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A note to our readers

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

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

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

Kelley Jilek
Publisher

Cover art, "Adirondack Lake" a watercolor by Ellen Jean Diederich. For more information about the artist, see page 5.

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#BOOKWORM

Time to read!

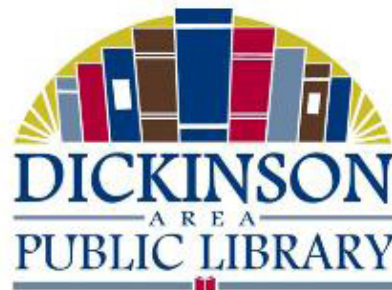
By Cindy Thronburg

It's that time of year again and we are in prep mode for fall! August is a planning month for us. What that means is we pause our regularly scheduled programs so we can take time to plan all sorts of fun things for the coming months. Everything will kick back up in September.

To prep for going back to school, we will once again have the Drop Your Drawers campaign at the library. We are looking for donations of new packages of children's underwear, socks, t-shirts, sweatpants,

or other new clothing items. These items can be dropped off at the library any time between August 1st and September 3rd. Donations will be distributed to the local public schools and United Way of Dickinson. We would also like to thank Ellingson Plumbing & Heating for sponsoring this campaign again.

Even though the Summer Reading Program is over, August is the perfect time to amp up your reading. With it being a planning month for us, you will have plenty of time to schedule some extra reading sessions in.



Wondering what to read? Never fear! The staff members of the Dickinson Area Public Library have some recommendations! You may have been browsing the library and have seen a

blue card sticking out of a book or movie with a staff member's name on it stating they recommend the item. We also post our recommendations online, and even keep track of past recommendations. You can find them on our website

(www.dickinsonlibrary.org) under About, Meet the Staff, then Staff Picks. Our picks are as varied and unique as our personalities, and we love to share them with you. Here are a few highlights of the Staff Picks page:

- Bobby recommends *Swamplands: Tundra Beavers, Quaking Bogs, and the Improbable World of Peat* by Edward Struzik
- Samantha recommends *Beachcombers* by Nancy Thayer
- Renee recommends *The Buddhist on Death Row: How One Man Found Light in the Darkest Place* by David Sheff
- Jaylene recommends *Before We Were Yours* by Lisa Wingate
- Erika recommends *The Southern Book Club's Guide to Slaying Vampires* by Grady Hendrix
- Brittany recommends *Rebound* by Kwame Alexander
- Jade recommends *They Both Die at the End* by Adam Silvera

Besides our Staff Picks page, we also have some electronic resources available to help you decide what to read next. On the Online Resources page of our website, scroll down to where you see Library Online Resources and click on "Book Suggestions and Reviews." There we have links to Book Riot and Goodreads, but we also have NoveList, which will require you to log in with your library card number (password is your last name, lowercase) if you are looking at it offsite from the Library.

What's great about NoveList is that it's good at finding "read-alikes," or books similar to what you've read before. Besides browsing the site by genre or characteristics, you can also search for an author, book, or series that you like. Once

you've found that, you can choose which characteristics you like most about the author, book, or series and find more that match those descriptions. The site is a lot of fun to play around with, and I've found authors that I've enjoyed that I wouldn't have read otherwise. I recommend giving it a try, and we can always help you navigate the site.

We also have a feature on our online catalog that shows the most popular items checked out throughout our library system. After you click on "Search Our Online Catalog (ODIN)" at the top of our main website page, you will see a drop down on the right side of the page called "Most Popular Titles." You can click on a title to see if we own it. If not, we can try to get the item for you from another library. It also breaks down the most popular children's item by children's book type/age level.

Discovering new things to read is always fun. We hope these ways of finding new titles will be helpful for our patrons. We always love to hear what you recommend as well, so that we can share with our patrons. Spreading the love of books is one of the most important things the library does! ■

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COVER ARTIST Ellen Jean Diederich

Ellen Jean Diederich with studios in Rancho Mirage, CA & Fargo, ND is a national award-winning painter creating Neo-Impressionistic paintings on canvas and paper in both watercolor and acrylic. Ellen's rural and city backgrounds play a significant role in her choices of subject matters.

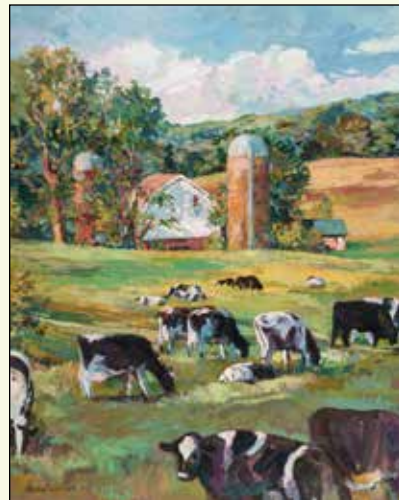


Ellen Jean Diederich

She particularly enjoys painting landscape, flowers, architecture and domesticated animals. Proud of her Midwest heritage, Diederich brings sincerity and love to each painting.

Having earned a BA in Art Education and a BFA in Fine Art Ellen is an honored alumnus of Minnesota State University-Moorhead. Diederich has been painting professionally since 1985. She has exhibited widely and was featured in Fargo at the Plains Art Museum and the Underbrush Gallery, The Rourke Art Museum in Moorhead, The Capital Gallery in Bismarck and

Jean Stephen Galleries in Minneapolis and many more in the Dakotas and Minnesota.



Land of Milk and Honey (above)

recently won the Heritage Award (the top award!) and also the UND art Collection's Colonel Eugene E. Myers Purchase Award at the Lake Region Arts Festival in Devils Lake.

Diederich is also the author and illustrator of two award winning children's books and one art book "Progressive painting - Your Creative Journey" as well as a workshop instructor and juror.

You are invited to sign up for her "Painting of the Week" blog and see more of Ellen Jean Diederich's work at givinity.com. ■



Garden Song (above) recently won 3rd place in the watercolor category at the Lake Region Arts Festival in Devils Lake.

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CONVENTION AND VISITORS BUREAU North Dakota Fun Facts

North Dakota has some interesting and fun tidbits and facts that you may or may not know about.

Go big! North Dakota has several of the world's largest claims to fame. The world's largest buffalo, Dakota Thunder, is a 26-foot-tall concrete giant that has been standing watch over Jamestown since 1959. The world's largest Holstein cow in New Salem was built to honor the area's dairy producers. She is 38 feet high, 50 feet long and visible for five miles. The world's largest scrap metal sculpture, Geese in Flight, holds the Guinness Book of World Records. Located near Gladstone, the sculpture was created in 2001, weighing over 75 ton, the sun ray is 156 long and 110 feet tall.

And did you know? Sitting Bull, the famous Hunkpapa Lakota Sioux chief, spent much of his life in North Dakota and great speculation surrounds the burial of his remains near Fort Yates. Also, none of the scenes in the movie " Fargo " were filmed there, but the woodchipper used in the movie is on display at the Fargo-Moorhead Visitor Center.

Technology too! North Dakota was one of the first states to allow

autonomous vehicles on public roads. We are the fifth largest wind energy-producing states. The first unmanned commercial flight to cross the Atlantic flew to England from Grand Forks. Fargo is home to the world's largest Microsoft field campus.

Feed us! Durum wheat is the primary ingredient in most pasta, and North Dakota grows half of all durum produced in the United States. North Dakota is the nation's largest producer of honey, thanks to the beautiful wildflowers and crops. We produce enough canola to fill our state capitol tower more than 17 times. There is enough corn produced to sweeten 45 billion cans of soda. And we produce enough wheat for 15.5 billion loaves of bread! ■



Geese in Flight

NDSU EXTENSION It's like Christmas

By Taylor Downing, Extension Summer Intern

Summer, the one time of year where most individuals are getting ready for family vacations, camping trips, and the warm weather. However, some youth are preparing for one particular event, that almost is like "Christmas in June", the county fair. The one time of

year where they are able to exhibit their talents from indoor projects to livestock, and anything in between. This held true for the Stark-Billings County 4-H'ers during the dates of June 27th to June 30th. They kicked off the week with the indoor exhibits on the 27th, followed by the horse show on the 28th. Following those two days, students were able to exhibit their rabbits and poultry in a virtual format, and rounded the evening off with a dog show on the 29th. Finally, the week

concluded with the livestock show and premium sale on the 30th. During this week, our youth were able to showcase their talents in a variety of ways. Some were able to exhibit their creativity and knowledge into their indoor exhibits. Others were able to demonstrate their horsemanship abilities, how well trained their rabbit or dog was, and showcase their knowledge in their poultry projects.

Lastly, youth were able to exhibit their livestock and present their knowledge in a variety of ways, from questions from others and the livestock judge. All in all, this week was almost like Christmas in June for our 4-H'ers - their hard work, and preparation they spend year-round did not go unrecognized. We are extremely proud of our youth and all their hard work they put into their projects. We would also like to extend a huge thank you to those that help put on these events and the work they put in to make it a huge success from year to year. ■



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KUDOS

Amy Hofer

With courage you will dare to take risks, have the strength to be compassionate, and the wisdom to be humble.

— Keshavan Nair

Amy Hofer, like many women in our corner of North Dakota, lives in a world surrounded by mud, boots and boys.

As a wife to a former professional bull rider and mom to four boys, Amy is the heart of her family and a partner in the family business.

Amy and her husband, Nathan own Frontier Productions which brings a Professional Bull Riders (PBR) Event to Dickinson every year. PBR is the world's premier bull riding organization with more than 200 sanctioned events world-wide.

With her family, Amy shares the love for the sport, especially the animals involved. They are raising 22 bucking bulls right now, which makes for a family event when it comes to the chores.

"We go out together twice a day to feed the bulls," says Amy. "At one time, we had 89 animals on the farm, counting cows, horses, chickens, cats and the dog."

Amy takes delight in bottle-feeding and raises calves when the cow isn't able to for whatever reason.

Caring for vulnerable babies is something Amy enjoys not only in her home-job, but also her outside-the-home job. For the past six years, Amy has worked as an RN at Connect Medical



Amy and her calf, "Justice"

Clinic.

In 2020, the event in Dickinson was the only PBR event allowed nation-wide because Amy created and executed a health plan that protected the riders, staff and audience.

Running after four buckaroos ages 8 to 1 year, bottle-feeding cows, maintaining treasured friendships and working outside the home, Amy's life is full of excitement and activity. It's also filled with joy, humble gratitude, and love because of her faith which sustains her in each of her roles.

Our community can experience a piece of her world at the 4th Annual Dickinson PBR Event on September 2 & 3 at the Stark County Fairgrounds.

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

THE ARTS

Call for auditions!

The Badlands Opera Project is excited to announce its first full season!

This November 18-19 we will present Amahl and the Night Visitors, Gian Carlo Menotti's touching opera about a poor young mother and her son and their three royal visitors. Would you like to join us? We

are looking for chorus members of all voice parts!

Auditions will be held Tuesday, August 30 from 6:30-9:00 p.m. at St.



John Lutheran Church. Come prepared to sing a portion of a song you know, as well as do some music learning on the spot. To schedule an audition or for more information on auditions, rehearsals, or performances, please call or email Kelsey K. Rogers (Artistic Director) at kelseykrogers@gmail.com or (701) 260-6349.

Here's what's coming up this season!

November 18-19, 2022: Amahl and the Night Visitors @ St.

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April 2023: Godspell @ St. John Lutheran Church
June 2023: Opera and musical theater summer camp! ■

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Bluegrass in Killdeer



We are excited to present a weekend of Bluegrass fun on August 27th and 28th. Members of the Bluegrass Association of North Dakota (B.A.N.D.) are coming to gather in Killdeer at Lion's Park on the 27th and teach a basic introduction to bluegrass music and jamming. Starting at 1 pm, this will include a classroom style overview to explain the structure of the music, jam sessions, a potluck supper and a concert by North Dakota's own Monroe Doctrine. Bluegrass instruments include fiddle, mandolin, banjo, acoustic guitar, upright bass, Dobro, and harmonica. All fans and musicians are welcome to join in the fun.

Sunday morning, the 28th, Hope Free Lutheran Church of Killdeer will hold

outdoor services at 9:30 am at Lion's Park, incorporating bluegrass gospel music into the service with the B.A.N.D. member musicians. If the weather chooses not to cooperate on either day, activities will be moved to the High Plains Cultural Center in Killdeer (194 Central Avenue South).

Bluegrass music roots have been traced as far back as the 1600s and the immigrants that settled the American colonies. Scottish, Irish and English settlers brought their dancing music and ballads from the home countries over the ocean, eventually merging it with African-American gospel music and blues. Living in remote areas, the songs

focused on life on the farm or in the hills, or later, the pain of leaving home and the ones you love to find work. With the invention of the phonograph and radio early in the 1900's, the music spread throughout the U.S. and the world. Many artists, including Elvis Presley, Bob Dylan and Jerry Garcia, were influenced by this music.

The atmosphere at a bluegrass event is always friendly. All are welcome (no dirty looks for playing a sour note), and the chords and songs are relatively simple, although they can be fast. Beginners can expect a warm welcome from the more seasoned players. All activities are free to the public. Please join us and "make welcome!" ■

VOICING SOME THOUGHTS

All dogs go to heaven - Part 2

By Nancy Hoff

When I met my husband to be, he had a faithful Golden Retriever named Rusty. Rusty was a bit miffed at this "other redhead" but came to tolerate me in time. She lived to hunt and please her master. They had an amazing run - Mr. Hunter had a freezer filled with pheasant and a treasure chest of hunting stories each season. With the arrival of fall, Rusty became livelier, sensing the crisp days of purpose.

Her face began to whiten, as dogs do when they age, and she moved slower. Cancer finally claimed her, and she is buried in our tree grove beneath a headstone that reads "Heart of a Hunter."

Rusty's pal was Molly the cow dog, a little black and white Australian Shepard. Molly belonged to my father-in-law who is now in assisted living. She aimed to please her master with herding cattle, just as Rusty's drive was to hunt. Dad would roar off on his four-wheeler like he stole it (as my hubby says) with Molly clinging on the back by her nails. Molly and Dad had that rare understanding. When he comes to visit, it is a reunion of hearts. She quietly whines, as if to tell him how much she misses him. Or maybe tattle on us for not doing things the way he did.

Soon, my hubby was able to find another Golden - but this time a great big white English crême named Ramsey. Ramsey lived in a mobile home with 2 kids, their parents and another dog. His big frame must have always been bumping into something. So, a farm to roam on to his heart's content had to be Heaven.

Ramsey went through the hunting dog training paces - hundreds of thrown bird decoys. After a couple seasons, he earned the "Second Best Hunting Dog" title. Rusty will always be the queen, but Ramsey's stamina made him royalty too. He was a gentle giant and the kids loved him - a good buddy.

The two hunters went on a Scale Quail hunt to Kansas and New Mexico. New territory, new

birds, different techniques. They came home with beautiful grey-blue birds with a white tuft on their head. The detail in each feather is a wonder. My hubby discovered a new species to hunt - and Ramsey discovered McDonalds.

After a good day, they would find a McDonalds drive-up, and Ramsey would be treated to a couple cheeseburgers. Then, whenever they would drive through a town with the Golden Arches, Ramsey would look at them longingly until they passed by ... then shoot a dirty look to the driver.

A couple more good seasons and Ramsey's health was failing. On the last day of pheasant season, they got their limit. The next Sunday morning, Ramsey was on his way to the old house a few hundred feet away, where he first came to start his hunting career. And he just laid down on the path and passed from his life of birds and hunting and freedom. We dug a grave next to Rusty's. I am sure pheasant visit them both often - just to taunt them!

So, my boy was without a dog for a whole pheasant season. I was worried - if he didn't find another dog soon, I would be the next retriever. Just in the nick of time, we found Reo, a six-year-old Golden whose owners moved near a highway and wanted a farm life for him. He sticks like glue to his new master. His hunting potential is still out with the jury, but he seems to fetch just fine. He gets along well with Molly the cow dog, once she made it known who was boss. But I make sure I do the double pet and ear scratch for both at the same time.

Welcome Reo. We hope you will be our Reo of sunshine! ■



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UKRAINIAN CULTURAL INSTITUTE UCI's Roughrider Parade float

The Ukrainian Cultural Institute was honored to be the Grand Marshal for the 2022 Roughrider Parade, July 2. Decorated with pots of red, white, and blue with the American flag among the flowers, red poppies, and yellow sunflowers with a touch of blue with them; boards that read слава Україні (Glory To Ukraine) and Слава Україні! (Glory To The Heroes) with sunflowers and the Ukrainian flag wrapped around them; a wreath of flowers and ribbons; and of course the American flag and Ukrainian flag.

The national flower of Ukraine is the sunflower which are grown in North Dakota so it was important to have them featured. The blue in the Ukrainian flag represents the sky and the yellow is for

the wheat, sunflowers, and earth.

Walking beside the float were Teresa Kessel and Pat Malkowski (Basaraba sisters), Debbie (Olienyk) Gross, Joel Mayer, Kate Kessel, and Charlie Jessop riding his unicycle. Riding on the float were Sasha Mayer and her two daughters, Lily Jessop and her daughter and two sons, two daughters of Joe and Janna Rodakowski, and a granddaughter and three grandsons of Teresa Kessel. The float was pulled by Roger Volesky and riding with him was his wife Darlene and their three grandchildren from Boston, MA.

When Ukraine was invade by Russia on February 24, UCI's board of directors knew it was important to show their support to Ukraine by having a float in the Roughrider Parade and all of those who were a part of UCI's float had such a fun time.

When the invasion of Ukraine happened it was important to somehow help the people. Since UCI's Lenten lunches were starting, a Humanitarian Aid jar was put out for those who wished



to donate monetary funds to UCI's efforts. From that jar and with people stopping at UCI or sending funds for the aid effort within six weeks a little over \$4,000.00 was raised. The Ukrainian Cultural Institute continues to raise monetary funds for Ukraine which totals approximately \$6,000.00. \$2,600.00 has been sent to the Ukrainian Orthodox Church of the USA in Somerset, NJ and the

Ukrainian Catholic Archeparchy Church of Philadelphia, PA. Another \$600.00 will be used to "Adopt a Widow" through the Music Mission Kiev in Altamonte Springs, FL. UCI's board of directors are researching what other organization they will donate the monetary funds to as they are received. We continue to pray for Ukraine, the people, President Volodymyr Zelensky. ■



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COMMUNITY

Busy mom, medical professional invests in key intersections of Dickinson community

By Mark Billings

Growing up on the outskirts of the Twin Cities with a passion for animals, Colleen Moenkedick envisioned her life as a veterinarian and possibly even raising a family in the Star of the North.



Career plans changed for Moenkedick when she met her husband, Matt while students at Concordia College in Moorhead, but one theme has remained clear for the 30-year-old: helping people at various intersections of life choices.

Shortly after earning a Bachelor of Arts in Nursing from Concordia and marrying, Moenkedick and her husband moved to Dickinson in 2015, and she continued her nursing career at CHI St. Alexius in Labor & Delivery. Two years later, it was almost as if another layer of Moenkedick's future unraveled. Through a chance conversation with a friend, she learned about a nonprofit medical provider in town – the Connect Medical Clinic – designed to help women facing an unplanned pregnancy. At the time, it was a perfect fit for the new mom seeking ways to give back to the community while practicing nursing part-time.



Colleen and her family

“It’s interesting thinking about those early years when I had Adeline as a newborn – juggling childcare while trying to see patients as a part-time nurse at Connect,” she said. “Ann Marie Heinen (the organization’s longest-serving staff)

at the time would sometimes watch Adeline. But I struggled with whether or not to stay home full time. Several times after I decided I was going to stay home, I connected with a patient and would see a dramatic shift in her choices about her unborn child. It was a sign I was supposed to be there.”

Moenkedick continued working at CHI and Connect over the years while having two more children, including Olivia, age 3 and Joseph, age 1; Adeline is now 5. But she has expanded her focus, and has become one of the few former staff to become chair of Connect’s Board of Directors – a role she has maintained for one year. A passion for people doesn’t stop there, however.

Through their affiliation at Queen of Peace Catholic Church in Dickinson, Moenkedick and her husband lead a pre-marriage initiative for new couples in each of the Dickinson Catholic parishes. Thinking back to how disconnected she and Matt felt after moving to Dickinson, the couple has also helped form the Dickinson Catholic Adults. The group meets monthly at the home of Marvin and Melissa Eberts in Dickinson for food, fellowship and inspiration.

“It has been great to see the Dickinson community evolve since Matt and I moved here, and also to see Connect grow,” reflected Moenkedick. “The staff, services and facility has expanded tremendously from those early days, and the demand for compassionate patient medical services has increased exponentially. I am really happy to be a part of it.”

Located at 683 N State south of Fairway, Connect offers a variety of pregnancy and sexual health services at low to no cost. For more information or to schedule an appointment, call (701) 483-9353 or visit connectmedicalclinic.com. ■

COMMUNITY

Celebration of life

In thanksgiving for the overturning of Roe v. Wade, the four Catholic parishes in Dickinson will be hosting a celebration of life at Trinity High School on Saturday, August 20th. This day of celebrating life will include presentations and Q&A with speakers, such as Dr. Joseph Stuart, Tara Zettle, and Representative Mike Lefor in the early afternoon, followed by Mass with Bishop David D. Kagan at 4:00 p.m. After Mass, join us for supper, inflatables, music by local Catholic bands, and so much more! Come to learn, have fun, make friends, and support life in the Dickinson community and beyond. Please watch future bulletins at your parish for more information! ■

**VOLUNTEERS NEEDED**

We are so blessed to be able to welcome volunteers back into our building and we need your help. Several opportunities available:

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- 2. Visiting One on One with residents**
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If you would like to help please contact Bonnie at: bonnie.goldsberry@benedictineliving.org

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FINANCIAL FOCUS

Get some help during uneasy times

As an investor, your own decisions will be the biggest factor in your success. Nonetheless, you'll always want to consider the potential power of external events. And today is no different -- with the lingering effects of the pandemic, the geopolitical situation in Ukraine, the impact of inflation and the rise in interest rates, you might be grappling with feelings of uneasiness. How should you respond?

First of all, remember that the financial markets have shown great resilience through wars, recessions, natural disasters and political crises -- events as serious as what's going on now.

Nonetheless, you could still feel some discomfort when you're bombarded by anxiety-producing news of the day. But you don't have to go it alone. Many people have found support and guidance from a financial professional to be especially valuable in turbulent times. In fact, more than three-fourths of investors who work with a financial advisor are very or somewhat confident in their knowledge of the impact on the economy on their financial situations, according to a recent survey from Morning Consult, a research and data analysis company. By comparison, the same survey found that only about half

of the adults in the general population have this degree of confidence.

Specifically, a financial professional can help you...

...Reduce the tendency toward emotion-driven investing -- It's usually not a good idea to let emotions be a primary driver of your investment decisions. For example, if you let fear drive your choices, you could end up selling quality investments -- ones that still have good prospects and are still suitable for your needs -- when their prices have fallen, just to "cut losses." A financial professional can help you make informed moves appropriate for your goals.

...Put investment results in context -- You may wonder why your investment portfolio's performance doesn't track that of a major index, such as the S&P 500. But if you maintain a diversified portfolio -- and you should -- you'll own investments that fall outside any single index. So, instead of using an index as a benchmark, you should assess whether your portfolio's performance is keeping you on track toward your individual goals. A financial professional can help you with this task and suggest appropriate changes if it appears you are falling behind.

...Recognize investment trends and

patterns -- If you invest for several decades, you'll likely see all kinds of event in the financial markets. You'll see "corrections," in which investment prices fall 10 percent or more in a short period of time, you'll see "bear markets," in which the downturn is even greater, and you'll see bull markets, in which prices can rise, more or less steadily, for years at a time. A financial professional can help you recognize these trends and patterns -- and this knowledge can make it much easier for you to maintain a long-term perspective, which lead to informed decision-making.

...Gain feelings of control -- Most important of all, a financial professional

can enable you to gain a feeling of control over your future by helping you identify your important goals and recommending strategies for achieving them.

The world, and the financial markets, will always be full of events that can be unsettling to investors. But by getting the help you need, you can reduce the stress from your investment experience -- and you'll find it's easier to keep moving in *the direction you want to go*.

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



Marlene Bradbury
Financial Advisor

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HONORED**Colleen Rodakowski honored for leadership**

Colleen Rodakowski was recently honored with the Stark County Spirit of Excellence Award for her Leadership.

Surrounded by family, friends, colleagues, and other special guests, Colleen was recognized at a surprise celebration at the Stark County Family & Ag Resource Campus on June 28. She was showered with donated items from Stark County businesses and individuals. Presenting the award was Dickinson Mayor Scott Decker.

As the Executive Director of Elder Care in Dickinson, she has been instrumental to the success of Elder Care's mission of giving the elderly the option of remaining in their own homes and helping them maintain a sense of independence and a better quality of life by providing nutrition and transit services.

By striving for safety and customer excellence among her employees, her guidance and leadership has led Dickinson Public Transit to being awarded the Best of the Western Edge Award for cab companies two years in a row.

Throughout the COVID-19 pandemic, she worked tirelessly to ensure that the services provided to our community by Elder Care were provided safely every day. Without these services, many elderly would have been left without nutritious meals and many community members would have lost their source of reliable transportation.

Rodakowski works hard to provide safe working conditions and

proper training for her employees. Her leadership is second to none and her commitment to her organization and the community is felt deeply by those who work for her and know her.

The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts in Stark County.

August 15 will be the next award deadline. Nominate and view award information at www.starkcountysheriffnd.com or call 701-290-1640. ■

**SPOTLIGHT****Poppy's Coffee Shop**

Ava Sickler, a 2022 Dickinson High and Dickinson Online Academy graduate, is the new owner of Poppy's Coffee Shop located at 2169 2nd Ave West (south of Wal-Mart.)

Ava started working in this very kiosk as a barista when she was just 14. She was working at Country Kitchen most recently, when the former owner approached her parents at Dickinson Tire with plans to sell.

"I started working at a young age because I wanted to save up for college," says Sicker. "I was able to use that savings to put the down payment on Poppy's!"

With the support of Poppy, her toy aussie, her family, and the previous owner Christina Simons, Ava has taken on the challenge of business owner with an excitement and drive that is admirable and inspiring.



"It hasn't been exactly easy," she admits. "I've learned so much along the way, through mistakes and successes."

She has dreams for expanding the business someday, too, making a career as an entrepreneur and shop owner.

"My love for animals really drives me," she states. "I hope to create a seating area here with a dog park of some sort."

Poppy's Coffee Shop is located at 2169 2nd Avenue West, just south of Wal-Mart, and open Monday through Saturday. ■

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COMMUNITY

Children of War – A charity anthology exploring experiences of children trapped in war

In Children of War, 14 authors from around the globe have come together to explore the experiences of children trapped in war to honor those affected by the Russia-Ukraine conflict and support their healing in the future.

This collection of short stories delivers heart-wrenching stories in several different genres including memoir, fantasy, literary fiction, and historical fiction. Children of War powerfully shows a variety of conflicts and effects of war on the most vulnerable of the population. Hope and optimism are prevalent, but it does not ignore the harsh reality of tragic circumstances.

Local author Darrah Steffen from Dickinson is included in the anthology. Her story is called "Not Dead, Just Sleeping." It features a teenage refugee named Corryn who was forced from her home when her country was invaded. She remembers little from the invasion, but when she is sent to help a stranger her memories begin to return.

Set in a fantasy land, the story deals with both the physical and mental effects of war. Steffen said, "It was important to me that though this story is fantasy, the



Local author Darrah Steffen

readers could relate to the characters. That they connect to the loss of place and the anger that people deal with even years later. It is not something they can just ignore. It has to be addressed to find a way toward healing."

The mastermind behind the anthology is USA Today's Bestselling Author, Astrid V.J., a South African author, social anthropologist and transformational life coach who currently resides in Sweden. "When I first heard the news of Russia's invasion of the Ukraine on February 24, 2022, I realized two really important things," she stated. "Firstly, as a person who has inherited intergenerational war trauma passed on from WWII, I know the struggle

that lies before the Ukrainian people in the months and years to come. Long after the war has ended, many will still be stuck with whatever coping mechanisms they develop during this time. And secondly, our understanding today of how war trauma works and how to treat Post Traumatic Stress provides us the opportunity to stop intergenerational war trauma from happening."

Astrid went on to say, "It is my great hope that if we can support the current generation through their psychological processes, these will not be passed on to subsequent generations. That is why I wanted to raise awareness about the effects of war on children by putting together this anthology, and why I chose Voices of Children as the charity to

had helped, typically someone without a home or in some other way on the margins of society. I was also fortunate to occasionally be with her when those service opportunities arose, and she made me a part of the process. Both her example and my participation taught me that all of us are truly one human family, and that it is up to each of us to choose to behave that way.

Here in Dickinson, we are fortunate to have the AMEN Food Pantry leading the way in serving all people in our community.



Their work out in transforms lives by providing greater food stability. It has been my privilege to support the AMEN

Food Pantry by hosting 13 If Music Be the Food recitals that help raise donations to support their important work. Number 14 is right around the corner!

Tuesday, August 23 at 7:00 p.m., our 2nd Annual If Music Be the Food Summer Music Festival will be the last concert of this summer's Bandshell series! We

will have great classical music for free, and since you are saving on admission,

bring a donation for the AMEN Food Pantry! They can accept non-perishable food items, garden vegetables, toiletries, school supplies, and monetary donations. Even if you are unable to donate, we hope you will come enjoy this gift of music to our community. In addition, we will have several fun activities to give the concert a less-formal, festival feeling! Watch our Facebook event page for more details on what activities we will have this time. And as with other Bandshell concerts, Relay for Life will provide concessions. For this concert, however, a portion of their proceeds will go to support the AMEN Food Pantry. Come join us in lifting our friends and neighbors in their hour of need. ■



support, since they are an established organization and have already been working, since 2015, on providing the kind of therapy that is called for to help the people of Ukraine."

All proceeds from this anthology will be donated in perpetuity to Voices of Children, Ukraine. This charity is a Ukraine-based aid organization that provides psychological support to children who have witnessed war. It uses art therapy and storytelling to support children's wellbeing, and provides

financial support to families who have suffered as a result of war.

Children of War releases August 24, 2022. The book is now available for pre-order as an e-book at Amazon. Print books will be available in September 2022. The cover was donated by Pallabi Pattanaik as a contribution to this project and to help keep the costs of the book production at an all-time low. Children of War also contains illustrations created by Ukrainian-American author-artist Elena Shelest. ■

HEALTH

Dealing with eczema

By Steve Irsfeld

In the summer, we spend a great deal of time outdoors, and when it is hot out, we tend to expose more of our skin to stay cool. Exposing our skin makes us

creating filaggrin. Filaggrin is a protein that helps our bodies maintain a healthy protective barrier on the outermost layer of our skin. Without enough filaggrin to



more prone to skin-related conditions, whether that is a sunburn, poison ivy, or just scrapes and scratches. Eczema doesn't fit in with that model, but it is a skin condition that doesn't look so good, and I often hear of patients not wanting to wear shorts or swimwear during the summer because of how their skin looks. Today I will dive into eczema, which affects about 10% of the population in the US or roughly 31 million people, and explain some treatment options, conventional and non-conventional, for patients.

What is eczema? This explanation is from the American Academy of Dermatology: "We don't know what exactly causes eczema (often called atopic dermatitis), but it is a complex skin disease caused by an interaction between a person's environment and their genes. People with eczema tend to have an overactive immune system that responds to topical irritants or allergens by producing inflammation."

They explain: "that research also shows that some people with eczema have a mutation of the gene responsible for

build and maintain a strong skin barrier; moisture can escape and then allow bacteria, viruses, and allergens to enter the body; this exposed or "leaky" skin barrier can then lead to extremely itchy skin, dry scaly patches of skin, blisters, skin infections, red spots or bumps, and other symptoms."

People with an overactive immune response can look for triggers that activate the immune system and start the ball rolling. These triggers can be patient-specific, so what triggers a flare-up for one patient can be different for someone else. There are, however, things that are more likely to trigger a flare of eczema, and here is the list of those items:

- Chemicals
- Stress
- Hot water
- Soaps
- Fragrances
- Dry skin

Newer eczema treatment options have focused on the use of monoclonal antibodies and immunosuppressant medications that target specific inflammatory markers. These can come

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with a hefty price tag, and the side effects are concerning.

Are there any topical applications besides steroids? We have a novel option recently introduced to us that is a formula handed down from generation to generation originating in Poland. The ingredients are not fancy, but the formulation process with those ingredients has led to its effectiveness for multiple skin conditions, specifically eczema. It is non-toxic, and the ingredients are safe to use on patients of all ages.

Another treatment option is one that I have previously discussed for autoimmune conditions and chronic pain. It is low-dose naltrexone. The mechanism of action for this is by stimulating the opioid growth factor receptor in the immune system. When that receptor is stimulated, inflammatory markers decrease across the board. These are the same inflammatory markers that can be elevated in a person with eczema.

We currently have several patients using LDN for this specific condition. One is a young child who has been using it for six years with great success. A second patient reported an 80% improvement in her eczema after being on it for only a few months. Not all patients have this kind of success, but with limited treatment options, LDN is a safe option with minimal side effects when used long-term if needed.

Many patients with eczema often run out of options to treat their skin condition. I have proposed alternative ways to help with eczema that can be used safely for as long as needed.

My staff and I would like to help you with questions regarding eczema and finding suitable treatment options, so call or stop in to schedule a consultation. Please visit my website at www.irsfeldpharmacy.com to see this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

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COMMUNITY

Out of the Darkness Walk 2022

Suicide is, according to the most recent CDC data, the 11th leading cause of death across all ages in North Dakota, and the 2nd leading cause of death in ages 10-44 in North Dakota. On a national scale, about 80% of communities do not have enough mental health providers or other services to improve mental health.

The Out of the Darkness Community and Overnight walks raise awareness and money to benefit the American Foundation for Suicide Prevention (AFSP). The AFSP utilizes its funds and exposure from the walks to research and educate to prevent suicide and to provide assistance and safe outlets for people struggling with thoughts/survivors of attempts/families and friends of victims.

Last year, the Dickinson community raised over \$30,000 through the Out of the Darkness Community Walk. Every dollar raised, and every person showing support and spreading awareness, brings us one step closer to saving thousands of lives.

The Out of the Darkness Community Walk is a journey of remembrance, hope and support. It unites our communities and provides an opportunity to acknowledge the ways in which suicide and mental health conditions have affected the lives of those we love and care about.

Dickinson friends, please join us on September 17, 2022 for our annual Out of the Darkness Walk. Located at the West

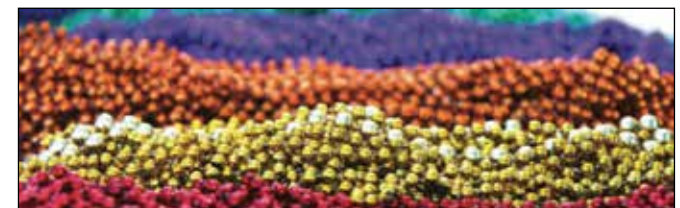
River Ice Center, the opening ceremony will be at 9am with the walk beginning at 10am. You can expect to find a group of supporters and survivors, activities and Honor Beads.

Register Now at AFSP.ORG/DICKINSONND or contact Carla Anton at 701-590-1650 or Karen Frank at 701-290-5424 for more information.

The earlier you can register, the better! If you cannot attend the walk or personally donate, we appreciate anyone who spreads the word!

The National Suicide Prevention Hotline will begin using 988 as its new official three-digit dialing code across the country on July 26, 2022. It will continue to be possible to reach the hotline using its 10-digit phone number 800-273-8255.

We appreciate every person who participates in any way they can. You are making a major difference! ■



What's Your Color?

Losing someone to suicide or struggling with a mental illness can feel like no one understands what you are going through.

Each color shows our personal connection to the cause and helps us identify others who understand our experience.



Loss of a Child



Loss of a Spouse or Partner



Loss of a Parent



Loss of a Sibling



Loss of a Relative or Friend



Loss of a First Responder/Military



A Personal Struggle or Attempt



Supporting Someone Who Struggles or Has Attempted



Supporting Suicide Prevention



Honoring the LGBTQ Community

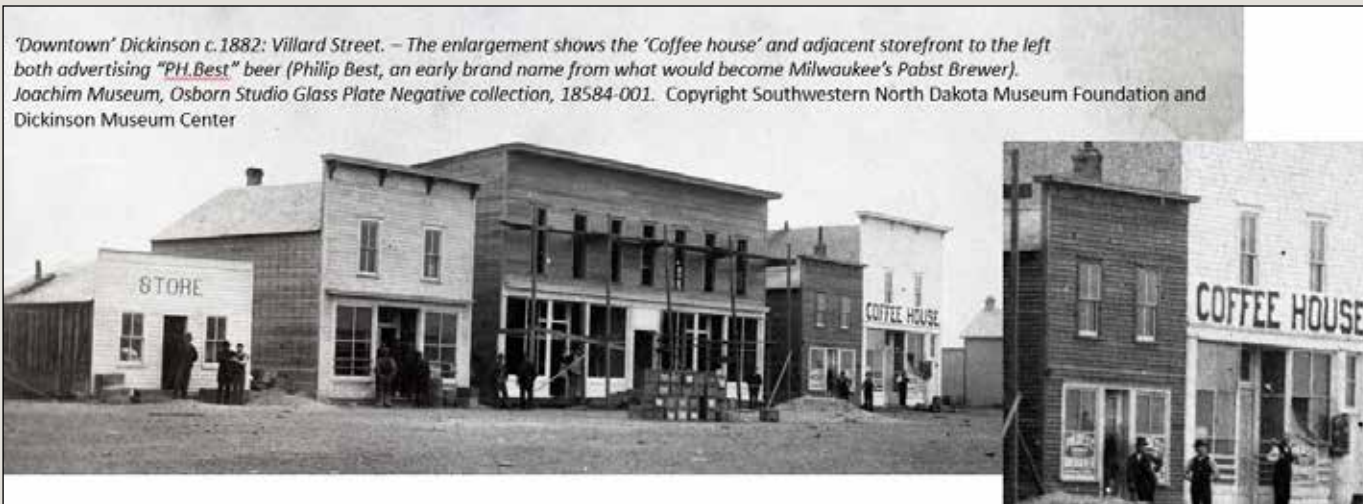
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DICKINSON MUSEUM CENTER

Temperance and Prohibition Enforcement in North Dakota – Part 1

By Bob Furhman



'Downtown' Dickinson c.1882: Villard Street. – The enlargement shows the 'Coffee house' and adjacent storefront to the left both advertising "PH. Best" beer (Philip Best, an early brand name from what would become Milwaukee's Pabst Brewer). Joachim Museum, Osborn Studio Glass Plate Negative collection, 18584-001. Copyright Southwestern North Dakota Museum Foundation and Dickinson Museum Center

In the years before North Dakota's statehood, prohibition was a nationally hot topic though the roots of the movement can be traced back to America's early national period. A major milestone in the fight against the consumption of alcohol occurred in November 1874 when the Women's Christian Temperance Union (WCTU) was formed in Hillsboro, Ohio, the impetus credited to an 1873 lecture by Dr. Diocletian Lewis in Hillsboro from which sprang the "Women's Crusade." The 'Crusade' saw groups of women visiting over 900 towns in over 30 states, entering saloons to simply pray within the establishments as a protest against the dangers of alcohol.

By the end of the 1870s the WCTU counted over 120,000 members nationwide and the issue of prohibition became politically important in 1884. The Republican Party's unexpected failure in that presidential election was attributed to the splintering of the party over temperance when the newly organized Prohibition Party chose to run their own presidential candidate, John Pierce St. John, former Kansas governor. While St. John only garnered 1.5% of the presidential vote, Democrat Grover Cleveland's margin of victory over Republican James Blaine was only 0.57%. Though American women would not receive the right to vote until 1920, influence of the Women's Christian Temperance Union and other

organizations could not be denied in the formation of the Prohibition Party, a political reality that led to an anti-saloon Republican movement becoming a force in that party just two years after Blaine's defeat.

The increasing influence of temperance advocates within the Republican Party led many former Prohibition Party members to return to the GOP as it adopted a non-partisan stance on the issue, the timing of this coinciding with the run-up to the eventual separation of the Dakota Territory into the Territories of North and South Dakota. Prohibition was a hot-button issue in Territorial newspapers, sermons and in the crafting of the North Dakota Constitution.

The religious arguments over legally prohibiting liquor reported in Territorial newspapers prior to the 1887 Territorial election and then the 1888 Presidential election revealed a fundamental division over the issue that went beyond the desire to somehow dissuade people from imbibing spirits. A Wahpeton minister held that removing the source of temptation (liquor) "would only weaken the soul to Satan's work" and that "No man was Christianized by law," temptation itself being vital to teaching the

lessons and value of a virtuous life. The supposedly 'friendly opposition' (after all, both sides sought the discontinuance of drinking spirits) was by far the more vocal and stronger, the WCTU and its supporters favoring laws "preventing liquor from corrupting society" by banning its manufacture and sale as "Drinking had become such a pervasive element...that individuals could not escape the...temptation surrounding them."

The wrestling over prohibition and how it might be enforced (if indeed it could be, some argued) also included

serious financial concerns as Territorial coffers were enriched via saloon licensing fees and taxes on liquor. Some proponents of outright prohibition argued that the money spent on liquor far outweighed funds spent



Poker at the Villard House hotel. Though undated, the Villard House opened in 1883 and, if nothing else, this image attests to the enjoyment of bottled beer in Dickinson. Joachim Museum, Osborn Copy Negative collection, 0013-001.

Continued, next page

Continued from page 16

on public services. Outright prohibition would make those funds available for such improvements and services, though how governments were supposed to convince people to support new taxes or voluntarily spend their money on public services and improvements wasn't part of the argument.

Despite the prohibition debate, or maybe because of it, the 1887 Territorial election, which featured a popular vote on the separation of North and South Dakota into separate territories, did not include a referendum on the outright banning of liquor. Rather, counties could vote to adopt the 'local option' – in effect giving themselves the ability to 'go dry' if they would so choose. The results were that a mid-western block of rural counties in North Dakota (Lamoure, Eddy, Foster, Stelle, Pembina and Wells counties) voted in favor of the local option while the counties that voted against the local option opted instead to raise liquor licensing fees, a less draconian strategy that (theoretically) cut into saloon profits and discouraged the opening of new drinking establishments (and, incidentally, enriched local coffers even more should the higher fees not curb the number of drinking establishments).

(We are indebted to Zach Kautzman for insights from his thesis *The Prairie Fire Extinguished: Prohibition in Territorial and Early Statehood North Dakota, 1880-1900*, Middle Tennessee State University, 2018).

Two years later on October 1, 1889 North Dakotans again went to the ballot box, this time to vote on a state constitution (an affirmative vote equaling statehood) and, in a separate vote, the adoption of a blanket prohibition law which was Chapter 110 of that constitution. Despite prohibitionist's early fears during a slow vote count, in the end prohibition became law in the newly minted State of North Dakota by an 18,547 to 17,425 vote (a margin of just over 3% - by comparison, the state constitution and statehood was supported by 77% of voters).

In Stark County, despite the formation of the 'Non-Partisan Prohibition Association of Stark County' the April before the election, prohibition was defeated 394 to 171. Regardless of



Villard Street, 1888 – this view faces the northern side of West Villard, between Sims Street on the left toward Barnes Street (1st Ave. West). The enlargement shows at least two buildings advertising 'Milwaukee Beer,' another touting Wine & Liquors as well as the Villard House which served beer. Joachim Museum, Osborn Copy Negative collection, 0013-001. Copyright Southwestern North Dakota Museum Foundation and Dickinson Museum Center



the local vote, Chapter 110 did not provide for continuing the local option, making the manufacturing, importation and selling of alcoholic beverages illegal throughout the state except for legitimate medicinal purposes.

Chapter 110 also set out several mechanisms for prohibition enforcement - defining the duty of peace officers, penalties for negligent officials and establishing a liquor prosecution fund (into which liquor fines were deposited for State's Attorneys to use for prosecution expenses). The chapter also established liability and fines for causing intoxication, prohibited Club Houses (private membership clubs serving liquor) and the established the right of legal action by injured parties such as spouses, children, parents, guardians or employers who suffered loss due to the intoxication of specific individuals - the husband too drunk to work or farmhands who spent inclement days drinking in the saloon only to miss the next day's work due to hangover, what some called 'the rainy day problem.'

Despite the law and penalties (which took effect July 1, 1890) enforcement was passively resisted in many places in North Dakota for quite some time, including, apparently, Dickinson where the "Law & Order League of Stark County" came into existence as 1891 ended, announced by the Dickinson Press on January 2, 1892:

"A Stark County Law and Order League was organized this week in Dickinson,

with C.H. Gordon, president, and J.D. Campbell, secretary. It is presumed that the league will work against saloonism and the alleged violation of the prohibitory law as on the statute books of North Dakota."

Starting before North Dakota's statehood, Law and Order Leagues were a popular vehicle in many places for proponents of prohibition to bring pressure on people engaged in the illegal liquor trade (there was legal traffic in spirits - druggists could file for a permit to dispense medicinal spirits, though this was abused from time to time). In some places Law and Order Leagues were viewed as vigilantes and battle lines were drawn and blood spilled

In Wisconsin the Law and Order League was opposed by the "Personal Liberty Society" formed by saloonkeepers and their allies who wrestled via the ballot box, each side putting forth candidates for local offices who would 'toe the line' as dictated by the League or the Liberty Society.

In Iowa, a local temperance crusader "with the reputation as a fighting preacher," the Reverend George Channing Haddock, pitted his "muscular build (and) intimidating appearance" against the forces of vice in Sioux City. Before leaving Wisconsin for Iowa Haddock had been shot at and roughed up on the streets of Sheboygan Falls after delivering a temperance sermon. Continuing his temperance activities in Sioux City he was reportedly insulted, spat upon and threatened. When

Haddock began signing complaints against various local saloons he told friends he expected a violent or possibly lethal reaction – a prophesy fulfilled when he was shot down in the streets of Sioux City on the night of August 3, 1886.

Incidents such as the Channing murder received wide press, including coverage in North Dakota newspapers (the killers fled to North Dakota and were apprehended in Casselton within a month). Those who continued to advocate for temperance and the eventual enforcement of North Dakota's law would surely have been aware of this and other incidents – and, their opponents would also have been aware of the increasingly relied upon notion of filing complaints against saloons and other establishments that ignored Chapter 110. Indeed, some Law and Order Leagues hired investigators to gather evidence of violations. In Pembina in August 1891 a petition was circulated and submitted to North Dakota Attorney General to appoint two local lawyers as assistant attorneys to specifically prosecute liquor cases in that town.

With all the hoopla surrounding prohibition and the efforts to enforce a less than popular law throughout North Dakota, it seems inevitable that the creation of the Stark County Law and Order League would generate some type of response. Next month, we will examine how that played out. ■

FEATURE Q & A

Children's eye health and safety: taking a closer look

By Nathan Zent

August is a busy month for many families as they acclimate to a school routine and gather the necessary supplies to aid a successful school year. However, preparing for a school routine and obtaining the proper school supplies are not the only things that people should focus on prior to the start of the school year, as August is Children's Eye Health and Safety Month. For insight into the importance of children's eye health and safety, I interviewed Dr. Jay Nelson of Advanced Vision Center who has practiced optometry for twenty-six years. He was inspired by his brother-in-law to become an optometrist after working at his office for a couple summers. Nelson realized that he wanted to help people in the same manner as his brother-in-law.

(Interview edited for clarity and length.)

NZ: Can you tell me about a memorable time in your career that made you grateful you became an optometrist?

Dr. Nelson: One of my patients had a corneal issue and glasses would not help her vision. We fit her with a special contact lens that improved her vision drastically. After fitting her with her lens, she called me crying when she got home. She said she had not seen that well for many years.

As it is important to be conscientious of eye health from an early age to prevent vision issues from getting worse, what can a parent tell an apprehensive child to ease any fears about their first visit to the optometrist?

We want to be safe and catch issues early. The earlier the better. Parents can tell their children that optometrists are not like medical doctors. We don't give shots. If children are very worried, we sometimes have them sit in on an exam of a sibling or parent.

If a parent suspects their child's vision may need a correction, how long do you recommend that a parent monitors their child's vision before making an appointment with an optometrist? Why do you recommend this time frame?

If they suspect a problem, we would suggest their child gets checked soon. We want to get things corrected to get

the child's vision on the right track as soon as possible. The basic eye screenings given by pediatricians can catch vision disorders early on as well. If their pediatrician suspects any issues, they often send them to optometrists to further investigate the issue. If there are any signs of a vision disorder it is better to be safe, then wait for the issue to

does happen. The most common ways to get away from glasses are contact lenses and corrective eye surgery.

The American Academy of Ophthalmology recommends that everyone should know and share their family history with their optometrist; however, if a parent does not have knowledge of all sides of their family



possibly become worse.

What would you say to a child who does not want to wear glasses because of fear of being teased by their classmates?

That is a tough one. Kids can be cruel sometimes. If the child starts wearing glasses at a young age, we might be able to get rid of them later in life. Our hope is that they will not be in glasses forever.

When a child begins wearing glasses at an early age is it common for them to not need glasses their entire life?

If kids are farsighted, they might be able to get away from glasses as they grow. It's not extremely common but it

history regarding eye conditions, are there specific eye conditions that a parent should make sure the optometrist checks for to be on the safe side?

With certain diseases, such as retinitis pigmentosa or keratoconus, knowing if there is a familial history does give us a heads up of things to look even closer at in family members, but a regular eye exam should be checking for all visual issues. Retinitis pigmentosa is a chronic hereditary eye disease characterized by black pigmentation and gradual degeneration of vision, while keratoconus occurs when the cornea

thins and gradually bulges outward into a cone shape causing blurred vision.

The American Academy of Ophthalmology recommends wearing goggles or other certified protective eyewear when playing sports because eye injuries can cause serious eye damage. With this in mind, in addition to wearing goggles or other certified protective eyewear, are there things that you would recommend for athletes and coaches to do to minimize the likelihood of eye injuries? What are the most common eye injuries you see in athletes and how are they corrected?

Protective eyewear for athletes is paramount. Along with eyewear, it is important to have regular exams to make sure an athlete is seeing well and that there are no current conditions causing trouble. Current statistics show 40,000 eye injuries every year, with basketball and baseball causing the most. Corneal abrasions are very common, usually caused by getting poked in the eye. These can be very painful and need to be treated with bandage contact lenses and sometimes prescription drops.

Are there aspects of children's eye health and safety that you feel get overlooked that the general public should be aware of?

Sun wear is crucial to eye health. Parents wear sunglasses, but don't have their children wear them. The sooner we can keep ultraviolet light off the eye, the better to prevent future eye issues.

What are the most common future eye issues caused by ultraviolet light? How are they treated?

The most common eye issues from ultraviolet light damage are cataracts and macular degeneration. Cataracts are very common and can be treated with surgery. Macular degeneration treatment has gotten better in the past 10 years, but treatment does not always work.

Remember sunglasses for the whole family on your future outdoor outings as you enjoy the last days of summer break. Wishing everyone a safe and productive school year that is easy on the eyes.

■



Continuing with its initiative to support youth activities and development, the Dickinson Rotary Club recently donated \$1,565 to the Dickinson Girls Wrestling Program. The funds will be used for summer wrestling camp scholarships (estimated at \$150 per participant) and for uniforms. Accepting the donation is Coach Matt Meyer, left, wrestler Clancy Meyer, co-coach/organizer Jerry Stravia and Club Past President Mark Billings.

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AUGUST 11, 2022 8-9 AM STARK COUNTY VETERANS PAVILION

SPEAKER



Chuck Olsen is an Experienced Professional Engineer with a demonstrated history of working in the civil engineering industry. Strong entrepreneurship professional skilled in Land Development, AutoCAD, HEC-RAS, Transportation Engineering, and Highways.

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

EVENT BROUGHT TO YOU BY



WHERE BUSINESS GOES TO GROW

The rise of stay-at-home parenting and the opportunity for home-based businesses

By Matt Ellerkamp, Business Advisor,
Small Business Development Center



With interest rates rising, cost of living increasing, supply shortages all over, major labor shortages, along with all the other geo-political and economic concerns families with small children are feeling the economic pinch and landscape of security shift beneath them.

One of the major shifts is the lack of childcare businesses and openings for children. The cost of childcare has always been a challenging for families and is becoming increasing unsustainable for many working families. Parents are now starting to consider the feasibility of keeping a spouse at home. This is not to mention the mental and emotional strain of running a household with two working parents. With these concerns in mind, the decision becomes easy for families to make, they will cut the cost of daycare and the stress of two parents working out of the home.

Stark County is experiencing a rise in the cost of childcare. The average cost of childcare is \$740 per child, per month but there is also a shortage in Childcare Providers. According to the ND Dept. Human Services, in 2021 there was a supply of 893 licensed childcare openings but the potential demand for licensed childcare openings was 4,473. Stark County is only meeting 23% of childcare demand.

A great way to supplement the family income and stay at home is to take skills developed through a career or hobby and put them to work in a home-based business. These skills and knowledge can be leveraged to bring income to the family with a home-based business. Here are a couple of home-based business suggestions.

1. Daycare

There is high demand for childcare. Become part of the solution and be a Childcare Provider. On ndchildcare.org

you can learn about the different types of licensed daycares to operate. The website provides a link to apply to become licensed and information on how start a licensed daycare.

For larger childcare operations there is a Child Care Program through Stark Development that offers up to a \$1000 per child in match dollars per \$1000 investment by a childcare business in order to establish more childcare openings. Go to starkdev.com for more information.

2. Blogging

Becoming a Blogger is a great way to bring a hobby, interest topic, or professional expertise online and monetize your knowledge. Often a blog is a great way to market a current home-base business, by driving more interest to the business. If a blog is focused on a certain segment or industry, blogging is a great way to have other companies sponsor/market/advertise those products/services on a blog.

3. Social Media Manager

In our region, providing social media content for companies is in demand. Establishing a small, but dedicated group of clients has the potential provide enough revenue to keep a business going. Great for people with marketing experience and those who are handy with technology, videography, and graphic design.

4. Virtual Event Planner

A great option for those who are good at organizing, marketing, and technology. A Virtual Event Planner is a professional who oversees the logistics, technology, and seamless execution of online events. Virtual events include such things as meetings, webinars, conferences, networking events, and virtual trade shows.

5. Drop Shipping

Start on-line retailing with Drop-Shipping. A Drop-Shipper is an online retailer who sells products they do not keep in stock or ship. When an order is placed, the Drop-Shipper send the order to a third party typically a manufacturer,

another retailer, or a wholesaler who in-turn ships the goods directly to the buyer. This cuts out the need to hold inventory and logistics of shipping.

Your local Dickinson Small Business Development Center can help advise anyone interested in starting a home-

based business. Advisory services come at "no-costs" and include start-up logistics, business plans, financial statements with forecasting, marketing and many more resources to help anyone at any stage of business development. ■

GIVING HEARTS

Power of 100 Women Dickinson split \$20,000 between two charities

Power of 100 Women Dickinson, a local charitable group, met on April 25, 2022 to review four charities selected by their members to consider for their 23rd quarterly donation. This is the 10th time Power of 100 Women will split their donations between two charities. A milestone was reached when donations exceeded \$400,000 thanks to 250 members that have supported local charities or the past 6 years.



L to R: Diane Duchscher, Irene Schafer, Rhonda Dukart, Shirley Dukart and Darianne Johnson of Domestic Violence & Rape Crisis Center

Of the over two dozen charities reviewed, members invite four of these charities to make presentations at each general membership meeting, voting for two of the four to receive their donations.

Domestic Violence & Rape Crisis Center was one of the charities voted for

in April. Domestic Violence & Rape Crisis Center serves all of southwestern North Dakota; serving some within the local shelter and some are served outside the shelter. Donations received are used for a wide variety of basic needs.

Dakota Children's Advocacy Center is the other charity voted for in April. Dakota Children's Advocacy has been working with young children for 25 years. They serve children 18 and under that have experienced trauma in their lives. They provide a safe place and services for children and their families who have been affected by abuse.

Power of 100 Women Dickinson expanded the area for nominations from 501c3 charities to a 50-mile radius of Dickinson. Members of Power of 100 Women 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 can contact Shirley Dukart (701-290-2283) or Irene Schafer (701-290-3222) for additional information and a membership application.

Power of 100 Women's next meeting will be held on Monday, July 25th. Prospective new members and guests are always welcome. No dues and no charge to attend. ■



L to R: Shirley Dukart, Kylan Klauzer, Kynslee Klauzer, Kyra Jaeger & Irene Schafer

Heart River VOICE

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

Find Heart River Voice at the following fine establishments:

DICKINSON

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

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

SOUTH HEART

I Don't Know Bar
Heart Country Gas Station

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy

TAYLOR

Taylor Nursery

BELFIELD

Trappers Kettle
City Hall

MEDORA

Chateau de Mores
Roughriders Hotel
AmericInn

BISMARCK

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

COMMUNITY WayMaker Training

By Carol Gjermundson

Childhood and youth are years of opportunity, opportunity to develop the knowledge and skills for success, productivity, and fulfillment in the years ahead. Certainly, sports have been highly regarded for helping students to develop these personal attributes. WayMaker Training, a recently organized program in the Richardton-Taylor area provides advantages for students in grades 2-8 to participate in sports beyond the school sports programs with an emphasis on the personal character development. The organizers of WayMaker Training work through sports to build character, leadership, and teamwork skills. Students can participate in WayMaker Training as early as second grade, typically two years before they begin sports programs in the public schools. WayMaker Training, a donation funded organization, develops basketball skills in the off season with practices, tournaments, and camps. After the lessons of 2020, WayMaker Training organizers saw that our youth need more opportunities to be physically active and to be exposed to social situations that will shape them into civic minded adults with a Christian foundation of love and respect for themselves, teammates, coaches, referees, their community, and the United States of America.

Created in 2021, WayMaker Training was successfully operational in their first season with 14 coaches, 13 parent

coordinators and 89 athletes. WayMaker Training has had athletes from Hebron and Gladstone join teams with low numbers. Families that home school also participate. Coaches volunteer their time with the assistance of parent coordinators who help with communication, scheduling, promotion of the team, and parent assistance. WayMaker Training acknowledges and affirms that the parents have the most important role in the athlete's life and aims to support parents in building and enforcing respect for self and others,

setting positive goals, maintaining perseverance, critiquing discretely and lovingly, and connecting hard work to success with Christian values. WayMaker seeks to unify parents, coaches, athletes, and the community in support of the teams.

WayMaker Training is an idea, and without dedicated parents and coaches stepping into roles that allow our youth to thrive, it would have remained just an idea. WayMaker Training would like to thank all the parents, coaches, the Richardton-Taylor School District, and community members that have stepped into roles that lead our youth to greatness.

WayMaker's goal is that what has started as a basketball program will lead to big possibilities, sowing seeds of love and hope while playing sports. "When kids come together, parents come together and then communities come together. Then they become unstoppable!" ■

WayMaker
Training



HEART RIVER VOICE | AUGUST 2022

Calendar

ONGOING IN AUGUST WELLNESS WEDNESDAY WALKING GROUP 8AM

Open to anyone wanting to get some steps in and connect with the community! Every Wednesday (weather permitting) outside the main/south-facing entrance (Fairway Street) at CHI St. Alexius Health Dickinson. Walkers meet and walk the block. Come in after your walk and enter your name into a monthly drawing.

HISTORY ALIVE

Every weekend Memorial Day-Labor Day. Saturdays at 10:30AM, 1:30pm, & 3:30PM, Sundays at 1:30 & 3:30PM. Hear eyewitness accounts of adventures experienced by Medora's founding

family and their friends! Join us on the porch of the Chateau as local actors bring history alive every weekend this summer. All performances are free.

SATURDAYS AND TUESDAYS

ROUGHRIDERS HOME GROWERS ASSOCIATION FARMERS' MARKET Saturdays 10AM until sold out; Tuesdays 4PM until sold out. Prairie Hills Mall Parking Lot.

SATURDAYS AND SUNDAYS JUNE 25-SEPTEMBER 10 PAINTING WITH SALLY

1:30-3:30PM Details and tickets at medora.com. Townsquare Showhall, Medora, ND.

Donations encouraged. More info, 701.623.4355. Chateau de Mores State Historic Site, Medora.

TUESDAY AUGUST 2 MARATHON PETROLEUM CO. POOL PARTY 3-6PM

Join us for this FREE Pool Party sponsored by Marathon Petroleum Company! We'll have a live DJ (by RG Wild), Girl Scout Hawaiian Shaved Ice, giveaways & door prizes for 2 kids bikes! Bring your water toys, and floaties — All ages welcome! West River Community Center

2022 NATIONAL NIGHT OUT 5PM Come join the Dickinson Police Department and our local community to learn about community programs, check out first responder vehicle and have a free dinner on us! West River Ice Center

BANDSHELL SUMMER CONCERT SERIES: KYLE WELLS 7PM The Bandshell Concert Series is an opportunity for the community to enjoy a free outdoor concert. Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Memorial Park

THURSDAY AUGUST 4 FIRST ON FIRST DICKINSON SUMMER NIGHTS 5PM

Bands: Arch Allies/Booz N Tuna Opener: 6:30pm, Headliner: 9:00pm. Free to Public. Wristbands: \$5/\$5 Beer and Wine on street. Food/Clothing Vendors. Kids Area: Bounce houses and giveaways. Come to downtown Dickinson for a rockin'

good time!

OUTDOOR FAMILY MOVIE NIGHT 7PM Join High Plains Dental for our Patient Appreciation Outdoor Family Movie Night! Featuring Sing 2. Doors open at 6:30 p.m. No coolers or outside food or drink. Concessions will be available. Children under 12 must be accompanied by an adult. Biesiot Activities Center.

**SATURDAY AUGUST 6
66TH HOME ON THE RANGE CHAMPIONS RIDE SADDLE BRONC MATCH 1PM** Gates open at 11AM/Grand Entry at 12:30PM. See ad, page 15, for more information.

STOCK CAR RACES 6PM Southwest Speedway, 47th St SW.

**MONDAY AUGUST 8
PRAISE IN THE BADLANDS 7:30PM** Doors open at 6:45PM Join Home on the Range for a concert featuring We Are Messengers with Ben Fuller. Tickets available by calling 1-800-MEDORA1 or at medora.com. See ad, page 7, for more info. Burning Hills Amphitheater

**TUESDAY AUGUST 9
CHALK WALK 4-7PM** Join us for the annual Chalk Walk on the last night of the Bandshell Concert Series. The Chalk Walk aims to empower and support art appreciation by providing an opportunity for professional artists and people of the community to free hand with chalk and showcase their talents. Our event allows everyone the opportunity to engage in an outdoor activity that invites creativity by using CHALK as well as WALK around to appreciate the art of others. Memorial Park

BANDSHELL SUMMER CONCERT SERIES: BREAKING EIGHT 7PM The Band-

shell Concert Series is an opportunity for the community to enjoy a free outdoor concert. Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Memorial Park

BOOKS & BREW: WHERE THE CRAWDADS SING BY DELIA OWENS 7PM A book club for 21+ will be hosted at DePorres Lounge. Books & Brew books are available at the Main Level Circulation Desk at the Dickinson Area Public Library. *Beverages at the event are not provided by the library. DePorres Lounge, 17 2nd Ave W.

THURSDAY AUGUST 11 START-UP YOUR DAY

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

**SATURDAY AUGUST 13
LET'S RUMMAGE 10AM-5PM** The region's largest indoor rummage sale! Come and shop over 15+ rummage and local small business vendors. Dickinson Armory Gym, 72 E Museum Dr.

STOCK CAR RACES 6PM Skidsteer Rodeo, Trailer Race, Beater Race Southwest Speedway, 47th St SW.

**TUESDAY AUGUST 16
BANDSHELL SUMMER CONCERT SERIES: MICHAEL ULTIMATE ELVIS EXPERIENCE 7PM** The Bandshell Concert Series is an opportunity for the community to enjoy a free outdoor concert. Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Memorial Park

**Movie Night
in the Park!**

Consolidated's 2022 Summer Series!

- July 27th – Scranton Murray Park
Disney's "Luca"
- August 3rd – Killdeer Saddle Club Complex
Disney's "Encanto"
- August 10th – Mott Legion Park
Illumination's "Sing 2"

Consolidated 701.483.4000
Reach the World, from here.

For details: consolidatednd.com/movies

AUGUST 18-22

THE VIETNAM TRAVELING MEMORIAL WALL The Wall will be arriving in Dickinson August 18 and will be set up through August 22 for the public to view. Opening ceremonies start at 6PM on August 18 at Veteran Memorial Park located at 801 5th Ave. West. The exhibit is sponsored by the District

8 American Legion Riders and more information can be found at travelingwall.us

SATURDAY AUGUST 20 CELEBRATION OF LIFE In thanksgiving for the overturning of Roe v. Wade, the four Catholic parishes in Dickinson will be hosting a celebration of life at Trinity High School featuring

speakers such as Dr. Joseph Stuart, Tara Zettle, and Representative Mike Lefor, Mass with Bishop David D. Kagan, supper, inflatables, music, and so much more!

TUESDAY AUGUST 23 BANDSHELL SUMMER CONCERT SERIES: IF MUSIC BE THE FOOD 7PM The Bandshell Concert Series

The Bluegrass Association of North Dakota (B.A.N.D.) Presents

Killdeer Bluegrass Music Day

A call for bluegrass musicians, young and old, experienced and brand new, to gather in Killdeer, ND on Saturday, August 27 to share and experience, first-hand, the joys and benefits of homemade string band music.

Bluegrass jamming is playing and singing together informally in a circle.

Killdeer Lions Park 600 Brew Street
If the weather is bad, we are at:
High Plains Cultural Center in Killdeer.
470 5th Avenue SW

Bluegrass instruments*:
fiddle,
mandolin,
guitar, banjo,
upright bass,
Dobro guitar

Saturday, August 27

Schedule:

1:00 pm Overview of Bluegrass Music for fans and musicians.

1:30 pm Introduction to bluegrass jamming

2:15 – 4:00 pm Open Jam session

4:00 pm "Learn a Bluegrass Song" Workshop

5:00 pm Bluegrass Concert: Monroe Doctrine

6:00 pm – Potluck Supper

7:00 pm - ?? More jamming (of course)



*All bluegrass instruments are acoustic-only

Sunday, August 28 Bluegrass Goes to Church Hope Free Lutheran Church

Service Sunday morning
at 9:30 am MDT
Lions Park

If the weather chases us indoors:
470 5th Ave SW Killdeer, ND

For more information call
John Andrus at 701-721-8296

ONE DAY ONLY!

a little bit of everything

The Regions Largest Indoor Rummage Sale!

Come and shop over 15+ rummage and local small business vendors.

Location:
Dickinson Armory Gym
72 E. Museum Dr
Dickinson, ND

AUG

13

Saturday
10 am to 5 pm

Sponsors

55+ Senior and/or Disabled Community
1043 Enterprise Ave. (701) 483-1541
Dickinson, ND 58005 www.ccinvest.com
PioneerPeaceful@ccinvest.com

Contact Info:
smoeevents@gmail.com

is an opportunity for the community to enjoy a free outdoor concert. Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Memorial Park

SATURDAY AUGUST 27 2022 DICKINSON PRESS WOMEN'S EXPO FREE COMMUNITY EVENT! 9AM-4PM Shop the best in local direct sale businesses, brick and mortar shops, and crafts; also food sales and samples! Speakers, music and fashion show! West River Ice Center

KILLDEER BLUEGRASS MUSIC DAY 1-7+PM Gather in Killdeer to share and experience the joys and benefits of homemade string band music. See ad (left) for more info. Killdeer Lions Park, 600 Brew Street, Killdeer.

MONDAY AUGUST 29 ADULT BOOK CLUB: RISING

OUT OF THE HATRED BY ELI SASLOW 6PM Read the book and come discuss it with other adults. The next month's title will be made known at each meeting. *Check out your copy at the meeting! Dickinson Area Public Library - Community Room

SAVE THE DATE

SATURDAY SEPTEMBER 17 YES! 5K RUN AND FITNESS WALK Benefiting Connect Medical Clinic. See ad, page 27, for more information.

OUT OF THE DARKNESS COMMUNITY WALK Join the community to walk to fight suicide. See ad, page 29, for more information.

ROTARY**New Board members for 2022-2023 and Rotarian of the Year announced**

Dickinson area Rotarians who exemplify the Spirit of Rotary were recognized for their contributions during the 2021-2022 Rotary year.

Stepheny Reger took over as club president, receiving the gavel from Mark Billings.

Urja Aryal was named Rotarian of the Year. Urja exemplifies the Rotary spirit of 'service above self' for her involvement, support, working behind the scenes and her willingness to help whenever



Mark Billings passed the gavel to 2022-23 president Stepheny Reger



Mark Billings passed the gavel to 2022-23 president Stepheny Reger

and wherever needed, including club fundraisers, technology, social media and newsletter.

Rotary Board members for the coming year will be: President Stepheny Reger, president-elect Urja Aryal, secretary Kari Shea, treasurer Brad Fong, directors Tami Mines and Melissa Vincett, Sergeant-at-Arms Tara Zettel, and past president Mark Billings. ■

**PAWSITIVELY POPPY**
"No no" foods for dogs

By Miranda Kuhn

Did you know that grapes are one of the most common poisonous food items a dog could eat? I did, and in a momentary lapse of judgment I still gave Poppy a grape one evening when she was looking at me so longingly as I was cleaning a bunch. The instant I gave her a grape, my heart sunk "wait, wasn't that one of the no-no foods!?" I immediately called the vet, who advised me to administer hydrogen peroxide (more on that in a minute) and monitor her closely. I never want any of you pooch parents to feel the fear, guilt, and anxiety that I felt that night, so this is a great time to update you all on some



of the most common foods which are poisonous or dangerous for dogs.

Foods to avoid include almonds, mushrooms, and raw potato. Some foods are toxic or life-threatening to dogs. These include chocolate, garlic, onion, macadamia nuts, xylitol (sugar substitute), alcohol, caffeine, avocado, grapes, raisins, fruit pits and seeds, and yeast dough.

If you, like me, live in a more rural area, it is helpful to have a few first aid items on hand. Hydrogen peroxide 3% solution can be used to induce vomiting and rid the dog's stomach of the poison. Another option is powdered



activated charcoal which binds to toxins and aids in passing them through undigested. If using peroxide, give 1 tsp per 5lbs of weight, not to exceed 3 Tbsp for dogs over 45 lbs. It is helpful to have a syringe on hand, as dogs will not willingly drink this and it will need to be force fed. This is most effective within the first hour or two after the dog has eaten toxic foods.

As always, please call your vet IMMEDIATELY if you have any concerns about your pet. DO NOT treat without first getting veterinary advisement. ■

PIPER'S PALS Ask Alfie

Dear Alfie,

My family just adopted a cat and sometimes he stands by the door and meows to be let out. I think he should be allowed out to wander, but my husband is very against it. What should we do?

Sincerely, To Roam or Not to Roam

Dear To Roam or Not To Roam,

This is for some reason a controversial topic, though to me the answer is clear: your husband is right. Traditionally, house cats have been allowed to roam freely outdoors. However, more and more we are learning that this is a very bad idea.

Let's talk about safety. Multiple times a week, there are posts on local social media pages from people regretfully informing others about a deceased cat on the road. It happens frequently, even in residential areas. Would you let your child, or even your dog, run through traffic? Hopefully not. In addition to traffic, you must

understand that not everyone likes cats as much as you or I. There are people who see them as a nuisance and will trap, poison, or intentionally torture and harm them. Even (and sometimes especially) in local small towns. One of our area rescues recently took in a young cat that had been soaked in gasoline. Other rescues have found cats suffering from gunshot wounds, drowned, burned, and intentionally poisoned. It happens everywhere, and it absolutely happens here.

Aside from humans, there are other dangers your cat will encounter when roaming freely through town. Loose dogs, feral cats carrying deadly infectious diseases, chemicals and rodent poisons people use in their yards, and natural predators such as hawks or owls. The risks go on and on.

"But I've been letting my cat out for years and he's always come home safe," many say. Well sure – he will always continue to come home safe... until he doesn't. Every time you let your cat wander through town, you are gambling on his life.

"It isn't fair to keep my cat a prisoner indoors. He wants exercise and fresh air too!" I see your point. It's

true – cats need exercise, and sunshine and fresh air is good for any living being. However, there are safe ways to do this. First, consider a harness and leash. While this practice was at one time scoffed at, it is becoming more and more commonplace to see people walking their cat on a leash. It may take some time for your cat to get used to it, just as with dogs, but there are lots of helpful tips online.

Another trend that is becoming more common is the concept of "catios". Catios are outdoor enclosures that allow cats to enjoy sunshine without escaping. This can be as large or small as you want and there are many creative DIY ideas for this on the Internet. Similarly, cat-proof fence toppers which can be applied to your back yard fence may be an option for you.

There is one last risk I'd like to mention regarding free-roam cats: it is illegal. In many cities, including Dickinson, there is a leash law which absolutely applies to cats. If Animal



Control picks up your free-roaming cat, you will be fined.

Being a responsible pet owner means doing the right thing for your cat's safety. Find alternative ways to give him the outdoor time he craves and do not gamble on his life.

Sincerely, Alfie ■

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

Pet Name Match

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

A: Nola (#___)

B: Zoey (#___)

C: Lucy Lou (#___)

D: Penelope (#___)

E: Lucas (#___)

F: Kora (#___)

(Answers in our next issue!)

Last month's answers:

A: #3 Bailey Mae

B: #5 Nina

C: #5 Hunny

D: #6 Sophie

E: #4 Balta

F: #2 Licorice

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

Email kelley@thejileks.com



HEART RIVER GEMS

Sharon Kilzer

By Kaylee Garling



Sharon and her dear friend and colleague, Clay Jenkinson, on Bullion Butte

Has summer flown by, or is it just me? I can't believe it's time to buy new school clothes, get haircuts done, finish up doctor visits, and find a backpack that will last the whole school year once this article is published. At least, that's what's going on at our house. For those of you past school-prep years, I hope you're finding some reprieve from the warm weather and have much to look forward to as the seasons change and the holidays approach.

For our Heart River Gem this month, we are excited to feature Sharon Kilzer who is uprooting her life here in Dickinson to serve others more fully. It is a mission of love and faith. A much-needed endeavor. In her words, let's find out how this all came about.

"I went south to visit a friend last November, and fell in love with the place - the landscape of the Chihuahuan



Ocotillo plant

Desert (including a beautiful plant called ocotillo) and the people. I have been concerned for some time about the challenges faced by both the border communities and the immigrants and migrants arriving at the southern border. When I returned to North Dakota after that trip, I started to read and learn more about all this, and I came across a group of sisters living and working near the border, who inspired me by their ministry (catholicextension.org/stories/5-catholic-ministries-helping-migrants-border).

"While this may seem like an abrupt life change, it actually draws together many strands from my life interests and what I believe is my calling. From a very young age, I thought I was going to be a religious sister. I have a great admiration for the Hankinson Franciscans, and I spent a short time in the convent with the Nashville Dominicans. My faith has always been very important - not just as a mode of belief but a way of living, such as to do good in the world. Also, I love to learn and have a particular interest in studying other languages. At DSU I studied German and Spanish, and in the intervening years I have studied a little of several others, including Russian, Hindi, and Greek. I always wanted to study in an immersion setting, but never had the money or the time, or both. So this path I'm on is bringing together and fulfilling what I believe I was made to do, in many ways. Since March, I have attended two week-long language immersion camps in hopes of better communicating in Spanish. I have also taken an online course in teaching English as a second language. Recently I have been able to connect with the sisters described above - amazing, capable women doing practical good for so many people. And I look forward to learning more and serving others in the coming weeks and months.

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SCAN ME

"I want to learn from those living, working, and doing ministry at the border. I think the immigration situation is very complex, and I want to learn and understand and try to help. I had the opportunity recently, during a short visit to the area, to assist at a refuge for migrants seeking asylum. These individuals arrive with nothing but the clothes on their back. The refuge offers them a change of clothing, some toiletries to use during the couple of days before they reach their sponsor in the United States (family members, friends), meals and a place to stay for up to two days/nights while

making those connections. To my surprise, the migrants the parish received that day were from many countries, and most of them were not Spanish-speaking. I need to bone up on my Russian!

"There are many needs in the greater El Paso area among the local residents, many of whom are Spanish-speaking. So, I think most of my work will be with those for whom Spanish is their first language and English their second.

"The biggest challenge is the practical one - turning over my responsibilities at DSU to a new person, finding housing, arranging for the move. The greatest blessing has been knowing that God has



View over El Paso from the Franklin Mountains

Continued next page

Continued from page 26



A roadrunner greeted Sharon when she arrived in Chaparral, NM. (Franklin Mountains in the background)

a good plan, and I am in His hands. The welcome of the parish community in Chaparral and others I met during my visit was very generous and genuine.”

Even though the move is exciting, and fulfilling a calling, there are many things that Sharon is going to miss. “I have loved being with my family, especially my youngest niece and nephews, to be part of their lives as they grow. I drove to my nephew’s baseball tournament this morning, and the joy of the day was both in being with family and the beauty of

the landscape during the drive. Canola was in bloom when I left for the south two weeks ago; now the flax is blooming. And soon the grain will be ripe for harvest. It’s like a piece of heaven. I will also miss my wonderful colleagues at DSU and the work with the Theodore Roosevelt Center, which has been my mission for the past 16 years.”

Her advice is priceless and inspired. “When your heart’s call leads in new directions, listen and respond. Look for opportunities to grow in new ways, doing practical good in the world. For those who are people of faith, God isn’t done with you yet. Listen for His voice and trust Him to give you the grace for whatever He calls you to. It’s a great adventure!”

Sharon was born and raised not too far from Dickinson. “I grew up on a farm southeast of Mott. My grandfather built the house, my dad was born in it, and I and my 13 siblings (eight girls, six boys) were raised there. (My brother’s daughter is now raising her family in the house - the 5th generation!) About half my family is still in North Dakota, including two sisters in Dickinson and a brother who is a priest at Assumption Abbey in Richardton (Fr. James Kilzer).”

Now, she will take “North Dakota Nice” to people who need it most. All of us at Heart River Voice wish Sharon the best with her new adventure, and pray that God will continue to guide her to where she needs to be. ■



North Dakota canola field

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GOING POSTAL

Mariachi

Filled with passion, rhythm and stories of life, love and loss, mariachi music is an integral element of Mexican American culture that has become deeply rooted in the United States and has fans around the world.

Each of the five vibrant stamps in this pane of 20 features a musician dressed in a traje de charro, the traditional outfit of mariachi performers, playing on of five iconic mariachi instruments: guitar, guitarrón, vihuela, violin and trumpet.

Rafael López designed the stamps and created the art. Derry Noyes was the art director.

Customers may purchase the stamps at their local post office or online at usps.com/shopstamps. ■



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CROSSWORD

DIGITS by Carlinka

++DIGITS++



ACROSS

- 1 Metallic mixture
- 3 Hit the gym
- 8 Without ice, at a bar
- 9 Move like a baby
- 11 Squished circles
- 13 In a changeable state
- 14 What covers a lot of ground?
- 16 Adjustable light switch knob
- 19 Skilled (at)
- 20 Send, as money
- 22 Small salamanders
- 24 Chutzpah
- 25 Polemology is the study of them
- 27 Port city in Ukraine
- 28 Affirm under oath
- 30 Origami design
- 36 Digit #3
- 38 Gala or Granny Smith
- 39 Slightly outdo
- 40 Dino in "Jurassic Park"
- 43 A little suspicious
- 44 Goopy French cheese
- 46 They sense scents
- 47 Lasting forever

- 5 Bit of sunshine
- 6 What bioluminescent creatures do
- 7 Drink in a hurry
- 8 Subtle reminder
- 10 Scrumptious
- 12 I.R.S. examination
- 13 Fake, as a signature
- 15 Sneezing sound
- 17 Staple food for more than 3.5 billion
- 18 Weighty
- 19 Slightly off-kilter
- 21 Word after beer or Jelly
- 23 Musical toy that buzzes
- 24 Large country house
- 26 River to the underworld
- 29 Incompetent
- 30 Have a cow?
- 31 Digit #1
- 32 Name that's Latin for "lucky"
- 33 Pathway to a sewer
- 34 Greek goddess of night
- 35 Runs with long, easy strides
- 37 Digit #2
- 41 Hurricane's center
- 42 Digit #5
- 45 Dryer fuzz

DOWN

- 2 Gate fastener
- 3 Piques, as one's appetite
- 4 Digit #4



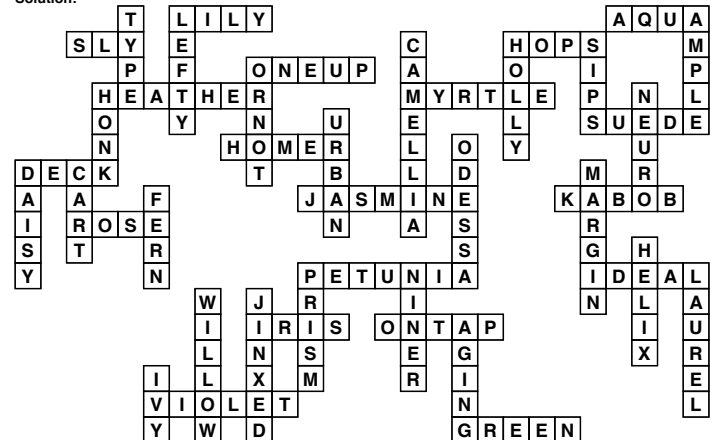
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Last month's puzzle solution

++Summer Blooms++

Solution:



HOROSCOPE

AUGUST 2022 by Hilda De Anza



ARIES
March 21-
April 20
Expect important
and unexpected

events to arise which will predominate affect your assets in some way, and you may want to break free and do something unique at this time. End of the month things get a lot lighter, and there is a much greater focus on communication, learning and outreach and it's a great time for seeing the positive side of life.



TAURUS
April 21-
May 21
An extraordinarily

rare exact conjunction of Mars, Uranus and the North Node in your sign on August 1st promises to get this month off to a rocket-assisted start. You can expect relationships to unfold in a way you had not anticipated. Mid-month the focus moves towards home and family matters, where there are some positive developments and an enhancement of your quality of life, both materially and spiritually.



GEMINI
May 22-
June 21
Your interests
center more on

organization, and a favorable period begins for an investigation of alternative methods for leading a healthy lifestyle, and on a more universal level, helping the world community in some way. Things really start moving for you as August draws to a close, and this is a time when you are completely energized. It's a period of enhanced popularity and greater involvement in dynamic group ventures.



CANCER
June 22-
July 22
There are
extraordinary

developments taking place affecting friendships and groups on one hand, and political or social movements on the other. This focus on values is highlighted at the full moon on the 12th, which could be a time when jarring events occur on the social scene. As August ends, you become much more involved in learning, communication and mental projects.



LEO
July 23-
August 23
The full moon
from Leo to

Aquarius on 12 August highlights how career developments affect relationships. The whole issue of independence versus responsibility becomes intense. During the last week of August there is a much stronger focus on organizing your economy. You'll probably find that the more active you are socially, the more disruptive it is to your economy.



VIRGO
August 23-
September 22
On 4 August, your
ruler Mercury

enters Virgo, which heralds positive developments for a couple of weeks, when you can get your life better organized, work well with associates and put some of your ideas into practice. There are a number of important changes during the last week or so. At this time there are dynamic new initiatives in your career.



LIBRA
September 23-
October 22
August begins
on a high

intensity note, either due to unusual circumstances connected with relationships, or to do with unexpected developments affecting finance and security. After the full moon on the 12th, your situation changes. You are no longer so vulnerable on an emotional level, and there are wonderful developments in connection with positive cultural influences.



SCORPIO
October 23-
November 21
As August begins,
intense events

affecting personal relationships either with partners, family or the community, reach an explosive level. During the last part of the month, you are able to extricate yourself from a compromising situation and develop a lot more insight into how best to proceed. A positive period begins in your daily life and at work, bringing the opportunity for expansion and growth.



SAGITTARIUS
November 22-
December 21
You begin August
in an optimistic

frame of mind, and there are wonderful influences for travel and exploration, and for romance and adventure. You are full of confidence, successful creatively and perhaps quite popular too. After the 20th, there is a much greater focus on personal and professional relationships.



CAPRICORN
December 22-
January 20
Early August, issues
erupt, and you are

faced with a need to reconcile two very different sides of your life or even of your very nature. In one respect, you function great as a stabilizing force in a team, commanding respect. But in the part of your life where you want to express something unique in your nature, you tend to go overboard and walk on the wild side.



AQUARIUS
January 21-
February 19
Partnerships
and friendships

are upbeat as August begins, but there may be unexpected issues emerging in your family, community or country which create disruption. As the full moon on the 12th conjoins Saturn in your sign, relationships are powerfully highlighted. This could be a good thing as long as each of you recognizes the autonomy and uniqueness of the other and opposites attract after all.



PISCES
February 20-
March 20
As August begins
there are very

favorable trends both economically and at work, and it's a great time to manifest latent leadership abilities, or to work with a recognized leader in your field. There is a major change of emphasis during the last 10 days of August, which can heighten stress levels in relationships or the home. It seems there is a lot to do, and busybodies are there to do it. Nevertheless, you can get very productive if you are hassled a bit, so perhaps it's not a bad thing.



QuickLyric

Countless lyrics apps either bother you with a notification or force you to manually type the name of the song every time it changes. QuickLyric solves that issue and brings the lyrics to you instantly. With a focus on its users, QuickLyric is the lyrics finder that is the most pleasant to use.



Lucky Day

Lucky Day is a lottery app that is free to download and has lots of fun and amazing features that see users win money and other kinds of stuff like gift cards by participating online games. After downloading the app and registering, you would be eligible to enter lottery to stand the chance of winning amazing prizes such as money or lottery tickets.



My Zen Pet

My Zen Pet is a pet-friendly podcast for people and their pets. You drink green tea, meditate, and practice yoga. My Zen Pet helps provide the same emotional balance to you and your pet family. Your host, Lisa Spector, offers Canine Sound Therapy tips to help your dog find zen with music specially designed to calm the canine nervous system.



Juicy Scoop

Host Heather McDonald dives into juicy pop culture. From all things Hollywood, celebrity romances, Bravo TV to her real life drama, Heather tackles the juiciest and most controversial topics. Heather does not hold back on her opinion on anything or anyone. While talking to her guests, Heather asks the juiciest questions you always want answered.



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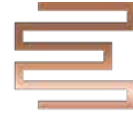
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