

Heart River

VOICE

JUNE 2019 | VOL. 1, NO. 6 | HEARTRIVERVOICE.COM

FREE | TAKE ONE

An Odd Fellows story

A local charity group is
rekindled **p4**

Bigsticks baseball is back

Wood-bat baseball
team emphasizes family
entertainment **p16**



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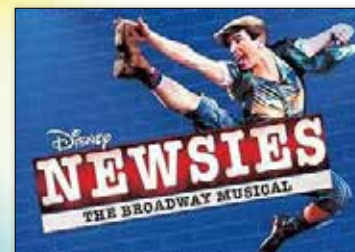
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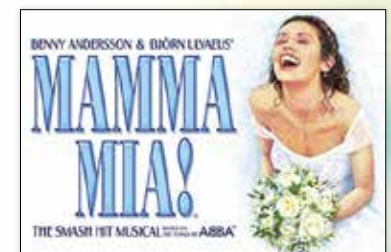
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A note to our readers

It's summer: the grass is green, the sun is shining, and the weather is warming up. Okay, so these are things that are supposed to be happening at this time of year. It will get here; it's just being lazy.

Speaking of lazy, no one will have time to be lazy this month. There is so much to do in our community! Our calendar and content is jam packed with something for everyone - 5Ks, 10Ks, Adult Leagues, outdoor concerts, community BBQs, reading programs, baseball games, day drives, art classes, and more. No excuses! Get out there and mingle with friends and neighbors. It's time for some summer fun! Happy Father's Day! Here's to a great month of June.

Kelley Jilek
Publisher

On the cover

For more information about the artist, Sam Coleman, see page 5.

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HEART RIVER VOICE FEATURE

An Odd Fellows Story

By Kaylee Garling

“What’s an Odd Fellow?” you may ask. The Odd Fellows started in Europe in the 1700’s. They acquired the name “Odd Fellows” by being a group of working people who banded together to help those in need. It was an odd thing to do back then because people were so busy taking care of their own survival; it wasn’t ordinary to get a group of people together to take care of others.

On April 26th, 1819, the first group of Independent Order of Odd Fellows (IOOF) gathered in the United States, and as people progressed westward across the nation, new lodges were built on the frontier. On November 17th, 1887, the Dickinson, ND charter was created with the name Frontier Lodge #27. The current building’s construction began in 1905 and was completed in 1906. The dedication of the building was April 26th, 1906, which is quite unique since it was the same day,



other fraternal organization, there are levels of membership and officers. While most organizations have a President, Jeff is the Noble Grand, a position he accepted in 2015 and is of the highest regard in the organization. His commitment to the organization and to the community is unwavering. He fundamentally believes his mindset to “Always try to make things better” has been a motivating factor in finding “really good people” in the community to rebuild a piece of Dickinson history. Piece by piece, the organization is growing and together the beautiful Odd Fellows Lodge building is being restored to its former glory!

This is a really exciting time to be involved with Odd Fellows. For a couple of years there were only 5 active Odd Fellows members. Jeff took us through some history. “2019 has been a turning



The remodeled pool room of the Odd Fellows Lodge

87 years after the first Odd Fellows was incorporated within the United States. Dickinson was just a fledgling city back then. North Dakota’s statehood began in 1889, so the Odd Fellows were here even before North Dakota was a state.

Jeff Pokorny became involved with Odd Fellows between 2012 and 2013. He was invited to an event, fell in love with the historic Odd Fellows Lodge building, and became a member with the desire to do more for his community. Like any

point for us. We just initiated 28 members on Tuesday, April 23rd, which is the largest group of people to have been initiated at the same time in the history of Odd Fellows. Each new member has a desire to be part of moving our community forward. They offer unique skills, talents and knowledge and are willing to put them to use volunteering throughout the community. April Getz, Tracy Tooz, Mike Odegaard, and Beni Paulson are members of our core group.



Former members of Odd Fellows

Kenny Mosbrucker stepped in with a wealth of construction knowledge and ability. The First on First event, formerly known as Alive at 5, was the brainchild of Alisha Fettig. She presented the idea to Kevin Holten, former Noble Grand, and the two collaborated the now yearly event in 2011 to 2012. The first show was with a handful of people in the pouring rain, huddled under the Quality Quick Print awning, listening to the Outlaw Sippin Band. It’s really come a long way since then. The Outlaw Sippin fellas are always there to lend a helping hand. Kathy Fisher, along with Tori Barnum, co-owners of The Rock, and their whole staff have been amazing to work with. There’s been a host of people who have pitched in here and there to help us achieve what we have. Without these incredible people, we would be sitting here talking about nothing.

There are thousands of lodges all around the world bringing communities together. “Over the years, the government has taken over the more charitable entities with government programs, so Odd Fellows has grown into bringing the community together and elevating the character of mankind. That’s why we do First on First which exemplifies that.”

For those of you new to the community, First on First is a weekly community concert event that runs through the summer months. This year, the first event will be held on June 20th, rounding out on August 8th. The live concerts begin at 6:00pm and are free to the public in a family-friendly environment. It’s a chance to have a carefree moment to mingle downtown, enjoy delicious food from local vendors, and get to meet others who live in the community. Monthly schedules will be posted in Heart River Voice, so watch for those upcoming events where

you can join with your fellow community members in memorable evenings that many hands have worked hard to create.

“We were the 6th best city of our size in the United States, and the number 2 reason was First on First. We’re really proud of our community and want to keep doing First on First, bringing people together in a unique way.” ■



Odd Fellows memorabilia from bygone days

COVER ARTIST

Sam Coleman

Sam Coleman was born in North Dakota and fell in love with the beauty of the created world at a young age. Throughout his childhood, Sam's parents encouraged him in his love for art and he painted for 4H shows and other opportunities and succeeded in receiving 3rd place in the Junior Federal Duck Stamp competition and winning a free trip for his family to Washington DC to watch the official Duck Stamp Competition.

Sam was trained in classical realism at The Atelier in Minneapolis, Minnesota. This prestigious school, dedicated to training students

in the fashion of Masters such as Rembrandt, Da Vinci, and Vermeer, opened up Sam's world to painting landscapes, still life, and portraiture. In this school, Sam was challenged to create three-dimensional paintings on two-dimensional canvas.

While enrolled at The Atelier, Sam also enrolled at a ministerial school and continued to pursue art and ministry for the next four years. Sam completed his schooling at both schools and was ordained as a minister through Straitgate Church in Minneapolis MN.

After finishing his formal education, Sam moved back to Bismarck ND and painted during the day and volunteered with the youth at a local church in the evenings. When a position for a Youth Director opened up, Sam applied and became the Youth Pastor at Charity Lutheran Church. He married the love of his life, Sarah, and they were blessed with four wonderful children and now live just north of Bismarck. Sam also transitioned to the Family Life Pastor at Charity and also became the Executive Director of a non-profit ministry by the name of Circle C Ranch.

Sam continues to pursue his passion for the beauty of nature portrayed through his paintings while also enjoying his wonderful family and his calling to ministry. ■




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LIVE RIGHT The controversial carbohydrate

By Gabrielle K. Hartzke, RD, LRD, CHI St. Alexius Health, Dickinson



“whole grain.” Some may be concerned as to whether fruit or milk are healthy choices since simple carbs are present. The answer is yes. Fruit is a healthy choice, especially whole fruit because not only is it providing a quick acting source of energy, it also provides fiber

Dietary guidelines suggest nearly half our calories should come from carbs while other claims state carbohydrates should be avoided. With these teeter tottering arguments, we can conclude carbohydrate requirements are highly individualized. While some people, such as those with autism do better with a lower carb intake, others do quite well consuming plenty of carbs.

It is arguable the obesity epidemic is closely linked to the high intake of carbs. However, there are several factors contributing to this epidemic including: physical inactivity, increased consumption of high caloric junk foods, lack of sleep, and stress. When under stress, certain neuropeptides are released from the body which then “opens” fat cell receptors stimulating cell growth in size and number. Not only is it important to consider the amount of carbs ingested but also the types of carbs we consume.

Carbohydrates are categorized as either simple or complex. Simple carbs are branded for quick digestion and absorption into the bloodstream raising blood glucose levels rapidly. Often these carbs leave consumers feeling hungry soon after eating. These simple carbs are found either naturally occurring like the lactose in milk, fructose in fruits and maltose in beer or in highly processed and refined foods.

Complex carbs absorb more slowly, gradually increasing blood glucose, and tend to satiate hunger longer and are considered a healthier choice as they contain more fiber, vitamins and minerals. Complex carbs are found in vegetables, fruits and products bearing

from the skin along with extra vitamins and minerals. Low-fat milk products are also healthy choices as they are rich sources of protein, calcium, riboflavin and phosphorus.

The Scoop on Grains

Refined Grains – a product that has been processed so the whole grain is no longer intact. This removes the bran and germ from the grain along with fiber, vitamins and minerals. This refining process gives grains a lighter color appearance, finer texture and increases shelf life.

Enriched Grains – when the nutrients lost during refining are restored. Key nutrients typically restored include iron and the B vitamins. Product packaging will say “enriched.”

Fortified Grains – products with added vitamins and minerals which are often consumed in limited amounts within a standard diet. Cereals are a prime example of a fortified food.

Whole Grains – the product uses the whole grain seed or kernel. This consists of the bran (outer layer), germ (inner part) and endosperm (middle layer) where no part of the grain is taken away during processing. Whole grains can either be consumed as a single food, like brown rice and oatmeal, or added with other ingredients, such as in whole grain breads and pasta. While refined and enriched grains can be part of a healthy diet, they may not always be the healthiest option. It’s best to seek primarily complex carbs from whole grains and vegetables.

Look for next month’s issue as we continue the topic of carbohydrates. ■

DICKINSON STATE UNIVERSITY

DSU- A part of my family

By Thadd O'Donnell

The Dickinson State University Department of Health and Physical Education has been an integral part of more than half my life. I came to Dickinson State College in 1985 as a student athlete. I started as a math major with driver's education and coaching minors. During the first year, I added a second major - physical education.

Looking back, I know it is a cliché, but it is very true to say it was the people at DSU and specifically in the physical education department who made a huge impact on my path in life. Sam Milanovich, Don Lemnus, and Hank Biesiot were just some of the instructors I had during my student years. My wife Tracie ('91) and I managed and lived in Delong Hall, our daughter Danielle was born a Blue Hawk and lived on campus her first year of life. My daughter, Danielle was born while my wife Tracie ('91) and I managed and lived in Delong Hall. Danielle was born a Blue Hawk and lived on campus her first year of life. Seventeen years later, after graduating high school, she returned to campus as a student athlete. She graduated and met her husband while at DSU. I hear President Mitzel talk about DSU as a family. It really rings true for me.

Recently, I became the Chair of the department of Health and Physical Education. The position is a very interesting one in which the Chair assists the faculty of the department and facilitates the direction the program will go to ensure that current and future students will make an impact on their community and region. Our success is a reflection of our fantastic faculty. Our department is proud of our faculty's longevity. I have been a faculty member at DSU for 24 years but associated with DSU for 34 years. In our department, three

faculty members have a longer tenure than me. The stability and longevity of the faculty in our department shows current and potential students our commitment to and belief in DSU. We provide students access to high-quality education, we are invested in the success of each student.

The department I entered in 1985 is a great deal different from present day. Today, the DSU Health and Physical Education department has two majors - physical education and exercise science. Two years ago, we added a sports management option to the exercise science major. Starting next year, we will have three Certificates of Completion for students or community members looking for a new challenge. The certificates are wellness, corrective exercise, and strength conditioning. Each certificate includes classes that total around 8-9 credits. The Certificates of Competition were created to prepare students to sit for the National Certificate in each of the areas. If you are looking to get into the fitness industry or personal training profession as a part-time or full-time career please contact us to see what certificate would serve your needs.

Our faculty work hard in our department to broaden our reach. We are continually striving to ensure we meet current standards in the business and fitness industry as well as in the classroom. Our students appreciate our commitment to keeping up with these standards and to challenging them to meet and exceed them.

It is very satisfying to see our graduates working as physical educators and succeeding in the fitness industry. Many of our graduates stay in Dickinson or in the region. It is a mark of our success to see these young people investing in our community. ■



Thadd O'Donnell (in back on the right) with his family.



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#BOOKWORM

Summer fun at the library

By Cindy Thronburg



It's finally here! Summer has come and we are going to be in full swing with the Summer Reading Program. Our Kick-Off Carnival is Sunday, June 2nd, from 1:00pm to 4:00pm. There will be a bouncy castle, games, photo booth, and more. Sign-up for the reading program will start during the carnival, but if you are reading this after the fact, sign-up can be done any time during the program (through July 31st). It's for all ages, and you get the chance to win some awesome prizes (see photos)!

Another thing we are continuing this summer is Free Summer Meals, running from June 3rd through Aug. 19. Each Monday we will be serving free pizza to patrons ages 18 and under from 11:30 to 1:00. Pizza Ranch is generously donating pizza again this year, and we would like to extend a big thank you to them for doing so. Last year we averaged around 65 kids per meal, so we are so happy to be able to do this again. If you join us for some pizza, be sure to stick around for some S.T.E.A.M. activities afterwards at 2:00pm (ages 6-10).

Changes are happening at the Dickinson Area Public Library! One of the major goals of the library is to constantly increase community involvement. To do this, we have added to our staff with the new position of Outreach Services Librarian, filled by Paul Amberg, who comes from Minot. We are excited to be able to have this new addition to our staff. Paul will be the liaison to community groups and organizations, including the Downtown Dickinson Association. He will also be developing and overseeing our future volunteer program and assisting with programming, among other things. Please help us welcome Paul to the library and the city of Dickinson!

New titles added to the collection:

- **Adult Fiction:** *Miracle at St. Andrews* by James Patterson and Peter de Jonge; *The A-List* by J. A. Jance; *King of Kings* by Wilbur Smith; *Henry, Himself* by Stewart O'Nan; *The Girl He Used to Know* by Tracey Garvis Graves; *Afternoon of a Faun* by James Lasdun

- **Adult Nonfiction:** *American Spirit* by Taya Kyle; *Women's Work: A Reckoning* with Home and Help by Megan K. Stack; *Zoo Nebraska: The Dismantling of an American Dream* by Carson Vaughan; *Lessons from Lucy* by Dave Barry; *No Happy Endings* by Nora McInerney; *Maybe You Should Talk to Someone* by Lori Gottlieb

- **Adult DVDs:** *Bad Times at the El Royale*; *Creed II*; *Widows*; *Kidding: Season One*; *Burning*; *Ben Is Back*; *Peppermint*; *The Handmaid's Tale: Season Two*; *Mission: Impossible—Fallout*

- **Children's DVDs:** *Sheep & Wolves*; *A Dog and Pony Show*; *Miracle Season*; *Wonderstruck*; *Hope Dances*; *Eloise in Hollywood*; *Shopkins World Vacation*; *Thrill Ride*

- **Children's Easy Books:** *Islandborn*; *Good Night, Wind*; *How to Give Your Cat a Bath*; *in Five Easy Steps*; *Giraffe Problems*; *King Alice*; *Crab Cake*; *William Wakes Up*; *I Just Ate My Friend*; *Douglas, You're a Genius!*

- **Children's and Teens' Fiction:** *The Thorn Queen*; *What If It's Us*; *Squirm*; *Tess of the Road*; *Judy Moody and the Right Royal Tea Party*; *The Unteachables*; *Blue Line Breakaway*; *The Boxcar Children: The Sea Turtle Mystery*; *Mac B., Kid Spy: Mac Undercover*

- **Children's Nonfiction:** *Look at the Weather*; *Boats: Fast & Slow*; *A Seal Named Patches*; *The Truth about Elephants*; *The Greatest Football Teams of All Time*; *American Pop*; *Unsinkable: From Russian Orphan to Paralympic Swimming World Champion*; *Marley Dias Gets It Done and So Can You!*

Monthly Mini-Review:

June is GLBT Book Month, an initiative of the American Library Association (ALA), described on their website as a "nationwide celebration of the authors and writings that reflect the lives and



experiences of the gay, lesbian, bisexual, and transgender community." One of the ways they celebrate GLBT books is through the Stonewall Book Awards. There are three: the Barbara Gittings Literature Award, the Israel Fishman Non-Fiction Award and the Mike Morgan and Larry Romans Children's and Young Adult Literature Award, the 2019 winner for the latter being *Julián Is a Mermaid* by Jessica Love. This gorgeously illustrated children's book tells the story of a little boy who dreams of being a mermaid after seeing three beautiful women on the subway. Julián makes his own mermaid outfit, but is scared about what his grandmother will think. She shows Julián unconditional love by giving him a necklace to match his outfit. The book has very few words (only around 80 in total), the story being lovingly told through the pictures. It's a beautiful story about acceptance and inclusion and embracing your individuality. ■

COMMUNITY EVENT

Out of the Darkness Community Walk

By Lisa Stoltz

My name is Lisa Stoltz. I am part of the committee planning the Out of the Darkness Dickinson Community Walk. This event is one way The American Foundation for Suicide Prevention is raising awareness for mental health and suicide prevention.

I am walking in honor of my brother, Myron Koch, who died by suicide on July 23, 1983. He was 32 years old. His death left our family shattered. I was 13 at the time and remember feeling

scared and confused, and not quite sure how to handle those feelings. Even as an adult, it has been tough to share that his death was by suicide.

A friend was part of a walk here a few years ago, and I wanted to do something to remember Myron. I joined the committee and made some dear friends. We are all working to get the word out about The American Foundation for Suicide Prevention and the programs available to those that are



struggling.

The walk in Dickinson is 9/21/19 at the West River Ice Center with registration starting at 8am. You can also register online at www.afsp.org/Dickinson and the funds raised go for

research and programs that provide education about mental health and suicide prevention. We want this to be a day of hope and healing. There will be a speaker, a couple of massage therapists, AFSP merchandise for sale, rock painting, a silent auction and some information tables. Subway is providing sub sandwiches.

The committee meets monthly and we welcome anyone that wants to pitch in! If you are interested in joining us, please email lisastoltz@ndsupernet.com or call 701-290-3078. ■

WHERE BUSINESS GOES TO GROW

Agricultural Products Utilization Commission

By Stark Development Corporation



This article is another installment in a series of articles representing the types of programs and incentives that are available for local businesses and entrepreneurs doing business in Stark County and the State of North Dakota. In the February issue of Heart River Voice (page 9), we discussed the Community Enhancement program targeting improving the facade or exterior of commercial buildings. This month we will look at a program through the ND Department of Commerce that is designed to work with agriculture products and the agriculture community.

This time of year hearing APUC (a-puck), a lot of minds would think Stanley Cup hockey, but in our case, APUC is a division of the ND Department of Commerce. The Agricultural Products Utilization Commission (APUC) creates new wealth and employment

opportunities through the development of new and expanded uses of North Dakota's agricultural products through a grant program.

Grants are available under several different categories, but all are based on the applicants ability to add value to a North Dakota agricultural product. Categories include: Basic and Applied Research, Marketing and Utilization, Farm Diversification, Technical Assistance, Nature Based Agri-Tourism, Prototype Development & Technology. There are extensive lists of projects and research that has been funded by APUC across the state but for us locally, it has been a valuable tool.

Since 2015, almost \$500,000 in grant money has been received by several businesses in Stark County. Funds have been used for marketing, manufacturing, automation, meat processing and

building expansion.

Baker Boy, Inc. received a grant for over \$100,000 in 2018 to help market their new Magic Ring Donuts. Stone Mill in Richardton received over \$100,000 in 2018 to develop marketing materials to promote their new state-of-the-art, food-safety processes. Ridl's Country Fixins was awarded \$32,000 in 2018 to design and build a custom exempt/state inspection meat processing room.

In 2015, Fluffy Fields Vineyard received around \$60,000 to support a comprehensive marketing campaign designed to increase visitors and revenues and lean evaluation of production practices. Fluffy Fields also receive over \$60,000 in 2016 to complete a market analysis and feasibility study to determine market position, penetration, segments (wine, tourism, farmers market, other), consumer characteristics and buying habits, and pricing strategies.

Todd's Honey Farm in Richardton received \$26,000 in 2016 to expand its business operations and further processing of its raw honey product for retail sale locally.

Most recently, 701 Meats received around \$93,000 to construct a butchering facility to be certified by the North Dakota Department of Agriculture Meat Inspection Program. The facility will process lamb, beef, bison, hogs, elk, deer and rabbits.

So how does it work and can it work for you? The commission reviews a maximum of 15 applications quarterly



and grants funds based on the probability of jobs and wealth creation, market and commercial potential and the probability of rapid commercialization. Other factors looked at include other sources of funds for the project as well as the judgement of the commission on the potential success of the project.

APUC information and grant applications can be found on the ND Department of Commerce website at business.nd.gov/apuc or for more information, please contact Stark Development at 701-225-5997. ■





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Composting

By Jon Stika

Composting is an excellent way to dispose of many forms of yard and kitchen waste. Grass clippings, pulled weeds, vegetable scraps from the kitchen, leaves, and expired garden plants are common materials that can be composted. Things that should not go in the compost are: meat, egg shells, or plastic. Meat in a compost can result in odor issues or attract undesired animals. Egg shells are principally limestone formed into a shell by a chicken and thus do not decompose, as is also true of plastics.

Composting is essentially a biological process where microorganisms break things down into more stable organic compounds. It is critical to understand that composting is a biological process if it is to be carried out successfully. Like any process involving living organisms, food and water are essential. In order to feed and water the army of microorganisms that will break down the materials you put in your compost pile, it is imperative to get the ratio of carbon to nitrogen correct and

maintain the moisture content in the proper range for the microorganisms to actively break things down. Don't worry, this will be explained in simple terms here shortly.

The ideal microbial diet consists of 24 parts of carbon combined with 1 part of nitrogen. Think of it in terms of animal crackers and milk. If you are going to eat 24 animal crackers, you'll probably want one glass of milk to wash them down. To microorganisms that break down your compost, carbon is in the crackers and nitrogen is in the milk. Anything brown and dry (i.e. fallen tree leaves, dried up plants, or straw) has more crackers in it than milk. Anything green and fresh (fresh grass clippings, freshly pulled weeds or garden plants, or fresh kitchen scraps) has more milk in it than crackers. Therefore, a compost made up of just fresh grass clippings is going to have too much milk, and not enough crackers to compost successfully. A compost of straw or brown leaves is going to have too many crackers, and not enough milk, to

compost successfully either. A compost made up of about half old brown stuff and half fresh green stuff will be much closer to the right ratio of crackers to milk (carbon and nitrogen) to give the microorganisms the balanced diet they need to do the job of breaking everything down.

Now that we have a better understanding of what microorganisms need to eat, let's not forget that every living thing needs water! There are generally two types of microorganisms that will work to break things down in your compost: aerobic (needing oxygen) and anaerobic (not needing oxygen). We want aerobic microorganisms to break down our compost! Anaerobic organisms typically produce smelly and slimy by-products...not good compost. The trick to favoring aerobic microorganisms in your compost is to have enough water available so they don't get thirsty, but not so much that they drown (suffocate). In western North Dakota's typical summer climate, you will most likely need to add water



Jon Stika is a former USDA scientist and the author of, "A Soil Owner's Manual: How to Restore and Maintain Soil Health" and numerous articles for *Brew Your Own* magazine.

to keep your aerobic microorganisms from getting thirsty and ceasing their work. The correct moisture content of your compost can be determined by grabbing a handful and squeezing it tightly in your fist. If no more than a single drop of water comes out of the material you are composting, you have the proper amount of moisture present for the microorganisms to do their work. If the material is wetter than described, allow it to dry out some (at least don't add any additional water to it). If the material is drier than described, then grab a hose or turn on a sprinkler and add some water.

Now that we have the basics understood, here are some ideas on how to make it happen. When you clean up your yard in the spring, instead of getting rid of all the brown leaves and grass, reserve them to use as the brown stuff for your compost. Then, as you have green stuff, such as fresh grass clippings or weeds you pull from your garden, you will have some brown stuff to blend or layer with the green stuff. With the right ratio of brown stuff to green stuff, all you need to do is monitor the moisture content of your compost bin or pile. If your compost pile is within range of the sprinkler that waters your garden, it will get watered at the same time and most likely remain in the proper moisture range most of the time. A compost bin or pile that dries out will simply slow down or stop decomposing. A compost bin or pile that is too wet will get smelly and slimy and not produce desirable compost.

With a proper understanding of how to feed and water the microorganisms that can make good compost, anyone can recycle yard and kitchen wastes into good compost that can be applied to any garden or flower bed to increase the biological activity of the soil...and save space in the landfill to boot! ■



PHOTO COURTESY OF JON STIKA

FINANCES

14 tips for stopping elder financial abuse in its tracks

By Cornerstone Bank and American Bankers Association

Every year, millions of seniors fall victim to financial fraud. Studies show elder financial abuse costs seniors approximately \$2.9 billion each year. In recognition of World Elder Abuse Awareness Day on June 15, Cornerstone Bank is urging older customers and their trusted caregivers to safeguard all personal information and stay alert to the common signs of financial abuse.

"Fraudsters often prey on seniors experiencing cognitive decline, limited mobility and other disabilities that require them to rely more heavily on others for help," said Vaune Johnson, Market President of Cornerstone Bank in Dickinson. "Appointing someone you know and trust to handle your financial matters aids tremendously in the fight

against these crimes."

Cornerstone Bank offers the following tips:

- Plan ahead to protect your assets and to ensure your wishes are followed. Talk to someone at your financial institution, an attorney, or financial advisor about the best options for you.
- Carefully choose a trustworthy person to act as your agent in all estate-planning matters.
- Lock up your checkbook, account statements and other sensitive information when others will be in your home.
- Never give personal information, including Social Security Number, account number or other financial information to anyone over the phone unless you initiated the call and the other party is trusted.

- Never pay a fee or taxes to collect sweepstakes or lottery "winnings."

• Never rush into a financial decision. Ask for details in writing and get a second opinion.

• Consult with a financial advisor or attorney before signing any document you don't understand.

• Get to know your banker and build a relationship with the people who handle your finances. They can look out for any suspicious activity related to your account.

• Check references and credentials before hiring anyone. Don't allow workers to have access to information about your finances.

• Pay with checks and credit cards instead of cash to keep a paper trail.

• You have the right not to be threatened or intimidated. If you feel

someone close to you is trying to take control of your finances, call your local Adult Protective Services or tell someone at your bank.

If you believe you are a victim of financial abuse, be sure to:

- Talk to a trusted family member who has your best interests at heart, or to your clergy.
- Talk to your attorney, doctor or an officer at your bank.
- Contact Adult Protective Services in your state or your local police for help.

World Elder Abuse Awareness Day was launched on June 15, 2006 by the International Network for the Prevention of Elder Abuse and the World Health Organization at the United Nations. ■

AROUND TOWN

A Historic Building + Extraordinary Cuisine = Downtown Cool

By Debora Dragseth, Ph.D., Professor of Business, Dickinson State University



The Walton Building in Dickinson, North Dakota's historic downtown renaissance zone was erected by Mary Walton in 1912 at a cost of \$27,000. The handsome corner building has been home to a bakery and confectionary, a bowling alley, law offices, a medical clinic and a drug store. In 2008, the landmark building was metamorphosed into The BrickHouse Grille and is proving to be the ideal location for the stylishly casual, retro chic restaurant and lounge.

Mary Walton named the building after her deceased husband, William, an early pioneer in the Dakota Territory. William Walton was a cowboy and a buffalo hunter originally from Texas. Walton made the small settler village of Dickinson his home in 1883 and became a prosperous entrepreneur who, among other ventures, built and operated the city's first grain elevator.

Successful entrepreneurs, like the best chefs, require a distinctive combination of ingredients: talent, innovation, drive and a little luck. As the new kids on an old block, the proprietors of The BrickHouse Grille are cooking with a winning recipe.

Collin Wehner, the restaurant's chef, is a Dickinson native and a graduate of the Art Institute of San Diego's culinary program. Partner Mike Roesinger also grew up in Dickinson and returned from Denver with the dream of opening a restaurant. Roesinger can be found most evenings milling around the dining room spreading disarming charm and good cheer.

Offering elegant dishes, crisp linens, an inviting decor and a staff that is polished and skilled, the BrickHouse Grille (a name inspired by the building's exposed interior brick walls), has been

warmly embraced by an enthusiastic local crowd as well as out-of-town guests.

The BrickHouse Grille's proprietors believe that quality ingredients come first and describe their menu as "fresh seasonal cuisine meets the chemistry of cocktails." The restaurant offers the largest fine wine and liquor selection in Dickinson with 25 martini options, more than 100 fine wines, specialty drinks, aged bourbon and scotch. The menu offers thirteen entrees, innovative selections that change seasonally and dazzle with perfection.

Guests are treated to fresh seafood delivered daily to the BrickHouse Grille. As the perfect complement to a day of turkey hunting or hiking in the Badlands of the Theodore Roosevelt National Park, indulge in the seared ahi tuna with

chef's seasonings, sesame soy ginger cabbage slaw, fresh scallions and wasabi aioli as an appetizer. For your entrée, Roesinger suggests the signature rack of lamb which shares the plate with dried cranberry and pumpkin seed curry couscous and pineapple mint chutney. Also on the menu, drawing applause from beef lovers, are sirloin steak, rib eye and filet mignon, all personally cut by the BrickHouse Grille chef.

Either in the main restaurant or in the elegant upstairs B2 Lounge, be sure to sample one of the BrickHouse Grille's 25 mischievously named martinis (Cucumbertini, Free Z Pop, The Brick, Vanilla Kiss). A customer favorite is the Cappuccino Martini pictured below. ■

Brickhouse Grille Cappuccino Martini

- 2 parts Patron Espresso
- 1 part Vanilla Vodka
- 1 part Dark Chocolate Godiva Liqueur
- 1 part Hazelnut Liqueur

Measure, shake, and pour. Rim with crumbled honey graham crackers.



PARKS AND RECREATION

Adult Leagues offer it all

By Ryan Nelson, Recreation/Facilities Manager

Be a HIT with Dickinson Parks and Recreation this summer. Whether it is hitting a softball, volleyball or golf ball, Dickinson Parks and Recreation Adult Leagues offer it all.

Adult softball leagues opened the season May 12th and games run through August 5th at the Gress Softball Complex. Games start at 6:15 p.m. each week night with Women's League on Mondays, Men's

League on Tuesdays and Thursdays, and Coed on Wednesdays. Concessions are available at the complex each evening. The softball season is hi-lighted with Dickinson Parks and Recreation hosting three tournaments: The "Miller Lite" tournament (major sponsorship by Jerome Distributing) takes place the weekend of July 13-14. This tournament continues to be one of the top invitational tournaments in the state. We also host the State Men's R4-West tournament August 17-18. The summer softball season ends with our "Last Chance" tournament on Sunday, August 25.

But for those die-hard softball players, the season doesn't have to be over. A new softball phenomenon is catching fire in the state – "5x5x5 Softball". This is a game where three teams play each other at the same time. Teams consist of 5-10 players on the roster. Each game is scheduled for 5 innings. Team (A) starts the inning with 4 outfielders and the pitcher. Team (B) starts the inning with 4 infielders and the catcher. The third team (C) is batting. Teams rotate each inning from (A) OF/P to (B) IF/C to (C) batting. There are less players required to field a team and players get a lot more appearances

at the plate for hitting. Dickinson Parks and Recreation will be offering a 5x5x5 league with registration coming out the 1st part of June and games taking place on Wednesday evenings beginning July 31.

Our Women's Sand Volleyball takes place at Turtle Park on Tuesday evenings beginning May 28 at 6:00 p.m. The Parks Maintenance Department has done a great job in enhancing the sand volleyball playing conditions with the addition of new adjustable net poles last year and the addition of a 3rd court this summer. Men's and Women's Golf Leagues begin



PHOTO COURTESY OF DPRD

play on Wednesday, May 29 for women's and Monday, June 3 for Men's. The season runs through July 31. League nights consist of 9 holes of play with a shotgun start at 5:24 p.m.

Be it Softball, Volleyball or Golf; Dickinson Parks and Recreation is wishing each program to be a big HIT in the recreation/leisure time of our participants this summer! ■



PHOTO COURTESY OF DPRD

Benefits of exercise at every age

By Sharon Wallace, Certified Fitness Instructor including specialized training incorporating Silver Sneakers®



PHOTO COURTESY OF DPRD

Adding life to your years by exercising will make you feel sharper, more energetic and experience a greater sense of well-being.

Starting and maintaining a regular exercise routine can be a challenge at any age. Many times, we feel discouraged because of health problems, aches and pains, or concerns about injuries or falls. If you have never exercised before you may not know where to begin. There are many ways to incorporate exercise in our daily routines: Watch a favorite movie or TV show while on a treadmill or stationary bike, go for a walk, find a fitness buddy and try activities together, or join a gym and incorporate group fitness classes to your routine.

Building a balanced exercise routine consists of four components.

1. Balance – maintain stability when you are either stationary or moving around. Improving your balance will help reduce the risk of falling and gives us confidence.

2. Cardio – using your large muscle groups will get our heart pumping. Walking, dancing and even common household routines can help lessen fatigue and give us a new feeling for life.

3. Strength Training – building our muscles while using our own body weight, free weights and/or exercise bands. Building strength will help prevent loss of bone mass and make day

to day activities easier.

4. Flexibility/Stretching – challenges our body to move freely through a full range of motion. Gentle yoga can be an excellent means of improving flexibility. Increasing your range of movement may help your body to stay limber.

Many activities are beneficial to adults: Walking, fitness classes, water aerobics, specialty classes including Silver Sneakers®, Yoga, Tai Chi and many others.

Before you start an exercise program, make sure you get a medical clearance from your physician. Ask if there are any activities you should avoid. Keep in check with your health problems that may affect your workouts. Always listen to your body and how it feels during and after exercising. Start slow if you haven't been active in a while. Don't forget your warm up and cool down to prevent injury. Staying hydrated and having a proper diet is also very important when starting an exercise routine.

Over the last 20 years of teaching fitness classes as a certified fitness professional, I have been inspired by my participants and watched how a regular exercise program has changed their lives and mine.

Congratulations on your decision to become a healthier you! ■

DID YOU KNOW?



Did you know as a business owner, a retirement plan can provide significant tax benefits for both the employer and the employee?

Having a good plan in place can also help you attract and retain quality employees. Choosing the right plan may include tax-deductible employer contributions as well as tax deferred or tax free distributions for employees.

To learn more contact Cindy Steiner with American Trust Center at 701-483-3263 or csteiner@weareamerican.com.

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PIPER'S PALS Pet Name Match

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

- A: Peanut (#___)
- B: Jasper (#___)
- C: Rue Bee Blue (#___)
- D: Adelaide (#___)
- E: Minnie (#___)
- F: Luke Short (#___)

(Answers in our July issue!)

WOULD YOUR PET LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!
Email kelley@heartrivervoic.com

Last month's answers:

- A: #5 Scout D: #2 Curtis
- B: #3 Itty Bitty E: #4 Bella
- C: #1 Kye F: #6 Ellie Mae



Adopt a senior

By Chelsey Binstock

Puppies are adorable and endlessly entertaining but they consume a great deal of time with training, socializing and just in general keeping them out of trouble! Many older, well adjusted pets wind up in shelters for a variety of reasons and are often overlooked for adoptions. They are also the first to be considered for euthanizing in an overcrowded shelter setting. We NEED to be the voice that changes that. Why do we love senior pets? Oh let us count the ways...

Searching for a dog that is already house and/or kennel trained? Adopt a senior.

Have a love for your shoes, your couch, your carpet, your socks or any random object you forgot to put out of reach? Want a dog that knows those aren't for chewing? Adopt a senior.

Searching for a dog that enjoys walks and doesn't require a 10 mile run? Adopt a senior.

Want a dog that has a deep appreciation for long naps (and looks absolutely adorable while taking them)? Adopt a senior.

Don't want to buy stock in Urine Enzyme cleaner or invest in new carpets? Adopt a senior.

Want to know what you're getting? Older dogs' personalities are set and their habits are generally known. Adopt a senior.

Treasure your sleep and want to skip midnight potty trips outside? Adopt a senior.

Although they can't tell us about their past, they will find ways to express their undying love and gratitude for giving them a second chance and for loving them unconditionally. And that, my friends, is perhaps the most important reason to adopt a senior.

Trust me when I say, you will soon be asking yourself "Who rescued whom?"
Adopt a senior! ■



Two senior dogs, Fred and Curtis, enjoying some cuddle time.

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

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publication. Please let us know if you'd like
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THE ARTS

Summer art opportunity with Carol Fynn

Internationally recognized watercolor artist and teacher, Carol Fynn, is delighted to return to beautiful, wild North Dakota to teach a series of classes. She is known for her patient clarity of instruction, explicit demonstration of techniques, and encouraging humor.

Painting a wide variety of subjects in many styles opens the eyes of the artist to a new appreciation of the world around us. This is one of the gifts that art gives to the painter. By painting everything from botanical realism to wet impressionism, your skills grow and so does your love for this fluid, fascinating medium.

Creating wonderful watercolor paintings is not the result of a magic gift; it can be taught to anyone – including you. Carol is a hands-on teacher welcoming fraidy-cat beginner as well as advanced painters. Step by step, she demonstrates every technique needed to render a successful, ready-to-frame painting. As you master the process, you will be ready



botanical of Bluebirds and Blackberries which will be carefully executed with pen as well as watercolor; while the other class is a landscape of the Badlands. The Badlands painting, which entails some surprising collage work, is offered in three different styles and your own choice of colors. You do NOT have to draw anything free hand. Each class requires two consecutive days. To register, contact Cheryl Planert at 701-872-2667 or 818-825-1248.

A master teacher, Carol Fynn is also an acclaimed demonstrator/lecturer who (according to her mother) should contain her unladylike



to create your own projects at home.

From July 23 through August 5, Carol will be teaching in Beach, Glendive, Hazen, and Bismarck. One class offers a

sense of humor. Apparently that's not going to happen. Instinctively we somehow know that creativity and humor are kissing cousins. ■

Call for Artists

Are you a North Dakota artist who would like to be featured in our paper? Do you know of someone who deserves a "spotlight?" Send a short biography (300 words or less) and some high resolution images of your artwork for consideration. We'd love to show off your talents!

Email to:
kelley@heartrivervoices.com

HEART RIVER GEMS

Phat Fish Brewing

By Kaylee Garling

I interviewed Kelli Scharf to find out about the new brewery coming to town. Enthusiastically, Kelli had plenty to say, "What's better than sitting down to a really good pizza, some local brews, friends and family? That's what we strive to bring. The family friendly, home grown place to be. From local beer made in our facility, to the amazing pizza, all the way to our homemade root beer and cream soda. We want every person who comes in to not only feel the fun and relaxing atmosphere, but to feel like they are a part of something."

Owners of Phat Fish Brewing, Tony and Kelli Scharf, credit their children for the opening of this wonderful new addition to our community. They wanted their kids to see that hard work, determination, and a great attitude will help them succeed, and what better way than opening a family-friendly restaurant? The name, Phat Fish Brewing was also their kids' idea. "We were driving back to North Dakota from a camping trip in Montana, and our son (6 at that time) had just caught a massive rainbow trout. All he could talk about was his 'big fish.' So, in conversation, we asked our kids what we should name the brewery. He yelled, "Big Fish!" My husband and I looked at each other and thought, he has something there. Knowing we wanted to have a play on words, we asked, 'What about Phat Fish, but with PH, knowing the word stands for excellent or great and cool.' Then, our 4-year-old daughter chimed in and said, 'Brewery! That's it: Phat Fish Brewing!'"

The restaurant is set to open its



doors mid-June, but there are a few events planned prior, one by Bluechicks and a private opening for their Mug Club. Located at 1031 West Villard, the restaurant will be conveniently situated in the heart of Dickinson, perfect for a late evening meal or quick drink with friends. As for drinks, they are all brewed in house with North Dakota in mind. "Our beer is in the tanks. We have tested 10 recipes out on some locals. All were received really well so we will be opening with 6 of our own. We have really tried to tie North Dakota and our community around our brews, so in paying homage to Dickinson, we have a Bluehawk Belgian Wit, A Roughrider Razz, our Oatmeal Stout aptly named the NoDak Sunrise, and a Pipelayer IPA. The other names are still in the works, but we will also be opening with a Scottish Ale and a German Blonde."

The support of the community has been overwhelming. Obviously, they want the business to be a success, but Tony and Kelli also want the business to be a place that adds to the community as well. "We want Phat Fish to be the place that anyone and everyone can come to enjoy their time. I love the idea that Phat Fish can be something Dickinson can

truly be proud of.

They've already impressed us with their unique name and logo, not to mention the renovation of an iconic building in our community. Can't wait to sink my teeth into some of their mouthwatering in-house pizza dough topped off with a homemade cream soda. Who's with me? ■



PIECE BY PIECE

What's new in quilting?

By Suzy Rummel

June has always been my favorite month. My birthday is the first day of summer, and I love summer so that is probably why. I always thought my name should have been Summer, so I am jealous whenever I hear that name. June is also Father's Day. My dad was named Lemore and my father-in-law was Gilbert. My husband and I figured we should name a son Lebert Gilmore but it never happened. I am sure that Justin, Devin and Zachary are happy about that!

My dad, or "Pa" as most of us called him, was a rancher. There were 10 kids

in our family, and he and mom raised us to be tough. When we were sick, we went to bed; when we were bleeding, we didn't bleed on the carpet and when we fell, we got up and didn't feel sorry for ourselves; at least we didn't show it. I didn't think much of that growing up, some sympathy would have been nice, but I appreciate it now. He believed in education and wanted us all to learn so we didn't have to depend on anyone but ourselves to make a living. I still miss my dad on a daily basis, and always wish I would have written a biography on his and my

mom's life, but we have our stories and our memories. Maybe it is better that way because then we can embellish them and remember them the way we want to.

We just got back from a quilt market in Kansas City, MO. It was a wonderful time. I have gone to market five times in the last 2 ½ years and it gets better every time. I am sure it is because I am finally getting a handle on it, and my jaw doesn't drop as much, plus the deer-in-the-headlights look is getting a little less prevalent. We took some great classes on color, needles, rulers and marketing,

found some amazing new gizmos and gadgets, patterns and fabric, and oh my, the fabric! Just wait until you see what is coming. Wowzer!

Check the Calendar of Events in this issue of Heart River Voice to see classes we're offering throughout summer and our website for more details (www.SuzysStash.com). We are located at 118 North Ave in Richardton, ND. Our hours are Tues./Thur./Fri. 10am-6pm, Wed. 10am-7pm, and Sat. 8am-noon. We will be closed on July 4, 5 and 6. Happy Summer! ■

BIG STICKS BASEBALL IS BACK

Local owner takes over Dickinson's popular summer wood-bat team

By Dustin Monke



Cort Dietrich throwing a pitch.

Dave Ouellette watched nearly every Badlands Big Sticks home game in the baseball team's inaugural season.

Ouellette, a Dickinson businessman who owns Yum Froyo & More and other businesses, could often be found on the concourse at Dakota Community Bank & Trust Ballpark last summer manning the popular soft-serve ice cream stand.

"I basically hand-served those cones all summer at most every game," Ouellette said.

The Big Sticks compete in the Expedition League, the United States' newest collegiate wood-bat summer league comprised of college baseball players from throughout the country.

While there were early uncertainties coming into the season about what the team and the league would be like, most apprehension faded fast as the Big Sticks

went from hosting 400 fans in their home opener to regularly selling more than 1,000 tickets a game by the end of the summer.

Big Sticks games became a summer entertainment hub in Dickinson and good baseball followed as well, as the team finished in second place in the league, falling to Western Nebraska in the league championship.

The more Ouellette watched, the more he liked what he saw. So much so that he decided to buy the team from Expedition League President Steve Wagner.

"It was brought to my attention that everybody involved in the organization felt like it was imperative that we had a local owner who was involved in the day-to-day decision-making," he said. "It happened over the fall and winter. I started getting more interested in it, talking about it and finally took the leap. Indeed, it's been a lot more work than I ever anticipated, but it's a lot of fun too. I'm looking forward to it."

The Big Sticks opened their season on the road against the Pierre Trappers on May 24, and returned to Dickinson to start a seven-game homestead Tuesday, May 28, against the Hub City Hotshots.

Big Sticks General Manager Jason Watson said having a local owner in Ouellette has been the biggest difference between the team's first season and this year. Community involvement and partnerships have increased, as has

the team's profile among its target audience -- young families and kids.

"We want to win games, but every single fan that comes to the game, we want them to enjoy it and be able to take the family to the ballpark," Watson said.

That means having national sporting event entertainment acts in between innings -- such as Tyler's Amazing Act, Zooperstars, and the Halftime Dogs Flying Disc Show -- and fielding a team that features more high-level baseball talent.

The Big Sticks plan to have 17 NCAA Division I players on their 35-man roster this summer. Some of those players, however, won't join the team until after their college seasons are complete. That wait could stretch into mid-June.

"Last year, nobody really knew what to expect," Watson said. "I think the talent on the field really exceeded expectations -- including mine. I think this year we have an even better team. That's going to be that way across the whole league. The talent level is great, as far as a league standpoint goes."

Big Sticks second-year head coach Hayden Pewitt said putting together a strong team in the offseason was much easier thanks to the connections and relationships he and Watson have established with college coaches around the country.

"All of the guys we got this year, either Watson or I know their coaches," Pewitt said.

Last year's team is still having an impact too, Watson said, noting that the first Big Sticks team was so well received by community members that it was easy to find host families for this year's squad.

"Every one of them has a host family," Watson said. "That's been a blessing. ... We had people reaching out to us about doing it."

While he wants to win games, Pewitt said his biggest hope off the field is that the Big Sticks players make a positive impact on multiple younger players. Not only does the team make kids' game-day experiences a priority with in-game activities and base-running after select games, but the team will host baseball camps and participate in events such as



Badlands Big Sticks mascot, Teddy, is a hit with fans.

the Swim with the Big Sticks Pool Party this summer.

"That means a lot to kids growing up and can kind of shape their love of the game," Pewitt said.

At the ballpark, Ouellette said it has been a race to opening day as the club has put a priority on improving fan experiences wherever possible -- especially since nearly all of the team's available season tickets have sold out.

There have been advancements to the concession flow and the addition of new food options. There are more seating options in the beer garden, and canopy and shade in areas that didn't have it before. Other changes are planned throughout the summer.

"There's always room for improvement, which is what we're focusing on right now -- trying to make things even better," Ouellette said.

The club has to be ready because the Expedition League season starts abruptly and goes full-steam ahead until early August. The Big Sticks played their first game the day after their first practice. After its home opener on Tuesday, May 28, Badlands is scheduled to play for 27 consecutive days.

Ouellette said he's confident the club has put together a team fans will be eager to come out and watch, and said the Big Sticks are in a good position with both Watson and Pewitt back with the club.

"Kids who are going to hit home runs,



Badlands Big Sticks will play 32 home games at the Dakota Community Bank and Trust Ballpark this summer.

Continued, next page

Continued from page 16

throw 90 miles an hour-plus on the mound -- those are the kind of baseball talents fans are going to want to go watch," he said. "Hopefully at the end of the year, we're right there and have a chance to win it." ■

Monke is the former editor and sports editor of The Dickinson Press. He has won multiple state and national awards for his writing and editing. If there's a story on area prep or collegiate athletes you'd like him to pursue, email him at dustinmonke@gmail.com or tweet him at [monkebusiness](https://twitter.com/monkebusiness).



ALL PHOTOS COURTESY OF BADLANDS BIG STICKS

Young fans enjoy base running with Big Sticks players.

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| Consolidated | American Bank Center |
| Badlands Big Sticks | Dickinson Museum Center |
| Todd Schweitzer - American Family Insurance | Dickinson Area Public Library |
| Irsfeld Pharmacy | Lenee Bookhardt - Infinity Real Estate Group |
| Cornerstone Bank | CHI Health at Home - Hoedown for Hospice |
| Benchmark Mortgage | Odd Fellows- First on First |
| Dan Porter Motors | Best Friends Mentoring Family Fun Day |
| Therapy Solutions | Out of the Darkness Community Walks |
| High Plains Dental | I Don't Know Bar |
| CHI St. Alexius Health Dickinson | Designs by Jessina |
| Stark Development Corporation | |

Heart River VOICE

TRINITY CATHOLIC SCHOOLS

Hall of Fame coaches call Trinity Catholic Schools 'home'

By Kelli R. Schneider

Mr. Craig Kovash (THS, '81) and Mr. Gregg Grinsteinner (THS, '82) have been in the business of coaching for nearly 40 years – all of those years spent at Trinity High School – a rare feat in today's world of high school athletics, both in tenure and in serving one school for that tenure.

These Titan alumni, who are also Trinity Junior High and High School veteran teachers, are new inductees into

the North Dakota Coaches Association Hall of Fame: Grinsteinner inducted summer 2018, and Kovash's induction forthcoming – summer 2019. This humbling honor is one that both Grinsteinner and Kovash appreciate, but quickly credit to those around them – most notably, their wives. "Both of our wives had to sacrifice over the years," said Grinsteinner. Kovash added "...we

could not be where we are today without their understanding and their support. Being married to a coach is not always fun or popular." The two Hall of Fame coaches also credit Mr. Steve Brannan – a long time Trinity Junior High and High School administrator – the administrator who first hired both of them to teach and coach at Trinity.

Kovash and Grinsteinner share a like-minded coaching philosophy and through the years have honed that philosophy and established it to share in the mission and vision of Trinity Catholic Schools. Both coaches would state the premise of their coaching philosophy is to develop well-rounded athletes of character and virtue and that both of these attributes develop through adversity. "Over the years and as time has gone on, I think as a coach I have come to realize more and more that we are dealing with a game. All athletics are a game and to teach kids to keep it all in perspective is really important. Win or lose, life goes on and life is bigger than one game," said Kovash. Grinsteinner added, "...we want our student-athletes to learn how to compete before they learn how to win because competition is

everywhere in life. There is preparation and practice; and learning to value that process. Hard work pays off."

Both coaches believe in the power that extracurricular activities has to teach life skills and how those skills are carried from the court, the field, or the stage into the classroom and then into life. The coaches noted how they have come to respect each student-athlete as an individual with their own strengths and their weaknesses. "Sometimes, whether it's in teaching or in coaching, we have to tell kids what they don't want to hear and that's tough, but it brings honesty and truthfulness to the table – virtues that they need to possess for life," said Kovash.

Through the years of calling Trinity Catholic Schools 'home' these two "Hall of Famers" have touched the lives of hundreds of students – awakening the greatness that God gives to each human life. Together with their fellow faculty members, coaches, and administration – they are building a school that truly lives her mission: *educating the whole student – mind, body and soul.* ■



NDHSCA Hall of Fame inductees Gregg Grinsteinner (L) and Craig Kovash (R).

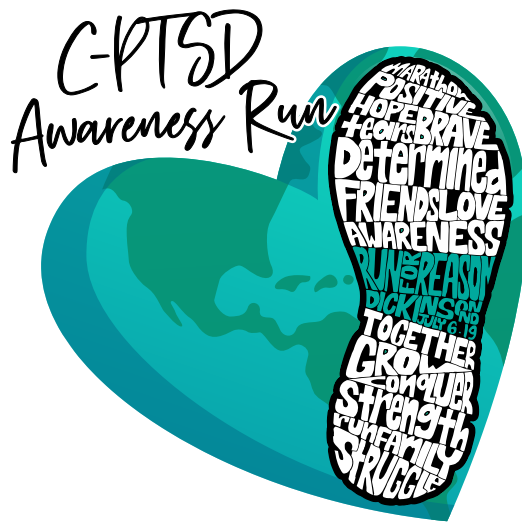
COMMUNITY EVENT

Run for Reason

By Geliza Ocheltree

The beautiful thing about life is being able to love different things. Some people love fishing, bowling, art, or music. For me, that love is running. There is nothing better than an early morning run when the air is crisp enough to see your breath with each exhale or going to the Maah Daah Hey Trail and feeling the dirt crumble with every step. Sometimes, what makes it so great is just putting ear buds in, clearing your thoughts and hearing nothing but your favorite music for hours.

My idea of Run for Reason started when I ran my first full marathon. I had never experienced that type of energy before; 25,000 participants all doing a crazy thing like running 26.2 miles. Surrounded by that many people made me wonder what type of journey they were on. Are they running toward improving their health, a



personal goal, or are they driven by a loved one? That was when Run for Reason unfolded. I had a vision that every person had their own reason for what is making them take that step. In the future, I would love to have a website that allows people to share their stories, but for now, I have taken the first step in putting a race together in town.

I was inspired by the amazing people in our community and all the gems we are surrounded by in Dickinson. I wanted to showcase the beautiful elements we have to offer

by wrapping the race around the unique locations that make Dickinson a wonderful place to live. What better way to do that than to run through it! With this being a community event alongside the motivation for getting people together, I wanted a place for everyone

but running isn't everyone's cup of tea. Body Lift Fitness has offered to hold yoga at Fluffy Fields winery and the West River Community Center wants to provide Zumba for willing participants. A corn hole tournament will be held downtown where the full and half marathon runners will be finishing.

It was important for me to get an article in Heart River Voice for the month of June because June is Post Traumatic Stress Disorder (PTSD) Awareness Month. Part of the motivation for the race is to bring awareness toward Complex PTSD, which is a form of PTSD. The difference is a singular traumatic event causes PTSD, but reoccurring traumatic events, generally starting at a young age, develop into C-PTSD. My hope is that by bringing mental health to the fore front along with the awareness of C-PTSD, we can begin to ask, "What has happened to a person" instead of "What is wrong with a person." We all have a lot more in common than we realize, and through the race, I hope we can change the stigma towards mental health. The event will be on July 6th. You can register on eventbrite.com. For any questions, please feel free to email runforreason19@gmail.com. ■

DICKINSON STATE UNIVERSITY

What it takes to educate a nurse

By Dr. Cheryl Lantz, PhD, RN



Dr. Cheryl Lantz

More than 18,400 nurses are licensed to work in healthcare settings across the state of North Dakota according to the North Dakota Board of Nursing. Before they begin their service, they must first undergo educational preparation. So what does it take to educate a nurse?

There are many aspects to educating a nurse. It requires an entire professional department of graduate degree prepared nurses, a cadre of nursing and related general education courses, plus an all-encompassing array of clinical sites in which student nurses practice their skills and hone their abilities to critically think through each patient and situation they may encounter. Education and preparation makes for nurses whom are competent and capable of entering the professional world of healthcare. After all, nurses have been acknowledged as the most trusted professionals for the 20th year in a row, according to a 2019 Gallop Poll. Dickinson State University (DSU) has been helping prepare trained nurses for more than 50 years, nurses that are recognized for excellence and service. So how does DSU produce terrific nurses?

The nursing programs at DSU educate Licensed Practical Nurses (LPN) working

toward Associate of Applied Science in Practical Nursing (AASPN) degrees, a pathway that provides an opportunity for students to ladder into a four-year Bachelor of Science in Nursing (BSN) program, to become Registered Nurses (RN).

The education of a bachelor's degree prepared registered nurse involves the completion of 126 credit hours. This total includes approximately 62 credit hours of nursing specific courses, covering content in nursing practice and nursing concepts of care and care systems. Student nurses are also required to enroll in approximately 50% of clinical courses within the 62 credits. Students learn in the classroom the knowledge and science of nursing, while they apply it to practice arenas in their clinical courses. It is in the clinical practice settings that students learn about the science of patient care and the art of nursing. Soft skills need to be cultivated and honed, in direct care of patients, under the watchful guidance and coaching of professors.

To assist the University in the preparation of future nurses, the Department of Nursing at Dickinson State has cultivated relationships with over 30 clinical agencies of health care. The department would not exist without many clinical partners in the education of students. Students are exposed to many aspects of healthcare. Those settings to name a few involve: acute care in hospitals, long term care, adult clinics, women's health and pediatric clinics, day cares for child health screenings, school health, public and community health, correctional facility nursing, disaster preparedness, and mental health care. Dickinson State University covers the



entire southwest corner of the state with a network of clinical partners.

A new addition to nursing education is the advancement of simulated patients, which are high tech look-alike computer based human size models. DSU faculty can prepare scenarios where students care for the patient in a new manner, in a safe laboratory, hospital room type setting. This practice results in better prepared nurses. Nursing programs across the nation have simulation labs, where this was not prevalent 20 years ago. Nursing education has gone high tech, and the DSU nurse education program provides this advanced opportunity for student nurses.

Another component of nursing education is the strong base of science courses and general education to round out the preparation of a university level degree. Nursing depends heavily on understanding the human condition through science, psychology, sociology, mathematics, and the array of general education classes. Student nurses are further developed with these types of courses, into educated persons whom can articulate well, to future employers and patients they encounter.

The Department of Nursing at DSU was recently ranked as the #1 Best BSN Program in North Dakota by RNCareers.org. This ranking reflects points for having an accredited nursing program, RN National Council Licensure Examination (NCLEX) pass rates and affordability of a nursing program. DSU experienced both LPN AASPN and RN BSN programs holding a 100% pass rate for the previous academic year. DSU graduates do indeed pass their board exams, and go on to fruitful careers

in nursing. Dickinson State produces approximately 50 new nurses each year! Some students are hired close to home in Dickinson, while others travel to work in other states or countries. The faculty are dedicated to teaching and creating nurses for the world.

New nurses are needed to aide in the nursing shortage and there is a demand for nurses that will continue into the future. According to the North Dakota Center for Nursing, North Dakota is projected to need 3,270 more new nurses by 2026, to add to its base of current practicing RNs. Nationwide, the projections describe a need for 100,000 new nurses per year through 2022. America has nearly 4 million nurses at present, and will need replacements for retiring nurses plus the demand for new nursing positions as healthcare keeps growing (NursingWorld.org). There is a demand for nurses and it will continue into the future. America needs nurses and Dickinson State University will remain strong in its preparation of nurses into the future as it has done for the last 50 years.

On another note, with the University's recent Dual Mission designation, the Department of Nursing is trying to help others to think about entering nursing as a career. The department is offering a Certified Nurse Assistant (CNA) program in July 2019. Please visit the Dickinson State University Department of Nursing webpage at www.dickinsonstate.edu/nursing for more information. It is the hope that once new CNAs see the value of nursing, they will return to DSU for a licensed nurse degree. ■



The 'new' depot, c. 1909 – note the park areas on the east and west have been graded.



Joachim Regional Museum Archive
Dickinson Museum Center



THEN... and Now: Northern Pacific Depot

By Bob Fuhrman

Like many North Dakota towns, you can't talk about Dickinson without talking about railroads. When the Northern Pacific Railway proposed to build a line from the Great Lakes to the Pacific, Congress granted them 40 million acres of land on which to develop their route and, more importantly, land which they could sell along their right-of-way to finance the building of the railway. Construction began in 1870 and was completed in 1883. Along that route, at the site that would become Dickinson, an 1871 railroad survey listed "Pleasant Valley Siding." When construction reached that point in 1880, the siding was identified as a division point, being halfway between Bismarck and the Montana border.

At "Pleasant Valley", the Northern Pacific (NP) designated Emil Messersmith to handle provisions for their crews and the railroad erected an eating station, section house, water

tank and depot. Messersmith's family joined him and set up housekeeping in the eating station, becoming the settlement's first family. In 1881, a two-story railroad hotel was added, and frame shacks began to appear as the settlement's population totaled about 50 souls.

In 1881, a Northern Pacific land agent named Wells S. Dickinson visited Pleasant Valley, followed shortly thereafter by his cousin Horace L. Dickinson who thought the town site had development potential. Wells was a businessman and entrepreneur who had served in the New York State Senate before taking charge of marketing the Northern Pacific's lands in the Dakota Territory. By October, the moniker Pleasant Valley was replaced by 'Dickinson,' after Wells. Horace had returned to Moira, New York to bring his family out to settle and start a farm. By the time Horace returned, Wells had

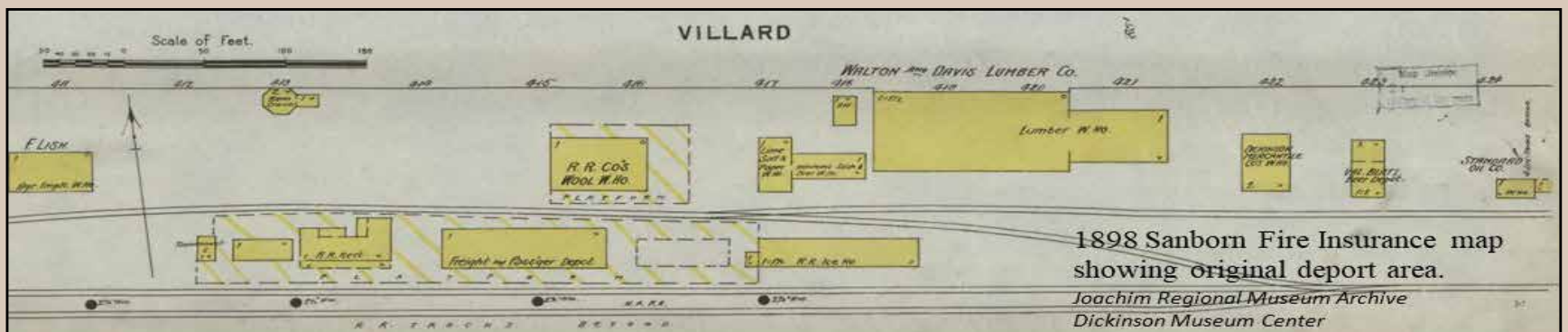
purchased land adjacent and north of the rail line and platted the town site of Dickinson. A loyal promoter of the Northern Pacific, Wells named the streets after Northern Pacific corporate officers and directors such as Henry Villard, George Sims, Jule Murat Hannaford, William Clough, Walter Van Norden and others. (When home mail delivery was initiated in 1909, the names were changed to the present numbered streets and avenues, only Villard and Sims Streets surviving down to this day.)

With Villard Street as the southern boundary of that original plat, the Northern Pacific maintained a right-of-way starting at the southern edge of Villard, along which it allowed several warehouses to be built on a spur just north of the main line. In 1883, it was reported in the Dickinson Press that the NP had spent nearly \$200,000 on improvements in the area south of the

main line including a 'commodious' roundhouse (served by a turntable completed December '83), machine and repair shops, coal sheds, water tanks and stock yards. Complimenting these structures north of the main line were the railway's depot, restaurant and icehouse. We know the original depot was in existence in 1883 as it is referred to in the Press, but since the newspaper only starts publication that same year, it is unknown when that depot was actually completed.

We do know the original depot was a combination passenger and freight operation with the telegraph office included for at least a few years (there being a telegraph office sign on an early image) but by mid-1888, Dickinson had been designated the headquarters of the Missouri Division (sub-planting Mandan), and a separate

Continued next page



1898 Sanborn Fire Insurance map showing original depot area.

Joachim Regional Museum Archive
Dickinson Museum Center



Image probably from the 1970s
Joachim Regional Museum Archive
Dickinson Museum Center

Continued from page 20

building was constructed with offices for the Division Superintendent, train dispatchers, and Western Union's telegraph operation, as well as living quarters for the Station Agent. This building was located opposite the T-intersection of Villard and Barnes Street (1st Avenue West). The Press predicted a large brick building, "...to be one of the finest along the line and an ornament to the town," but the new headquarters turned out to be a frame structure. The more modest structure may have been in anticipation of a realignment of the railroad's divisions which saw Glendive designated HQ of the Yellowstone Division in 1891, that division eventually extended east to Mandan by 1898, and Dickinson becoming the hub for the second subdivision of the Yellowstone.

For several years, the depot was unchanged even as the NP improved other facilities - replacing the original water tower in 1899 and adding electric lights to the headquarters building and depot in 1900. The removal of the telegraph seems to have eased space concerns in the depot but by 1903, the Press reported there was "every reason to believe that the Northern Pacific will put in their new depot this year," a hope which did not materialize. In October of 1906, a short item in the paper reported that the railroad had 'made a requisition' of \$49,000 for a new passenger depot in Dickinson with plans to move the old depot and use it as a freight warehouse. That announcement notwithstanding, a short editorial piece on December 1st detailed reasons for the new depot:

"NEED IT NOW. The need of a new depot is more and more apparent. The waiting room - none too large -

has this week been divided, the north half being now assigned to perishable freight while the crowds of people striving to get tickets or waiting for trains fill to overflowing the remaining space, and many are forced to wait outside. Especially is this arrangement inconvenient when trains are running off schedule time and a ten-minute wait lengthens to an hour. In the office, the inconvenient of small quarters is felt also, and clerks find scarcely room to move amongst the desks and express packages. In the baggage and freight room, the tremendous increase in business almost swamps the men who can scarcely find a place of all that comes. Let us have a new depot."

Perhaps the editorial helped as next May, the Dickinson Commercial Club received a letter from NP President, Howard Elliott, confirming a new depot would be built and that materials had been ordered (which seems premature as designs were not finalized nor contracts awarded). Preliminary designs showed a structure 250' long and 60' wide, with 2 stories in the center and ground level wings on the east (restaurant) and west (baggage and express). The waiting room and Western Union office would be on the second floor with the depot offices below. Plans called for small parks at either end of the building.

When the bid opening was announced for August 7, 1907, it became clear that modifications had been made - the structure would be 160' in length with a 40' wide central section and wings 32' wide. The east wing was now designated for baggage and express and the west would feature a lunch counter served by a bakery and kitchen. The second floor would include offices for the yardmaster,

trainmaster, roadmaster and the telegraph with the waiting room, ladies' parlor, gentlemen's smoking room and lavatories on the first floor.

Although no contract details were published, it was reported that the Minneapolis firm of Libby & Nelson, who were working in Dickinson adding stalls to the NP roundhouse, were awarded the depot contract, beating out at least one local firm, the Northwestern Building Company. Immediately, the process of clearing for the new depot began as several warehouses were relocated, and the old headquarters and restaurant buildings put up for sale. As preparations began, Libby & Nelson had already placed their cement machine on site and building materials started to arrive.

The restaurant building was sold to Fred Eger who divided it to make rental two cottages and placed on an east side lot. Unfortunately, one of the cottages burned in fall of 1910, the fire also destroying the possessions of Mr. & Mrs. Cline, a young couple who had moved to Dickinson two months prior. Luckily no one was hurt in the blaze. Sheriff Hartung purchased the old HQ building and moved it just south of the Courthouse where he remodeled it as a boarding house. The last structure moved was Ed Dodd's taxidermy/curio shop which was moved from west of the old depot to the corner of Billings and Barnes Streets (2nd St. W and 1st Ave. W), the move accomplished by simply putting 2 sets of heavy wagon wheels under each end of the small building, a team of horses pulling it to its new location. Dodd, a local fixture, maintained his curio business near the depot via a push cart.

Strangely, given the prominence of the project and its central location, the Press carried few details of the depot's progress (maybe because everyone could see it for themselves?). A misunderstanding on the color of the facing brick (supplied by Missouri Slope Brick & Tile Co.) received brief mention

in November but little else found its way into the paper.

That all changed with the March 28, 1908 Souvenir Edition of the Press, whose 16 pages were headed "Dickinson, North Dakota's Best City." An article describing the new depot in detail took up half of page four but the Press trumpeted the depot starting on page one, as it described an imaginary visitor de-training at the commodious new building and citing the \$35,000 cost of the structure as proof that "Dickinson must be of considerable and growing importance when this conservative old line (the NP) will spend such large sums in permanent improvements." Indeed, the tone of the whole edition is celebratory and, in retrospect, unwittingly presents the new depot as an instant landmark.

The NP's plan to bookend the new depot with park space came to fruition in May 1909 when it was reported that a gang of "20 or more Italians" (who were often members of railroad work crews) had finished filling-in and grading the depot park space where it would "not be long before the place has a velvety green lawn with fountains playing, making an attractive setting for the new depot." Eventually, numerous trees were planted around the green space providing a relaxing area for locals and travelers alike.

Unfortunately, the park-like setting of the depot has disappeared. Only a few trees remain, and that velvety grass is now parking. The Northern Pacific Railway is also gone, shallowed up in mergers which eventually resulted in the BNSF Railway Company that we know today as a critical carrier of goods and commodities into and out of the Great Plains. 1979 saw the last passenger service through Dickinson and with it, the primary role of the depot disappeared. Now referred to as the BNSF Dickinson Yard Office, it still sits along Villard, a reminder of a time when railroads were a primary people mover. ■



Dickinson's 1st depot, sometime post 1883
Joachim Regional Museum Archive
Dickinson Museum Center

Heart River VOICE Events

SATURDAY JUNE 1

SHERRY'S WISHES 5K/10K WALK/RUN/GOLF SCRAMBLE Registration 7:30-8:30AM. Silent auction items. Golf Scramble @ Pheasant Country Golf Course. Registration 12PM. West River Ice Center. More info, Shar 701.290.2636.

BIRDWALK AND BREAKFAST 6:30AM Walk/8AM Breakfast. Meet at Medora Cottonwood Campground. More info, 701.623.4884.

ANNUAL KIDS FISHING DER-BY 8AM-Noon Open to children ages 12 and under. Fishing, free lunch and door prizes for the children. Dickinson Dike/Turtle Park. More info, 701.227.7822

WRCC OUTDOOR POOL OPENS FOR SEASON 12-7PM Monday-Sunday.

8TH ANNUAL OLD RED TRAIL RUMMAGE SALE 8AM-5PM This popular annual event includes rummage sales from Mandan to Dickinson, covering two counties and two time zones on Old Highway Ten. More info, 800.279.7391.

BADLANDS BIG STICKS HOME GAME 6:35PM Health & Fitness Night. Featuring a pre-game tailgate (4PM) and post-game FIREWORKS! For tickets, 701.438.7849 or badlandsbigsticks.com.

JUNE 1-2 UNDER THE BIG TOP DANCE RECITAL Join Artistic Exchange Dance Studio for their end of the year recital. Performances begin at 4PM each day. Dancers range from 18 mos to 18 years. Tickets \$15 Adult/\$10 Child. Trinity High School Auditorium.

SUNDAY JUNE 2 SUMMER READING PROGRAM KICKOFF CARNIVAL 1-4PM Enjoy fun and games on the library west lawn.

BADLANDS BIG STICKS HOME GAME 4:35PM Kids Day!

All kids get to run the bases after the game! For tickets, 701.438.7849 or badlandsbigsticks.com.

MONDAYS JUNE 3, 10, 17 & 24

POWERFUL TOOLS FOR CAREGIVERS 2-3:30PM For caregivers of adults with chronic conditions. Must preregister. More info, 456-0007.

TUESDAY JUNE 4 FAMILY MOVIE AT BAC 7PM Door open at 6:30PM "Spider Man: Into the Spider-verse" Children under 12 must be accompanied by an adult. No outside food. Concessions available. \$10/family or \$5/individual. Seating available in stands or bring a blanket.

JUNE 7-9 BADLANDS BIG STICKS HOME GAME 8AM-5PM Dive Rescue I training in Dickinson, ND with the Dickinson Rural Fire Department! More info, call (800) 248-3483.

SATURDAY JUNE 8 RESCUED AND RECLAIMED 9AM-3PM Bringing you one of the finest Vintage Markets around. Tickets can be purchased at the door for \$5.00. Children 14 and under are free. Stark County Fairgrounds.

FAMILY HEALTH AND FITNESS DAY 10AM-2PM Parks and Recreation will be hosting a Fitness day at Optimist park that will include outdoor fitness classes, crafts, games, and so much more!

BLUEHAWKS CLAY CRUSH TRAP SHOOT 10AM-4PM Dickinson Trap Club. More info, 701.483.2486.

BULL MOOSE MUD RUN 9AM-5PM MT An obstacle course run inspired by Teddy Roosevelt's daily routine. Discounted Fee Deadline: Tuesday, Jun 4, 2019 at 12:01 AM CT. Online Registration Deadline: Friday, Jun 7, 2019 at 5:00 PM CT. More

info, 701.570-0260. <http://www.bullmoosemudrun.com>. Medora, ND.

SUNDAY JUNE 9 HOT DOGS AND (MICRO) CHIPS 12-6PM Raise the Woof will be hosting their 2nd annual microchip clinic and BBQ! The Wurst Shop will be serving up amazing food again! Braun Distributing, along with Alaskan Brewing Company will be promoting Ales for Tails! Jaycees Park.

SAM'S BLUE HAWK GOLF SCRAMBLE 1-6PM Join the DSU Blue Hawks for a summer scramble. Heart River Golf Course. More info, 701.260.9931.

MONDAY JUNE 10 BADLANDS BIG STICKS HOME GAME 6:35PM Oktoberfest! Featuring German-inspired concessions! For tickets, 701.438.7849 or badlandsbigsticks.com.

TUESDAY JUNE 11 7TH ANNUAL BAKKEN BBQ 4-11PM Theme is "Flag Day", show your patriotic spirit with your red, white, and blue. Raffle, live auction, face painting, jumping castles and games. All you can eat with multiple companies cooking to compete for the much-coveted trophy. Live performance from SawDust. Tickets: Adults \$20, Children (ages 9-15) \$10. Children (8 & under): Free. West River Ice Center parking lot. Benefits Make-A-Wish North Dakota.

BADLANDS BIG STICKS HOME GAME 6:35PM Halloween in June! Kids trick-or-treat on the field from the Big Stick players after the game! For tickets, 701.438.7849 or badlandsbigsticks.com.

WEDNESDAY JUNE 12 BADLANDS BIG STICKS HOME GAME 6:35PM Beach Night! Bust out your Hawaiian shirts and coconut bras, it's beach

Send your events to kelly@hearttrivervoic.com to list your events for FREE!

2019 Outdoor Family Movie Nights AT THE BAC

Save The Dates

JUNE 4
SPIDER-MAN: INTO THE SPIDER-VERSE

JULY 2
RALPH BREAKS THE INTERNET 2

AUGUST 13
THE LEGO MOVIE 2

MOVIE - 7 PM | DOORS OPEN - 6:30PM
\$10/family 1 \$5/individual
CONCESSIONS OPEN
No coolers, outside food/drink.
Seating available in stands.
Bring a blanket and sit on the turf!
Children 12 and under must be accompanied by an adult.

night! For tickets, 701.438.7849 or badlandsbigsticks.com.

THURSDAY JUNE 13 KIDS SPACE CAMP 2 sessions 10AM & 3PM *Sign-up required. Dickinson Area Public Library.

BADLANDS BIG STICKS HOME GAME 6:35PM 3 Buck Thursday! \$3 Coors Light, Miller Lite & Keystone Light. For tickets, 701.438.7849 or badlandsbigsticks.com.

FRIDAY JUNE 14 7TH ANNUAL BAKKEN BBQ 4-11PM Local companies compete in a much coveted trophy. Enjoy family-friendly fun! Music by Explosion Productions and SawDust. Fee \$20/Adult, children 9-15/\$10, 8 and under/free! Benefits Make-a-Wish North Dakota. West River Ice Center.

BADLANDS BIG STICKS HOME GAME 6:35PM Stark County Sheriff & EMS Appreciation Night! Featuring specially designed Big Sticks jerseys to be auctioned off after the game! Jersey Auction! For tickets, 701.438.7849 or badlandsbigsticks.com.

SATURDAY JUNE 15 COMMUNITY MOVIE 2PM "The Mission of Herman Stern" in Community Room at Dickinson Area Public Library.

CLASSIC CAR SHOW 10AM-Noon. Classic cars! Food! Vendors! Edgewood Hawks Point.

SOUTHWEST SPEEDWAY STOCK CAR RACES 6PM Kids Night! Hwy 22, 10 miles south,

1 mile west of Dickinson.

BADLANDS BIG STICKS HOME GAME 6:35PM Scout Campout Night! Featuring post-game Fireworks! Scout troops get to camp-out on the field after the game! For tickets, 701.438.7849 or badlandsbigsticks.com.

SUNDAY JUNE 16 BADLANDS BIG STICKS HOME GAME 4:35PM Father's Day! Bring your dad down to watch the Big Sticks! Fathers and kids can play catch on the field after the game! For tickets, 701.438.7849 or badlandsbigsticks.com.

FATHER'S DAY SPECIAL 5-9PM Join us at The Crossing for Dad's favorites and our full menu. 1770 19th St. West.

MONDAY JUNE 17 BADLANDS BIG STICKS HOME GAME 6:35PM Bark in the Park! Bring your furry friends and howl for the Big Sticks! Half-time Dogs Flying Disc Show! For tickets, 701.438.7849 or badlandsbigsticks.com.

TUESDAY JUNE 18 BADLANDS BIG STICKS HOME GAME 6:35PM DSU Night! Come out and support the Dickinson State University Heritage Foundation! DSU Students, Faculty & Staff receive \$2 discount on tickets with your DSU ID! Ty Orton will be throwing out the First Pitch! LOOK OUT! For tickets, 701.438.7849 or badlandsbigsticks.com.

WEDNESDAY JUNE 19 LUNCH AND LEARN 12PM "Is OT for me?" Learn about our

in-house Occupational Therapy program and how it can benefit you or your loved one. Presented by Jard Erie, OT with Therapy Solutions. RSVP by 6/14.

THURSDAY JUNE 20

FIRST ON FIRST DICKINSON SUMMER NIGHTS 5PM Slaughter and Nathan Dean Band. Downtown Dickinson. See their ad, p. 6.

FRIDAY JUNE 21

DOWNTOWN DICKINSON ASSOCIATION INAUGURAL GOLF SCRAMBLE 1-11PM Get your team together and come out and enjoy an afternoon on the course! Dinner and after party (21+) at Bernie's Esquire Club. All proceeds support awareness of Downtown through events and revitalization efforts. Heart River Golf Course.

SUMMER KICK OF POOL PARTY 9.30AM Join us as we kick off summer at the WRCC Outdoor Pool. There will be music, food, and prizes throughout the day. Bring the whole family and don't miss out on the fun.

SATURDAY JUNE 22

MUSICAL HIKE & PICNIC 9.30AM Join us for a musical adventure! Sing, dance, and hike around Rocky Butte Park with a picnic. Children 0-7, their grown-ups and siblings are welcome to the event. Registration is required! Tickets are \$15 per family. More details www.pitterpatterclub.com or on Facebook/pitterpatterclubDickinson.

SUNDAY JUNE 23

2ND ANNUAL DON'T WINE JUST RUN 5K RUN/WALK 10AM Same day registration opening at 10:00 AM. Run/Walk beginning at 11:00 AM. Pet-friendly event raising proceeds for local animal rescues. Fluffy Fields Vineyard & Winery.

MONDAY JUNE 24

SPLASH BASH 1-5PM Free admission, free hotdogs, DJ! WRCC Outdoor Pool.

JUNE 24-27

4-H YOUTH DIVISION Contact 701.456.7665 for more info.

TUESDAY JUNE 25

BADLANDS BIG STICKS HOME GAME 6:35PM Back to the '90s Night! We are throwing it back to the 90's! For tickets, 438.7849 or badlandsbigsticks.com.

WEDNESDAY JUNE 26

BADLANDS BIG STICKS HOME GAME 6:35PM Tyler's Amazing Act & Big Sticks Give Back Night. The #1 booked college basketball halftime show is coming to YOU! Bring your non-perishable food items for a food drive benefiting the Great Plains Food Bank! For tickets, 438.7849 or badlandsbigsticks.com.

JUNE 26-30

ROUGH RIDER DAYS CARNIVAL Opens at 4PM June 26-28 and 1PM June 29-30. Rides and games. Wristbands (\$30) and individual tickets will be available for carnival rides.

THURSDAY JUNE 27

FIRST ON FIRST DICKINSON SUMMER NIGHTS 5PM Over-time and Mud Butte. Downtown Dickinson. See their ad, p. 6.

BADLANDS BIG STICKS HOME

GAME 6:35PM 3 Buck Thursday! \$3 Coors Light, Miller Lite & Keystone Light. For tickets, 701.438.7849 or badlandsbigsticks.com.

JUNE 27-29

ROUGH RIDER DAYS PRCA RODEO 6:45-9:30PM Enjoy feature performances from some of the best cowboys and cowgirls in the Badlands Circuit. Tickets: \$15 for adults, \$10 for kids. June 28, Kids 12 and under are FREE! Stark County Fairgrounds.

JUNE 28-JULY 4

KIDS FREE WEEK IN MEDORA Free events for kids 17 and under during this special week. See Medora.com/WishWeek for more info.

SATURDAY JUNE 29

ROUGH RIDER PARADE 10AM Join the community downtown during our annual Roughrider Days Parade.

FAMILY FUN DAY 11AM-5PM

Fun for all ages! DSU campus. See ad, p. 2 for more info.

2ND ANNUAL RICHARD JORDAN MEMORIAL RACE 6PM

Southwest Speedway, Hwy 22, 10 miles south, 1 mile west of Dickinson.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS
THE ROCK Thursdays 1st-Open Mic Night-Brady Paulson, 3rd-Live Music, 9PM-close, no cov-

er. Friday Night Trivia. Starts at 6:00pm FREE to play. Regular Trivia followed by Music Trivia. Come early...Seats fill up FAST! 113 1st St West. More information rockdickinson.com.

THE EAGLES CLUB 5:45PM Wednesdays and Fridays Stop in and play Bingo. Games played in succession. 5-9PM Thursdays Beer and Wings. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

I DON'T KNOW BAR 11AM-3PM Lunch specials Monday-Friday. Tuesday nights-Bike Night. 5-9PM Fridays Steak Fry. 9PM-close. Ribeye and all the fixins!

FOOD KITCHENS

WELCOME TABLE 6PM Tuesdays Free to the public. Garvin Hall St. Patrick's Catholic Church 310 2nd St. West.

ANGEL 37 KITCHEN 6-7PM Tuesdays Free food to everyone. Nourish your body and soul. Queen of Peace Catholic Church 725 12th St. West.

SUPPORT GROUPS

DICKINSON AL-ANON FAMILY GROUP 8PM Wednesdays St. John's Episcopal Church basement 822 5th Ave West.

FAMILY FUN

BANDSHELL CONCERT SERIES 7PM Join us every Tuesday for live music and family fun! This concert series invites local and regional talent to perform at Memorial Park.

MEDORA Wednesdays and Sundays Kids 17 and under are FREE at the Musical. Tuesdays and Thursdays, Seniors get 15% off. Kids (age 12 & under) get a free hot dog meal with the purchase of an adult meal at the Pitchfork Steak Fondue every Wednesday & Sunday of the season, too!

DICKINSON MUSEUM CENTER

9-10AM Toddler Tuesdays Join us at the Museum Center to enjoy songs, crafts and stories. FREE and open to the public. Ages 2-4.

DICKINSON AREA PUBLIC LIBRARY

9:30AM Mondays Tiny Tots Story Time (ages 0-2). 2PM Mondays S.T.E.A.M. (ages 6-10) 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 3PM Tuesdays Teen Fun (11-17). 3PM 1st/3rd Thursdays Kids' Lego Club. 3PM Fridays Free Family Movie. See

dickinsonlibrary.org for up-to-date information and more fun activities that require sign-ups.

UNIVERSITY THEATRE 10AM Free, family movie the first Saturday and Sunday of month. Family fun in luxury electric recliners. First come, first served, doors open at 9:30 AM. DSU Student Center.

CLUBS/GROUPS

HEART RIVER HOMEBREWERS 7:30PM 4th Thursday of each month. Calling all home brewers! Custom Data, 677 E 10th Street.

SEW SISTERS AccuQuilt demo and deals - June 1, Sew Sisters - June 4, Topper Club - June 22, Craft Class for kids ages 4-12 - June 5, 19. More info, see www.SuzysStash.com. 118 N Ave, Richardton. 974.7899.

WEIGHT WATCHERS 12:15PM OR 5:30PM (Weigh-ins start 15 min prior) EVERY Monday. 46 1st Ave E (Sunset Center).

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at **1967.toastmastersclubs.org**. Held at Dickinson Chamber of Commerce. Contact Deb Kerner for more info 260.9292.

PRAIRIE ROSE CHORUS 6PM-8PM Tuesdays St. John Lutheran Church. Come sing your heart out with the Dickinson chapter of Sweet Adelines International. Ages 12+ welcome! For more information, contact Robyn Navdornik 690.8958 or MaryAnn Brauhn 290.4013.

BADLANDS ART ASSOCIATION

6:30PM 1st Tuesday of each month. All community artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

DICKINSON CITY BAND

Mondays 7-8:30PM in DSU band room (basement of May Hall). 291 Campus Dr. More info, contact Robyn Navdornik 690.8958.

DICKINSON STRINGS Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 290.9145.

MEETINGS

DICKINSON CITY COMMISSION MEETING 4:30PM Commission Room at 99 2nd St East 2nd & 4th Tuesday of the month. dickinsongov.com/boards-and-officials/city-commission/

STARK COUNTY COMMISSION MEETING 8:00AM 1st Tuesday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

PLANNING AND ZONING

MEETING 8:00AM Last Thursday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

EAGLES CLUB 5:30PM Auxiliary Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month.

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club, 31 1st St East.

COMMUNITY OFFERINGS

LOVE AND LOGIC 6-7:30PM Wednesdays (through June 26). Early childhood (Ages 2-12) parenting made fun! Childcare provided. Must preregister by calling West Dakota Parent & Family Resource Center at 456.0007.

START UP YOUR DAY/START UP YOUR NIGHT 8-9AM 2nd Thursdays/5-7PM 4th Wednesdays. Monthly events designed to attract new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info visit startupyourday.com or startupyournight.com.

SAVE THE DATE

SATURDAY JULY 6

RUN FOR REASON 5K/10K/HALF AND FULL MARATHON See article, p. 18. More info, visit facebook.com/runforreason19/

TUESDAY JULY 30

HOEDOWN FOR HOSPICE See ad, p. 7 for more info.

SATURDAY SEPTEMBER 21

OUT OF THE DARKNESS WALK See article, p. 8 for more info.

CONVENTION AND VISITORS BUREAU

Dickinson Day Drives

Would you like to take a day trip close by but don't know what's around you? We can give you some great ideas for a weekend or weekday drive that keeps you close to home.

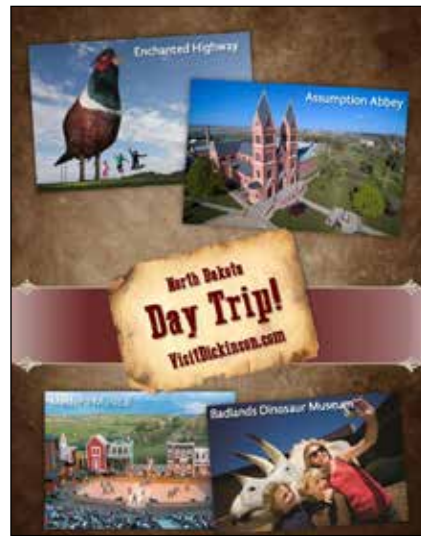
Start the day with a visit to the Badlands Dinosaur Museum located at the Dickinson Museum Center where you'll travel back in time as you view life-sized dinosaurs, rock and mineral exhibits, seashell and fossil collections. Then, step into local history at the nearby Joachim Regional Museum. The adjacent Pioneer Machinery Building is home to an original settler's shack that will leave you pondering the hardiness of the pioneers. You can also take a guided tour of Prairie Outpost Park to learn more about the towns that dotted the prairies during pioneer days.

Next stop is a visit to the Ukrainian Cultural Institute on West Villard to learn more about the culture and history of one of the region's predominant groups of settlers. Viewing the colorful Pysanka egg collection, you'll be amazed with the detail and meticulous artwork created locally.

Heading out of town, travel east on the Business Loop or the Old Red Old Ten Scenic Byway just off Exit 64. The Byway is the paved country road that once was Highway 10, the "real highway". Going through the Green River Valley and traveling east into Taylor, stop at the Taylor Nursery, where there's fun gift ideas and plant heaven. If it's close to lunch or supper, the Sit n' Bull Bar has as-close-as-it-gets-to-gourmet burgers and more.

In Richardton, you'll find the Assumption Abbey, a working monastery and home to more than 50 Benedictine monks. The Abbey Church is a Bavarian Romanesque structure first completed in 1909 and renewed in 2001. Both are open to the public and offer a serene and welcoming experience. There is also a wine cellar and a gift shop that sells pottery, soaps, and woodcrafts created by the monks in residence.

Leave Richardton by driving south on Highway 8, approximately 35 miles to Mott. The Mott Gallery of History and Art is in town close to a great coffee and gift shop called the Tilted Tulip. On the first Saturdays in July and August from 1 pm - 4 pm, the Stern Homestead is open for guided tours. It's located just two miles east of Mott on Highway 21. This homestead offers unique German-Russian architecture with living space,



storage and animal shelter all under one roof. The home was built in 1907 and lived in by the Stern family until the early 1960s. Volunteer guides tell the story of courageous pioneers on the North Dakota prairie.

From Mott, drive eight miles to the west and you will arrive in Regent. The Enchanted Highway provides great ice cream at their gift shop on a hot day, along with fun novelty items. The Hettinger County Historical Society Museum is open during the summer, and they'd love to show you around.

Traveling north of Regent, you begin the largest section of the Enchanted Highway, showcasing the world's largest scrap metal sculptures. Truly a sight to see!

If you are in Regent on any of the weekends beginning on July 13th until Labor Day, the North Dakota Renaissance Festival will be featuring full-fledged horseback jousting! Full armor and large horses will entertain you along with a Medieval Marketplace of artists, artisans, and craftsmen that produce medieval products, baked goods and more. Find more information at www.ndrenfest.com.

Once back in Dickinson, you can always take another day or two to visit Medora, the surrounding towns, and military or other historical sites in or around the badlands of North Dakota. The Dickinson Convention & Visitors Bureau has information on the drives, sites and places that aren't typically promoted but make the best day drives. Come in and visit, and we'll tell you all about them. We are located next to the Dickinson Museum Center. Check us out at www.visitdickinson.com. ■

SOUTHWESTERN DISTRICT HEALTH UNIT

The Department of Environmental Health

By Karen Goyne

The Department of Environmental Health has the responsibility of protecting certain aspects of our environment including our food, air and water. Most of our work comes in the form of inspections at different sites throughout Southwestern North Dakota. We protect our food by conducting health inspections at bars, restaurants, schools, daycares and other facilities. The purpose of the inspections is to ensure that the facilities are operated in a manner consistent with the latest Food and Drug Administration food code.

While visiting daycare and preschool facilities, we also look at other parts of the operation including diapering, playground equipment and toys to make sure that the risk of disease and injury to the children is minimized. We also monitor the operation of public swimming pools and hot tubs including municipal pool facilities as well as hotel/motel pools. A water sample is collected and the chlorine and pH levels in the water are measured. The water sample is then tested for any microbiological contamination. Once each year, the entire pool facility is inspected. This includes the water quality, deck, pool basin and mechanical systems for the pool.

Body art and tanning bed facilities are inspected annually to ensure that the applicable codes for these sites are being met. Non-community water systems are also inspected annually by the Southwestern District Health Unit. These are water/sewer systems that provide water to the public but are not on a public or municipal water system. Inspections are also conducted annually at certain institutions. This includes jail facilities as well as group homes for the developmentally challenged. The health unit conducts inspections at onsite water/sewer facilities with the goal to ensure that they systems are designed, installed and maintained in a manner that does not pollute the environment.

Each month, an inspection is conducted at a special waste facility in Bowman County that accepts materials

that have been contaminated with some form of oil waste. The environmental health staff also conducts investigations on health-related complaints. This can include a wide variety of issues from dog feces to mold to rodent infestations. They work with local agencies to help resolve these complaints. The Southwestern District Health Unit also operates a certified water testing laboratory. The lab can conduct

certain microbiological tests on drinking water as well as recreational waters including water from swimming pools and hot tubs. Water is tested from municipal and public water supplies as well as private water wells and swimming pool/hot tub facilities. Most of these systems are required to submit monthly water samples for analysis. For water samples from private water wells, we also conduct a nitrate analysis to determine if the water is safe for consumption by infants.

The Department of Environmental Health plays an important role in making sure that the environment that we live in helps us all be safe and healthy. ■

Southwestern District Health Unit



PublicHealth
Prevent. Promote. Protect.



To the people who enter our door,
our name evokes help and healing.
Life brings losses. Small and big,
physical and emotional.
An accident, stroke or loss of a dream.
Therapy Solutions brings hope,
confidence and a plan to heal.

Physical Therapy | Occupational Therapy
Speech Therapy | Occupational Health Programs
Rehabilitative Services | Counseling Services (Faith Based Available)

Therapy Solutions
TAKE YOUR LIFE BACK.
therapy-solutions.net



North Clinic
(701) 483-1000 448 21st St W Ste D-1

South Clinic
(701) 483-1021 446 3rd Ave W



Heart River VOICE

SHARE WITH US!

We welcome articles from the community, so send us your submissions. Go to www.heartrivervoices.com or email kelly@heartrivervoices.com.

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Zach Keller, Chamber Board President, and Christina Jorgenson, Chamber Executive Director, at the State of the City Address hosted by the Dickinson Area Chamber of Commerce.



Pointe dancers entertain the audience with a Spanish-style dance during Academy of Dance's Around the World dance recital.



Attendees enjoy Baker Boy Magic Ring Donuts at the Dickinson Area Chamber of Commerce's Annual Banquet.



Families enjoyed a play along while improvising and exploring instruments during a Music Together demo class by Pitter Patter Club at the Badlands Baby Fair and Expo.



Young South Heart community members enjoy searching for eggs at the Easter Egg Hunt put on by South Heart Community Events.



A few of the over 200 attendees at the Best Friends Mentoring Program's 10th Annual A Chocolate Affair.

YOUR HEALTH

The high price of medications

By Steve Irsfeld

We have in the past and continue to hear much about the high cost of medications. It seems to rear its ugly head around election time but that is one and a half years out. Whether it is election time or not, it is a concern, now and in our futures. Let's look at some of the issues that might be driving the cost of medication.

I was recently at the state Physician Assistant conference in Fargo and had a conversation with a representative from one of the pharmaceutical companies. She was filling me in on their new drug for COPD. The drug is one that has been around since the 1960s and the patent on the drug has long expired. The product is novel in that it is being used as an inhalation solution, but it is the delivery system that is unique; it is a disposable nebulizer.

We spoke about this novel delivery system and how the drug being used would cost next to nothing if put in a regular nebulizer system. However, for this new disposable system, the current out of pocket cost, meaning the cost if you did not have insurance, would be about \$1400 per month; however, with insurance, you would have a copay, and with a coupon from the manufacturer (which is not eligible for Medicare or cash-pay patients who need it the most), you would pay nothing.

The representative focused on the patient not having to pay anything for the medication while I was adamant that the medication was costing the system \$1400 per month. I asked if it had been studied against other medications in the market place that essentially do the same thing for these patients at 1/10 of the cost. She said, "No, they don't do

those studies."

The system is somewhat broken. Yes, we have great medications coming to the market that can be lifesaving, but the above example didn't seem to be one of those. It seems like a "copycat" drug void of any new great benefit, but a big price tag meant solely as a means of making fast money for the pharmaceutical industry by hoping you don't care how much your insurance company pays as long as it's not you.

One question we have to ask ourselves as consumers when we get something for nothing is "What is this costing the system"? Would we get that medication if we had to pay \$1400 out of pocket or would we ask about alternative less expensive options?

I think we as consumers need to be asking our providers questions like, "What is the cost of this drug without insurance?" Often times our providers don't always have that information and the pharmacist can be a great resource when trying to find this out. Even though we are not paying anything for the medication, it is important to know the impact it is having on the system.

One huge area of pricing concern is insulin. When my father opened Irsfeld Pharmacy 37 years ago, the wholesale drug cost (what the Rx pays to get the medication into the store) for a vial of NPH Insulin was \$1.75. Today, a bottle of NPH Insulin sells for \$131.65 wholesale. That is an increase in price roughly 75 times! Consider this, the minimum wage in 1982 was \$3.35. If it increased by 75 times, we would be making \$251.25/hour. I think most of us could live off of that, but we also realize that is not sustainable.

So why is it sustainable in the phar-



PHOTO CREDIT: PIXABAY

maceutical industry? That is the big question, and one that we may never get a handle on. From the pharmacy side of things, before the insurance companies took over our industry, we had competitive pressures keeping us in check. Our patients were the ones letting us know if we were charging too much for medications because they could get it for less elsewhere. Now, 90-95% of patients have prescription insurance and we have no control over those prescriptions or what you will pay for your medications. Once there are so many players in the mix (drug companies, insurance companies, PBMs, etc), who are many times almost hidden players, it becomes a shell game. I didn't list pharmacies because on retail insurance medications we have no control over what an insurance company will pay for a medication, but that's a whole separate article.

Ultimately, the best way to combat

the high cost of medications is to never get put on a medication. I know that is not possible for everyone because many of our medications are lifesaving and allow patients to live normal lives with debilitating conditions.

If your health isn't going in the direction you want it to go, the best way to work on this is by adhering to the magnificent 7; eat right, drink right, talk right, think right, move right, sleep right and poop right. We all need to take control of our health instead of having our health control us.

Please stop in or call the pharmacy if you would like further information on how to feel your very best and take control of your health. You can access this and other articles on our website at irsfeldpharmacy.com. Until next time, be vigilant about your health! ■



CENTER FOR TOBACCO PRODUCTS



People who stop smoking greatly reduce their risk for smoking-related disease.

Source: CDC, *Morbidity and Mortality Weekly Report* 52(No. 35), 2003.



Call us,
we can
help!

701-483-3760

Southwestern District
Health Unit



PublicHealth
Prevent. Promote. Protect.

THAT'S CHEESY**Fromager d'Affinois**

By **Tara Laber, Owner of Salt Kitchen & Co**

This smooth double cream cheese expresses the cheesemaker's expertise and delicacy in the cheese maturing process. In addition to the original Fromager d'Affinois, this cheese also comes in flavors of Garlic & Mixed Herbs, Olive, Truffle, and Pepper. The high fat-content of this cheese positions it halfway between a traditional Brie and a triple-cream cheese. Its bloomy white rind surrounds a seductively soft interior and its mild & buttery flavor features a hint of sweetness.

Enjoy this cheese with crisp white wines or champagne, along with apples, grapes, and walnuts.

**Rosemary Bleu Cheese Brandy Sauce****Ingredients:**

- 3 tbsp. butter
- 8 pearl onions, quartered
- 3 garlic cloves, minced
- ½ cup beef broth
- ¼ cup brandy
- 1 tsp. minced fresh rosemary
- 4 oz. Fromager d'Affinois Bleu
- salt and pepper, to taste
- fresh rosemary sprigs



1. Melt butter in a medium skillet over medium-high heat. Add onion and garlic and sauté until onions are softened.
2. Add broth, brandy, and rosemary and bring to boil. Boil until liquid is thick enough to coat spoon lightly, about 5 minutes.
3. Add cheese and stir just until it melts. Add salt and pepper, to taste.
4. Spoon sauce over prepared steaks. Garnish with rosemary sprigs.

FAMILY FUN**South Heart Community Events**

By **Brock White**

Inspired by their tight knit community, South Heart Community Events is a new non-profit that was formed in early 2019 with one goal in mind—to do big things in a small town. After a successful Easter Egg Hunt that provided the small town west of Dickinson with a fun day for all ages, committee members have turned their sights to their first annual Sunday Funfeast, a free community meal that takes place once a month at the parking lot of the I Don't Know Bar in South Heart. Funded entirely by local business and sponsors, the Sunday Funfeast will also include games for kids, music, and a gathering spot to come hang out with your neighbors. The first Sunday Funfeast took place on Sunday, May 12th, with the following dates and meals to come: A pig roast June 2nd, All American BBQ July 7th, Smoked Meats/Brisket August 4th, and a grand finale with a Seafood Boil on September 1st.

The events take place from 4pm-7pm in the parking lot of The I Don't Know Bar, with all ages welcome to attend this free community event. For more information, contact Kristie Murray at 701-609-0310, or Brock White at 701-690-3451. ■

SENIOR LIFE**Sunset Senior Center**

The Sunset Senior Center was organized in November 1969 with about 150 members. Meetings were held in the Maggie's Café building and Eagles for a few months, and then moved to their present location.

Mrs. E.A. Nachtewey donated our current building, the former Lariat Café, to the Dickinson senior citizens. A citizen committee was formed to raise funds for the remodeling that had to be done. Martha Korte and Ted Keller were chairmen. Money to get started came from the Dickinson Sertoma Club and Lutheran Social Services. All of the remodeling work was done by volunteers. Membership in one year reached 300. Some past presidents were James Randall, Kasper Kerner, and Sally Krous.

In 1990, Mary Miller volunteered as manager of the Center and served for 21 years. Some of the same activities are still going on such as pinochle, whist, bingo and wood carving, all of which help to raise funds. An annual soup and farmers hat lunch, a pancake breakfast the day of the 4th of July parade (June 29 this year), and a city grant keeps the Center going.

In 2008, major renovations – new windows, new roof, and furnace – were done with help from the city, and they help keep our membership of 100 entertained.

On June 30, we will have an Open House to celebrate the 50 years of the Sunset Senior Center in Dickinson. ■

SUMMER READING PROGRAM 2019

A UNIVERSE OF STORIES

Kickoff Carnival
June 2nd from 1-4pm
We will be kicking off our Summer Reading Program with a bouncy castle, games, photo booth, music, and much more!

June 3rd through July 31st
Free and open to all ages
zero - adult
Sign up at the library main level circulation desk.

Win prizes for reading!
And participate in summer reading program events!

DICKINSON AREA PUBLIC LIBRARY

139 3rd St W 701-456-7700 www.dickinsonlibrary.org

HEART RIVER VOICE

Community Bulletin Board

Three local chefs win top awards in charity cooking event

Three professional and community chefs won top honors in the Chocolate Affair Plus April 27 hosted by the Best Friends Mentoring Program (BFMP). Claiming first place in the People's Choice Chef Awards was pastry chef Erin Cronbaugh of the Cake Life for her chocolate tarts. Fourteen-year-old Anna Kreidt, a student at the Dickinson Middle School, placed second with chocolate crème brûlée and truffles with a surprise flavor. Pastry chef Traci Hamson of Players Sports Bar & Grill placed third with her chocolate cheesecake, Oreo stacks, and varieties of chocolate truffles. Also winning Best Presentation for their artfully designed mocha cakes was Directing Chef Joseph Gyno Babia and Pastry Chef Karla Joy Wyler of The Crossing.

Other participating chefs included the following: Kirk Hepker of The Foodie Call, Collin Wehner, executive chef of the BrickHouse Grille; General Manager Aaron Zummer and Executive Chef Tom Gordon of Sodexo at State University, and community chef Lois Holland

"Every year, the culinary talents and creativity of our participating chefs expands," said Kris Fehr, executive director of BFMP. "We were very fortunate to have showcased beautifully displayed and terrific-tasting desserts and entrees. The event proceeds also will allow us to continue mentoring 20 local youth."

In addition to highlighting local chefs, the Chocolate Affair Plus featured wine and home-brewed beer tastings, live music by the Dakota Jazz, and the chance to win more than 50 prizes, including a mocha and white diamond

pendant and earring set donated by Riddle's Jewelry in Dickinson.

Based in Dickinson, BFMP provides mentors to youth ages 6-16 in southwest North Dakota including the city of Dickinson, western Morton and Bowman counties. BFMP also provides mentors to children at-risk of or in out-of-home placement, such as foster care. For more information, call (701) 483-8615.

22nd Annual Family Fun Day set for June 29

More than one dozen giant inflatables, a vendor show, health fair, food concessions and youth competition/5K/10K highlight Family Fun Day from 7:30 - 9 a.m. and 11 a.m. - 5 p.m. on Saturday, June 29 at Dickinson State University (DSU).

Hosted by the Best Friends Mentoring Program (BFMP), the event spans 22 years and is one of the longest-running family activities during Dickinson's Roughrider Days. Starting immediately after the city parade, Family Fun Day includes giant inflatable bouncers and slides - including a volcano climbing wall - children's games, obstacle courses, a barrel train ride, a live DJ, and a Heroes Showcase displaying large fire and safety equipment.

Also back for the fourth consecutive year is a youth competition, 5K walk/run and 10K race. The events begin at 7:30 a.m. in front of the DSU Student Center and include an electronically timed finish by Competitive Timing, age-category awards, and refreshments.

Starting at 11 a.m., a vendor show will feature more than 20 booths, and include a variety of small businesses, nonprofits from across the state, as well as a health information area. The

first 600 youth attendees will receive a sports bag provided by MIDCO. There also is a concession area showcasing a variety of local food trucks.

"We are excited to continue this long-standing event for the community," said BFMP Executive Director Kris Fehr. "Having our event on the DSU Front Lawn has allowed us to expand Family Fun Day and provide annual mentoring opportunities for 35-40 local youth."

While there is no charge to enter the DSU front lawn, vendor show or concessions, an all-inclusive activities pass is required for youth to participate in the games and activities. Passes are available in advance online at www.bestfriendsnd.org or at BFMP at 135 W. Villard for \$15 per pass. Passes are also available at DSU on June 30 for \$20.

BFMP annually serves more than 100 youth in southwest North Dakota. For information, call (701) 483-8615.

Medora Musical cast announced

The Theodore Roosevelt Medora Foundation, alongside Stage West Entertainment, is excited to announce the 2019 Medora Musical cast lineup.

Each year Stage West fields auditions of 20,000 plus performers across North Dakota, Minnesota, Tennessee, and Florida to find the best, Broadway-level talent, for the Medora Musical.

Each year there is a mix of returning talent, North Dakota favorites, and new performers. This year, visitors can expect to see quite a few of their favorites, along with a new, North Dakota entertainer! Chet Wollan, a Medora favorite entertainer is back to co-host the Medora Musical. Chet is originally from Minneapolis,

Minnesota but now lives in Strawberry Plains, Tennessee with Princess of the Prairie, Candice Lively Wollan. This will be Chet's fourth year hosting the Medora Musical and his 13th year starring in the show.

Bill Sorensen will also be back on the Medora Musical stage for his final ride alongside Chet. Bill has been performing in Medora for the past 40 years as a magician, comedian, and entertainer.

The 2019 Medora Musical Burning Hills Singers includes:

Women:

- Candice Lively Wollan comes to us from Strawberry Plains, Tennessee. This will be Candice's ninth year as a Burning Hills Singer. During her time performing in Medora, Candice has become known as the Princess of the Prairie and is also Assistant Choreographer.

- Misti Koop is a North Dakota native from Grand Forks. She has starred as a Burning Hills Singer for the past six years and has had a few featured roles during her time in the Medora Musical.

- Jessica Bradish is from Des Moines, Iowa and has starred as a vocal powerhouse in the Medora Musical for the past four years.

- Taylor Leet is Medora's other hometown girl coming from Bismarck, North Dakota. Taylor first starred in the Medora Musical in 2016 and is back for her

fourth season.

- NEW, Andrea DeVriendt is making her Medora Musical debut from Madison, Wisconsin.

- NEW, Rachel Endrizzi is coming from Cleveland, Ohio to make her debut as a Burning Hills Singer.

Men:

- NEW North Dakotan, Tryton Landsiedel, is Medora's new hometown boy coming from Bismarck, North Dakota. Tryton has performed on the Burning Hills Stage before as a Kat Perkins, Rising Star Camper. Now he is making his debut as a Burning Hills Singer.

- Ken Quiricone comes to Medora from Stratford, Connecticut. This will be Ken's eighth year as a Burning Hills Singer. Ken has also held a few feature roles in the Medora Musical.

- Kevin Korczynski is from Bel Air, Maryland. He has starred in the Medora Musical for seven seasons.

- Gerry William is from Raleigh, North Carolina and previously starred in the Medora Musical in 2013 and 2014.

- Jon Woodruff comes from White Bear Lake, Minnesota. He first debuted in the Medora Musical last year and is coming back for another taste of Medora.

- Ben Massorouras is from Phoenix, Arizona and first starred as a Burning Hills Singer last season.

The 2019 Medora Musical Coal Diggers Band:

- Andrew Crowe returns to the Medora Musical bandstand as the Bandleader and Fiddle

player from Sevierville, Tennessee. Andrew also plays harmonica, guitar, and basically anything else you can think of. Hand him a hand saw - he's played it before.

- Junior Mercer is from Pigeon Forge, Tennessee and is returning to the Medora Musical as the pedal steel player.

- Perry Orfanella joins the Coal Diggers Band as bass player from Carmel, New York.

- Adam Vogel from Melrose, Minnesota returns as guitarist.

- Carson Hooley joins the Coal Diggers Band as the drummer from Waco, Texas.

- Travis Smith is coming from Columbus, Ohio to play keyboards and be the vocal captain.

The Medora Musical would not run smoothly without the behind the scenes crew. This year's crew is:

- Ryan Milligan is from Des Moines, Iowa. Ryan is the sound technician, sound designer, and production manager.

- Deb Kennedy is from Amana, Iowa and serves at the stage manager.

- Jim Eischen is from Minneapolis, Minnesota and is the master electrician and lighting designer.

- Kimberly Stark is the wardrobe designer from Leeds, Alabama.

The Medora Musical is produced and directed under Curt Wollan and Stage West Entertainment from Minneapolis, Minnesota. ■



The Medora Musical 2019 season starts on May 31.

CROSSWORD BY CARLINKA
PASTIMES

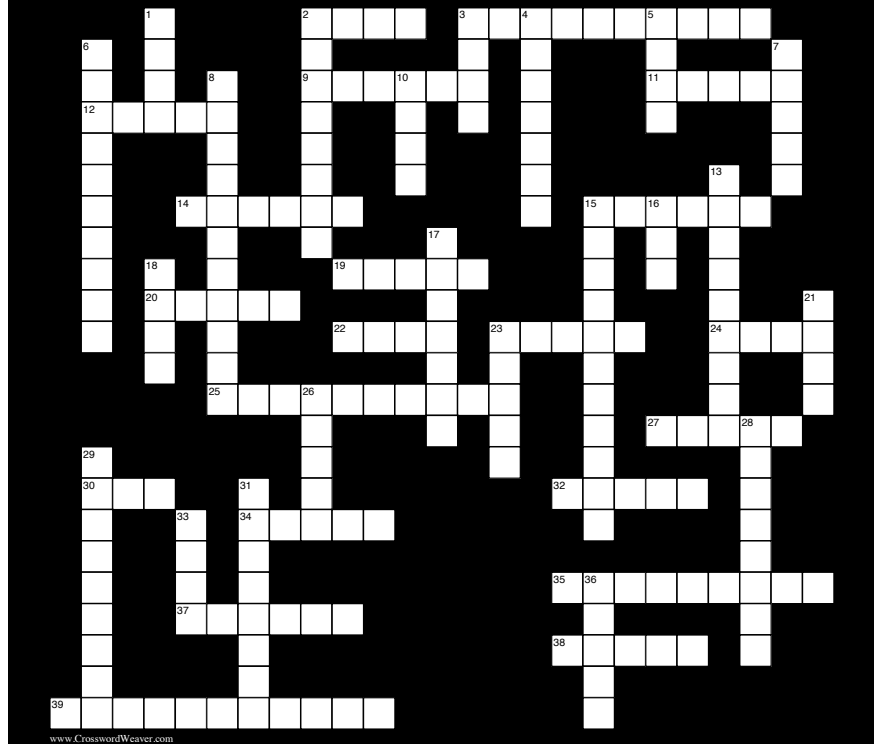
Heart River
VOICE

JUNE 2019

HOROSCOPE

by Hilda De Anza

++Location is Everything++

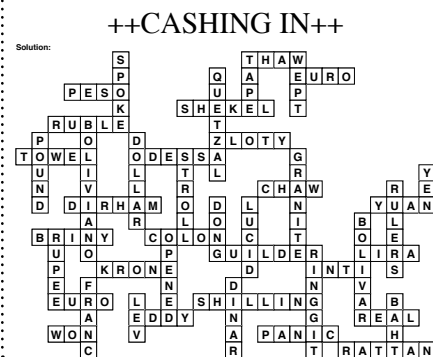


- | | | | |
|----------------------------|----------------------------------|----------------------------------|------------------------|
| ACROSS | 25 Prehistoric monument, England | bright, as the moon | 18 Sail supporter |
| 2 Show off one's muscles | 27 Orange serving | 8 Bordering Ontario and New York | 21 Mason is a type |
| 3 Little Mermaid, _Denmark | 30 Not too bright | 10 Sound of a scissors cut | 23 Thin French pancake |
| 9 Port city in Ukraine | 32 Quick smell | 13 Volcano in Japan | 26 Belly button |
| 11 Crowd scene actor | 34 Metal mixture | 15 Inca citadel | 28 Angkor Wat |
| 12 +_Fountain, Rome | 37 Christ the Redeemer | 16 Clinton instrument | 29 Castle in Scotland |
| 14 +Lascaux Caves | 38 Jiggly desert | 17 _Wall, Jerusalem | 31 Agra, India |
| 15 +St. Basil's Cathedral | 39 _of Dover | | 33 Conjugated word |
| 19 "Green" energy type | | | 36 Sydney_ House |

DOWN

- 1 Support for glasses
- 2 Ponte Vecchio
- 3 Trendy spiced tea
- 4 Giza_, Egypt
- 5 Zenith
- 6 Switzerland + Italy share this mountain
- 7 Became less

Last month's puzzle solution



ARIES
March 21- April 20
Early June is an excellent

time for travel, communication, education and debate. New connections are made both locally and afar and this is a creative and enlightening period. The focus on family and emotions gets stronger mid-month. If you are looking for a good holiday, then July might be better. June is best reserved for practical projects involving home and family, and a good deal of patience is recommended.



TAURUS
April 21- May 21
June is a

month when multiple sources of income can develop, but it is important to administer wisely. The time of the full moon in mid-June is a crucial period for relationships with partners, siblings and people in your immediate environment. Your skills may be fine, but other people can place a burden on you. Partners may be emotional. The wise Taurus does not get involved in drawn-out discussions.



GEMINI
May 22- June 21
The new

moon in your sign at the beginning of June crowns a period of extensive communication and you feel very comfortable with it. There is a change of scene June 5th and you are especially focused on money, earnings and resources. The end of June feels like a holiday and it is an ideal time for an adventure. You are in a fun-loving mood as the month draws to a close, and an excellent period begins, especially if you want to do something exciting.



CANCER
June 22- July 22
In June, you

are happy to concern yourself with your own private affairs and enjoy a quiet life. Mars is in your sign which gives you a lot of energy and awakens emotional issues. Self-examination and restraint are the way forward. On June 21st, things start going your way after a cathartic experience evoking a change of attitude. Opportunities abound with new developments socially and financial benefits in business.



LEO
July 23- August 22
June promises

to be a very sociable period. You are full of ideas, some more realistic than others, and you eagerly share them and get other people on board. It's a good month for idealistic ventures and creative projects. It is also a good time for friendship and romance. End of month, you tire of the social whirl and seek a quieter life. But, the holiday period takes hold and people will want to come out and play.



VIRGO
August 23- September 22
June is

characterized by a much greater focus on your social life and connections. It is a good time for group involvement and new friendships. The indications are that an undiscovered issue from the past comes up and has consequences. This is probably something that will take effort for the next month or so. End of June, you will be in the mood for a quieter social life. This is an excellent time for pursuing your own private interests.



LIBRA
September 23- October 22
Early June is

characterized by an intense process in the important relationships in your life. When Venus moves into Gemini on June 9th, life gets easier and lighter. An excellent period for study or travel begins and cultural and creative interests are stimulated. If you are seeking love, it may be found in foreign places with a lot of communication back and forth. There are choices to consider, and your dreams may impair your judgment.



SCORPIO
October 23- November 21
You are in an

intellectually curious period. You are both more intuitive and emotional than usual, and there is a tremendous drive to uncover or investigate secrets. Justice and matter of right and wrong are important at this time, and you may find yourself getting worked up because of decisions which go against you. Consider this time an opportunity to drop something which has been worrying you for far too long.



SAGITTARIUS
November 22- December 21
June signals an

expansion of your network of contacts and important relationships. Many people turn up on your horizon which can both be rewarding and challenging. This is a time when a partner may well be going through a crisis, either economically or in connection with authorities. Perhaps something from the past comes up at this time, and it needs to be dealt with recognizing and responding responsibly to an ultimatum.



CAPRICORN
December 22- January 20
The 1st few days

of June are a rewarding period, particularly regarding creative projects and professional investments. It is also an excellent time for concrete progress with children, who are empowered by dropping things which no longer interest them and focusing on the things that do. The last week of June is more positive in relationships. There is a greater sense of exploration, intimacy and fun with both you and your partner in a position of strength.



AQUARIUS
January 21- February 19
Spirits are high

as the month begins, and new trends with partners and kids evoke a light-hearted and fun-loving attitude. It is a great time for enjoying life, cultivating friendships and going on romantic trips. Your creativity blossoms, not the least through meeting people who love to discuss a thousand different things with you. These positive social and romantic life trends continue all month.



PISCES
February 20- March 20
June brings

renewed focus to your professional dreams and aspirations. This is a time of expansion and high hopes for the future. You will channel positive energy into your family life and your career. Around the time of the full moon mid-June, there may well be some challenges connected with kids and or friends, who can run into problems through taking the wrong course. A system of checks and balances will make sure people keep on the right course.

NDSU EXTENSION

Roughrider Days - 4-H Division



By Holly Johnson

This year's Roughrider Days Fair and Expo 4-H Division will be June 24th – 27th in Dickinson, ND. From the beginning of the 4-H year in September, youth work on and learn about projects of their choosing. These projects range from livestock to robotics and everything in between. This event is an opportunity for 4-H'ers to showcase their year-long efforts and talents.

Monday, June 24, begins with non-living exhibit judging at the DSU Biesiot Activities Center. Youth describe to judges the process of creating the project and their learning experiences. The judges provide constructive feedback – explaining what was done well and where there is room for improvement. Once the judging is complete, the exhibits are on public display until Thursday.

Monday evening concludes with the 4-H Clothing Revue contest and 4-H Project Expo. Youth in Clothing Revue construct, embellish, and/or repurpose clothes to create a new outfit. Project Expo allows youth to go more in-depth with any project they are enrolled in. In this contest, youth create a display and share their knowledge with a judge.

The rest of the week follows with youth exhibiting their live animal projects. This requires a great deal of effort and commitment from the 4-H'ers and their families. Youth learn responsibility when taking care of animals because they are tasked with feeding, watering, handling, grooming, and more.

Tuesday, June 25, will be the 4-H Horse Show at the Stark County Fairgrounds. With two show rings running at one time, this is a fun and busy event. Ranch riding, pole bending, and barrel racing are only a few of the many events 4-H'ers can participate in.

Wednesday, June 26, begins with

the rabbit and poultry show in the DSU Indoor Arena. As with other live animal exhibits, youth demonstrate proper handling techniques to the judge. The 4-H Dog Show follows the rabbit and poultry show in the afternoon. This will also be in the DSU Indoor Arena.

The final competition of the Roughrider Days Fair and Expo 4-H Division is the 4-H Livestock Show at the DSU Indoor Arena on Thursday, June 27. 4-H'ers may show a wide variety of animals: beef cattle, dairy cattle, sheep, pigs, and goats. Judges have youth lead their animals around the show ring to best display the animal and the 4-H'ers handling skills. Animals are judged differently depending on if they are a breeding or market animal, and there is variation in how each animal is to be shown. Junior division and senior division first place showman in each category compete for the title Junior/Senior Overall Livestock Showman. These two title-holders prove themselves capable of handling beef cattle, dairy cattle, sheep, pigs, and goats – which is quite the accomplishment!

4-H'ers participating in the Roughrider Days Fair and Expo 4-H Division should be extremely proud of themselves. Not because of the color of their ribbon, but for seeing a project through from start to finish while learning invaluable skills in the process. Please come out and support our 4-H'ers – we would love to see you there! ■



Sports Physicals

At CHI St. Alexius Health Dickinson

- Schedule your child's annual check-up, at which the sports physical form will be completed. Check with your insurance on how this may be covered.
- **-OR-** Schedule a Sports Physical only - cost is \$50 per child

Those who schedule a Sports Physical on these blitz days will receive a free nylon back sack!

Thursday, July 11th from 8a - 5p

Tuesday, July 16th from 8a - 5p

Call 701-456-4200 to schedule!

Bring your child's completed Sports Physical Form to their exam.

CHI St. Alexius Health
Medical Clinic
2500 Fairway Street
Dickinson, ND 58601

 CHI St. Alexius Health
Dickinson Medical Center

At Last! Seasonal Allergy Relief!

The secret weapon against allergies drug companies don't want you to discover!



20% off
Natural D-Hist
during the month
of June!

The secret weapon against allergies, that we recommend, contains the most effective natural allergy fighters known to man. This powerful, all natural allergy fighter is Natural D-Hist, and it's the most comprehensive approach to fighting allergies we've ever found. In fact, we are so certain it works, we will refund your money if it doesn't. How many big drug companies give you that guarantee?

 IRSFELD
Pharmacy More than just prescriptions.
Compounding – Nutrition – Alternative Health

Located at Sanford Health East Dickinson Clinic
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2019

MAY - JUNE ALL TIMES MOUNTAIN

SUN	MON	TUE	WED	THU	FRI	SAT
					24 @PTR 6:05PM	25 @PTR 6:05PM
26 OFF	27 OFF	28 HCH 6:35PM	29 HCH 6:35PM	30 HCH 6:35PM	31 SVS 6:35PM	1 SVS 6:35PM
2 SVS 4:35PM	3 @WCW 6:05PM	4 @WCW 6:05PM	5 @SVS 6:05PM	6 @SVS 6:05PM	7 @HCH 6:35PM	8 @HCH 6:35PM
9 @HCH 3:35PM	10 WCW 6:35PM	11 PTR 6:35PM	12 PTR 6:35PM	13 PTR 6:35PM	14 WCW 6:35PM	15 WCW 6:35PM
16 WCW 4:35PM	17 FRM 6:35PM	18 FRM 6:35PM	19 @CHH 6:35PM	20 @CHH 6:35PM	21 @SPS 6:35PM	22 @SPS 6:35PM
23 @SPS 3:35PM	24 OFF	25 CHH 6:35PM	26 CHH 6:35PM	27 CHH 6:35PM	28 @WNP 6:35PM	29 @WNP 6:35PM
30 @WNP 4:35PM						

JULY

SUN	MON	TUE	WED	THU	FRI	SAT
	1 @CHH 6:35PM	2 @CHH 6:35PM	3 @CHH 6:35PM	4 @CHH 6:35PM	5 HAS 6:35PM	6 HAS 6:35PM
7 HAS 4:35PM	8 WCW 6:35PM	9 WCW 6:35PM	10 WCW 6:35PM	11 @PTR 6:05PM	12 @PTR 6:05PM	13 @PTR 6:05PM
14 @PTR 6:05PM	15 ALL-STAR BREAK @SVS	16 ALL-STAR BREAK @SVS	17 ALL-STAR BREAK @SVS	18 OFF	19 PTR 6:35PM	20 PTR 6:35PM
21 PTR 4:35PM	22 OFF	23 SPS 6:35PM	24 SPS 6:35PM	25 WCW 6:35PM	26 @WCW 6:05PM	27 @WCW 6:05PM
28 @WCW 3:35PM	29 @SVS 6:05PM	30 OFF	31 OFF			

AUGUST

SUN	MON	TUE	WED	THU	FRI	SAT
				1 @WNP 6:35PM	2 @WNP 6:35PM	3 FRM 6:35PM
4 FRM 4:35PM	5 @PTR 6:05PM	6	7 DPL TBD	8	9 LCS TBD	10 LCS TBD
11 LCS TBD						

CHH - CASPER HORSEHEADS
 FRM - FREMONT MOO
 HAS - HASTINGS SODBUSTERS
 HCH - HUB CITY HOTSHOTS
 PTR - PIERRE TRAPPERS
 SPS - SPEARFISH SASQUATCH
 SVS - SOURIS VALLEY SABRE DOGS
 WCW - WHEAT CITY WHISKEY JACKS
 WNP - WESTERN NEBRASKA PIONEERS
 DPL - DIVISIONAL PLAYOFFS
 LCS - LEAGUE CHAMPIONSHIP SERIES

Founding Fathers:



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