM CLIMB

**\$30/CLIMBER** \*\*TO GUARANTEE A T-SHIRT  
REGISTRATION MUST BE RECEIVED BY SEPT 9\*\*  
REGISTER NOW AT: [NFFF.AKARASIN.COM/DICKINSON24](http://NFFF.AKARASIN.COM/DICKINSON24)

LIKE OUR FACEBOOK EVENT: [DICKINSON 9/11 MEMORIAL STAIR CLIMB](https://www.facebook.com/dickinson-9-11-memorial-stair-climb)

REPOSTED FROM: <https://www.facebook.com/dickinson-9-11-memorial-stair-climb>

**ONGOING IN SEPTEMBER**  
**DICKINSON AREA PUBLIC LIBRARY** Lots of library events happening throughout the

month. See their article on page 4 for more information. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activi-

ties that may require sign-ups.

## FARMER'S MARKET

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

## EVERY TUESDAY THROUGH OCTOBER

**SENIOR BINGO 11AM** Don't miss out on the excitement! Senior ages encouraged. 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

**AUGUST 30-SEPTEMBER 1**  
**DAKOTA NIGHTS: ASTRONOMY FESTIVAL** Join us at Theodore Roosevelt National Park where the cosmos come alive under the pristine skies of the North Dakota badlands! This event promises an unforgettable experience for astronomy enthusiasts, families and curious minds alike. See <https://www.facebook.com/events/911472910992979> for more info. Theodore Roosevelt National Park, Medora

**WEDNESDAY SEPTEMBER 2**  
**VOTING 101 6PM** Join the North Dakota League of Women Voters to get all your questions answered so you're ready to vote in the general election. This is mostly geared toward

young adults and first-time voters. Dickinson Public Library Community Room

**STARTING SEPTEMBER 3**  
**DUNN COUNTY MUSEUM**  
Fall & Winter schedule begins; open Sundays 1PM to 5PM. Other times/days by appointment. More info, [dunncountymuseum.org](http://dunncountymuseum.org) or call 701-548-8111. Dunn County Museum, Dunn Center

**THURSDAY SEPTEMBER 5**  
**LIVE AT LEGACY SQUARE: THE SIDEKICKS AND CHASE AND OVATION**  
7-11PM Food vendors during and before the event. Enjoy our splash pad, dino dig and inflatables with your little ones. This event is free and open to the public. See ad, back cover, for more info. Legacy Square, Downtown Dickinson.

**SEPTEMBER 5-7**  
**2024 THEODORE ROOSEVELT SYMPOSIUM: CONSERVATION AND SUSTAINABILITY IN THE LEGACY OF THEODORE ROOSEVELT.** Hear from several distinguished scholars. For full schedule of all event and registration visit: <https://dickinsonstate.edu/TR>

**SEPTEMBER 6-8**  
**BADLANDS KITE FEST**  
The Kite Flyers will be located at the top of the Burning Hills Amphitheatre — just look for the beautiful kites! Friday 2-4PM Saturday and Sunday 10AM-4PM Weather permitting. Medora

**SATURDAY SEPTEMBER 7**  
**OUT OF THE DARKNESS COMMUNITY WALK**  
Registration Starts: 9AM Register at [afsp.org/dickinsonnd](http://afsp.org/dickinsonnd) More info, call 701-590-1650. West River Ice Center



**DICKINSON**  
**PRIDE OF DAKOTA Showcase**

SEPTEMBER 13 & 14, WEST RIVER ICE CENTER  
FRIDAY: 3PM-8PM (MT), SATURDAY 9AM-5PM (MT)

Free admission, thanks to  
College SAVE  
Bank of North Dakota's 529 Plan

Pride of Dakota  
NORTH DAKOTA  
Agriculture Commissioner  
Doug Goehling

**SEPTEMBER 7-8****HOT AIR BALLOON RALLY**

6:30AM Saturday & Sunday. Hot Air Balloons launch from the Medora Campground. Bring your camera to capture the magic from on the ground at the campground or from a birds-eye view on top of Cemetery Butte. Medora

**TUESDAY SEPTEMBER 10  
BUSINESS AFTER HOURS**

4-6PM Join the Dickinson Chamber of Commerce and Red Rock Ford for an opportunity to network with business and community leaders while enjoying hors d'oeuvres and refreshments. New Red Rock Ford location, 272 34th St West.

**THURSDAY SEPTEMBER 12  
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:  
KINGS OF QUEEN 7-11PM**

Food vendors during and before the event. Enjoy our splash pad, dino dig and inflatables with your little ones. This event is free and open to the public. See ad, back

cover, for more info. Legacy Square, Downtown Dickinson.

**FRIDAY SEPTEMBER 13  
SOUTHWEST SPEEDWAY  
STOCK CAR RACES 6PM**

Richard Jordan Memorial. Southwest Speedway, 47th St SW

**SEPTEMBER 13-14****PRIDE OF DAKOTA SHOWCASE**

Shopping hours: Friday 3 - 8PM, Saturday 9AM - 5PM There will be unique North Dakota gifts and local foods at this two-day event. Stock up on your favorite Pride of Dakota products and meet some of your local entrepreneurs. Admission continues to be free thanks to the Bank of North Dakota College SAVE Plan! West River Ice Center

**SATURDAY SEPTEMBER 14  
MEMORIAL STAIR CLIMB**

8AM Registration begins Remember those who made the ultimate sacrifice on 9/11/01. See ad, previous page, for more information. Biesiot Activities Center, 398 State Ave.

**CLUBS AND ACTIVITIES**

**FAIR 2-4PM** Take a look at different groups in Dickinson looking for members and volunteers. See ad, page 20, for more information. Dickinson Public Library Community Room.



Free Admission!

**harvest festival** SATURDAY SEPTEMBER 21  
11 AM-3 PM

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Marketplace Vendors  
FREE FAMILY-FRIENDLY ACTIVITIES  
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Dickinson Consolidated  
The Dickinson Press  
DICKINSON STATE UNIVERSITY  
Quality of Life  
SAV 100  
Visit DICKINSON THE WESTERN EDGE

**SUNDAY SEPTEMBER 15**

**CZECH DAY 1PM** The event promises a dance, entertainment, and lots of good food! Entertainment by Matt Hodek & the Dakota Dutchmen. Everyone welcome. Admission: \$25 - Adults (includes meal and dance); \$15 - Ages 4-12. Catholic Workman Hall, New Hradec

**TUESDAY SEPTEMBER 17  
DICKINSON AREA CONCERT ASSOCIATION PRESENTS ALLIANCE BRASS 7PM**

Enjoy this delightful ensemble featuring music from stage and screen. See articles, pages 7 and 14, for more information. DSU

Dorothy Stickney Auditorium

**FRIDAY SEPTEMBER 20  
SENIOR SOCIAL HOUR**

11AM Coffee, treats and activities will be available. Geared for ages 55+, but all are welcome! Dickinson Public Library Community Room

**SATURDAY SEPTEMBER 21  
HARVEST FESTIVAL 11AM-3PM**

Join the Dickinson Chamber of Commerce for a day of family-friendly activities and games, music and entertainment and a food village. See ad, this page, for more information. DSU King Pavillion. *Continued, next page*

**11TH ANNUAL HOPE FORE! TOMORROW GOLF SCRAMBLE** Join Hope Christian Academy at Bully Pulpit for a fun day of golf. See ad, this page, for more info.

**SUNDAY SEPTEMBER 22 CREAM CAN SUPPER** Serving 5PM 'til food is gone. Old fashioned meal of sausage & veggies cooked in authentic cream cans. Rolls, beverages & homemade desserts, too. Rain or shine! Adults: \$15, Kids 6-12: \$5, under 6-free. More info, visit [dunncountymuseum.org](http://dunncountymuseum.org) or call 701-548-8111. Dunn County Museum, Dunn Center.

**SATURDAY SEPTEMBER 28 FREE ENTRANCE TO THE-ODORE ROOSEVELT NATIONAL PARK** Enjoy free admission in honor of National Public Lands Day. Medora

**5K RACE TO SOBRIETY 2024 10AM** Come join the race to raise awareness on addiction & overdose. All funds raised will support the operating cost of Hope's Landing Sober Living Homes. See [www.hopeslandingwem.org](http://www.hopeslandingwem.org) for more info. 2680 Empire Road

**ST. WENCESLAUS FALL FESTIVAL 4:30-8PM** See article, page 20, for more information.

## SAVE THE DATE

**WEDNESDAY OCTOBER 2 BOUNTIFUL BASKETS BINGO 6:30-9PM** Dickinson Dorcas Society will be hosting their Annual Fundraiser "Bountiful Baskets Bingo" See article, page 8, for more information. Dickinson Eagles Club, 31 1st Ave East

**THURSDAY OCTOBER 3 UKRAINIAN BANDURIST CHORUS OF NORTH AMERICA PRESENTS "UKRAINE LIVES!" 7PM** See article, page 21, for more information. Dorothy Stickney Auditorium, Dickinson State University

**SATURDAY OCTOBER 5 7TH ANNUAL LET'S SWAP CLOTHING SWAP AND VENDOR SHOP EVENT** See ad and article, page 20, for more information.

## PAWSITIVELY POPPY

### Apple Crisp

By Miranda Kuhn

Something about September is so evocative of crisp frosty mornings where you can see your breath as you scurry to your car to get to work or school. Growing up we did a lot of fund raising for our little school and one of my favorites was the day we bundled up in sweatshirts and earmuffs and went to an apple grove to pick bushels of apples to make strudels to sell. I loved roaming around with friends and schoolmates and their families picking apples from the lower branches (and usually having a snack or two) while the adults climbed ladders to get to the better apples higher up. I can only imagine what Poppy would do if she found herself in a place where hundreds of apples are just laying innocently on the ground for her to find. Those strudel pulling days were a long time ago, and as I remember it takes a team so instead of strudel I made my rendition of an apple crisp that's suitable for dogs. As usual, feed as a treat over the course of a few days to avoid tummy troubles.



#### Apple Crisp Dog Treats

2-4 apples  
2 C flour  
1 Tbsp cinnamon  
1 egg  
1 Tbsp honey  
1/3 C vegetable oil  
Reddi Whip (for garnish)

Preheat oven to 325 degrees. Peel and core apples, then chop. Place apples into bowl. Add all other ingredients to apples in bowl. Stir all together. It will be very thick and sticky. Spread out onto parchment lined cookie sheet, may not fill the whole sheet. Bake 60-90 minutes until slightly crisp on top. Break into pieces and serve in small bowl with a dollop of ready whip if desired for garnish. Refrigerate leftovers up to 3 days. ■



ADVANCED COLLISION  
CENTER, INC

September 21, 2024



[www.hcadickinson.org/golf-scramble/](http://www.hcadickinson.org/golf-scramble/)



## Ask Alfie

Dear Alfie,

Lately I have had more and more wasps and hornets around my property, and I am worried that one of my dogs will get stung. If that happens, what should I do?

Sincerely, Buzz

Dear Buzz,

While I hope that does not happen, you are smart to have a plan in place in the event it does!

The first thing you'll want to do is identify where your pet has been stung, and then check to see if there is a stinger still attached. If one is left behind, it will continue to pump venom into your animal, resulting in worse symptoms. If the stinger is still attached, remove it by scraping it out (a credit card works well). It is not recommended to use tweezers, as they may squeeze more venom out of the stinger sac.

Once the stinger is removed, applying an ice pack can help reduce the swelling and pain. The traditional trick of using a bag of frozen peas works well, or you may use a cool, moist towel. Do not leave the ice pack on for longer than 10 minutes at a time.

It is a good idea to contact your veterinarian to ask if an antihistamine



should be administered, and to determine the appropriate dose. If your pet has been stung many times or has been stung somewhere sensitive like inside their mouth or eyes, call your veterinarian, as these areas can be more serious.

Regardless of where they are stung, it is important to monitor your pet closely. If their breathing becomes labored or wheezy, there is excessive swelling, or they become covered in hives, take your pet to their doctor immediately. Other serious symptoms to be mindful of include dizziness or disorientation, excessive drooling, extreme agitation, vomiting, diarrhea, and seizures. These symptoms may be strong indications of an emergency.

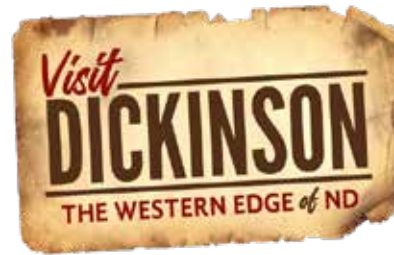
Avoid those pesky insects and enjoy the rest of your summer!

Sincerely, Alfie ■

*Have a question for Alfie?  
Email [askalfiecat@gmail.com](mailto:askalfiecat@gmail.com)*

## CONVENTION AND VISITORS BUREAU

# September events in Dickinson bring community together



September in Dickinson is a month full of community spirit and vibrant festivities. The sports activities will kick off with the Kevin Bergman Labor Day Golf Classic at the Heart River Golf Course. The Labor Day Classic has been a proud tradition at the Heart River Golf Course for over 70 years. The 25th ND State Disc Golf Tournament will be hosted at the Patterson Lake Disc Golf Course. The Coed West State Softball Tournament will be held at the Gress Softball Complex later in the month, and the 5K Race to Sobriety will be held September 28th.

Conservation and Sustainability is the theme for this year's annual Theodore Roosevelt Symposium that will be held at Dickinson State University and concluding at the Elkhorn Ranch site. Attend September 5-7 to hear from several distinguished scholars, including keynote

speaker Darrin Lunde of the Smithsonian National Museum of Natural History, who will speak on the significance of the Smithsonian-Roosevelt African Expedition of 1909-1910.

The following week will be the marketplace Pride of Dakota Showcase, held at the West River Ice Center. There will be unique North Dakota gifts and local foods at this two-day event. Stock up on your favorite Pride of Dakota products and meet some of your local entrepreneurs. You will find unique products, including gourmet food, art, books, jewelry, sporting goods, home decor, apparel, children, pet items, and much more!

The 9th annual Harvest Festival, hosted by the Dickinson Chamber will be at DSU's King Pavilion and transformed into a hub of family activity on Saturday, September 21st. Food trucks, marketplace vendors, inflatables, horse and carriage rides, barrel train rides, free entertainment, a pumpkin patch, plus other activities will be available that day. Admission is free and all ages are invited to attend.

September in Dickinson isn't just about fun and games; it's about community. Each event brought people together, from the Harvest Festival's down-home charm to the many sporting events held in Dickinson. ■

## Connect with your community

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Community members gather around food vendors at annual Harvest Festival

## COMMUNITY

# Education Contest Winners

By Carma Kulish, NDWCTU Education Director

The North Dakota Woman's Christian Temperance Union held its annual Education Contest this past spring. The 2024 Education Contest involved three regions with 51 classrooms and a total of 846 students participating. The three regions were Dickinson, East, and West. The Dickinson Region included Hope Christian Academy, Invitation Hill 7th Day Adventist School, Trinity Elementary East and Trinity Elementary West. The East Region included Forest River Colony School, along with LaMoure, Marion/Litchfield, 7th Day Adventist School, Jamestown and Victory Christian School, Jamestown, in past years. The West Region included the elementary grades from Belfield, Mott,

New England, South Heart, and Taylor/Richardton.

All students are given a participation token. Individual school winners are given a certificate. On the Regional, State, and National levels, certificates with ribbons and a monetary reward are given to all winners. This is the first year all the NDWCTU State winners placed on the National level.

National First Place winners' pictures can be viewed at the wctu.org website for the Coloring Sheet, Essay and Poster contests.

Congratulations to all the students who participated, and 'Thank You's' to all the teachers, principals, and office assistants who supported the students and the NDWCTU with their help and assistance with the Coloring Sheet Contest. ■

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## NOTES FROM THE BADLANDS

## Evan Raines, the Philly Fiddler, returns to Medora for Ring of Fire

By Joe Wiegand

If you saw the Medora Musical this summer, you certainly enjoyed the fiddle playing of Evan Raines. A native of Pennsylvania, Evan is an actor and multi-instrumentalist musician known by many



Evan Raines and Emily Schuman enjoying Medora's Point to Point Trails.

as the Philly Fiddler.

Evan has accepted an invitation to join this fall's Medora production of Ring of Fire, an ensemble tribute to Johnny Cash. Before the Medora Musical closes on September 7, Evan will have already begun rehearsals for Ring of Fire, which runs at Medora's Old Town Hall Theater from September 11 until October 27, 2024, which just so happens to be Theodore Roosevelt's 166th birthday!

A performing arts graduate of Philadelphia's Temple University, Evan has greatly enjoyed fiddling in the Medora Musical as a member of the Coal Diggers Band and has delighted in exploring Theodore Roosevelt National Park with his wife, Emily Schuman, a talented musician.

"Exploring the Badlands and experiencing the awesome nature of the region has been a favorite part of my time in Medora. I'm thrilled that Ring of Fire gives me an opportunity to join with some terrific singers and musicians to entertain thousands of Medora visitors with the story and music of Johnny Cash

while simultaneously experiencing the Badlands in autumn," said Raines.

During his time in Medora, Raines was inspired to write a new song called "The Ballad of Riley Lufsey." The song is the latest telling of the violent death in Medora of Riley Lufsey, which led to Antoine de Vallombrosa, the Marquis de Mores, being put on criminal trial for murder, charges of which he was twice acquitted.

Todd Bruse, the Entertainment Venues Manager for the Theodore Roosevelt Medora Foundation says Ring of Fire is a musical tribute performed by a troupe of five musicians who take turns carrying the life story of Johnny Cash in a first-person narrative in the voice of the Man in Black.

"One of the five actors is a female, and the various actors, songs, and instruments allow audiences to enjoy so many flavors in one show. I really like this show, in great part because of its mixed-up narrators, each with his or her own voice and interpretation of Johnny Cash" said Bruse.

The Ring of Fire showtimes are



Evan Raines as a member of the Coal Diggers Band, playing the fiddle in the Medora Musical.

Wednesday - Saturday and 7:30pm and Sundays at 2:00pm at the Old Town Hall Theater.

Tickets can be purchased at medora.com/ringoffire or call 1-800-Medora1 ■

## COMMUNITY

## Power of 100 Women donates \$20,000 to Community Action

Power of 100 Women Dickinson, a local charitable group, met on April 22 to review three charities selected by their members to consider for their 31st quarterly donation. Power of 100 Women will be donating to just one charity for April and go back to selecting two charities to donate to in July. The number of charities to consider has grown considerably, so members decided to vote for two again starting in July.

Community Action was the charity voted for by members to receive their April donations. Community Action provides services for adult persons with mental illness in Southwestern North Dakota. The Prairie Rose Recovery Center provides a range of services designed for adults with a serious mental illness to facilitate functioning in the community, achieving individual potential, and reducing the risk of hospitalization.

Members of Prairie Rose Recovery Center develop and maintain social relationships through individual and group

participation in center and community activities. They develop daily living skills through center and community projects and educational sessions.

Members are encouraged to become involved in community activities.

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

Power of 100 Women meet 4 times a year (January, April, July and October). Our next general membership meeting will be held at the Eagles Club on Monday, October 28. Prospective new members and guests are always welcome. No dues and no charge to attend. ■



(Back row, L to R) Tom Solberg, Jerome Mische, Cindy Stickel, Jeri Barnett, Shirley Dukart, Irene Schafer, Erv Bren and Shane Baseflug; (front row, L to R) Michael Kadrmas, Fanny Simon and Brenda Klein)

## WHERE BUSINESS GOES TO GROW

## 20 hours ... Really 20!



By Matt Ellerkamp,  
Business Advisor, SBDC

There are many clients who struggle in starting a business plan. Why? Because often they feel overwhelmed and don't know where to start. At the ND Small Business Development Centers, credentialed advisors do everything they can to advise clients on how to start planning. They even provide resources and templates to start planning, yet there is still reluctance. This resistance is not due to laziness, knowledge or incompetency, but comes down to perfectionism. There are clients that talk for hours about business ideas and plans, but when it comes to putting the finger pads to the

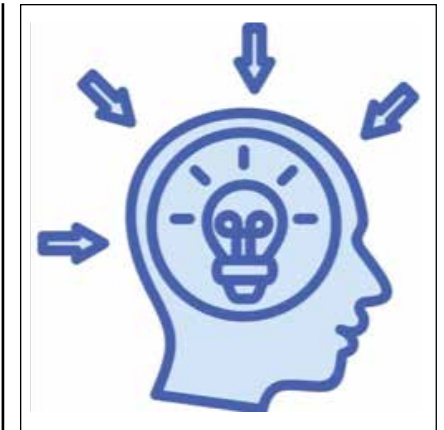
keyboard there is barrier of perfectionism.

There is good news! According to Josh Kaufman author of "The First 20 Hours: How to Learn Anything...Fast!", a person can go from inept at a skill to having basic proficiency and confidence in 20 hours, WOW...that's FAST! That doesn't mean they stay up for 20 hours straight learning how to play the guitar, or they will be playing like Jim Hendrix the next day, but it does mean they will know how to play a few simple songs. The caveat is, it's not 20 hours of studying or reading about skills, although some reading may be required, its 20 hours of hands-on, literal practice. The 20 hours do not have to be back-to-back but need to be deliberate and routine. The 20 hours can be broken down in to chunks, such as 1hr a day for 20 days, or 4 hours a day for 5 days. The hours can be allotted and on a regular schedule that works for an individual.

The 20-hour rule is not hard and steadfast, it subjective in nature, it may take 30 hours to have basic fluency in one

skill and 12 hours in another skill. The main point is to be consistent, deliberate, and focused in practicing. The 20 hours to basic skills is vital in business and especially for entrepreneurs who will need to learn a variety of task that require new skills. This is particularly true when planning, launching, expanding and even training employees.

Let's rewind to creating business plans, budgets and getting over the hump of perfectionism; It is important to understand that a business plan will not make a business owner an expert in writing a business plan or projecting financials, but it will demonstrate there is a desire and basic knowledge base, and dare I say, "ability" to operate the business in its prospective industry. This is why institutions that fund business with grants or loans require a business and financial plan to start or expand a business. The business plan shows there is an adequate level of knowledge in an industry. The good news is it can likely be achieved



with 20 hours of dedicated, focused, and routine work. The Dickinson ND SBDC are the go-to experts for any aspiring or current business owners to jump start their planning processes.

*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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## COMMUNITY

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## Preamble

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

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## COOKING CRAVE

### Sweet treats

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!

### Blackberry Smoothie

- 1/2 cup frozen blackberries
- 1/4 cup frozen blueberries
- 1/2 cup frozen cranberries
- 1 banana
- 1/2 cup green tea (steeped and cooled)
- 1/4 cup milk
- 1 Tbsp. honey

In a blender, blend all ingredients together until smooth. Serve immediately.

### Vanilla Ice Cream with Hot Rhubarb-Blackberry Sauce

- 2 cups fresh or frozen rhubarb, cut into 1/2-inch pieces
- 2 cups fresh or frozen blackberries
- 2 Tbsp. butter
- 1-pint vanilla ice cream

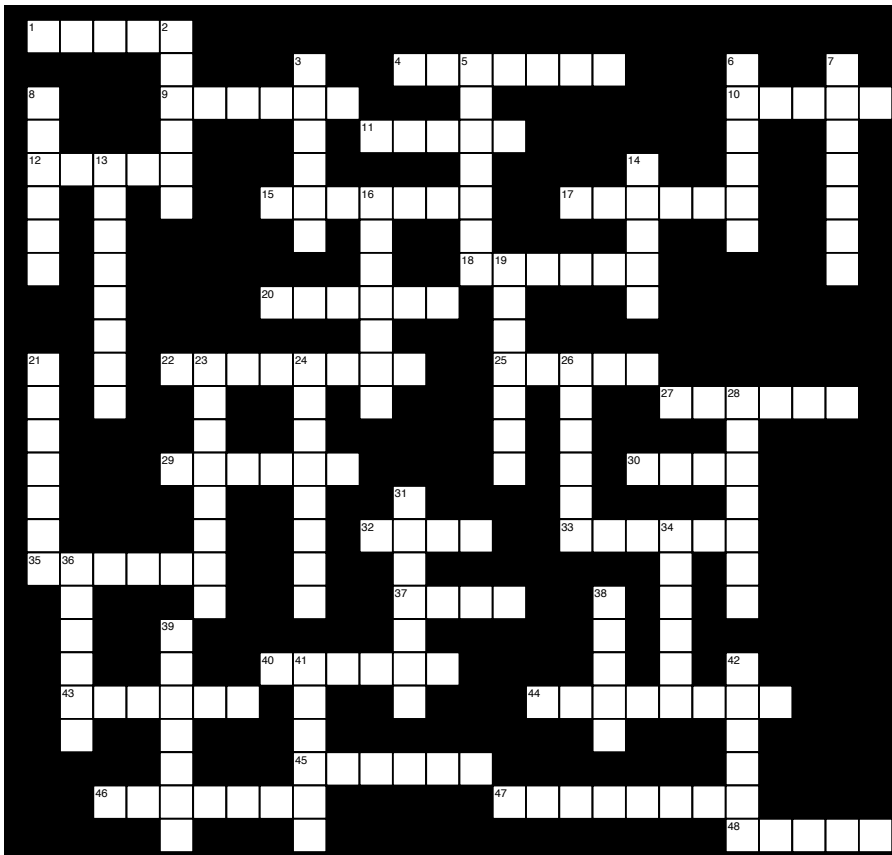
In a small pot, combine rhubarb, 1 cup blackberries, and butter. Cover tightly and cook over the lowest possible flame for 8 minutes, or until rhubarb is tender. Stir occasionally to prevent sticking. Add remaining blackberries and heat through. Pour over ice cream and serve.



CONSOLIDATED  
CHANNEL 18

COOKING  
CRAVE

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- 4 Saltier
- 9 Potion
- 10 Siren
- 11 Moist
- 12 Needs
- 15 Disease
- 17 Agrees
- 18 Toughs
- 20 Impart
- 22 Sunlight
- 25 Races
- 27 Rustic
- 29 Resist
- 30 Item
- 32 What
- 33 Things
- 35 Sector
- 37 Calm
- 40 Vowels
- 43 Hearty
- 44 Pointers
- 45 Plates
- 46 Sensual
- 47 Relation
- 48 Night

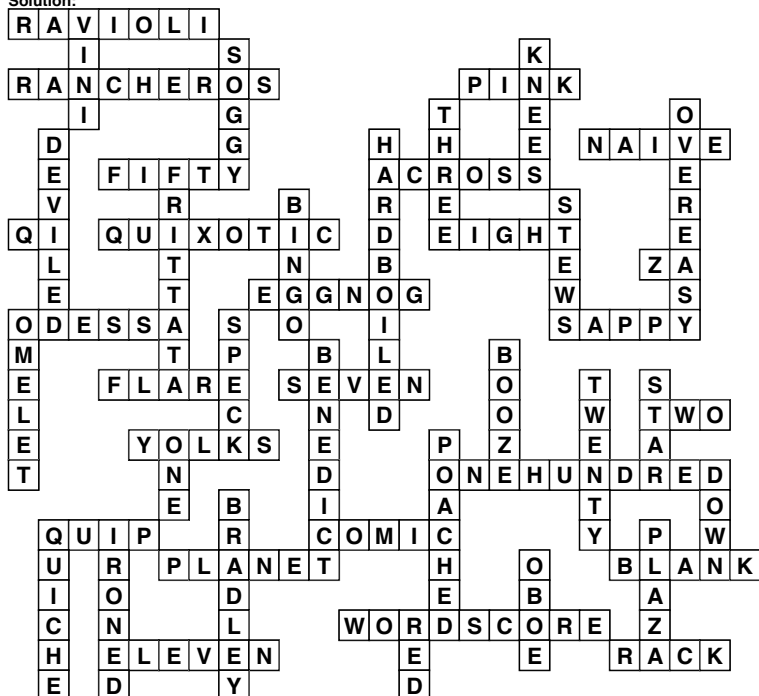
**DOWN**

- 2 Hocked
- 3 Mobbed
- 5 Rentals
- 6 Adverb
- 7 Praised
- 8 Untidy
- 13 Lessened
- 14 Scents
- 16 Present
- 19 Cocaine
- 21 Manures
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COMMUNITY

# The show must go on

By Aiden Healy



On a typical weeknight at our house, plates go from empty to full to empty again. Suddenly, Child Protective Services calls. They need an immediate placement for a 7-year-old girl. A chilling nervousness wisps across my neck as the words circle. These calls tend to unveil a new level of cruelty to children not known to you before. I pray inside as the social worker talks. Before she asked, I said yes.

Our well-dressed, teary-eyed, and brave seven-year-old foster daughter arrives.

She told me it was the night of her 1st-grade program performance that she had been practicing with her friends all week for when CPS showed up, and she never got to go on stage. Upon unpacking, I noticed her clothes were clean and folded in an overnight bag, a mother's touch. I saw her mother hadn't packed her pajamas; she must have forgotten amid the chaos. We used pajamas from my daughter for her to wear, and she leeryly went to sleep.

When she woke up, I noticed many food wrappers. It must have been a long, lonely night of strolling, eating food in a strange house, and wearing a stranger's clothes. I called Foster For 'em. The following day, they gave me four pairs of pajamas in just her size. The two girls played and laughed, creating a pajama fashion show. The simple gift of the pajamas opened the smile and started the trust. Foster For'em provides support that makes them feel like family in foster homes. ■

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