

Heart River VOICE

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A note to our readers

Memorial Day has so much meaning. For many of us, it means the beginning of the summer season.

And while it may be easy to forget what Memorial Day actually celebrates while we sit by the lake or around the campfire, let us be reminded of the true significance of Memorial Day – remembering the veterans who sacrificed their lives for our country. See page 12 for some fabulous photos taken by Wilson McLaughlin of 4N3 Photos that pay tribute to those who served.

We have many self-less residents in Stark County who serve in a different capacity. You'll find plenty of articles in Heart River Voice about these community members who deserve our gratitude.

As we remember our veterans this Memorial Day, let's not forget our moms on Mother's Day and those volunteers who help make our community a great place to live.

Kelley Jilek
Publisher

On the cover

"Munchin'" by Cameron Brown. For more information about the artist, see page 5.

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SHERRY'S Wishes

18th Annual 5K/10K Walk/Run

Saturday,
JUNE 1, 2019
West River Ice Center - West Door
1865 Empire Road, Dickinson, ND

Registration: 7:30 - 8:30 am
Cost: \$20 per participant
Kids Face Painting and Fun Run 8:30 am
5K/10K run 9:00 am | 5K walk 9:00 am/wacky hair
100 Silent Auction Items - Open to the Public!



Saturday, June 1, 2019

Pheasant Country Golf Course,
South Heart, North Dakota

Registration: 12:00 pm
Shot Gun Start: 1:00 pm

\$40 discount by May 24 Teams of 4 - \$50/golfer

Registration forms for both walk/run and golf tournament are available at WRCC, Family Fare, sherryswishes.org, or mail box 1932, Call Shar 701-290-2636 with questions.

All proceeds will go back to the Dickinson area community to support families with funds for cancer related expenses

HEART RIVER VOICE FEATURE

From chasing dreams to Chasing Horses

By Georgiann Kman O'Bryan



What started out as a job transfer from Illinois to North Dakota soon morphed into a new entrepreneurial venture, or should I say adventure, for Gary and Christine Kman.

Not long after taking her new position with a large company in Dickinson, Christine and her husband, Gary, started spending their leisure time visiting the Theodore Roosevelt National Park. It wasn't long before they realized that wild horse herds roamed the rugged Badlands and soon fell in love with these impressive animals. They upgraded their camera equipment and became quite adept at wildlife photography with emphasis on these horses.

They soon found that they were gathering a collection of photographs and decided that they needed an outlet for their photos and also a place to document their adventures at the park. They

created a Facebook page that fit this need more than they realized. Within a year of conception, they found themselves with over 11,000 followers from not only across the United States, but all around the globe. They have followers from Africa, Australia, Canada, Germany, Great Britain, and many places in-between.

Their newfound Facebook followers had many requests and suggestions for the couple, from selling their prints, to Christmas cards, calendars and even books. The most exciting endeavor from their Facebook page came when they were contacted by a non-profit group in Germany called Laufstall-Arbeits-Gemeinschaft or LAG, who inquired about the possibility of licensing their photos. They wanted to use them for a special edition of the magazine their organization produces that would be released at the Equitana 2019 Worldwide Expo to be held in Germany in March of 2019. The end result was the organization using the photographs and stories from Chasing Horses to produce a beautiful full color educational magazine that will be used for years to come by LAG.

Christine and Gary see many wild horse dramas unfold in the park every season of the year, with one touching their heart so deeply that they felt a need to put their feelings on paper. This resulted in the publishing of their first book titled "Miracle." Plans are currently in the works for subsequent true stories of a TRNP horse or herd.

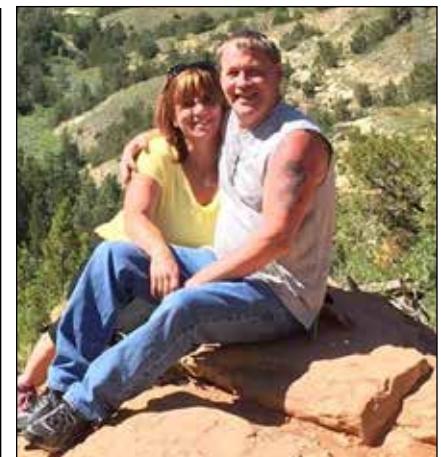
"The Notebook" was their next big publishing project. A 220-page reference manual that chronicles each and every horse in the wild herds with accompanying personal photographs. This notebook is updated regularly and can be found online as well as part of

their new Medora store inventory. It was at about this time that Christine was ready for a career change; her and Gary wished to now work full time doing what they do best, Chasing Horses. Thus, came the birth of their brick and mortar store in Medora. With the support of the Dickinson Chamber of Commerce, Dickinson Convention and Visitors Bureau and the Small Business Development Center, their dream became a reality.

Chasing Horses, Gifts - Decor - and More is located in Teddy's Village at 312 Pacific Avenue in Medora, and will celebrate its grand opening on Thursday, May 9th. This new venture is a horse lover's haven where you can purchase a souvenir that depicts an actual horse you may have viewed at the nearby TRNP, as Christine and Gary's photographs are integrated into many of their products. From canvas prints, ceramic tiles and trivets to board games, sun catchers, T-shirts and even a kids' section, there is truly something for everyone. While much of their merchandise is horse themed, you can also find other wildlife and outdoor themed items as well.

An important aspect of the Chasing Horses Mission Statement is to help sustain and preserve the history of the Nokota Horse, therefore, one of the things they have chosen to do to work toward that goal is to donate 100% of the profits from the sales of T-shirts and sweatshirts printed with a Nokota horse to the Nokota Horse Conservancy.

As another way of giving back, when people from the artistic community request to use Chasing Horses' photos or images for use in their own art mediums, they quickly oblige. It humbles them to know that their photos inspire others in their work. Knowing that the art



community does not always receive the recognition they deserve, Christine and Gary are more than happy to not only share their artwork but to bring attention to the artist's finished work as well.

As if their plate wasn't full enough, at the request of many of their online followers, it is now possible to Chase Horses with them through their new venture called "Wildlife Photography Experience". They are fully permitted with the National Park Service and also fully insured, to share their Chasing Horses experience with others. Dates are filling up fast for this season. Simply contact Christine or Gary online at chasinghorses.com to reserve your date with the wild horse herd and all that the TRNP has to offer.

While they are elated to have realized their dream which encompasses their lifelong passion for horses, they look forward to improving on their concept by continually learning from the wild horses themselves. Christine and Gary's wish is for the everyone to be able to experience the beauty and strength of the Wild One's in this unique National Park in Southwest North Dakota. ■



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COVER ARTIST**Cameron Brown**

I have been teaching art for Beulah Public Schools for nine years. My wife, Savannah, and I have been married for eleven years. We have three daughters Zoey(7), Ella(5) and Letty(2). I graduated from Dickinson State University in 2010 with my Bachelor's in Art Education.

Throughout my years of teaching in Beulah, I have been able to expand the course offerings from two to six across

grades 7-12. We also started an Art Club four years ago. Art Club is active in the community creating murals in the schools and local businesses.

With my personal art, I tend to dabble in all kinds of media. I use graphite, acrylic, watercolor, oil, pastels and color pencils. Being open to a variety of media has given me a broad perspective on creating art and developing my style. My style changes depending on the media I am using. My work with pencil tends to be more realism based and my paintings tend to be more stylized.

You can see more of my art on my social media pages on Facebook and Instagram @cameronbrownart. ■



Stop in... for a Bite!

Badlands Dinosaur Museum features 11 full-scale dinosaur skeletons excavated from the region, including one of the best Triceratops skulls you'll ever see. Along with a superb mineral collection and hands-on stations for the kid in all of us.

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CONVENTION AND VISITORS BUREAU

Help us preserve our photographic memories



Local history and paleo discoveries are a passion of the Dickinson Museum Center's Board of Directors, the Stark County Historical Society and the SW ND Museum Foundation. New and exciting projects have been in the development stages for the past few years, bringing two types of history to life in Dickinson. They say a photo is worth a thousand words, and there are many stories to gaze upon, reflecting, remembering the old buildings, events, and the people, who build not only a community, but a sense of place that once appeared to be simple compared to today's complicated social world.

Who doesn't love looking at the old escalator stairs filled with people in the Woolworth's store, previously located on 1st Avenue and Sims? How about the 1950's 4th of July Parades traveling down on Villard Street past the old Ray Hotel?

The Stark County Historical Society was formed in 1975 to collect and interpret the history of Stark County. One of the current projects is the digitalization of the old photos of our area. There are literally thousands of photo negatives from southwest North Dakota from local photographers such as the Osborn and Presthus/Horstman Studios. They captured not only formal photo of graduates and families, but also many great day-to-day activities, including ranching and local community



businesses. Being able to see the original town sites and the businesses that were iconic places in many local communities, brings back not only memories for older residents, but also gives younger residents a chance to see what others before them had worked so hard on to build the southwest North Dakota communities. Activities, events, awards and more are a part of these great collections. To view the collections, go to <http://dmc.omeka.net>.

The Stark County Historical Society Board of Directors and the Dickinson Museum Center has embarked on a multi-year project to inventory, catalog, and digitize the photographic collections before time takes them away. Preservation comes at a high cost and this project will take several years and

thousands of hours to complete. The goal is to have a visual catalog of the people, places and things that have made our community unique. Community involvement and support to keep the photos for the future generations is very important.

The proper handling of the large number of photos is an investment that the Stark County Historical Society hopes you will be a part of by participating with your monetary gift to continue and complete the collections. If you are interested in being a part of this photo investment, please contact the Dickinson Museum Center at 456-6225. ■

SOUTHWESTERN DISTRICT HEALTH UNIT

SWDHU serving the community

By Karen Goyne

Southwestern District Health Unit (SWDHU) has evolved and changed over the years. It began in 1945 when six counties - Adams, Billings, Bowman, Golden Valley, Hettinger and Slope joined together to bring better health care to their residents. Stark and Dunn Counties joined the original six counties to make the existing eight-county health unit that exists today. Their mission continues to promote, prevent and protect optimal community health.

In addition to the main office located at 227 16th St W in Dickinson, public health has offices in Hettinger (Adams County), Beach (Golden Valley County), Medora (Billings County), Bowman (Bowman/Slope Counties), Manning (Dunn County) and Mott (Hettinger County). Those offices are staffed by Registered Public Health Nurses.

Over the years, programs have increased and changed. Today the main programs include: Nursing, Environmental Health, Tobacco Prevention, Emergency Preparedness and Response and WIC - Women,

Infants and Children. This may not seem like a lot but each one of these programs consists of many different sub-programs or different roles. Nursing includes: Immunizations, Comprehensive Health Maintenance, Women's Way, Dental Fluoride varnishing, TB testing and medication, HIV/AIDS, School screenings, Health Tracks, Post-Partum visits, Community Health focusing on hypertension, Behavioral Health which focuses on Underage Drinking prevention, Opioid Prevention, and Depression screenings - Suicide Prevention.

Today, SWDHU has 34 employees and continues to be committed to health promotion and disease prevention so that health decisions can be based on knowledge to assure that our children can grow up to be healthy adults and our adults can maintain their health status to an optimum level.

Over the next few months, we will be providing more specific information on each of the programs and the programs within programs SWDHU provides to the communities throughout our eight-county region. ■



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Living the strenuous life

By Holly McBee, Chair, Department of Language & Literature/Associate Professor of English and Director, Theodore Roosevelt Honors Leadership Program

What might the deranged Easter Bunny costume from the 1983 movie, A Christmas Story, and Freddie Mercury of Queen have in common? Not much aside from being costumes that two TR Scholars wore while participating in the recent Sweating for Scholarships Bike-a-Thon, sponsored by the DSU Heritage Foundation. These types of events are an important part of the Theodore Roosevelt Honors Leadership Program (TRHLP) because they provide a chance for the students to serve the community and have a fun time too. The TR Scholars combine their intellect, creativity, and dedication to make the TRHLP an engaging and worthwhile component of DSU.

The DSU Heritage Foundation provides a generous scholarship for 60 TR Scholars, yet the program is much more than a scholarship. The TRHLP began in

the 2000-01 school year, and the current curriculum for the program includes honors general education courses and specialized courses on leadership, with the students earning a minor in leadership studies. The curriculum is rigorous and engages innovative approaches and themes to challenge the students. One project has students begin with a red paperclip and make several trades, ideally getting better items each time, that are auctioned off, with the proceeds going to the DVRCC. Students also study the impact of artificial intelligence and the ethical use of technology. Other courses are more experiential in their approach, including service learning, internships, a study tour, and a conference proposal. Students have visited the Richardton Abbey and the Mandan Powwow. Students have also attended the National Collegiate Honors

Conference (NCHC) for the past several years, most recently in Boston. The students can network with other honors students and exchange ideas about how to improve the TRHLP.

Aside from the curriculum, the students are very dedicated to the four service events held each year. This aspect of the program best demonstrates the students' leadership abilities and opportunities as they work with people at DSU and in the community to reserve rooms, get sponsors and supplies, and help with advertising. The students decide what these fundraising events will involve and which group will receive the proceeds. On Saturday, April 6, the TRHLP held its second annual Brave the Shave fundraiser in Scott Gym, with proceeds going to local families affected by pediatric cancer. The students

set up family-friendly activities, while volunteers from the community had their heads shaved to raise money. Some of the TR Scholars also shaved their heads. The last event, which raised funds for the DVRCC, was the annual 5K Hawk Walk on Saturday, April 27 at the BAC. For other events, students created or refurbished wood projects for a silent auction during a tailgate, with proceeds going to the Back Pack Program, and this past fall they set up a zombie-themed escape room.

There is often grumbling about the younger generation, but that grumbling is unfounded as these students are dedicated to being responsible and empathetic citizens. The TR Scholars emulate their namesake, Theodore Roosevelt, who argued for living "the strenuous life." ■



BEST FRIENDS MENTORING PROGRAM

Fong, Breitbach selected as leaders for Western Wellness Foundation Board of Directors

By Mark Billings

Carter Fong, a teacher and athletic director in the Trinity Catholic Schools in Dickinson, is the new president of the Western Wellness Foundation (WWF) board of directors.

The WWF is the parent organization of the Best Friends Mentoring Program (BFMP).

A Dickinson native, Fong is a 2002 graduate of Dickinson High School and 2006 graduate of North Dakota State University with majors in history education and social science education. He has served in various leadership and education roles at the Trinity Catholic Schools and was appointed to the WWF board in 2013. At the end of Trinity's 2018-19 school year, Fong is stepping into a new position with Knights of Columbus Insurance.

"Carter brings a solid, leadership dynamic to our organization," said Kris Fehr, executive director of the WWF and BFMP. "He is well known in the community for his strong family roots and investment in our local youth. We are very fortunate to have him as a leader."

Fong succeeds Greg Kontz, who served on the board of directors for nine years,

eight as president, and retired from the board in December 2018.

The board also appointed Chase Breitbach as the board's vice-president. Originally from Oakes, ND, Breitbach is a school social worker and student support liaison at the Dickinson Middle School. A graduate of the University of North Dakota, he is a former Juvenile Court Officer and is active with the Association of Social Workers - North Dakota Chapter. He joined the WWF board in 2016.

"As a young professional, Chase has devoted his career to empowering the future of youth," said Fehr. "He brings a thoughtful, progressive voice to our board."

As board members, Fong and Breitbach will help set policy and guide decisions for BFMP, which served more than 130 youth in Dickinson, Hebron, Glen Ullin and New England this past year. The organization has also expanded into Bowman County.

The WWF board of directors also re-elected other community members as officers for 2019, including Secretary/Treasurer Kevin Moberg, an assistant professor of English and Education at Dickinson State University and Directors

Caleb Burgard, a facilities supervisor at Dickinson Parks & Recreation, as well as Amanda Lindvig, an assistant vice president and mortgage loan officer at Gate City Bank.

Since 1995, BFMP has delivered mentoring services to an estimated 3,000 youth aged 6-16 in Dickinson, as well as Stark, Bowman and Morton counties. The organization's 21st annual Family Fun Day is scheduled from 11 a.m. - 5 p.m. on Saturday, June 29 on the front lawn of Dickinson State University. A youth competition and 10K/5K races will also



Fong

Breitbach

kick off from this location at 7:30 a.m. For more information, contact BFMP at (701) 483-8615. ■



Pictured L to R: Chase Breitbach, Kevin Moberg, Caleb Burgard, Carter Fong, and Amanda Lindvig.

#BOOKWORM

Here comes summer!

By Cindy Thronburg

It's hard to believe, but summer will be here before we know it. This is the busiest time of the year for Dickinson Area Public Library. Our biggest and best event of the year begins: the Summer Reading Program (SRP). The theme this year is "A Universe of Stories," which allows for all sorts of fun space-related activities.

Going on for what is undoubtedly decades in some form or another (I fondly remember doing summer reading challenges at the library when I was a child), the SRP gives the opportunity for patrons of all ages to read for chances to win prizes. Sign-up begins on June 2nd with our 8th Annual Kickoff Carnival. The carnival runs from 1:00-4:00pm and will have various activities, including bouncy castles, live music, chalk drawing, photo booth (with space backdrop and props), and DSU Discovery Dome Shows. Sign-up is free and open to all ages, including adults. The more you read the more chances you have to win some of our grand prizes! The program, which includes a coloring contest for ages 3+, will run through July 31st. To wrap up the summer, we will have an ice-cream social on Friday, August 9th from 3:00-5:00pm to announce the winners of the reading



and coloring contests. Grand prizes for the kids' age groups include a Bean Bag Bagimal Monkey, Talking Microscope, Rocket Ship Tent, Mini Drone, Lego Space Shuttle, and Beaker Creatures Reaction Lab. Teen prizes offered include a Plasma Ball Lamp, Doctor Who Sonic Screwdriver, and Astronaut Food.

Programming is ramped up for the summer as well. Tons of free activities will be offered, including STEAM events, Teen Events, crafts, story-times, movies, Space Camp, and more! Children will definitely not have a hard time finding something to do while out of school.

We hope you will swing by this summer and join in on the fun!

New titles added to the collection:

- **Adult Fiction:** The Boy by Tami Hoag; The Chef by James Patterson; California Girls by Susan Mallery; Chocolate Cream Pie Murder by Joanne Fluke; The Secret of Clouds by Alyson Richman; A Justified Murder by Jude Deveraux; The Next to Die by Sophie Hannah; Open Carry by Marc Cameron; Mission Critical by Mark Greaney

- **Adult Nonfiction:** The End of the End of the Earth: Essays by Jonathan Franzen;

How to Hide an Empire by Daniel Immerwahr; Spearhead by Adam Makos; Ten Caesars by Barry S. Strauss

- **Adult DVDs:** Green Book; Venom; The Favourite; Bohemian Rhapsody; A Star Is Born; First Man; The Wife; Mary, Queen of Scots; A Simple Favor; White Boy Rick; Lizzie; Boy Erased; The Hate U Give; The Happytime Murders; Westworld, Season Two: The Door; Can You Ever Forgive Me?

- **Children's DVDs:**

The Great Summer Campout; PAW Patrol: Summer Rescues; LEGO Jurassic World: The Secret Exhibit; Chicken Stew; The Nutcracker and the Four Realms; PAW Patrol: Pups Save Puplantis; The Backyardigans: Mission to Mars

- **Children's Easy Books:** Hilda and the Runaway Baby; Pine & Boof: The Lucky Leaf; Anna and the Tooth Fairy; Bear and Wolf; Sing, Don't Cry; Seamus's Short Story; The Black and White Factory; How To Be a Lion

- **Children's and Teens' Fiction:** Breakout; The Strange Fascinations of Noah Hypnotik; How We Roll; The Lady's Guide to Petticoats and Piracy; Pride; The Museum of Us; Desmond Cole Ghost Patrol: The Haunted House Next Door

- **Children's Nonfiction:** March Forward, Girl; Facing Frederick; Votes for Women; To the Moon; The Beloved World of Sonia Sotomayor; Voices from the



Second World War; Budgeting Smarts; The Science of Survival

Monthly Mini-Review:

I typically prefer movies that are usually off the radar for some people. An example of one I watched recently was A Simple Favor, starring Anna Kendrick and Blake Lively. This movie, based on a novel by Darcey Bell, is about a single mother who befriends a mom at her son's school, and then her new friend goes missing. The film wasn't how I thought it would be. The film is listed on IMDB.com as comedy, crime, and drama. The film did have comedic elements, but not enough where I would describe it as funny. That being said, I thoroughly enjoyed it. It had several plot twists as any good mystery story should. I would rate it 3/5: not life-changing, but still worth watching. ■

AROUND TOWN

Mayor's memo

By Scott Decker

As summer approaches there will be many things on local residents' minds.

Dickinson residents will be voting to approve the construction of a new Dickinson High School, the 2019 graduates will be making plans for their futures and, everyone's schedules will fill with plans for summer activities.

The summer months are very busy for the Dickinson City Commissioners with multiple days set aside for budget talks. This coming 2020 budget will be a difficult one because of many large

projects the city will have to tackle next year.

Here is a list of some of the projects we will be discussing:

- 1) A major road repair project in one of the busiest parts of town. This project may cost the city 2 to 3 million dollars.
- 2) The remodel and expansion of the Dickinson Public Library
- 3) Repairing the roof at City Hall
- 4) Funding of the 2020 SIRN project
- 5) Continued support of the Theodore Roosevelt Regional airport runway

expansion project

6) Dickinson Dinosaur Museum expansion

7) The building of a First Responders regional training facility with classrooms and an indoor shooting range at our Fire Training Site

8) The results of our RFP in regard to a Dickinson Event Center

9) Mausoleum expansion and possible veterans' cemetery

10) North Hills Industrial area fire suppression update

Also, on our agenda will be discussions on how to recruit and retain new workers to southwest North Dakota to meet the needs of our ever-growing community. We will continue to support the development of a Behavioral Health Facility here in Dickinson. We work

with and support our local educators from the university level, to our private and public school systems to meet their ever changing roles in educating our future students and workforce.

Summer will be very busy for all of us and as we move into approving a city budget for 2020, I want to assure the public that we, as a commission, are continuously working to improve the quality of life in our city.

This will be my last column until the budget is approved and I can give more details on what projects have been prioritized for the city of Dickinson in 2020.

Have a great summer, enjoy all the activities that happen in Dickinson and continue to be good neighbors by looking out for each other's safety. ■

WHERE BUSINESS GOES TO GROW

First Pitch with SDC

By Darrell Neubert, Business Advisor, Small Business Development Center

Martin Luther King, Jr. once said something along the lines of "Faith is taking the first step even when you don't see the whole staircase." Although his cause of equal rights was much greater than that of your local entrepreneur, the meaning still rings true in entrepreneurship. Every existing or aspiring entrepreneur has taken that first step of uncertainty at some point without seeing the whole staircase beforehand. Often that first step is telling a friend or family member about your idea or coming in to your local Small Business Development Center Business Advisor for advice. I have the pleasure of meeting with aspiring and existing entrepreneurs on a daily basis through my position as Business Advisor with the North Dakota Small Business Development Center hosted on the campus of Dickinson State University. I can tell you with certainty, that every one of my clients has taken that first step of uncertainty at some point and lived to tell the tale. Well most anyway, but we will save that story for the June addition of Heart River Voice...

This year, in partnership with Stark Development Corporation and local lenders like Dakota Community Bank, we are offering an opportunity for you to take that step and possibly be rewarded for it through our First Pitch at Startup Your Night events. Entrepreneurs and innovators will have the opportunity to pitch their business ideas, concepts, products, or inventions throughout the year in front of business leaders, mentors, and community leaders. These pitch nights will be held at our existing Startup Your Night events which meet monthly from 5-7PM the last Wednesday

night of each month.

First Pitch gives aspiring entrepreneurs a chance to prove their business idea and network with people who can accelerate their success. Monthly First Pitch winners are selected at the Startup Your Night events throughout the year and are rewarded a cash prize. Winners will be eligible for the Final Pitch Night in November and a grand prize.

Participants will have three minutes to pitch their business idea, concept, product or invention. There will be two minutes of judges' question time allotted per participant. Pitches are evaluated throughout the year by a panel of business and community leaders and one winner will be selected at each event. Winners will receive \$100 gift card, entry into the Final Pitch event, and support from business mentors to prepare for the final pitch. This contest is targeting new business ideas or existing businesses with new ideas or concepts in the region. Established business ideas are not eligible.

First Pitches will be evaluated on the following:

- Validity of the business concept/idea
- Potential customer base and problem identified
- Value proposition clearly defined
- Business model described
- Persuasiveness and quality of pitch

Please register prior to pitch night by emailing your interest to team@starkdev.com. See full schedule of day and night Startup events at StartUpYourNight.com or StartUpYourDay.com

Take that leap of faith and join us for First Pitch at Startup Your Night Dickinson! ■



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Contact Kelley Jilek at 701.290.2063 or email kelley@heartrivervoice.com



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THE URBAN HOMESTEADER

Gardening for soil health and human health

By Jon Stika

As we learn more about how the human microbiome affects our health, there is also a parallel exploration of the soil microbiome and how it affects soil health. When we speak of health, we are actually examining how well something, or someone, is functioning. A healthy human is expected to be able to perform certain vital functions and the same is true of the soil.

Soil health is the capacity of the soil to function. The soil should be able to carry out the essential functions of infiltrating and storing water and cycling nutrients in concert with plants, the soils' inseparable partner. When I refer to soil, I am not simply referring to sand, silt, and clay. I am also referring to the living part of the soil responsible for the majority of the functions we expect the soil to perform. It is the diverse and countless microscopic inhabitants of the soil that make it tick. Managing the soil to provide a good home for these tiny life forms is our charge, if we are to improve soil health, plant health, and our own health. Plants grown in healthy, functioning soil, make healthy food for us as well.

So how does one go about restoring, or developing, healthy soil? There are four basic principles of restoring and maintaining soil health: disturbing the soil less, increasing the diversity of plants grown in the soil, maintaining living roots as much of the time as possible, and keeping the soil covered with plants and plant residues at all times. I describe these principles in

more detail in a book I published in 2016 titled "A Soil Owner's Manual: How to Restore and Maintain Soil Health." The book is a culmination of over twenty-five years of my exploration and teaching about how the soil is designed to function as a biological system.

The first principle of restoring soil health is to disturb the soil less. Why is this so important? Tilling the soil is the equivalent of an earthquake, hurricane and forest fire to the home of microscopic organisms in the soil. Tillage wreaks severe damage upon the world beneath our feet. Many organisms are killed, and those that remain have no home. Roto-tilling your garden is the worst thing you can do to your soil and its inhabitants! Leaving the soil undisturbed and simply scratching a furrow or poking a hole large enough to insert seed into the soil is all the soil disturbance that is necessary to plant each crop.

The diversity of plants grown in the soil is akin to you eating a diverse diet. Plants feed the soil and the soil organisms feed the plants. No one can remain healthy eating only one thing all the time. The soil cannot become, or remain, healthy by having the same plant grown in the same place year after year. This is why it is important to rotate crops in your garden by planting something different in each part of the garden from one year to the next.

Plants feed soil microorganisms best through the sugars they put out into the soil while the plant is green and

growing. Strive to keep living roots in the soil as much of the time as possible throughout the year. Though some warm-season plants, such as tomatoes, won't survive even a light frost, crops such as broccoli will not perish until temperatures drop to near 10°F. So don't be in a hurry to pull or destroy plants, leave them standing through the winter to feed and cover the soil.

Plants and plant residues are the clothing of the soil. Don't garden naked...especially in the winter! The soil needs physical protection from rain drop impact and wind, just like we do. Leaving a mulch layer of plant residues on the soil also provides habitat for an important group of organisms that live under the residue at the soil surface.

Gardening for soil health is about creating the best habitat possible for everything that lives in the soil. It is about striving to have as much life in the soil as possible.

When the greatest diversity of life is present in the soil, few individual organisms have an opportunity to become a pest to your plants. A plant that is well fed by a full complement of soil organisms is also able to



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.

process simple sugars and amino acids into more complex compounds that insects cannot digest, thus making the plant less attractive as a food source for them.

To improve the health of your soil, go easy (better yet, eliminate) tillage, grow a diversity of plants, keep living roots in the soil, and keep the soil covered at all times. Focus more on encouraging things to live in your garden instead of on killing things you don't want in your garden. Healthy soil, healthy food, healthy people! ■



PHOTO COURTESY OF JON STIKA

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FINANCES

6 smart money moves for new college graduates

By Cornerstone Bank and American Bankers Association

More than 70 percent of college graduates began their career owing more than \$37,000 in student loans in 2017. Considering the additional living expenses they will soon face, new college graduates would be wise to focus on their financial future right now. Cornerstone Bank has highlighted six smart financial decisions college graduates should consider to position themselves for financial success as they embark on their next phase of life.

"The habits new graduates develop right now will have a big effect on their

financial future," said Vaune Johnson, Market President at Cornerstone Bank in Dickinson. "Living expenses add up quickly once you're out on your own, and many young adults who didn't plan ahead are delaying major milestones like getting married or buying a home because of their financial situation. The good news is that you can have a bright financial future if you think strategically about money right out of the gate."

Cornerstone Bank recommends the following financial tips for new college graduates:

- Live within your means. Supporting yourself can be expensive, and you can quickly find yourself struggling financially if you don't take time to create a budget. Calculate the amount of money you're taking home after taxes, then figure out how much money you can afford to spend each month while contributing to your savings. Be sure to factor in recurring expenses such as student loans, monthly rent, utilities, groceries, transportation expenses and car loans.
- Pay bills on time. Missed payments

can hurt your credit history for up to seven years and can affect your ability to get loans, the interest rates you pay and your ability to get a job or rent an apartment. Consider setting up automatic payments for regular expenses like student loans, car payments and phone bills. Take advantage of any reminders or notification features. You can also contact creditors and lenders to request a different monthly due date from the one provided by default (e.g., switching from the 1st of the month to the 15th).

- Avoid racking up too much debt. Understand the responsibilities and benefits of credit. Shop around for a card that best suits your needs and spend only what you can afford to pay back. Credit is a great tool, but only if you use it responsibly.
- Plan for retirement. It may seem odd since you're just beginning your career, but now is the best time to start planning for your retirement. Contribute to retirement accounts like a Roth IRA or your employer's 401(k), especially if there is a company match. Invest

enough to qualify for your company's full match – it's free money that adds up to a significant chunk of change over the years. Automatic retirement contributions quickly become part of your financial lifestyle without having to think about it.

- Prepare for emergencies. Hardships can happen in a split second. Start an emergency fund and do your best to set aside the equivalent of three to six months' worth of living expenses. Start saving immediately, no matter how small the amount. Make saving a part of your lifestyle with automatic payroll deductions or automatic transfers from checking to savings. Put your tax refund toward savings instead of an impulse buy.
- Get free help from your bank. Many banks offer personalized financial checkups to help you identify and meet your financial goals. You can also take advantage of free digital banking tools that let you check balances, pay bills, deposit checks, monitor transaction history and track your budget. ■

PIECE BY PIECE

Memories and quilting tips

By Suzy Rummel

May, the month of May Day, Cinco de Mayo, Mother's Day and Memorial Day but it is also the month of some interesting days such as International No Diet Day, Have a Coke Day and National Limerick Day. I think I will stick to writing about the traditional days like Mother's Day and Memorial Day.

I have mixed emotions in May, (who am I kidding, I have mixed emotions every month) but in May they are mixed because of weather and Mothers. I am happy because the weather should be getting nicer and am sad because I miss my mom more in May for some reason. I supposed it is because of Mother's Day and I don't have a mother to visit any more.

Most days I celebrate her memory, but there are days I just miss certain things; the way she would rub the back of my head when I had a headache and her singing while she played the piano. But the thing I miss most is that nobody will ever love me the way she did. I know I am blessed beyond belief with my amazing family and friends. I know she is in a better place and all I have to do is talk or think and she will hear me, but some days I am selfish and just miss her and want her physical body back. If you are

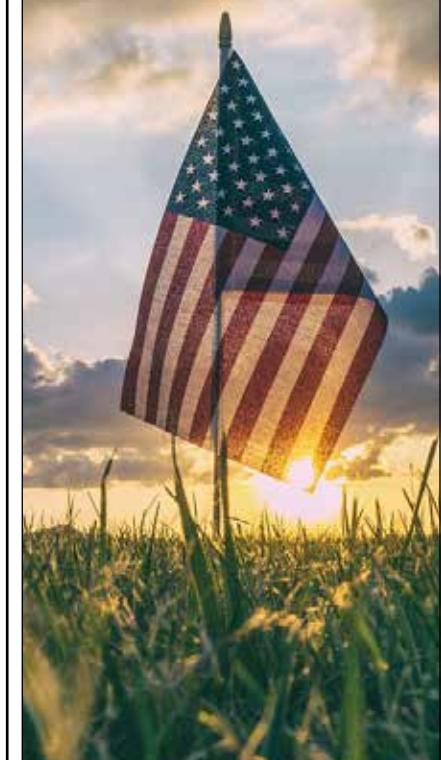
lucky enough to still have your mom here on earth, give her an extra hug, send her a card, call her up just to say hi, or sing with her because it is never the same once she is gone!

Here are some quick tips for quilters. 1. Wind a few bobbins; you can never have enough on hand. 2. Clean your machine often. Pipe cleaners are great for getting lint from tight spaces. 3. Kit projects. Put the patterns and fabrics together in a bag; it just may be the motivation you need to

get it done. 4. Change your rotary blades. 5. Use a lint roller to clean your design wall or mat. 6. Test your quarter inch seam by sewing three 2 ½ inch strips together. They should measure exactly 6 ½ inches. 7. Pin, pin, pin. 8. Every time you sew a seam, press that seam. 9. Read the whole pattern before you start the quilt. 10. Have fun, enjoy the journey, but remember that *finished* is better than *perfect*. ■

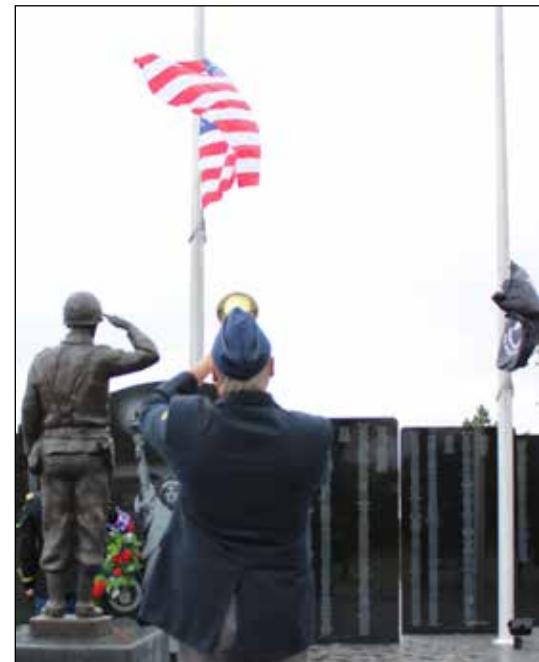


**In
Remembrance
of those
we lost**



REMEMBRANCES**Memorial Day Tribute**

Photography by Wilson McLaughlin - 4N3 Photos

**DICKINSON PUBLIC SCHOOLS****New High School facts and figures**

**By Kevin Hoherz,
Principal, Dickinson High School**

We are in the midst of exciting times for Dickinson High School and the city of Dickinson. There has been a lot of discussion about the construction of a new high school. The community forums have been well attended and informative.

There have been discussions on enrollment trends. It is hard to predict what the future holds without a crystal ball, but we do know student projections based on our current enrollments in the district. Our enrollment for the 2018-19 school year was 1015 high school students. The enrollment with the students that are currently enrolled is going to increase to 1156 students when the current fifth graders are freshmen in 2022-23. The district has averaged a 4% increase in enrollment each year. Using the 4% change, our enrollment for the 2022-23 school year projects to be over 1200 high school students.

With the current enrollment in lower elementary students, when they are in high school, the enrollment will be just under 1300 students. The last two years, the new births in Dickinson are reported to be over 700 babies. Statistics show that about 80% of the new births will be enrolling in kindergarten. That is about 560 students per class. If those

statistics and trends continue, in fifteen years there could be over 2000 high school students.

In the early 80's, with the large enrollments slightly higher than our current enrollment, portable classrooms were put up in the auditorium and other open areas around the high school. The design and planning of the high school wanted the construction to limit the disruption of learning. The current design allows us to stay in the current high school until the new building is completed. No portables and no temporary classrooms. This is important to us and from what we have heard, for the community.

Based on the projections stated previously, we will be over our projected capacity of 1100 students for our current building during the 2020-21 school year. During community forums, the discussion was whether we should build a second high school or build a new school to accommodate the projected students. Community members made it known at forums they did not feel that Dickinson was a two public high school town. Pros and cons of different size options were weighed before finally deciding to design a new high school for 1600 students.

From the DLR design a few years back to the current proposal, at least seven different options were considered.

Even with Perkins and Will, our current architect, the building has grown and shrunk based on research and community input. The current design is not the largest presented or the most expensive. The design keeps about 40% of the current building, which increases the size for about seven million dollars cheaper. The cost of the new building, remodeling the 1997 wing, and renovations to the current activities area will cost about \$84 million. The rest of the \$108 million for projected building will be for the furnishings for the new school and removal of the unused current building. When we reach 1600 students, Dickinson High School will be the largest high school enrollment in one building in the state of North Dakota. We need to have a school to accommodate those students.

The new high school is designed with a focus on trades and career education. It has an open main area for students to congregate which our current building does not have. This common area is also the spine of the building for students to centralize and then head out to classes. The main academic area will have three floors. There will be a modern auditorium that will seat 800 patrons for music and drama productions and a fieldhouse gymnasium that will seat around 2750 spectators. The fieldhouse will host sporting events along with

other school events like graduation. Unlike the current building, the new school will have one main secured entrance and the students will not have to leave the main building to go to outlying buildings for classes. If students need to go to the 1997, they will be able to pass through an enclosed skywalk from the new building. Along with the fieldhouse and the current gym, there will be seven different sport courts available for the community to use.

It has never been the main goal of the building committee to build the biggest and fanciest building. The design has been developed to keep the cost to the taxpayers as low as possible but still meeting the needs of our student to accomplish their educational needs. Our goal has been from the start to build the most efficient building with a vision to the future that will enhance student learning to its fullest. With input from design experts, staff, and community members, we feel we have a modern school that will make the students and community of Dickinson proud.

Please go to the Dickinson High School website, <http://www.dhs.dickinson.k12.nd.us/> for the most updated information on the progress of the project. Administrators are also more than willing to visit with groups or individuals to answer questions. ■

DID YOU KNOW?



Did you know you are required to have PIP insurance in the state of North Dakota?

PIP or Personal Injury Protection, covers you in the case of an auto accident, regardless of who is at fault. It speeds up payment after an accident and lowers the cost of auto insurance overall.

Learn more about PIP and the coverage it provides. Contact Insurance Advisor Craig Tessier with American Insurance Center at 701-483-9104.

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PIPER'S PALS

Name Match

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

- A: Scout (#____)
- B: Itty Bitty (#____)
- C: Kye (#____)
- D: Curtis (#____)
- E: Bella (#____)
- F: Ellie Mae (#____)

Watch for the answers in our June issue!

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

Last month's answers:

- | | |
|----------------|---------------|
| A: #4 Gladys | D: #2 Petey |
| B: #5 Jiji | E: #3 Hope |
| C: #6 Licorice | F: #1 Chester |



HAVE YOU HEARD?

Dickinson's newest radio station: 103.7 The Connection

Dickinson's newest radio station rises up from the ranks of talk radio to become the only local Christian Contemporary Music Radio in Stark County. The flip was made just over a year ago: March of 2018. General Manager, Reese Saxon explains:

"I was approached in the summer of 2016 to join the radio board, but didn't realize then that I would be trained to take over the radio. I came to the station, located in the Nodak Insurance building on Fifth Ave West, eager to help and to learn how a radio station works. The manager at that time was simply re-broadcasting a satellite feed from a talk show radio program. I felt that since this community has a few good talk radio stations, Dickinson really needed a Christian Contemporary station to call their own. That type of music was being piped into the community from South



Dakota, but not much about it was local."

With this goal, Ms. Saxon approached the manager in April of 2017 to explain her ideas. The manager smiled and told her that he was moving to Tennessee and with all that training he had given her, she would now need to run the station. Reese was shocked. She immediately began praying for help. In July of 2017, her new pastor moved to town, and with him came his wife who had over 10 years' experience in this specific genre. Together with their board, they made plans to flip the radio. But they needed money. Again, through prayers, their needs were met. She exclaims, "I never asked anyone for money, but God sent to

us exactly what we needed. In fact, there are quite a few 'God Stories,' as I call them, that have happened to build up this radio."

"We are a listener-supported radio. That means we don't do commercials. We depend on our listeners to support the ministry of connecting the community to Christ. And we have reached out to other non-profit organizations to give them air time, free of course, to bolster their work for the people here. We're all here together and need to support each other." The radio can be heard locally at 103.7. If you are traveling out of Dickinson, and still want to be connected to your home town radio, it is streaming on their website at 1037TheConnection.com. They also have their own Alexa Skill. Ask Alexa for The Connection radio. Check them out on Facebook, too. ■

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Ramada Grand Dakota Lodge
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Frankie's West Side Shell
Simonson Station Store
Villard Cenex
Lucky's Xpress
M&H
Tiger Discount Truck Stop
The Hub
Rosie's Food & Gas
The Rock
Fluffy Fields
Dickinson State University
Dickinson Area Public Library
Trinity High School
Dickinson High School
Dickinson Middle School
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Jacobsen's Music
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Sanford Health East and West Clinics

SOUTH HEART

I Don't Know Bar
South Heart School

TAYLOR

Taylor Nursery

RICHARDTON

Johnny's Cafe
Cenex C-Store
Suzy's Stash
The Country Drug Store Pharmacy
Richardton-Taylor High School

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THE ARTS

North Dakota artist spotlight - Jamie Azevedo

"The Female Gaze" is a solo photography exhibit created by Williston artist, Jamie Azevedo which is currently touring North Dakota and Montana until April of 2020. Azevedo is a self-taught artist whose work examines what it feels like to inhabit the female form. She also



explores themes of interconnectedness and isolation through using the long exposure technique with her camera as well as photographing her subjects in desolate, haunting spaces.

Her current exhibit is also being used as a fundraiser to create a scholarship for a female Williston State College student through the WSC Foundation. For each piece sold, \$50 will be donated towards



this effort. Azevedo says she was inspired to give back to her community when considering how hard her single mother fought to put both of her daughters through college. "This is my way of thanking my mother for all her hard work in affording my sister and I an opportunity she never had. I feel strongly there is a woman out there today who would love to attend college but may not have the resources to do so. I hope this scholarship finds her," Azevedo states.

For more information on this exhibit, please contact the artist at www.jamieazevedoart.com. ■

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@heartrivervoice.com



SAFETY FIRST

Infant Swimming Rescue

By Kayla Dorwart

Drowning is the leading cause of accidental death in children ages 1-4 and the second leading cause of death for children 5 years and older. The saddest thing is that drowning is preventable. If a child can physically get to the water, they can learn self-rescue. At ISR, our mission is that Not One More Child Drowns. In just a matter of weeks, my students can competently and confidently swim horizontally with their face in the water, roll to their back to float rest and breathe, then flip back over to continue swimming until they can get themselves to safety.

Traditional lessons usually teach students to swim with their face out of the water, with the use of flotation devices. Using flotation devices give kids a false sense of confidence. If the child were to get into water without it, they would instantly revert to vertical position and wouldn't be able to keep their head above water. At ISR, we teach our students to be independent, relying on their own natural buoyancy to swim and float in a horizontal position in water.

I am a native Montanan turned North Dakotan, who lives in Dickinson with my husband, Cole, and our three rowdy little boys (Dillon 4yrs, Logan 2yrs, and Layne 6mos). We moved from Billings, Montana in the summer of 2017. I earned a degree in Human Biology from the University of Montana. Before becoming an ISR Instructor, I was an EMT working on an ambulance for 6 years and in the



Billings Clinic Emergency Department for 3 years. I have been a Certified ISR Instructor for 5 years. I was the first, and am currently the only, instructor in the state of North Dakota.

I first became interested in ISR in 2013, one month after my oldest son was born. I had seen a video on the web of a small child in blue cotton footed pajamas fall into a pool and roll to his back to float and maintain that float for several minutes. I knew I needed to get my own son in "that" program. When trying to find an instructor to sign my son up for lessons, the closest instructor was over 300 miles away. After looking into other

swim programs, nothing emphasized the water survival skills I wanted my son to have, especially knowing my parents had a pool and no matter what barriers we had in place, my son could Houdini his way to the water. With no other instructors in the area, I decided this was something I was meant to do. I went on to become an ISR Instructor in June 2014, and at just 8 months old, my son was able to self-rescue.

There is no better feeling than knowing that the skills you have taught a child could save his life. These lessons are so much more than just swimming lessons, they are lifesaving aquatic skills along with problem-solving abilities that will give each child healthy confidence equal to their skill level.

I absolutely love what I do! My favorite part about teaching my students is watching them conquer skills that they had no idea they could do and seeing the confidence radiate from their happy little bodies. Watching my students roll to their back independently the first time gives me warm feelies every single time. Plus, the kids are so darn fun!

The most rewarding part is getting a call from a parent saying their child fell off the dock into the lake in their clothes and when the parents went to grab them, they were laying in their float doing exactly what they had learned to do. Or, when a parent tells you they were at a pool party and it had been 6 months since the child's last refresher and their child went straight to their back then flipped over to swim to the side of the pool and

got themselves out. The biggest reward is knowing that I have helped give these kids a chance at survival and a safe and respectful love of the water.

The ISR self-rescue skills are taught through one-on-one lessons, conducted five days per week with each lesson lasting no longer than 10 minutes. Because our lessons are customized for each child, there is not a set number of lessons. On average, it takes 6 weeks for an instructor to teach the ISR skills. This is very different from traditional swim lessons that take several years.

Children can begin lessons as early as 6 months old. 6 to 12-month-old children (or if not walking) will learn how to hold their breath underwater, roll onto their back and float unassisted until someone rescues them. A child that is 12 months (that is walking) and older will learn how to hold their breath underwater, swim with their face in the water, roll onto their back to float, rest and breathe; then roll back over to resume swimming until they reach the side of the pool and crawl out. This is called the ISR swim-float-swim sequence. All children, in the last week of lessons, will learn how to perform their skills in different types of clothes. This is because the majority of drownings happen when the child is fully clothed. Upon completion, ISR students will have the survival skills necessary to save himself along with the enjoyment of recreational swimming. No child is too old to learn these vital survival skills. If your child doesn't know how to swim and FLOAT, I will teach them how to do both and SURVIVE.

Parents wanting to sign up can contact me at k.dorwart@infantswim.com for more information. They can also visit my website for more information www.bigskyisr.com. I am currently registering for July and will soon open registration for my September session. ■



A NEW COLLEGE SPORT

Dickinson State enters the esports game

By Dustin Monke

Tucked away in the back corner of the Dickinson State University Student Center basement, adjacent the cafeteria, is a room like many others on campus.

Seven desks, each with large computers and monitors, complete with webcams, line the room's interior walls. Next to each desk sits large, comfortable-looking upholstered leather chairs. To the unknowing eye, the room appears to be nothing more than an upscale computer lab.

However, in the fall, the small room painted in DSU blue, white and gray colors will be the core of what the university hopes becomes its next extracurricular activity, and potentially even its next varsity sport.

The lab is home to DSU's fledgeling esports program.

Esports is the affectionate name given to competitive video gaming, which draws millions of viewers from across the U.S. and the world every day thanks to online video streaming and networks like ESPN and FoxSports buying into broadcasting tournament finals of major games such as "Overwatch," and "League of Legends." Colleges and universities are now getting in on the act as well, seeing it as a way to bolster extracurricular offerings and student engagement.

"I think people think esports, or gaming, is people alone in their room not being social," said Marie Moe, executive director of university relations at DSU, which has an enrollment of around 1,400 students. "But really it requires a lot of strategy, group communication, group dynamics, organizational theory and

communication theory."

Moe was at the forefront of DSU's initial dive into esports' potential on campus. After skeptically attending a conference in Georgia, Moe walked away impressed with the potential esports had as an extracurricular draw for prospective students that would also quietly provide them with skills they could eventually use in the working world.

"This is not only something that's very interesting to our students and to prospective students, but it actually is an opportunity for them to develop the same type of skills that they're going to need when they leave college," Moe said. "How do you strategize? How do you plan together? How do you work together toward a goal? These are important soft skills for our students, and they're in a digital age. They're going to be working with people who don't live on the same continent as them. It's a really interesting avenue for us to be going down. We're really excited to be doing it."

Every team needs a coach, however. Even esports teams. In February, DSU graduate and longtime employee, Josh Nichols, entered the game as the university's first esports coordinator. The affable, dedicated Nichols was perhaps the most natural fit for the position.

"I was a child and teenage boy once, and then an immature man," he said. "So, I have gamed throughout my life."

Nichols, DSU's website communication specialist, never played varsity athletics and admits he's not a big fan of traditional sports. He now operates much like any other coach trying to build a collegiate

sports team. Only his team is playing on a virtual field.

He's the one making plans for advancing the DSU esports team to the varsity level. He is in charge of recruiting potential student-athletes and putting together a program that ensures the students who do join DSU's esports team adhere to the same standards as any other varsity or club athlete.

Like members of its traditional athletic teams, DSU will require esports student-athletes to meet academic standards and eligibility requirements, be engaged in the community, and ensure health and wellness is a priority.

"As far as how the sport will operate, or how we want it to operate, it's just like any other sport," Nichols said. "A lot of people think there's these nerds playing games and they're all computer science majors. That's just not the case."

In early April, Nichols launched the website bluehawkesports.com as both an information and recruiting tool. Within 48 hours, he'd received 12 applications from current and prospective DSU students interested in joining the team.

"We've had a huge response already, and that's just starting," said prospective DSU esports athlete Paige Langhoff. "I'm excited to see where it goes."

Langhoff, who'll be a junior in the fall, is part of the student and faculty workgroup organized to bring esports to life at the university. She learned about the possibility of an esports team after seeing a campus-wide survey and email gauging interest in adding it as a potential extracurricular activity.

An avid gamer, Langhoff said she has heard positive feedback from both current and potential DSU students who have expressed interest in joining an



The new Dickinson State University esports team has its own logo that stands apart from the rest of the athletic department. Esports teams at universities throughout the country typically do the same.

(Photo by Dustin Monke)

esports team.

"I see this being a huge impact on DSU in a good way," she said. "... It is a huge thing nowadays. Just having it on campus, even if it doesn't become a full esports team, even if we just have a gaming club, that'll draw in a lot of students."

Moe and Nichols are confident esports will morph into a varsity sport at DSU as early as the 2019-20 school year, though it may start as a club while governing bodies rush to catch up with massive interest being shown by colleges and universities throughout the U.S.

The National Association of Collegiate Esports, or NACE, was founded in 2016 as a nonprofit membership association with the goal of "developing the structure and tools needed to advance collegiate esports in the varsity space," according to its website. Today, more than 130 colleges and universities -- including DSU, and its athletic rivals University of Jamestown (N.D.) and Bellevue (Neb.) University -- are members of NACE.

"They're still working out their kinks



Dickinson State University esports coordinator, Josh Nichols, stands in the room that has been designated as the varsity esports training lab. (Photo by Dustin Monke)

Continued, next page

Continued from page 16

and bugs," Nichols said. "Eventually they'll be a bit more robust. They'll have their own eligibility center, rules and restrictions. Right now, everyone is just trying to figure everything out."

This includes, Moe said, determining whether or not collegiate esports student-athletes will be allowed to continue being paid on services like Twitch.TV and YouTube, which will reimburse top gamers for livestreaming their gameplay based on how many viewers they receive. Traditional athletic governing bodies such as the National Collegiate Athletics Association (NCAA) and the National Association of Intercollegiate Athletics (NAIA), of which DSU is a member, do not allow student-athletes to be paid for playing a sport.

In the meantime, DSU is pushing

forward with plans for their first esports team.

Nichols said the esports program has to wait until it gets a full roster of players before it chooses which games it'll focus on. Likely, he said, it'll be broken down into multiple different games played by different student-athletes. NACE offers competition for many of the top esports games, including "Overwatch," "League of Legends," "Fortnite," and "Rocket League," and even sports games such as "Madden NFL," "NBA 2K," "MLB: The Show," and the "FIFA" soccer series.

"We're currently assessing the skill levels, needs and wants of various players," Nichols said.

Once organized, the team will determine whether it wants to initially attend competitions at competing

universities, host a tournament of its own, or play other universities remotely.

"There's really no boundaries," Moe said. "You can play a team anywhere. It's not based on your enrollment or location. It's based on your ability level."

Initially, the players will likely serve as their own coaches, benefitting from each other's knowledge as well as online programs that offer coaching services to collegiate esports athletes. Nichols said the hope is that, as the esports program grows, DSU will be able to have coaches for specific games and the entire program evolves into its own "mini-athletic department."

Moe understands there will be some hesitation about esports from those both inside and outside the university, as people begin to understand its place as

an extracurricular activity.

She recalled sitting at an airport on her way back from the initial eSports conference she attended. There, she ran into former North Dakota Sen. Heidi Heitkamp, and told her about the potential for esports at DSU. As Moe visited with the senator, she said Heitkamp told her the idea could be a "hard sell." Moe said she told Heitkamp she knows that very well, because "I was one of those people."

However, with buy-in from the DSU administration and, more importantly, its students, esports could indeed have a bright future at the university.

"This is an emerging field and we're excited to be a part of it," Moe said. "I think it absolutely will draw students to DSU." ■

COMMUNITY SPOTLIGHT

Walk to Fight Suicide



Out of the Darkness Walk

September 21, 2019

Time: 8AM Registration, 9AM-11AM
West River Ice Center, Dickinson, ND

Register at afsp.org/DickinsonND



This space was provided as a community service by JE Dunn to highlight the American Foundation for Suicide Prevention and the local Out of the Darkness Walk. If your business would like to sponsor this page for nonprofit agencies or individuals who serve our community, please contact Kelley Jilek at kelley@heartrivervoice.com.

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 dustin-monke@gmail.com or tweet him at [@monkebusiness](https://twitter.com/monkebusiness).



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MUSIC TO OUR EARS



"Stage and Screen"- Featuring Irish flute star Gary Arbuthnot



International Virtuoso GARY ARBUTHNOT presents a show that will thrill and delight all audiences. Now seen by a million people worldwide, his show "STAGE AND SCREEN" highlights incredible musical scores from contemporary movies, Broadway, and opera to some of the biggest rock and pop groups of the modern era. This spectacular duo takes the stage Thursday, May 2, 2019 at DSU Dorothy Stickney Auditorium at 7:30 pm. Their appearance is under the auspices of the Dickinson Concert Association as part of its current series of concerts.

Voted Entertainer of the Year by the World's Leading Cruise Line, Crystal Cruises, Gary was also a prize winner at numerous flute competitions, including the Meaker Fellowship from the Royal Academy of Music in London. Other prizes include the BBC Radio Young Artists Forum, plus many other international awards and scholarships.

Gary Arbuthnot was born in Northern Ireland and studied at the Royal Academy of Music in London, McGill University, in Montreal and later with Sir James Galway and Emmanuel Pahud. He has worked as

principal flute with the Royal Liverpool Philharmonic, the Opera de Lyon, France, the Sao Paulo State Symphony Orchestra, Brazil, and since 2002 has been touring his show "STAGE AND SCREEN" around the world.

He has received rave reviews such as from the Reading Observer, "Soloist Gary Arbuthnot held the audience enthralled with a display of beautiful playing. His exquisite tone, limpid phrasing, and sparkling trills were quite delightful and elicited prolonged applause from the admiring listeners."

For further information contact 701-227-1673. ■

Local musical groups to hold concert

The Dickinson City Band and the Prairie Rose Chorus will present a wonderful concert on Sunday, May 12th at 2pm in Stickney Auditorium on the DSU Campus. This spring event will feature the band and strings playing together to present a good variety of pieces.

Band director, Dr. Lorraine Fader has selecting some really exciting pieces for this concert, which have tested members of the group. Concert goers will enjoy pieces including "Selections from West Side Story", a truly beautiful piece called "Remembrance" and a couple of marches including "Proud Heritage." Also included on the programs will be selections from "1812 Overture" complete with "cannons" as well as a medley of "Stormy Weather" and "Blue Skies."

The Prairie Rose Chorus, fresh off the competition stage, will also perform on the program. The chorus will perform their competition pieces "Where Is Your Heart" from Moulin Rouge and "Alexander's Ragtime Band," along with other pieces. Director Robyn Nadvornik said



that the chorus has worked hard to perfect both pieces. "Where Is Your Heart" is a beautiful ballad filled with emotion while "Alexander's" is an upbeat, fast paced tune complete with choreography. The chorus has been providing music in the community for about 25 years. They continue to grow and learn the concepts of barbershop singing.

The Dickinson City Band was established in the late 1800's and has been a staple in the community since its inception. Members come from all walks of life and all ages. We currently have educators, doctors, bus drivers and sales people ranging in age from high school to retired. The City Strings started as a string class at DSU and continued into a group of musicians that love their instruments and the kind of music they play. For both groups, there is always another chair that can be added. Some of the members hadn't played an instrument for 40 or 50 years and have been able to pick it up again and be a valuable member of either group.

For more information about the band or Prairie Rose Chorus, contact Robyn Nadvornik at 690-8958. For the strings, contact Priscilla Keogh at 483-9630. ■

Fairy Tale Suite: Fairy Tales in Opera

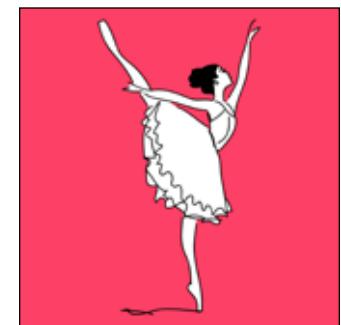
Opera in North Dakota has been reserved exclusively for the eastern part of the state. Until now. The Badlands Opera Project, presented by the DSU Heritage Foundation, will give its inaugural performance and a world premiere of Fairy Tale Suite by composer Willem Oosthuysen and librettist Chandra McClelland. Fairy Tale Suite is two miniature operas, "A Visit to Baba Yaga" and "Tin Heart, Tinsel Rose". Both operas are in English and are less than half an hour long. The main performance will be given on DSU campus in May Hall, Stickney Auditorium on Saturday, May 18 at 7:00 pm. General admission is \$10 each or \$30/family, with half-priced admission for active duty military and veterans, as well as DSU staff, faculty, and students. All proceeds will go to fund music scholarships at DSU.

As part of the performance, the cast will also present a few traditional opera arias and a trio from Mozart's Così fan tutte. The cast includes Gabrielle Razafinjatovo, a mezzo-soprano from Minot, and Dickinson's own Kelsey K. Rogers, soprano, and Joel Walters, tenor, both adjunct faculty at DSU. Brent Rogers, DSU's choir director, will be the pianist.

These never before performed publicly mini-operas are extremely charming. "A Visit to Baba Yaga" is a modern retelling of the Slavic legend of Baba Yaga, a

witch who lives in the woods and tries to eat children. Come see what happens to our little Elena, who wanders across Baba Yaga's hut. "Tin Heart, Tinsel Rose" tells the classic story of the steadfast tin soldier, who only has one leg, but wishes to dance with the beautiful ballerina in the children's nursery. Can he get his wish? These stories will make you laugh and make you cry and will make you forget that "opera" has anything to do with fat ladies wearing horns.

The main stage performance will not be the only performance. There will also be an "accessible" performance in the community room of the Dickinson Public Library on Saturday, May 18 at 10:00 am.



Although this performance is not fully staged, it presents a unique opportunity for many in our community. Traditional performance settings, where sitting quietly is expected, are not always welcoming to everyone. Many children and adults who have special mental abilities and unique challenges, such as autism, cannot be expected to sit quietly for an entire performance. The same is true of very young children. This library performance is accepting of all behaviors, and audience members will be welcome to move around and make noise, if they wish. Additionally, the community room at the library has easier wheelchair access, and we hope many in our community will be able to attend this performance, where a more traditional performance might be more challenging. The admission for the accessible performance is free, but space is limited, so you must email Kelsey K. Rogers at kelsey.rogers@dickinsonstate.edu to reserve tickets.

Additionally, two elementary schools in Dickinson, Roosevelt and Jefferson, will be able to preview "A Visit to Baba Yaga" and will be able to talk with the cast and the librettist. We are so excited to bring this art form to the Western Edge, and we are extremely grateful for the financial support of Dickinson State University and the North Dakota Council on the Arts, who are making these performances possible. We hope you will join us and try something new - you won't be disappointed! ■

WOMEN EMPOWERING WOMEN

Serving women in the community

Women Empowering Women hosted an event benefiting local programs serving women in the community. Charities participating were Hope's Landing, Connect Medical Clinic, Women's Way Resource Program, Domestic Violence and Rape Crisis Center, Home and Community Based Services Low Income Elderly Women.

Direct product donations from attendees filled the tables and funds raised shared between the programs. The event "Be the Light 2019" was held Tuesday, April 16 at Fluffy Fields Vineyard & Winery.

Women Empowering Women is passionate about supporting each

other and all women as we strive for excellence in life. Formed in 2017, the mission is to support women as they strive for excellence in life, encourage the betterment of women, as well as foster knowledge of women's needs in our community.

We will work to provide opportunities to be socially responsible and make positive impacts on our community. We intend to develop leaders, encourage connections and increase information and knowledge for women. We believe we have a responsibility to help the next generation of young women learn from our mistakes and successes. We will create a culture of giving back and improving personal success.

Women Empowering Women will identify barriers and prepare women in our communities to be successful. Several main areas are on the radar.

Young Women

Do young high school girls have knowledge and options about a wide variety of careers to consider as they plan their futures? Is it better than the information available to previous generations? Results from a statewide focus study of high school girls showed girls believed that more careers were open to them than in the past but that their prospects would be limited in career and leadership opportunities because they were women. Women Empowering Women wants to update and localize that study. By addressing the study findings, this group will work to overcome obstacles and empower them with the information and work experiences they'll need to make great career decisions and be successful.



Economic Empowerment

Women Empowering Women believes that one way women move closer to success and strength is through economic power. A lot of choices are limited only by a lack of money. Many women don't realize their dreams because they don't see how they can afford them. Improving financial literacy is the foundation of success. It includes everything from budgeting and planning to investing and saving. Women Empowering Women is focused on helping women gain the knowledge they need to make informed

financial decisions and empower women to have the best possible chance to live their dreams.

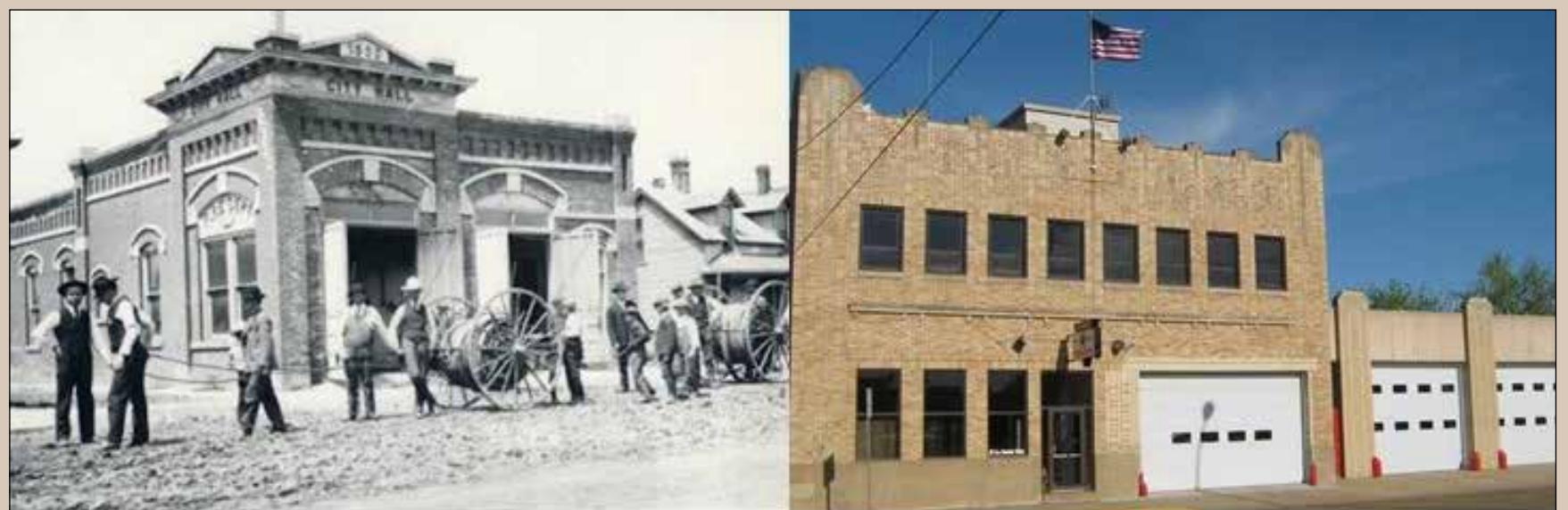
Women Empowering Women is a membership-based organization. Members provide guidance and input on the projects selected and the focus areas chosen by the group. Membership fees provide a source of funds to support the organization's goals. More information about Women Empowering Women, their goals, their resources, their projects and membership fees can be found at www.wewnetwork.org. ■



Spring Clean Up

**Monday, May 6
-Sunday, May 12**

**FOR MORE INFORMATION CALL
DICKINSON FIRE DEPT
701-456-7625**



Left -Dickinson's 1st City Hall/Fire Station; Right-2nd City Hall as today's Fire Station #1

Osborn collection and Dickinson Fire Department collection

THEN... and NOW: City Hall of Dickinson (part 2 of 2)

By Bob Fuhrman

With the completion of its first building, the young City of Dickinson had a home for its business and its maturing Fire Department. Dickinson continued to grow its infrastructure with the grading of streets, the installation of sidewalks and street lighting in the business district, and in 1907-08, the creation of the city's waterworks and sewage system.

The establishment of a water system allowed for a network of fire hydrants and the eventual abandonment of the cisterns which had held water for firefighting. In January 1916, as part of a series of improvements at the City Hall/Fire Station, the basement well in the building was filled-in and the partition between the stalls removed, probably to allow for the parking of a new Ford chemical engine which was delivered

the preceding month. The Dickinson Press reported that the new engine was designed to act as the initial piece of equipment at a fire scene, allowing the fight to begin while hoses were connected to the city water supply.

While these changes in the building served the Fire Department, other improvements were of a more general nature including a toilet room and a vault for city records and receipts. The 12 x 6.5' vault was located in the former coal bin space on the first floor, it being supposed that the coal bin was relocated to the basement after the filling-in of the well. Also noted were repairs to the building's brickwork.

As this work was wrapping up in February 1916, discussions began between the Dickinson Commercial Club (forerunner of the Chamber of

Commerce) and the City Council's Public Improvement Committee about a new City Hall. That idea quickly disappeared from the Press which reported talk had switched to possibly enlarging City Hall. This proposal would provide space for the City Justice (today's Municipal Court), a police detention cell, and a sleeping room for firemen and was discussed at the March 10th Council meeting when the committee shared a roughly drawn three room addition on the building's north side estimated to cost \$1200-1300. No formal action was taken and by the next month, a scaled-back proposal called for a 14-foot addition to the west side of City Hall which would furnish the aforementioned sleeping area and detention cell but apparently minus the City Justice accommodations. The next

mention of the possible addition was in a May 12th call for a special session of the Council which would, amongst other things, consider issuing a bond to cover the costs of the proposed addition. Oddly, no record of such a special session exists in the Council minutes and apparently the effort died a quiet death.

From 1919 to 1929, we enter a period of scarce official records and unanswered questions – was our original City Hall/Fire Station ever enlarged before it was replaced? How did city government grow in those early years? Luckily, we have sources for the Fire Department's history throughout that time which helps fill in some gaps as DFD's home in Dickinson's 1st and

Continued next page

Today's Dickinson City Hall – City Staff photo





1954 City officials in the 3rd City Hall
Osborn collection

Continued from page 20

2nd City Halls is continuous down to today.

In 1925, the Dickinson Fire Department moved further into the automotive age with the addition of a 750 gallon-per-minute American La-France pumper. It is likely that the original horse-drawn steam pumper was retired at this time and its place in the department stalls provided enough room for the new pumper which threw 350 more gallons per minute than the c.1900 machine.

Four years later, the city held a special election in September 1929 at which voters approved a \$25,000 bond issue for a new combination City Hall/Fire Station, the payback of the bonds to be covered by income from the City's waterworks. Minot architect Ira L. Rush was engaged to design the building which would be built on the site of the original City Hall, presenting his plans early in 1930. Minot contractor, Izak Mattson, was awarded the construction contract in April with Dickinson firms securing subcontracts for plumbing and heating (Thorp Brothers) and electrical work (Frank's Electric Service).

No details of the course of construction are readily available but the work of tearing down the old City Hall and starting the new obviously proceeded very quickly as the building was delivered in August with City offices moving in the last week of the month. During the construction, the municipal offices were located in the Farmers

and Merchants Bank building, but it is unknown where the Fire Department parked their equipment and hung their coats while waiting for their new digs. A report of the move into the building from the Bismarck Tribune implied that everything but the fire siren was in place by moving day.

The new building provided more room for municipal offices, the Police Department, and of course, the DFD which was served by two spacious bays. As built, the structure was 2 stories in a simplified art deco style built of tan brick in various hues (a 1970 two-bay addition to the north is easy to identify as its brick is uniform in color though the design does mimic the original façade). The durability of this building is attested by its continued use today as Fire Station #1, long after city offices and the Dickinson Police Department left the building (1966 and 1982 respectively).

The exodus of offices from our second City Hall began after 1942 when the city renovated and enlarged the 1907 Armory building at 122 2nd

Avenue West. Turned over to the city in 1918 by the Dickinson Military Training School & Armory Association, the Armory was home to Company K of the 1st North Dakota Volunteer Infantry (later the 164th Infantry) until a new armory was dedicated in 1973. Prior to that, the guardsmen shared the enlarged armory (renamed the Dickinson Community Building) with several city offices after the April 11, 1942 Grand Opening. Part of the funding for the \$140,000 renovation came from the Work Projects Administration (WPA) and a unique project feature was that a substantial amount of the material used was salvaged from the old high school which was demolished also using WPA funds.

As city government grew, staff gradually shifted from the 1930 building to the Community Building/Armory. A 1950 effort to build a new city hall failed at the ballot box and city offices continued to migrate to the old Armory so that by 1966, all offices, save the Fire and Police Departments, were housed there. By 1982, old City Hall became Fire Station #1 in its entirety as the Dickinson Police Department moved to the new Law Enforcement Center alongside the new(er) Armory near the Interstate.

Conditions at our third City Hall were apparently less than ideal as the passing years piled up maintenance issues in the adapted building. New furnaces in the 1980s failed to bring much relief in terms of efficiency and comfort as the city's Inspector, Ed Karsky, reported in 1993 that \$33,000 was needed to repair the building's heating system due to severely pitted piping which was "held together with clamps and inner-tubes" and failed to distribute heat to all parts of the building. The greater challenge for the building was the Americans with Disabilities Act (ADA) of 1990 which mandated the building be in full compliance by 1995, which Karsky estimated would cost in excess of \$400,000.

Wrangling over how to proceed consumed much of the next four years

as temporary accommodations for ADA compliance were made at the old building whose renovation was studied multiple times. Plans for a new city hall were studied and properties on 2nd Street E bought even as other existing buildings were suggested. The 1913 Elks building, the recently closed Woolworth's store and the 1973 Armory were all proposed to house city offices. Even the library expansion, which was being discussed at the time, was part of the mix as some suggested that the library should be combined with the new City Hall. In the end, after some starts and stops, the concept of a stand-alone new building finally won out.

Dickinson Architect Rick zumBrunnen had been involved with the project since a 1994 needs assessment and carried through to final bid opening in March 1998 when local contractors Kolling & Kolling were awarded the job on a bid of \$1,440,500. Construction started in mid-April and proceeded very smoothly with completion just over a year later, move-in occurring May 5, 6, 7, 1999.

One of the most compelling reasons for the decision to seek an improved City Hall was prominent at the July dedication and was recalled by local ADA Advisory Board member Wally Itrich:

...the new city commission and mayor were amiable and cooperative. In 1998, construction began on the new showcase City Hall. When it was completed, the mayor and city commission suggested celebrating the grand opening of the new city hall in conjunction with our ADA Festival and Street Fair. Our Independent Living Committee, which planned the yearly festival, agreed and the new, accessible Dickinson City Hall was dedicated on July 2, 1999. We had speakers at the festival who gave testimony about how the ADA benefitted them. A fine time was had by all, even people who initially didn't agree with the plan to build a new building!

Because of the ADA, I feel like a real part of my community. So do others. Martin can drive his electric scooter around town because of curb cuts. Cassandra can continue to attend junior high due to widened doors and elevators. And no one complains about 'universal access' - it's the most used entrance for all, be they disabled, elderly, parents with babies in strollers, or John or Jane Q. Public. ■



Both Osborn collection

Heart River VOICE Events

MAY 1-2

COMMUNITY BLOOD DRIVE
12-6PM Wednesday/11AM-4PM Thursday For appointments, vitalant.org or 667.5517 or 290.2911. Sponsor code: Dickinson. Bring photo ID and donor card. Free cholesterol testing with every donation! West River Community Center Rooms 1 & 2

THURSDAY MAY 2

DICKINSON AREA CONCERT ASSOCIATION PRESENTS GARY ARBUTHNOT, FLAUTIST: "STAGE AND SCREEN" 7:30PM Highlights from the musical scores of contemporary movies as well as hits from Broadway, opera, and rock music. Stickney Auditorium, DSU May Hall.

TRINITY CATHOLIC SCHOOL'S EXTRABANDZA 7PM Elementary, Jr and Sr high school bands share the stage. TCS Auditorium.

FRIDAY MAY 3

FULLY LOADED 9PM-12:30AM Rock Band Fully loaded will be back for 1 night only! \$5 cover charge. Army's West Sports Bar.

MAY 3-4

DSU BLUE HAWKS STAMPEDE RODEO 11AM-3PM Two-day event attracts more than 1,400 people and has been part of the culture of Dickinson for more than 40 years. People of all ages are encouraged to come and cheer on the student athletes competing in the rodeo. Held at the Stark County Fairgrounds located 2.5 miles south of Dickinson on Highway 22. Free! PERFORMANCE Friday 6-8PM/Saturday 1-3PM \$10 for adults, \$5 for students (K-12), and DSU students free with Student ID.

SATURDAY MAY 4

BADLANDS BABY FAIR &

EXPO 10AM Celebrate the Year of the Father. FREE community event to advocate natural & peaceful parenting strategies, unifying community services available for pregnancy through preschool in SW ND. Astoria Hotel & Event Center.

THE MUSIC OF AMERICA CHOIR CONCERT 7PM DSU presents their end-of-year choir concert. Contact Andreea Evenson 483.2154 or andreea.evenson@dickinsonstate.edu.

ANNIVERSARY PARTY WITH BRANDON ST. RANDY BAND 7PM Celebrate 14 years with free food and tap specials all night! I Dont Know Bar, 207 4th St NW South Heart.

SOUTHWEST SPEEDWAY CRANK 'EM UP NIGHT 6PM More info 483.8722. Southwest Speedway, Hwy 22, 10 miles south, 1 mile west of Dickinson.

MONDAY MAY 6
DICKINSON TOASTMASTERS GOING INTERNATIONAL 12-1PM Former president of Toastmasters International, Ted Corcoran, will cover several topics. 314 3rd Ave W.

DICKINSON HIGH SCHOOL DHS band performs. Dickinson High School auditorium.

MAY 6-12
CITY WIDE SPRING CLEAN UP All community members are encouraged to participate by cleaning up around area business, residences, and city parks. See Community Bulletin Board, page 29 for more information.

TUESDAY MAY 7
OPEN FORUM WITH THE PRESIDENT 3-4PM A chance to hear campus updates from

President Mitzel as well as heads of department. Questions are welcome. More info, contact Kari Hanstad at kari.hanstad@dickinsonstate.edu, or at 483-2326. Popcorn with the President to follow in the lobby. Klinefelter Hall, DSU's Beck Auditorium.

GRIEF AND LOSS SUPPORT GROUP 5-7PM CHI Health at Home and Hospice, 986 2nd Ave West. Free but registration required. Call 456.4378.

THURSDAY MAY 9
DICKINSON HIGH SCHOOL CHOIR CONCERT 7PM DHS choir concert. Dickinson High School auditorium.

FRIDAY MAY 10
E-WASTE RECYCLING 8AM-6:30 PM See Community Bulletin Board (p. 29) for more information. Baler Building, 3389 Energy Dr.

SATURDAY MAY 11
SAW DUST 9PM-12:30AM Come finish out the school year with Dickinson's own Saw Dust. No cover. Army's West Sports Bar.

SUNDAY MAY 12
SUMMER FUN FEST 4-7PM More info, call 677.5852. I Dont Know Bar, 207 4th St NW, South Heart.

CITY CONCERT 2PM Dickinson City Band, Dickinson City Strings, and Prairie Rose Chorus perform a concert for the community to enjoy. See page 18 for more info. DSU's Stickney Auditorium in May Hall.

MONDAY MAY 13
LEARNING TO FLOAT, A TRUE STORY 6:30PM A certified life coach's honest inspiring story about riding the waves of life. Dickinson Public Library.

Send your events to kelley@heartrivervoice.com to list your events for FREE!

Dickinson E-Waste Days

Friday, May 10th 8:00 AM – 6:30 PM

The event is open to the public and local businesses. Drop off for this event is at 3389 Energy Drive (the Baler Building). For more information, call 701-456-7776

**ELECTRONICS RECYCLING**

MAY 13-14
DISCOUNT BEDDING FAIR 7AM-6PM both days. Sponsored by the Auxiliary at CHI St. Alexius Health Dickinson. Hosted by J.R. Comfort. Various bedding items will be available for sale. CHI St. Alexius Health Conference Rooms ABC.

WEDNESDAY MAY 15
LUNCH & LEARN 12-1PM "Family Love Letters" An overview of how to give your family the gift of information in a time of confusion. Presented by Renae Polensky, Legacy Planner with Angel Advocates. Please RSVP 225.9173 by 5/10. Edgewood Hawks Point.

SATURDAY MAY 18
SPRING VENDOR SHOW 10AM-3PM Enjoy a day of shopping & baked goods! Multiple local vendors on-site! Edgewood Hawks Point.

ROCK INTO DOWNTOWN 10AM-7PM Join us in Downtown Dickinson for a day of family fun, vendors & food! Rock-A-Palooza starts at noon. For more information, visit the events page at www.downtowndickinson.com.

CIGARS AND BOURBON 11AM All cigars all day will be \$10! Buffalo Trace and Jim Beam \$4! I Dont Know Bar, 207 4th St NW South Heart.

MONDAY MAY 20
TRINITY HIGH SCHOOL PRESENTS POPS CONCERT 7PM Enjoy a fun variety show featuring Trinity students. Trinity High School Auditorium.

TUESDAY MAY 21
TUESDAY BIKE NIGHT KICKOFF 7PM Kickoff to weekly

2019 CHILD ABUSE

Tuesday Bike Night! Burger basket with a pitcher of beer for only \$12, drink specials, weekly giveaways, prizes and more!

THURSDAY MAY 23

SOUTHWEST SPEEDWAY SCOUT NIGHT/SPORT MOD TOUR 6PM More info 483.8722. Southwest Speedway, Hwy 22, 10 miles south, 1 mile west of Dickinson.

SUNDAY MAY 26

BADLANDS GRAVEL BATTLE 8AM-8PM Bike race across 120 miles on rugged red scoria roads that crosshatch the Badlands of western North Dakota. More info, visit experienceland.org or email nick@experienceland.org. Medora, ND.

MONDAY MAY 27

DICKINSON COMMUNITY MEMORIAL DAY CEREMONY 10-11AM Ceremony to remember those area veterans who have died in the service of their country. Stickney Auditorium, DSU's May Hall.

MAY 28-31

BADLANDS BIG STICKS 6:35PM Ring in the Badlands

Big Sticks season with their opener on May 28, attend 4 games in a row, and continue to cheer on the team throughout the summer! Family fun & memories that last a lifetime. More info and game schedule, see the back cover of Heart River Voice. Dakota Community Bank & Trust Ballpark, 240 2nd St. SE.

WEDNESDAY MAY 29

LUNCH & LEARN 12-1PM "Benefits of Senior Living" presented by Dr. Cheryl Lantz, Director of Nursing at DSU. RSVP 225.9173 by 5/24. Edgewood Hawks Point.

FRIDAY MAY 31

RELAY FOR LIFE 5-10PM American Cancer Society Relay for Life of Stark County. Dickinson Band Shell & Veterans Memorial Pavilion. More info, 590.0237

ONGOING EVENTS**DINING, NIGHTLIFE, BARS**

WEDNESDAY NIGHT WINE CLUB 1st Wednesday of the month. Casual event with guest hosts presenting featured wines.

Wines are paired with appetizers. Cost varies depending on featured wines. Limited space, call ahead to reserve your spot 701.483.9900. Brickhouse Grille, 2 West Villard.

THE ROCK CORNER BAR 7PM

Tuesdays Brushes and Booze. Limited seating. Tickets presold at The Rock. Thursdays 1st-Open Mic Night-Brady Paulson, 2nd/4th Open Karaoke, 3rd-Live Music, 9PM-close, no cover. 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-2PM (or until gone) Lunch specials Monday-Friday (Thursdays are KETO), \$9.95. 5-9PM Fridays Steak Fry. 9PM-close Saturdays Ladies Night \$1 wells and domestics. 11AM-2PM Sundays Brunch/1PM Pinochle. Monday nights - Guest bartender.

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

DICKINSON MUSEUM CENTER 9-10AM Tuesdays Join us at the Museum Center to enjoy Dinosaur-related songs, crafts and stories with your little ones! FREE and open to the public. Ages 2+.

DICKINSON AREA PUBLIC LIBRARY 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 6PM 1st/3rd Mondays Makerspace Mondays. Different ages each session. Contact library for required sign up. 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 4:00PM

Tuesdays Teen Fun (11-17). 3:30-5PM 1st Thursday Kids board games available to play. 4-4:45PM 2nd/3rd Thursdays Kids' Lego Club.

ROLLER SKATING THE REC

7-9PM Every Friday. Free to WRCC members, \$3.50 admission for non-members. West River Ice Center. Call 701.456.2074 for more info.

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 World Headquarters, 677 E 10th Street.

SEW SISTERS 2-4PM 2nd Tuesday of each month. Cost \$12.00. Table Topper Club meets on the 2nd Saturday of each month from 8:30-11:30AM. Cost is \$25 for the year or \$5 a time. Suzy's Stash 118 N Ave, Richardson. 701.974.7899.

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 701.260.9292.

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 Nadvornik 701.690.8958 or MaryAnn Brauhn 701.290.4013.
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 Nadvornik 701.690.8958.

DICKINSON STRINGS Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 701.290.9145.

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.

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

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 startupyournight.com.

SAVE THE DATE**THROUGHOUT SUMMER**

BADLANDS BIG STICKS See back cover of Heart River Voice for summer schedule.

SATURDAY JUNE 1

SHERRY'S WISHES 5K/10K WALK/RUN See their article, page 24, and ad, page 3. More info, Shar 701.290.2636.

FRIDAY JUNE 21

DDA GOLF SCRABBLE See their ad, page 10 for more information.

SATURDAY SEPTEMBER 21 OUT OF THE DARKNESS

WALK See their article, page 24, and ad, page 17, for more information. Any questions, email lisastoltz@ndsupernet.com.

In My First Business: Babysitting, you will learn about the business side of babysitting, how to care for and entertain children of different ages, how to keep yourself and the children safe, and much more!

For youth ages 12 and up
Cost: \$25 (Covers lunch and all materials)

*Saturday, June 1, 2019
9:30am MT @ Hettinger, ND
or
*Thursday, June 6, 2019
9:30am MT @ Dickinson, ND

Space is limited so pre-registration is required!
Contact Stark-Billings Extension to register/if you have any questions at 701-456-7665

North Dakota State University does not discriminate on the basis of age, color, disability, gender expression/identity, genetic information, marital status, national origin, public assistance status, race, religion, sex, sexual orientation, or status as a U.S. veteran. Direct inquiries to: Vice Provost for Faculty and Equity, Old Main 201, 701.231.7708 or Title IX/ADA Coordinator, Old Main 102, 701.231.6409. Individuals with disabilities are invited to request reasonable accommodation to participate in NDSU-sponsored programs and events. To request accommodations, please contact Holly Johnson at 701.456.7665 at least one week in advance of the event.

COMMUNITY CONNECTIONS

Connect Medical Clinic is ready to help

After four positive pregnancy tests, the reality of her situation began to sink in. Caylee, age 16, told her mom right away. "She looked confused when I told her" Caylee said. Then there were some tears. "We knew no matter what I decided, it would change my whole life," said Caylee.

Caylee's mom had heard about Connect Medical Clinic, a nonprofit in Dickinson, whose mission is to surround those facing a sexual health event, especially an unplanned pregnancy, with healthcare they can trust and compassionate support. "We made an appointment, and that was a first step," shared Caylee.

At Connect, Caylee's pregnancy was confirmed through an ultrasound, and she learned that she was 7 weeks along. But more than healthcare, Caylee met with a listening ear in the registered nurses she met at Connect. "I could tell them anything, and knew I wouldn't be judged," Caylee said.

After deciding to carry her pregnancy to term and parent, Caylee enrolled in Connect's Earn While You Learn program, an individualized prenatal health and parenting educational program at Connect. "I come every week to learn about how to take care of myself and my baby. I earn things I need to be a great parent," Caylee explained. "Being part of the program totally changed my whole look at my pregnancy," says Caylee. "I feel confident in myself in a way I never have before – it's a great feeling!" Caylee can participate in Earn While You Learn through her baby's second birthday.

On March 28th, Caylee delivered a little boy she named Owen John Joseph after her father and grandfather. She worked hard to get ahead so she could graduate from high school this summer, and she knows she has the support of



Caylee and Baby Owen

her family and so many others.

Located on State Avenue, Connect Medical Clinic hopes to serve many others like Caylee. In addition to pregnancy-related services, Connect offers limited testing and treatment for STDs including Gonorrhea, Chlamydia, Syphilis, HIV, and Hepatitis C. "The goal of these expanded sexual health services is to develop relationships with sexually active youth and young adults before an unplanned pregnancy happens," said Katie Vidmar, Executive Director at Connect. "And if they know us and appreciate the care they received for STD services, we will be their first call if they think they might be pregnant."

"Our mission is about education and empowerment, at every stage," says Vidmar. "Young people need a trusted space where they can let their guard down and be real," she said. "At Connect, patients get answers. They can trust us to give them evidenced-based medical information – that's healthcare jargon for telling them the truth!"

With the closing of Community Action Partnership's Family Planning Clinic, Connect is welcoming more patients than ever before. ■



The staff of Connect Medical Clinic at their Open House.

Out of the Darkness Walk

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. There are chapters in all 50 states. The North Dakota chapter has volunteers that are working to raise funds through Out of the Darkness Walks. There are 9 community walks and 1 campus walk planned for 2019. These walks support the American Foundation for Suicide Prevention's education and support programs and its bold goal to reduce the annual U.S. rate of suicide 20 percent by the year 2025.

A group of volunteers is planning The Dickinson Community Out of the Darkness Walk. The event will take place on September 21, 2019 at The West River Ice Center. The 2018 walk raised \$19,188 and had 216 participants. We hope to beat these numbers in 2019!

If you have any questions, email lisastoltz@ndsuper.net.com. You can also find more information or register for the walk at afsp.org/dickinsonnd. ■



American Foundation for Suicide Prevention

OUT OF THE DARKNESS Community Walks

Sherry's Wishes

Sherry's Wishes is a non-profit 501(c)3 foundation that was established in 2008 with the first annual Walk/Run in 2001. Sherry (Kadrmas) Mikkelsen lost her battle to pancreatic cancer in 2000. Sherry was a cheerleader, encouraging others, and was very supportive of her friends and family. Sherry's Wishes was established in her memory and to honor her by supporting others in their struggle with cancer. Sherry's Wishes' primary goal is to provide direct support to individuals with cancer in the surrounding area where events are hosted. This year will be the 18th annual event in Dickinson, and Sherry's Wishes will be selecting twenty-five individuals to support with funds for cancer-related expenses and comfort for those who have been impacted by this disease. Our hope is that all proceeds will make a positive impact on the community and support many individuals in the community with their fight against cancer. Sherry's Wishes has raised over \$265,000.00 as of February 2019. Please visit www.sherryswishes.org for more information, or contact Shar Kadrmas at 7290-2636.

Our event this year will take place in the morning on Saturday, June 1st at the West River Ice Center. We will host a Kids Fun Run for \$10 per child 12 years

SHERRY'S Wishes

and under; a 5K walk/run and 10K run for \$20 per person, a large silent auction, as well as face painting and wacky hair for all ages. Races begin around 8:30 am, and registration opens at 7:30 am. People do not have to participate in the races to bid on silent auction items. We have many generous businesses and individuals who donate amazing items annually to the auction. This event is a great place to show support to those battling cancer and visit with community members. Morning events wrap up around 11:00 am.

In the afternoon, Sherry's Wishes events continue at Pheasant Country Golf Course near South Heart with a golf scramble. The cost is \$40 per golfer through May 24th, after that date, the price goes to \$50. Prizes are awarded for first place team, last place team, and special strokes. The end of the day is wrapped up with an optional barbecue for participants and family members. We would like to thank all of the generous sponsors who make this event possible, and we hope to continue to bless the community for many years to come! See you June 1st! ■

TRINITY CATHOLIC SCHOOLS

THS offers strength and conditioning summer program

By Kelli R. Schneider

Mind. Body. Soul. At Trinity Catholic Schools, we educate the whole person – and that means each of those three pieces of what makes up our humanity. The summer of 2019 will bring a new program to Trinity Junior High and High School aimed at cultivating the physical well-being of our student-athletes: the body.

Mr. Craig Kovash (alumnus, '81) and Mr. Kevin Poswilko (alumnus, '05) have developed a formal strength and conditioning summer program to serve student-athletes who want to build their quickness, their strength, their agility and their overall health in the off-season. The program will utilize the newly renovated gymnasium facilities and eliminate the need for Trinity students to pay fees in order to have access to a guided summer training routine. As on-staff teachers and coaches, Kovash and Poswilko are able to bring flexibility in training offerings to the students of Trinity through this new program. Knowing that students have commitments to family vacations, summer employment, and summer athletic leagues – this program will also allow flexibility in terms of being able to train on-site or take workouts with them.

The preliminary outline for the summer program will call for athletes to meet three times a week with Kovash or Poswilko. Each workout in the program will include three phases: strength training, sport-specific agility drills, and conditioning. "Training puts the student-athlete in a better position to be successful in sports, but that isn't the ultimate goal of implementing a program like this, in my opinion. The ultimate goal is to physically prepare their bodies to withstand the high impact forces sports place on them," said Poswilko. He continued, "A student-athlete who goes through the summer program will become stronger



and a stronger student-athlete is less likely to experience an injury during competition."

Poswilko noted, "Encouraging young people to train makes it more likely they will continue an exercise routine after

their sports careers are over, so this summer program encourages healthy lifetime habits."

Giving our students the tools for success – inside and outside the classroom; and during their junior high and high school years and beyond – is what has driven the establishment of this new program – and it is what drives

the heart of a Titan teacher and a coach everyday!

*Author Note: to learn more about the strength and condition program at Trinity Junior High and High School, search Trinity Weights on Facebook. ■

AT HOME

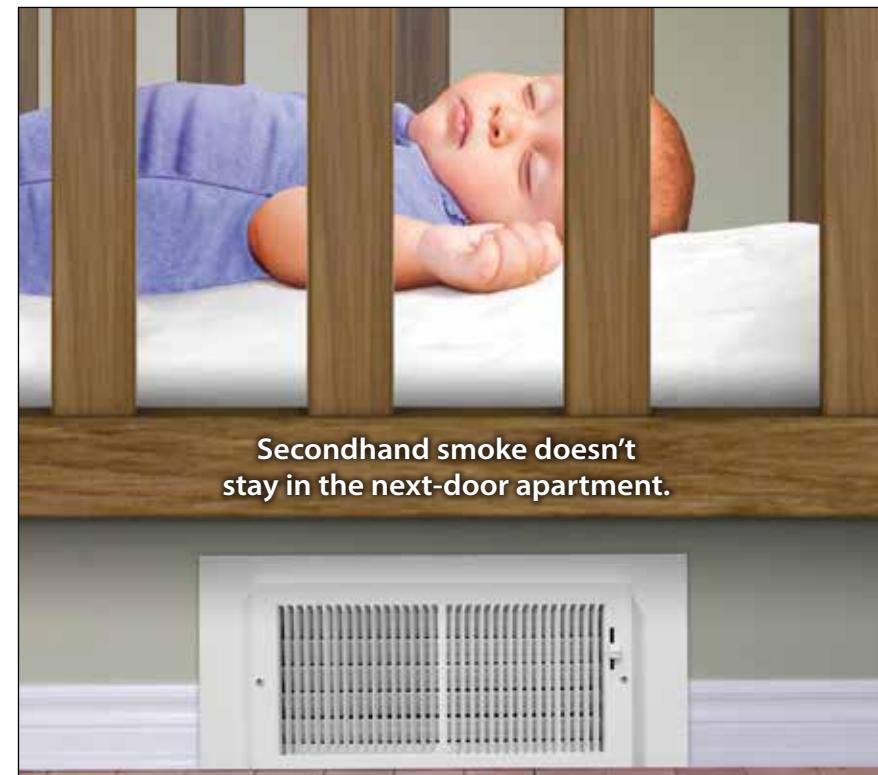
by Helma Lein

When two people toil together
To make their human nest
To withstand life's windy weather
And be a place of rest.

A center of affection
Where children love and learn
And find in being eager
The truths to which they turn.

A bond of sincere working
All that touches each
A trust, a true believing
In everybody's reach.

A spell that's cast forever
Upon the ones who roam
For time and space can't sever
The memory of a home.



Secondhand smoke doesn't stay in the next-door apartment.

If smoking is allowed in an apartment building, more than a wall is being shared—because secondhand smoke can travel through ventilation systems—putting children at risk of Sudden Infant Death Syndrome. To understand the dangers of secondhand smoke and how to reduce the risk of SIDS, visit BreatheND.com.

Learn more at BreatheND.com



**Heart River
VOICE**

SHARE WITH US!

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

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Courageous participants were all smiles at the Brave the Shave event.



Trinity High School's cast and crew of "Harvey."



Staff members and guest speaker at Connect Medical Clinic's Annual Fundraising Banquet.



The Unni Bokasp Ensemble from Norway, as part of Arts Midwest World Fest, performed for area students during the week and ended their Dickinson tour with a concert for the community.



Photo at left:
L-R: Clara Mesling, Barb Silkey, Janette Wilkie and Daphne Hibl display their succulent creations they made at Edgewood Hawks Point's free community craft event.



Downtown Dickinson Association members Doug Pasicznik, Kristi Schwartz, Terri Thiel, Angie Eckelberg, Kelly Heimbach, and Tori Barnum looking their best for DDA's Dress Up Downtown event.



Community members Marya Skaare of MBI, Zared Lefor of Choice Insurance, Nic Stevenson of Stevenson Funeral Home, and Peter Bazin of ConocoPhillips participated in CHI's "Earn Your Scrubs" event.

YOUR HEALTH

Artificial sweeteners and the thyroid

By Steve Irsfeld

My staff and I recently attended a conference entitled A Systematic Approach to Functional Medicine. One of the many things we learned had to do with artificial sweeteners and their effect on thyroid. The sweetener in question was sucralose, which is found in over 300 commercial food products and is a stand-alone sweetener.

A little history on sucralose (aka: Splenda, Candys and Nevella, to name a few), it was approved by the U.S. Food and Drug Administration in 1998 as a tabletop sweetener and for use in products such as baked goods, nonalcoholic beverages, chewing gum, frozen dairy desserts, fruit juices and gelatins. It is also permitted as a general-purpose sweetener for all processed foods.

Sugar substitutes are very low energy or zero energy substances that are used to replace sugar in the diet. The commonly used sugar substitutes besides sucralose include saccharin, aspartame, acesulphame K, and neotame. Sugar substitutes are much sweeter than sucrose.

The use of these sugar substitutes has been continuously increasing in the United States and is more prevalent in females. The incidence of autoimmune diseases has also been increasing over the last decades and according to many studies, they are more prevalent in women three times more often.

In animal studies, sugar substitutes are linked to obesity and various malignancies. Moreover, animal studies also suggest that the use of sugar substitutes has been linked to autoimmune diseases as well. This association between the use of sugar substitutes and the incidence of autoimmune diseases can be extrapolated to humans as well because the pharmacokinetics of sucralose in rats resembles that of humans.

A study at Mount Sinai and Queens Hospital Center reviewing patient medical records along with a telephone survey was done to determine the correlation between the usage of sugar substitutes (artificial sweeteners) in human subjects and development of hypothyroidism, as documented by the presence of positive anti-thyroid peroxidase (TPO) antibodies.

The results of this study show a high prevalence (53%) of hypothyroidism in patients consuming artificial sweeteners, and it suggested that an average number of packs of artificial sweeteners



PHOTO: PIXABAY.COM

consumed by patients with hypothyroidism may impact their TSH levels causing this.

They concluded that patients with hypothyroidism should have a history of artificial sweetener intake obtained and an attempt to discontinue artificial sweeteners should be made with a follow-up of thyroid labs and monitoring of symptoms during this transition. The significance of the study was to increase public awareness for this adverse effect from the use of artificial sweeteners.

Another interesting fact about sucralose is that it contains chlorine which is added to our drinking water to kill bacteria. Studies show that routine use of sucralose can wipe out 50% of the bacteria in the gut. The importance of gut bacteria to our immune system as well as our gut-brain connection is a big deal and wiping out these bacteria can cause problems in these areas.

Artificial sweeteners, even though they are calorie free, are not free of adverse effects. These effects range from auto-immune conditions, weight gain, stomach and thyroid issues. Is it really worth risking your health to get a sweet fix?

Consider the following alternative sweeteners such as stevia, honey, or maple syrup. They are all natural with stevia being the only calorie free option. Personally, I like to add a small amount of honey along with some stevia to my oatmeal or yogurt when I am looking for a little something sweet.

I hope you found this information helpful in your healthcare journey. You can access many articles on our website at irsfeldpharmacy.com. Until next time, be vigilant about your health! ■

GOING POSTAL

In the early 1950s, extraordinary tennis champion Maureen Connolly Brinker dominated her sport. Nicknamed "Little Mo," the 5-foot-4-inch dynamo used powerful ground strokes to become the first woman to win all four major tournaments in a calendar year.

In 1953, she became the first woman to capture the single-season Grand Slam of tennis, winning the Australian Championships, the French Championships, Wimbledon, and the U.S. Championships. Along the way, she dropped only a single set. Since then, no American singles player has won all four majors in a calendar year; only two men and three women in total have achieved that feat. After her playing career, Connolly Brinker coached tennis and wrote articles about the game she once dominated. In 1968, she was inducted into the International Tennis Hall of Fame.

The stamp art features an oil-on-linen painting of the tennis star by Gregory Manchess. Based on a black-and-white photograph taken in 1952, the portrait is a colorful interpretation of Connolly hitting a low volley. Art director Derry Noyes designed the stamp.

The "Little Mo" stamp is being issued as a Forever stamp and will always be equal in value to the current First-Class Mail 1-ounce price. ■



SPECIAL THANKS

Thank you to all our advertisers for supporting us and our community!

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Badlands Big Sticks

Stark Development Corporation

Downtown Dickinson Association

Southwestern District Health Unit

Todd Schweitzer - American Family Insurance

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Hope's Landing

Cornerstone Bank

JE Dunn

Benchmark Mortgage

Sherry's Wishes

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Dickinson Museum Center

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Heart River VOICE

HEART RIVER GEMS

Lenzi VanWagoner

By Kaylee Garling

Competing against professional race car drivers and being on national tv aren't things that happens every day, but our very own local, Lenzi VanWagoner, can check both off her bucket list. In August of 2018, her Dodge Power Wagon was loaded on a trailer and shipped to an extreme off-road course outside of Augusta, Georgia, where she would later compete against the Busch Brothers on Truck Night in America, a History Channel series. With millions of viewers, Lenzi went up against four other drivers, testing not only skill, but level-headedness. The courses they compete on are meant to tear truck and driver to pieces. Competitors not only risk their safety, but also their time and money spent in making their rig one worthy of competing against the best in America.

Lenzi didn't plan on competing, in fact, it was her husband, Jon, who applied for her. They never thought she would get on, but they had a phone interview, a Skype interview, and then sent photos and videos to be reviewed. For their first date, Jon and Lenzi went off-roading in a canyon in Utah, where they got stuck in snow. Neither had reception; nobody knew where they were. It took a couple hours, but the pair were able to get unstuck, and even made it back to town in time for a movie.

Lenzi's been driving since she was 14 years old. Her dad wouldn't let her drive until she knew how to use her 4-wheel drive and start her stick shift on a hill, a feat most of us have never dreamed of. Driving in the canyons of Moab, Utah, and Sand Hollow in Southern Utah, she gained not only poise, but a skill level that surpassed experienced drivers. "Husband Recovery Vehicle" is an adept name for the Dodge Power Wagon she uses to retrieve her husband and several other friends when they get themselves in tight situations. ■

Being on TV was a crazy cool experience, she says. The first day she was a bit nervous, but after she got used to all the cameras and people focusing on her, it was super fun. Lenzi's personality shows through as she thumbs up the camera, trash talks, and lets a few colorful words fly as she competes. When she found out she would be competing against two professional drivers, it was a surprise. In the first race against Kurt, she was intimidated, because he was going so fast. The Busch Brothers didn't bring their own trucks, so they had nothing to lose, but the rest of the contestants had more skin in the game.

It wasn't just a test of experience and knowledge, they competed for money, which made the stakes much higher. The expense that gets put into these vehicles is high, and it's an honor to win some of that cost back. After beating out the rest of the competition, Lenzi went up against the Busch Brothers, in a towing course that beat not only the truck but the trailer to pieces. Lenzi finished second behind the brothers, going on to finish third in the competition. The brothers, knowing the risk, cost, and time put into the competition, offered some of their winnings to cover repairs and other expenses Lenzi incurred in the event. Lenzi and her family are extremely grateful for their act of kindness in a time when they needed it most. Brought to tears, she was able to express her gratitude not only to the brothers, but also viewers and producers who selected her for the show.

Lenzi and her husband, Jon, take their 3 kids with them driving and are a part of the 4x4 club, Cliffhangers, here in North Dakota. There are some really good places to drive around Watford City, and who knows, you may just bump into her somewhere along the trail and get to have a new "claim to fame" selfie with the one of the best drivers in America. ■



DOWNTOWN DICKINSON ASSOCIATION

What is the DDA?

**DOWNTOWN
DICKINSON
ASSOCIATION**



What is the Downtown Dickinson Association (DDA)? It sounds pretty straight forward, right? It probably brings to mind an organization made up of those functioning for and in the downtown area. Would it surprise you to know that is just one part of it? Some of the goals of the DDA are to encourage development and revitalization activities downtown and also promote more effective cooperation, communication and collaboration between downtown businesses, government entities and the Dickinson community on issues related to downtown. But these functions do not happen in a vacuum. When we, as Dickinson residents and business owners, come together to strengthen our

Downtown Dickinson, amazing things happen! Shopping locally and supporting local development and programs equals a strong local economy. That in turn leads to a more vibrant, enticing place to live, which then brings in better services and amenities. A thriving downtown benefits the entire Dickinson community! Consider becoming a member today and visitdowntowndickinson.com for a schedule of community events and membership information. Also check the Event Calendar in Heart River Voice to know what's going on each day. As a member, you can help shape our programming and events, and together we can advocate for our local community.

HEART RIVER VOICE

Community Bulletin Board

Citywide Spring CleanUp Campaign

Spring is here and it's time to clean up Dickinson. The snow and ice are melting and winter has left the city littered with garbage. All residents, clubs, schools, churches and businesses are encouraged to help clean during the annual citywide Spring Cleanup Campaign May 6th through May 12th.

Trash bags are available for volunteers and groups participating in the campaign at the Dickinson Chamber of Commerce, Dickinson Parks and Recreation Office and the Public Safety Center. After an area has been cleaned, please contact the Solid Waste Department at 456.7776 so the bags can be picked up.

If hauling out to the Baler Building, be sure that your loads are secure. Loose material needs to be covered and all heavy material should be strapped down. City recycling drop sites are: 600 block of States Ave. and the 600 block of West Broadway. Please use them as directed. Acceptable materials include: unbagged grass & leaves (please no trash), cardboard and paper.

Summer hours for the Baler Building are: M-F 7AM to 6PM and on Saturday 8AM to 4PM and Sunday 12-4PM.

ND Electronics Recycling 2019 Event

"E-Waste Recycling" will be held Friday, May 10th from 8:00AM-6:30 PM. This event is open to the public and local businesses. This electronic waste recycling collection is made possible through cooperation with a partner company and is taking place at the Baler Building at 3389 Energy Dr.

Materials without fees: video games, batteries, cell phones, printers, copiers, laptops, cables/wires, tablets, fax machines, VHS/

DVD/stereo equipment, cable/satellite boxes, desktop computers, servers/routers switches

Materials with fees: flat panel monitors/TVs - \$5, CRT monitors/TV <19" - \$20, CRT monitors/TV >19" - \$30, florescent lamps <4' - \$.60, florescent lamps >4' - \$.90, large screen CRT/projector >40" - \$40, U-shaped/circular bulbs - \$1, PCB ballasts - \$4, Non-PCB ballasts - \$1, hi-density discharge lamps - \$1.25, compact bulb w/ballast - \$.75

For further information regarding this year's Spring CleanUp or Electronic Recycling Event, contact the Dickinson Fire Department at 456-7625 or Solid Waste Department at 456-7776.

\$1600 Grant awarded to Blue Hawk Boosters Club

The advisory committee of the Dickinson Area Community Foundation is pleased to announce it awarded a \$1,600 grant to the Blue Hawk Booster Club as part of its DACF March Madness event. An additional \$1,600 went to the Dickinson Area Community Foundation's Endowment Fund.

The DACF March Madness event required members of the community to donate \$50 to the Dickinson Area Community Foundation Endowment Fund and then name their favorite non-profit. The non-profits were then randomly matched with one of the 64 teams in the 2019 NCAA Men's Basketball Tournament. Jason Hopfauf, Branch President of Dakota Community Bank in Dickinson, donated \$50 and selected the Blue Hawk Booster Club as his non-profit. Jason's Blue Hawk Booster Club ticket was then randomly matched with the University of Virginia Cavaliers, who would go on to win the NCAA Men's

Basketball Tournament.

The Dickinson Area Community Foundation would like to thank everyone who participated in the DACF March Madness event.

For more information on the foundation or options for creating your own Legacy, please contact the committee at DICKINSONACF@gmail.com or PO Box 1513, Dickinson, ND 58601. You can also find us online at NDCF.net/Dickinson or at www.facebook.com/reacommunityfoundation.

We are here to serve you for the betterment of our community! Requests are confidential.

NDSU Extension Offers Babysitting Classes

Summer is quickly approaching even though Mother Nature is trying to convince us otherwise! With school soon being done for the year, it may be time for youth to find a summer job. One great option is to babysit for friends and family. However, caring for someone else's children is a big responsibility, and it can be overwhelming figuring out how to get started.

My First Business, Babysitting is a one-day class put on by NDSU Extension Stark/Billings County. Youth taking the class will learn about caring for children of various ages, how to keep themselves and the children safe, the business component of being a babysitter, and more through a variety of hands-on activities and lessons.

There will be two classes offered this summer: June 1 @ 9:30am in Hettinger and June 6 @ 9:30am in Dickinson. Youth need to be at least 12 years old to attend, and there is a registration fee of \$25 that covers lunch and all materials. Space is limited, so youth must preregister by

calling 456-7665.

5th Anniversary Badlands Baby Fair & Expo

May the fourth be with you as we celebrate The Year of the Father at the 5th Anniversary Badlands Baby Fair & Expo May 4th, 2019 from 10am-4pm at the Astoria Hotel & Event Center. The Badlands Baby Fair & Expo is a FREE community event to advocate natural and peaceful parenting strategies, unifying community services available for pregnancy through preschool in Southwestern North Dakota.

Bring the whole family as we celebrate dad with activities, classes, and vendors that engage and encourage Dad in parenting from pregnancy through preschool! We offer free, fun, and educational, classes led by local professionals. Our activities, such as the NEW Dads on Doody Relay and popular I Crawled the Line! Diaper Derby, encourage family participation. All day activities include Mini photography sessions with Charlie the Astronaut, the Funshine Reading Nook, concessions, and a Mother's Lounge.

This year, The Badlands Baby Fair has partnered with the United Way and our local Southwest District Health Office to host the 1st Annual Community Baby Shower for new & expectant families in need to provide First 30 gift bags containing the basics to bring home baby.

The first 250 guests will receive a Badlands Baby Fair

Reusable tote bag with gifts & offers. Door prizes will be offered by guest speakers & events.

Bill Sorenson's Final Ride

MEDORA, ND Bill Sorensen is a household name around Medora, and this summer, you'll get to see him on stage at the Medora Musical one last time, co-hosting for his final season alongside a star-studded cast.

"Medora has been a place of great importance to me. I watched my daughters grow up here, I myself have grown in this place with these people, and whether I'm performing for five people or 2,000 I am always grateful for the experience" Bill remarks.

Bill first stepped on stage as co-host in 2013 with Queen of the West, Emily Walter. One of his favorite memories of co-hosting came from him sharing the stage with Emily. One hot night they were performing a scene in which Emily shot his pants off and come to find out he had forgotten to wear his long johns underneath that night - he says he has never seen Emily laugh that hard while on stage.

Bill began a battle with cancer which removed him from the stage for the 2016 season but in 2017 he returned guns a blazin with co-host, Chet Wollen. He and Chet have a natural on stage chemistry that is the perfect mix of humorous and playful.

"Sometimes Chet gets this little glimmer in his eye and it reminds me of when

he was a little kid and I just think to myself, here we go, we're going off script," Bill recalls.

While this is his last season in the Medora Musical, he plans to still be around this awesome little place in different roles. In 2015 he started the hit Magical Medora Christmas show that tours during the holiday season and this summer, he is opening a brand new attraction, "Perception: a Magical Slant House" for kids and families in Medora. Bill's partner in this attraction is "High Diving Fool", Don Otto. The two met many years ago when Don was a featured variety act in Medora and they have had the idea for this addition since.

"We both love illusions and tricking the brain and that is exactly what this experience will be. Showing people that their perception is the difference between the truth and what their mind is believing will make this attraction in Medora so much different than anything that already exists there," says Bill.

Beyond his work in Medora, Bill has held some unique jobs such as his time spent managing boxing champion, Virgil Hill and working with folks like Don King. He founded the Bismarck Wizards Basketball team; and was the Mayor of Bismarck for 12 years.

Bill is excited for his final season as a co-host of the Medora Musical and looks forward to the ways he will continue impacting Medora in the future. ■



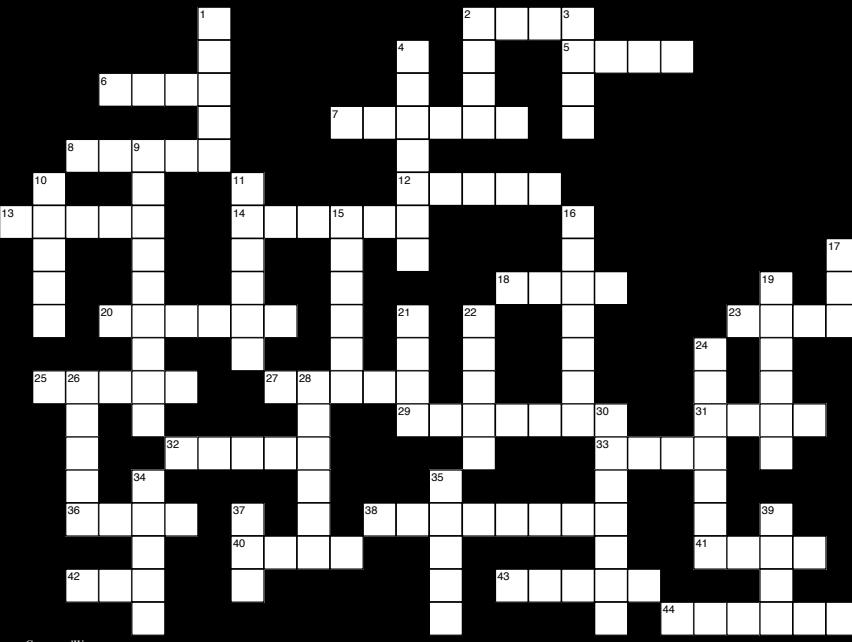
Chet Wollen and Bill Sorenson on stage at the Medora Musical.

CROSSWORD BY CARLINKA

PASTIMES

Heart River VOICE

++CASHING IN++



www.CrosswordWeaver.com

ACROSS

- 2 Unfreeze
- 5 Germany's bucks
- 6 Argentina's scratch
- 7 Israel's bread and butter
- 8 Russia's riches
- 12 Poland's payola
- 13 Locker room hand out
- 14 Port city in Ukraine
- 18 Cheek full of tobacco
- 20 Morocco's moolah
- 23 China's cha-ching
- 25 Like ocean water
- 27 Costa Rica's casheesh
- 29 Surinam's silver
- 31 Turkey's tender
- 32 Denmark's dough

33 Peru's pound

36 Netherland's notes

38 Kenya's cabbage

40 Swirl of water

41 Brazil's bling bling

42 ++South Korea's sawbacks

43 Frightened reaction

44 Wicker material

19 They're made to measure

21 Vietnam's notes

22 Thinking clearly

24 Venezuela's salt

26 India's loot

28 Unlocked

30 Malaysia's money

34 Ivory Coast's currency

35 Iraq's greenbacks

37 Bulgaria's buckaroos

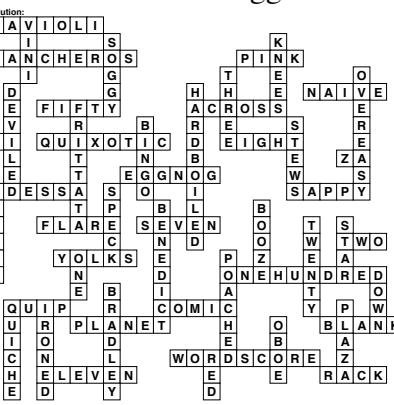
39 Thailand's lettuce

DOWN

- 1 Uttered
- 2 Sticky roll
- 3 Boo-hooed
- 4 Guatemala's stack
- 9 Bolivia's bacon
- 10 Egypt's bills
- 11 Singapore's stash
- 15 Leisurely walk
- 16 Hard rock
- 17 Japan's wad

Last month's puzzle solution

++Scrabbled Eggs++



MAY 2019

HOROSCOPE

by Hilda De Anza



ARIES

March 21- April 20

This is an excellent period for love and relationships. If problems arise, they should evaporate the 2nd week of May as happy news arrives. There is a major transition during the 2nd half of May, with a strong emphasis on security and your domestic life. May is characterized by healthy initiatives and a strong focus on your economy, with new sources of income arising by the middle of the month.



LEO

July 23- August 22

A great deal of focus is on your career. It is a good time for taking charge, and by mid-May you may find yourself working well with partners. May is also a month when you can enjoy the pleasures of love and romance and children, a holiday or at least a pleasurable cultural experience. By the end of the month there is a lot more emphasis on friendships and socializing whilst you continue to enjoy success professionally.



SAGITTARIUS

November 22- December 21

The month starts on a hectic note with controversy. Still, it is an exciting time. You can put your point of view across powerfully, convincingly and elegantly. Mid-May is a time when a new and exciting person may come bringing initiative and change. During the last 2 weeks of the month, the focus is on relationships. You may not agree with everything partners are up to, but you respect their courage.



TAURUS

April 21- May 21

May 4th heralds the new beginning of adjustments in your lifestyle. You will feel a surge of strength around May 16th, and you feel more self-assured and in control. Things are in transition and it is you who has the best cards. By the full moon on the 18th, you can put your personal imprint on the important relationships in your life. This is a good time to set off in a new direction with a new set of rules governing what is important to you.



VIRGO

August 23- September 22

May gets off to a good start. You see eye to eye with partners and family. Financial opportunities and economic success are on the agenda, and calculated risks pay off. During the 2nd week, there are major developments taking place. It is a time when you can realize a dream. There is a new openness to unconventional interests, and it can feel as if your spiritual antennae are sensitized and ready to receive inspiration and instruction.



CAPRICORN

December 22- January 20

You have made important advances the last few months, and you sense the hand of destiny in your life more than ever. On the other hand, you may not be ready for momentous changes affecting your lifestyle, and if so, then it is a good time to press the pause button. May is the perfect month for self-expression and pleasurable activities. The last part of the month is a time of consolidation and satisfaction.



LIBRA

September 23- October 22

Early May, focus on relationships and particularly on extricating yourself from a sticky position. By mid-May, the emphasis changes as you get into a slightly stronger position and are willing to challenge taboos and take some risks. You are entering a period of psychological growth and discovery. The last part of May is more outgoing, bringing expansion of your mental horizons. It is also a good time for career and partnerships.



AQUARIUS

January 21- February 19

be a very active time socially and romantically, and you can expect travel, adventure, and stimulating educational experiences with friends and groups. Mid-May is a time of activity and planning at home. The last part of the month represents a more relaxed and fun period for you, and it is an especially stimulating time for partnerships and kids. This is also an excellent period for brainstorming and creative ideas.



SCORPIO

October 23- November 21

The month starts with new developments in relationships. More and more people turn up in your life, and they have something new to add, and this promises relationship security. Mid-May is when a strong partner with a fresh message can influence you in a strong way. You are eager to explore new horizons and expand your emotional life. This is one of the most interesting times of the year for harmonious relationship developments.



PISCES

February 20- March 20

May starts on an interesting note, as a new curiosity blossoms and you meet people with exciting ideas about the future. Early May indicates a lot of travel connected to your career, and there are opportunities for earning more money. The 2nd half of the month is excellent for enjoying life, especially for anything to do with romance or creativity. It is time to try something different and travel to places outside your sphere of interest.

A STUDIO LIFE

Dancing around the world

By Jennifer Sanborn

Did you know Africans use drumming to communicate, celebrate, mourn and inspire their people? Or that there is nowhere in the United Kingdom that is more than seventy miles from the sea?

The students at the Academy of Dance in Dickinson have been working all year to present a performance called "Around the World." In this play, Miss Beatrice, a social studies teacher, takes her students on a trip across the globe. They learn new facts about the cultures of different countries as dancers perform on stage. Each class will get a chance to shine as they present the skills they have been working on throughout the year. From toddlers to teenagers, all ages will perform, showcasing the skills they have gained throughout their time at the Academy.

The dances will include different aspects of the country they represent in the style and choreography. The music for each dance comes from the culture of its respective country. The countries that



will be explored include China, Egypt, France, New Zealand, and many more.

This year the Academy began using a new curriculum, Leap 'N Learn. This will reflect in the performances. One will be able to see the difference between each class as the students progress in their skills each year. The Academy teaches the Cecchetti method of ballet along with other styles of dance such as Tap, Jazz, Hip-Hop, and Modern.

Would you like to travel the world? Then join us at Trinity High School on May 18th and 19th at 2 PM. ■

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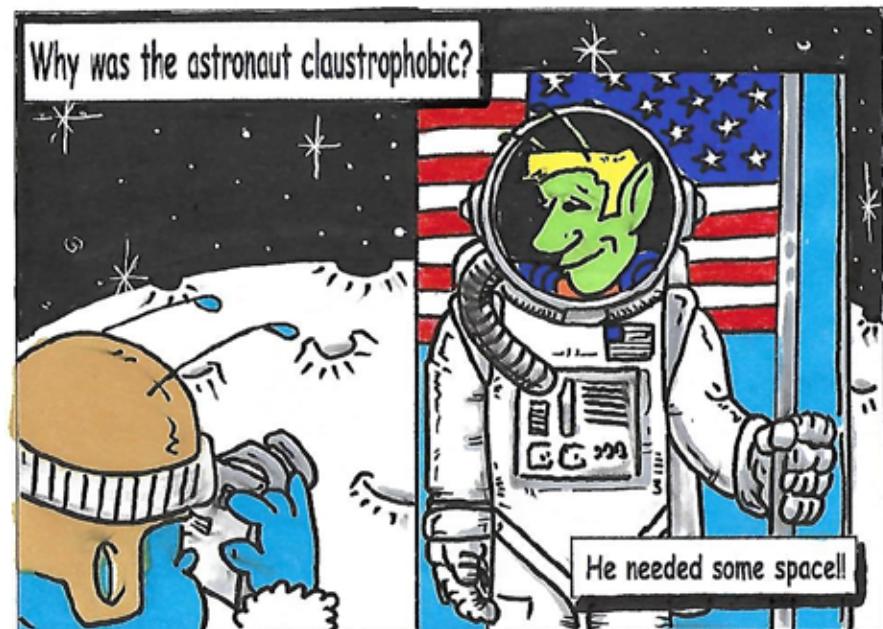
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RINGO



At the young age of 9, John Garig was in his first art show which sprouted him into the artist currently living in Dickinson, ND. He finds inspiration in his dog, Astrid and Cat, Nytro. When he's not working on commissioned projects, he is teaching and encouraging the residents of Dickinson to paint their own masterpieces at a weekly

Brushes and Booze class. With a varied history in all things art and a love for cartoons and animation, John continues to surprise the community with colorful artwork for all onlookers.



Founding Fathers:



2019

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 6:35PM	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	16	17	18 OFF	19 PTR 6:35PM	20 PTR 6:35PM
	ALL-STAR BREAK @SVS					
21 PTR 6:35PM	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			

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