


Heart River VOICE



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**Published Monthly by
Heart River Voice, Inc.**
PO Box 2117
Dickinson, ND 58602

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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.

We have many self-less residents in Stark County who serve in different capacities. 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

"Kindness of Elephants" by Allison Bauers. Artwork was made on yupo paper with permanent ink and alcohol ink. For more information about the artist, see page 5.

For Family, Friends, & Caregivers

Patient's Baseline

- Are you familiar with the patient's normal?
- What were the preexisting deficits?

Symptom Onset

- Were you with the patient when the symptom onset happened?
- What time?

Communication with Patient

- When did you last see or speak to the patient?
- What were they doing when you spoke to them?
- What were they doing when you spoke to them?
- What do they do normally do at the time of day you speak or see them?

Last Known Well Interview Guide for a Loved One exhibiting Stroke Symptoms



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#BOOKWORM

Getting ready for summer

By Jade Praus and Cindy Thronburg



It's that time of year again and we are excited to tell you all about our upcoming Summer Reading Program (SRP). This year SRP begins on Saturday, June 1st with our Kickoff Carnival from 10:00am to 2:00pm.

This year we will host our Carnival at Legacy Square! We will have bouncy castles, splash pad, games, live music

provided by the Rock Jocks, and police and fire departments in attendance. This year we will also have Parks & Recreation, the Dickinson Dinosaur Museum, Dickinson Public School's Book Corral, and more joining us. The Carnival will take place during regular library hours, so patrons can check out books to get started with the program! Legacy Square is located on the corner of 2nd Street West and 1st Avenue West, just a short walk away from the library.

The SRP is free and open to all ages and will work similarly to how it has in previous years. It is broken down into four age groups— Early Literacy (ages 0-5), Children (ages 6-12), Teens (ages 13-17), and Adults (ages 18+). Each age

group logs minutes (with the exception of the Early Literacy group) for chances to win some terrific prizes. Minutes and activities will be logged online using Beanstack. If you haven't already signed up for Beanstack, you can create one account for the whole family at dickinsonlibrary.beanstack.org.

Throughout the summer we also offer tons of events for various ages for free! This year's summer theme is "Adventure Begins at Your Library" so we are planning adventure, travel, and exploration themed events. We will host Storytimes and Little Tykes Drive-In Movies which are both open to ages 0-5. We will also be hosting weekly nature-themed S.T.E.A.M. (Science. Technology. Engineering. Art. Math.) events that are for ages 6-9. There will also be weekly movies, Kids' LEGO Club, and special performers! A few special performers are Jeff Quinn who will perform magic, Shunsuke Aoki, who will give a presentation and instruction on Japanese Summer Festivals, and Will Stuck, who will give a hilarious and educational performance for all ages.

There will also be a coloring contest!

There will also be new events to watch for! We have added a special "Around the World" program for kids, Anime & Manga Club for ages 10-18, and Saturday Dungeons & Dragons One-Shot events. Also, watch for popular returning events such as Tween Time, LEGO Club, Adult Craft Club, weekly movies, and more! We're so excited for these events and hope you will join in the fun this summer! The Summer Reading Program will go through July 31st. The SRP will wrap-up with an Ice Cream Social on Friday, August 2nd. We will announce all grand prize and coloring contest winners at the Ice Cream Social.

There are so many fun things happening this summer! Check our website and Facebook page for specific dates and times for events. You can also pick up an events calendar at the library. May is a planning month so all of our regular programs are paused, but the rest of the summer is jam-packed with programs! We hope to see you at the library soon! ■

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COVER ARTIST**Allison Bauers**

Allison Bauers

Hello! My name is AJ Bauers. I'm an artist based in Mandan, ND, where I live with my husband, son, and dog. I've been making art for as long as I can remember, but I've only gotten serious within the last five years. I dabble in all mediums, but I'm particularly fond of ink and watercolor. Lately, I've been diving into the world of acrylic paints and I love using random items (from toy cars, bubble wrap, and pizza pans) to create unique shapes and textures.

I love art that tells a story, featuring unlikely characters and objects that leap from the page. In particular, I love



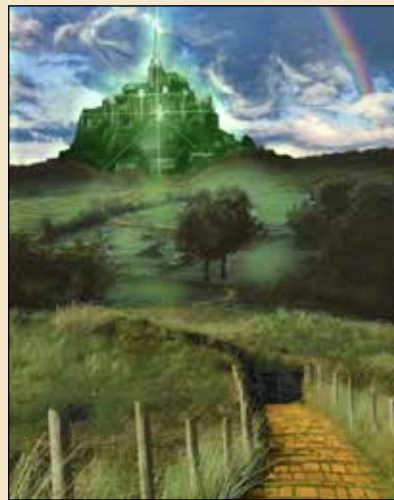
Allison with her son

crafting small details that people may not discover until a second or third viewing. This is likely influenced by my writing background and voracious love of reading.

Currently, you can purchase my work online (artsycraftysistersnd.etsy.com) or at arts and crafts markets at the Artsy Crafty Sisters booth. Follow me on Instagram at [@AJ_Bauers](https://www.instagram.com/AJ_Bauers). Thanks!



Library of the Forest Sprites



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DICKINSON MUSEUM CENTER

COMMUNITY

Dickinson Rotary and American Legion sponsor annual Armed Forces Day program

By Kris Fehr

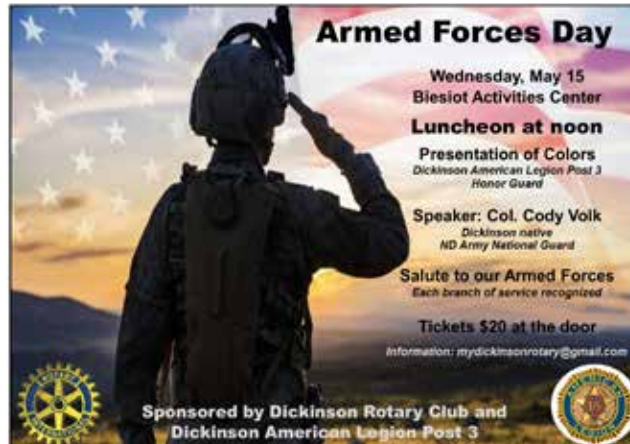
Armed Forces Day is celebrated annually in the United States and this year's event will be marked by the Dickinson Rotary Club and the Dickinson American Legion on Wednesday, May 15 at noon.

The public is invited to the luncheon at the Biesiot Activities Center. Tickets cost \$20 and are available from any Rotarian or at the door. Color guard will be provided by the American Legion Matthew Brew Post 3 Honor Guard.

The key note speaker will be Dickinson native Col. Cody Volk, director of installations and environment for the North Dakota National Guard. He will be speaking about the new National Guard Readiness Center for Dickinson and NDNG updates. The event concludes with a patriotic recognition of all branches of service.

Armed Forces Day is observed on the third Saturday every May and is dedicated to paying tribute to servicemembers, both past and present, in all six branches of the US military: the Army, Navy, Marine Corps, Coast Guard, Air Force, and Space Force.

On August 31, 1949, Secretary of Defense Louis Johnson announced the creation of an Armed Forces Day to replace separate Army, Navy, Marine Corps and Air Force Days. The celebration stemmed from the unification of the Armed Forces under the Department of Defense. ■



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CHAMBER OF COMMERCE

Chamber forum highlights locals seeking elected office

The Dickinson Area Chamber's Governmental Relations committee seeks to foster healthy working relationships between our elected officials and their constituents. In that spirit, the Chamber will host a Candidate Forum on Wednesday, May 8th beginning at 6:00PM at Dickinson's City Hall.



the majority of time to the contested races among those listed previously.

In the 6:00 hour, the three candidates for two available seats on the Dickinson Public School Board will be featured. Brent Seaks and David Wilkie are running for reelection to another four year term, while Chad Mathiason is running for his first

The event will feature candidates for Dickinson City Commission, the Dickinson Park Board, the Dickinson Public School Board, and the Stark County Commission. Based on feedback from our Governmental Relations committee, this year's event will devote

term. Seaks and Wilkie have each served in their capacities since 2016.

In the 7:00 hour, the four candidates for two available seats on the Dickinson City Commission will be featured. One of the two vacancies stems from Commissioner Suzi Sobolik's decision not to run for

reelection. City Commissioner John Odermann was elected in 2020 and is running for reelection. The remaining candidates are all running for their first term, and they include Rob Eilts, Dean Kløver Jr., and Joe Ridl.

Dickinson Park Board Candidates Zach Keller and Tyler Tucker are also invited, as they will be the only names on the local ballot. Keller is running for a second term, while Tucker is running for the vacancy left by Jo Marie Kadrmaz, who is not seeking reelection.

Stark County Commissioners Dean Franchuk, Bernie Marsh and Neal Messer are all running unopposed, as well as City of Dickinson Mayor Scott Decker. They will each be given the opportunity to briefly reintroduce themselves to local residents while outlining a vision for the next four years.

Chamber Executive Director Carter Fong will serve as moderator, utilizing questions submitted by the Chamber's Governmental Relations committee. The event will conclude by 8:30PM and will be recorded and available through the City of Dickinson, the Chamber, and Consolidated Channel 18. ■

Happy Mothers Day!



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COMMUNITY

Mentoring makes a difference



As the 2023-24 school year draws to a close, we extend our heartfelt gratitude to all the mentors who generously volunteered their time. Our mentors span a wide age range, from 16 to 72 years old, and each one contributes significantly through their volunteer work. This year, we want to shine a spotlight on the story of Ken and his mentee, who meet at the school throughout the school year.

For the last few years, Ken has regularly visited his mentee's school during the lunch hour. Every week on the same day, they share a meal and then head to the playground for recess. The day that Ken visits his mentee at the school has become the highlight of his mentee's week, and the school staff has noted the positive impact this mentorship has had on his behavior.

Their friendship has flourished over the past year. Ken shared, "I'm really starting to understand how he processes and deals with challenges. We are really different in that area so I really appreciate the support from Best Friends with learning that." Ken added that childhood is so different



from when he was growing up!

Ken finds the experience incredibly rewarding. Since his grandchildren live far away, he enjoys the time he is able to spend with his mentee. Although his mentee is not one to display affection often, during one walk back to the classroom after recess, he surprised Ken by reaching out and holding his hand. This unexpected gesture reassured Ken that he was making a positive impact.

The Best Friends Mentoring Program is looking for more community members who are interested in volunteering their time. To become a mentor or to learn more about the role mentoring plays in our community, visit bestfriendsnd.org or call us at 701-483-8615. ■

THE ARTS

Poems

By Kacie Kostelecky

Rose-colored Glasses

The stars in your eyes were
collapsing,
But you were the rose in my rose-
colored glasses.
So, we made a toast and let love
explode-
Praying on each little piece, it'd find
its peace,
In a world growing cold.
Were we getting old?
Are we getting old?

I didn't put the bones in the ground-
But here we are now.

It's Poetry

There's nothing I can say that you
don't already know,
But I can weave together words to
light a fire in your soul,
And I can paint a million pictures of
places only our hearts will ever
go.

I'd do it all just so that you see-
there's more to life than just you and
me. ■

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COMMUNITY

Mental Health Awareness Month

May is Mental Health Awareness Month. It's important to care for a child's emotional needs as much as their physical needs. It is sometimes easy to think that a child might not need mental health support, but children experience stress differently than adults.

Imagine an emotion, feeling, or stressor as having a physical size. To adults, a basketball-sized stressor is relatively manageable. But for a child, that same basketball may feel like the end of the world. Keep in mind a child's capacity to understand stressors as well. The following are examples of grounding and breathing techniques to help reduce stress.

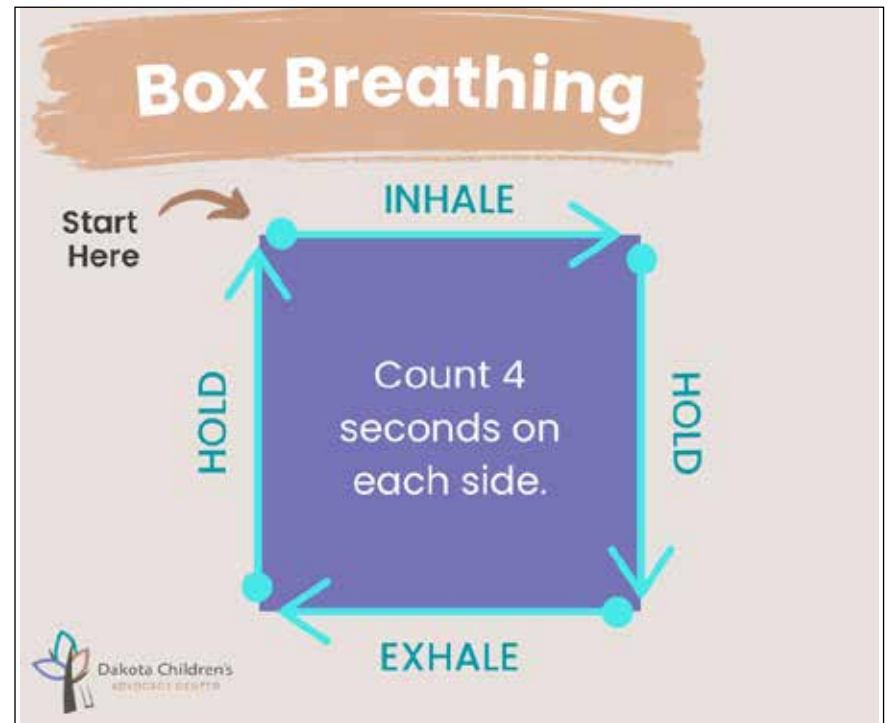
ABC Grounding Technique

This can be a fun activity for staying in the present, and not worrying about the past or the future.

Directions: Go through the alphabet starting with A, and try to name people, places, things, sounds, and sensory feelings, that are relevant to the present moment. For example: A for apple, B for blue pencil, C for crinkling sound, D for a dog, and so on.

Guided Box Breathing

Studies show that breathing techniques can help when experiencing stress. For this exercise, visualize a box. Each side of the box is a count of four, and the order goes like this: Breathe in for four counts (or top of the box). Hold your breath for four counts (side of the box). Next, breathe out for four counts (bottom of the box). Hold again for four counts (last side of the box). Then start from the top again and repeat at least four times. ■





2024 HOME SCHEDULE



NORTH DAKOTA RIVALRY GAMES IN RED

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|--|--|--|
|  MAY 27- 6:35 |  JUNE 24- 6:35 |  JULY 18- 6:35 |
|  MAY 28- 6:35 |  JUNE 25- 6:35 |  JULY 19- 6:35 |
|  JUNE 5- 6:35 |  JUNE 26- 6:35 |  JULY 20- 6:35 |
|  JUNE 6- 6:35 |  JULY 1- 6:35 |  JULY 21- 4:35 |
|  JUNE 9- 4:35 |  JULY 2- 6:35 |  JULY 25- 6:35 |
|  JUNE 10- 6:35 |  JULY 26- 6:35 |  JULY 27- 6:35 |
|  JUNE 12- 6:35 |  JULY 5- 6:35 |  JULY 28- 4:35 |
|  JUNE 15- 6:35 |  JULY 6- 6:35 |  JULY 30- 6:35 |
| JUNE 16- 4:35 | JULY 9- 6:35 | JULY 31- 6:35 |
| JUNE 17- 6:35 | JULY 10- 10:05/6:35 | JULY 31- 6:35 |
| JUNE 21- 6:35 | JULY 11- 6:35 | AUG 7- 6:35 |
| JUNE 22- 6:35 | JULY 14- 4:35 | AUG 8- 6:35 |

COMMUNITY

Kids Health and Safety Fair

By Marlys Walter Kids Health and Safety Fair Coordinator

The 11th Annual Kids Health and Safety fair hosted by Southwestern District Health Unit will be held Thursday May 9, 2024, 3:00-6:00pm at the West River Ice Center. The event is FREE to the public and is geared towards kids and their families to come and participate with local resources and businesses to learn about health and safety.

Activities include jumping castles, bean bag toss, tips on pool and sun safety and how and when to use 911. There will be live entertainment by the DHS Jazz band. Door prizes will be given away donated by the event sponsors. Food

will be available for purchase by "The Professionals" Relay for Life team.

The Dickinson Fire department will have a fire truck parked outside the entrance of the ice center for kids to view and talk with area fire department personnel.

FREE vision screenings will be offered by the New England Lions Club.

This year's theme is "Zoo" so kids are encouraged to dress as a zoo animal or in their favorite costume. Woody and Jesse from Toy Story will be greeting kids at the entrance as well as local school mascots.

See you at the fair! ■

11TH ANNUAL KIDS HEALTH & SAFETY FAIR!

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- Developing a personal financial strategy — Many factors go into creating a long-term financial strategy. What is your risk tolerance? When would you like to retire? What sort of retirement lifestyle have you envisioned? What are your other important goals? A financial advisor will ask these and other questions in getting to know you, your family situation and your hopes for the future. By taking this type of holistic approach, a financial advisor can help you create financial and investment strategies appropriate for your needs.

- Avoiding mistakes — A financial advisor can help you avoid costly investment mistakes. One such mistake is attempting to “time” the market. Investors pursue market timing when they try to “buy low” and “sell high.” In theory, of course, this is a great idea — if you could consistently buy investments — stocks, in particular — when their

price is down and then sell them when the price has risen significantly, you'd always make some tidy profits. The main drawback to this technique, though, is that it's virtually impossible to follow, especially for individual investors. Nobody, not even professional money managers, can really predict with any accuracy when stock prices have reached high or low points. Consequently, those who try to make these guesses could miss out on opportunities. For example, investors who are determined to buy low might not want to purchase investments when the market is up — but this practice could lead to taking a “time out” from investing just when the market is in the midst of a rally. But a financial advisor can steer clients toward a more disciplined approach, such as buying quality investments and holding them for the long term, regardless of the ups and downs of the market.

- Checking progress toward your goals — If you were to invest without any guidance, you might not be looking at your investments' performance with the proper perspective. For example, some investors simply compare their portfolio returns against a widely used market index, such as the S&P 500.

But this comparison may not be that useful. The S&P 500 only measures the stock prices of the leading publicly traded U.S. companies by market capitalization — but your investment portfolio, if properly diversified, will include investments other than U.S. stocks, such as bonds, government securities, international stocks and more. Consequently, the performance of your portfolio won't track that of the S&P 500 or any other single index, either. Your financial advisor can help you employ

more meaningful benchmarks, such as whether your portfolio's progress is on track toward helping you meet your financial goals. Also, a financial advisor will review your portfolio and investment strategy regularly to determine what changes, if any, need to be made, either in response to the markets or to events in your life.

Investing for your future can be exciting and rewarding — and you can feel more confident in your decisions when you have someone helping you along the way.

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

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LESSONS IN BUSINESS

From virtual battles to real success: The expanding world of Esports careers

By Debora Dragseth, P.D.

Welcome to a window into the dynamic world of Esports, a sector that has evolved from a niche hobby to a major global phenomenon, attracting massive audiences and generating billions of dollars annually.

Esports is no longer just about being good at video games according to Dickinson State's Esports' coordinator Josh Nichols. "Esports is booming, and it's here to stay. Just like with any technological or cultural shift, we need to adjust and accept it."

Esports encompasses an entire ecosystem of roles that support the gaming experience, from coaching and event management to content creation and legal services. Nichols noted, "At Dickinson State, Esports isn't just about gaming; it's about providing various learning opportunities, degrees, scholarships, and a supportive community for all students, regardless of their gaming skills."

The growing trend of unconventional

sports gaining collegiate recognition. One example is Winthrop University in North Carolina. The University awards athletic scholarships for cornhole—yes, tossing bean bags into a hole. This sport has gained enough traction to be broadcast on ESPN. Clearly, the appetite for diverse sports entertainment is expanding.

However, being proficient in a game like 'Rocket League' is just the tip of the iceberg. Consider a football team's head office which requires trainers, analysts, and announcers—Esports demands a similar infrastructure. Professional Esports teams often include rigorous physical training and nutrition plans, handled by dedicated trainers and nutritionists, underscoring the professionalism and physicality involved.

The educational path in esports is interdisciplinary, combining elements of business, technology, and psychology, among others.

Career options in Esports are diverse:

- Professional gamers focus on training,

discipline, and lifestyle.

- Coaches and analysts play critical roles in team strategy and performance.
- Event organizers and managers ensure tournaments run smoothly.
- Content creators and streamers engage and expand the audience base.
- Behind the scenes, game developers and designers craft the games that fans love.



The challenges of an Esports career include high stress, mental health issues, and job security concerns. Strategies for sustainability in such a competitive field include continuous learning, adaptability, and diversification of skills.

If you're passionate about gaming and Esports, remember that this field offers many opportunities to those with the right education and strategic approach. The key is to embrace the challenges, learn continuously, and leverage your unique skills to make a significant impact. Your journey in Esports could be not just

about achieving personal success, but also about contributing to the growth and evolution of an exciting, ever-changing industry.

For more information about Esports programs at Dickinson State, visit the Esports website bluehawkesports.com.

Debora Dragseth, Ph.D., is the Baker Boy Professor of Leadership at Dickinson State University. Her monthly column offers practical solutions to common workplace issues. ■



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Shelley Flaget



"I am nominating Shelley for KUDOS as her leadership is so amazing and she is one of those unknown treasures (unless you know her)!" ~ Anonymous

If you have spent a lifetime in selfless service, you are in the company of a rare few and standing alongside Shelley Flaget.

An EMT for 45 years, Board Director at Able Inc. for 18 years, Lay Minister of the ELCA church, music teacher, daughter, sister, wife, mother and grandma: Shelley has a deep conviction

that drives her to serve her community.

"My parents both ingrained in my sisters and I a community-focus, and we all have our causes dear to our heart," says Shelley.

Originally from Saskatchewan, she grew up with children around her that had developmental disabilities and her father was instrumental in setting up a workshop for the adults with the same disabilities. Seeds were planted then. Moving to North Dakota, she was taken aback to learn of the facility in Grafton, ND, where those with disabilities were housed all in one place.

After the ARC class action suit was filed against the state for warehousing people with developmental disabilities, Shelley was asked to serve on the southwest committee dealing with outcomes from the suit. That was the beginning of ABLE.

A few years later, she started working at ABLE first as a direct service person and eventually vocational programming. After seven years, she returned home to teach music.

When she was asked to serve on the

ABLE board of directors she was thrilled to once more be involved. She recently stepped down after eighteen years of dedicated service, and remains an ardent supporter of the work they do. Shelley is so proud to have had the opportunity to help with growing the organization to the progressive, innovative resource which is providing many with safe, dignified lives.

She states that any place is only as good as you make it, her father taught her that. And the best way to bring happiness to someplace is to give. Give, and it comes back to you.

"Working with those with developmental disabilities is so humbling, and rewarding," says Shelley. "Truly, the joy came back to me threefold."


Shelley believes a life of giving is complete by serving your own soul as well as others. Finding something that you love and making that time to enjoy it, and looking for something -one thing- each day that makes you smile - that is a life well lived.

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work



Shelley Flaget

women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see wewnetwork.org ■



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COMMUNITY

Connect Medical Clinic updates



By Tara Zettel, RN, Executive Director

Connect Medical Clinic held its 10th Fundraising Banquet at the Astoria Hotel and Event Center on April 4, 2024.

The theme for the event was Moving Forward, inspired by the date, 4/4/24, and the clinic's current season of growth.

The event was well attended, with

over 500 people gathered to hear from Keynote speaker Sister Beata Victoria from the Sisters of Life.

The event's proceeds will be dedicated to expanding the clinic's location, staff, and services. Connect is a 501(c)3 nonprofit, and you can support its mission at connectmedicalclinic.com/donate.

Jillian Kubik promoted to Director of Operations

Connect Medical proudly announces that Jillian Kubik has been promoted to Director of Operations. This new position, similar to that of a COO, provides support to Tara Zettel, the Executive Director/CEO. It was created in response to the tremendous growth in Connect's systems and services.

Currently, the clinic has openings for an Advancement Manager to replace Jillian, and a Staff Nurse as well. Experience is optional for the Advancement Manager position, and we are considering either an RN or LPN for the Staff Nurse.

If you are passionate about the mission of Connect Medical Clinic and would



Jillian Kubik

like more information, please refer to connectmedicalclinic.com/careers. ■

GOING POSTAL

Save Manatees

The Save Manatees stamp is being issued to create awareness about the threats posed to this beloved marine mammal. Human vigilance is crucial for the protection of the threatened West Indian manatee—both to minimize motorboat strikes and to maintain the aquatic plants on which it feeds. The stamp's stylized artwork, predominantly aqua-colored, shows a manatee underwater, placidly lolling near the surface. These slow-swimming marine mammals hungrily feed on shallow-water aquatic plants, eating up to 10 percent of their body weight each day. Manatees have no natural predators but are slow to reproduce. A female manatee gives birth to one offspring at a time, nursing for several months before the calf starts eating plants. A mother may tend to her young for up to about two years, communicating with touches, nuzzling “kisses” and sounds including chirps, squeaks, and squeals.



Art director Derry Noyes designed the stamps with original digital art by Nancy Stahl. The Save Manatees stamp is being issued as a Forever® stamp.

You can purchase the stamps at your local post office or online at usps.com/shopstamps. ■



The Connect team with their guest speakers

HEALTH

Low Dose Naltrexone

By Steve Irsfeld

Twenty-six years ago, we began compounding specialized, patient-specific medications at our pharmacy. To expand our services, we relocated our lab to the basement level of the Sanford East Clinic, and it has been operational since 2000. Compounding consists of making medications for patients without a commercially available product or dosage form to meet their healthcare needs.

One of the products we have been compounding for over 15 years is Low Dose Naltrexone (LDN) however, it wasn't until about 2016 that we realized its capabilities for treating patients. One of the reasons is that there just wasn't much information or clinical studies discussing LDN as a treatment option.

We have had some amazing successes with many of our compounded formulations over the years, but naltrexone has possibly been the most beneficial and life-changing compound we have available for our patients. That may sound like a bold statement, but it couldn't be more accurate.

Naltrexone is an opioid receptor blocker, which means that it blocks the same receptors that drugs like morphine, oxycodone, hydrocodone, and fentanyl stimulate to exert a pain-relieving effect. LDN is used in high doses of 50-150mg per day to block the opioid receptor and to help patients addicted to heroin, alcohol, and opioids.

The difference between the commercially available product and what we compound is that we are making low-dose naltrexone at low doses of 0.5-4.5mg per day. The opioid receptor is still blocked, but it is for only a short time, 4 to 6 hours. This blockage prompts a message to our brain that we need to produce our body's own opioids, which are endorphins and enkephalins. These are our body's endogenous or built-in pain relievers.

I like to ask patients, "What would you think about a drug that could increase endorphins by up to 300%." The usual answer is, "Sign me up." Increasing endorphins helps with energy, mood, and improved well-being. When naltrexone leaves the receptors, the endorphins can now stimulate the receptor, resulting in



pain relief. This is a non-opioid way of producing opioid-like pain relief without the side effects and addiction issues that go hand in hand with opioids.

The second mechanism of action happens when enkephalins modulate our immune system, creating an anti-inflammatory effect. The effect is achieved partially by blocking toll-like receptors, which create a cascade of inflammation when stimulated or turned on.

The third mechanism is blocking a specific toll-like receptor in our central nervous system. When the receptor is left unblocked, it creates inflammation in our brain and big nerves. When unchecked, it can lead to fibromyalgia, Parkinson's disease, depression, brain fog, and migraine headaches, a few of the conditions where CNS inflammation is a concern.

The clinical challenge with LND comes in how it is dosed. There is not one dose that is effective for all patients. Some of our patients are at 0.1mg per day, others are at 12mg, and some take it once a day, while others take it 2-3 times a day. It takes time and patience for the patient, practitioner, and pharmacy to find the right dose so that we can optimize the effect of the medication. The key with LDN is patience as the medication can improve over time, for up to 18 months.

When recommending compounded medications or any medication to practitioners, we look at the risk vs benefit of giving that medication. The conventional options have often been exhausted, and we are left with a compounded alternative where, in this case, the benefit easily exceeds the risk. Keep in mind, this is a safe, affordable alternative to many conventional therapies. It certainly is worth a try.

My staff and I would be pleased to help you, so stop by the pharmacy or call to schedule a consultation to see if LDN might be a treatment option for you or a loved one. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

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DICKINSON MUSEUM CENTER

Comes a Horseman ... from Pennsylvania: A. C. Huidekoper, Part 1

By Bob Fuhrman

In summer of 1897 the Bismarck Tribune carried a short notice of reports being carried in various state newspapers crediting a well-to-do farmer from Cando, North Dakota, D. W. McCanna, with building the “largest barn in the state,” a 104 x 64’ structure (6656 square feet) which the Langdon Courier Democrat claimed would “hold 150 tons of hay, 20,000 bushels of grain and 80 head of horses” when completed. The Tribune noted that when the sawdust finally settled the honor of building the largest North Dakota barn should really belong to the Little Missouri Horse Company (LMHC) which was building a barn at Gladstone designed to stable 600 horses at a cost of \$10,000 with 35,000 square feet under roof.

courtyard stood a windmill, water tank and troughs for watering the LMHC’s stock which would be housed in the structure’s 400+ box stalls. Often referred to as the Gladstone Stables, construction consumed over one-half million feet of lumber. The operation was run by Foreman Frank Roberts who lived in a separate house “equipped with every convenience” which also housed the stable’s two offices (known as “Mr. Huidekoper’s rooms” – after the founder/owner of the LMHC).

Staffing for the stables required 15-20 men year around who lived in a story-and-a-half boarding house presided over by assistant foreman Peter Roth. At the back of the boarding house were large kennels in which the LMHC quartered

stables, other barns and the residences (the last of which also received steam heat), a new 24 x 110’ shed, paddocks supplied with warm water, racks and mangers, and a feed room with steaming boxes, a feed grinder and an ensilage cutter. Announced in October were plans for a hospital room (“equipped with slings and all appliances needful for the attention of injured horses”) and a blacksmith shop

What brought all this to pass, you may ask? The Little Missouri Horse Company was an off-

shoot of the HT Ranch operation, which came into being when a fellow named Arthur Clark Huidekoper came out to the Dakota Territory in 1881. Huidekoper was born in Meadville, Pennsylvania in 1845 and served two years in the Union army after graduating from high school in 1863, eventually rising to command of Company A, 211th Pennsylvania Volunteers. After the war Huidekoper attended Harvard where he earned a law degree. Returning to his hometown he opened a practice and became active in various businesses.

One of Huidekoper’s business ventures was a partnership with Pennsylvania Congressman Samuel B. Dick to organize the Pittsburgh,



State Historical Society of North Dakota
Arthur C. Huidekoper in cowboy gear, 1883. Image provided by State Historical Society of North Dakota, item #00227-048, copyright undetermined.



Gladstone Stables, built 1897, demolished 1907.
Source – North Dakota Heritage Center & State Museum
01015 – H.T. Ranch, with by permission

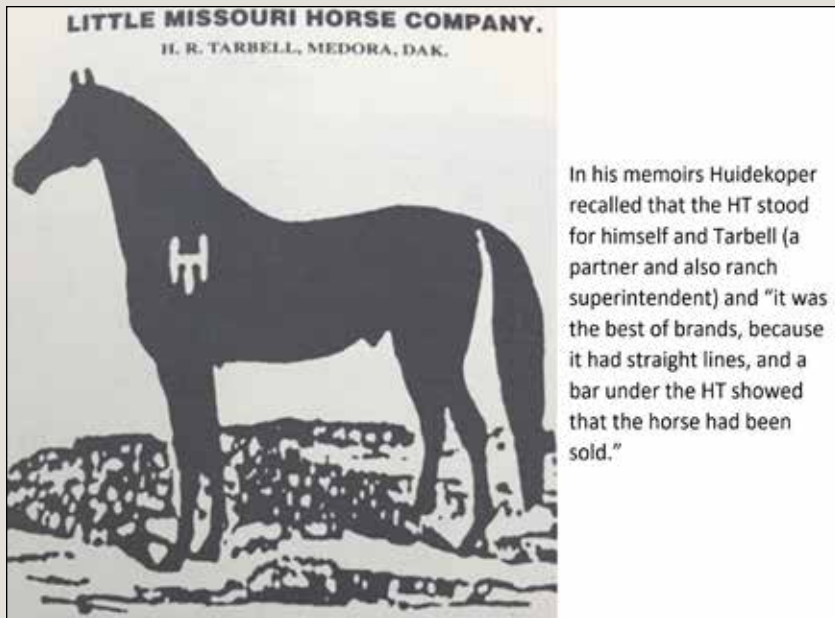
A Dickinson Press article described the structure as ‘quadrangular’ - here referring to a structure with four angles and four straight sides which surrounded a courtyard. Within the

“the company’s famous pack of wolfing hounds.” By the fall of 1898 several other improvements to the operation were made including an engine house with dynamo to provide electric lights for the

Bessemer and Lake Erie Railroad. In September 1879 the two men went on a hunting expedition to the Dakota Territory during which Huidekoper was infected with “the wild and contagious fever of the frontier.” Returning two years later to hunt in the Medora area he met Howard Eaton of the Custer Trail Ranch (CTR) who served as guide for Huidekoper’s party and eventually sold Huidekoper on the idea that buying cattle and putting them on the CTR, under the care of Eaton and his brothers. This led Huidekoper to establish the Little Missouri Cattle Company in 1883 with the purchase of 1,000 head of cattle

Continued, next page

Continued from page 16



and 23,000 acres (at \$2 an acre) of railroad land in Billings County upon which he would establish the Cattle Company's headquarters, the HT Ranch.

Huidekoper's operation was just getting to the point a profit might be realized when the disastrous winter of 1886-87 visited the Northern Plains and ruined several cattle companies. Even so, the '87 spring round-up showed Huidekoper's herd suffered less than most, but was down to about its original numbers, leading Huidekoper to remark in his memoirs, "We had years of hard work, for no profit." Disappointing as the cattle venture was, Huidekoper recognized that his horses had come through the winter in good shape, with little depletion in numbers so he decided to give up raising cattle and partnered with Alfred H. Bond, G. Gorham Bond and Henry Tarbell to create the Little Missouri Horse Company (LMHC), operating on the HT Ranch. Later, Earle C. and Albert R. Huidekoper and George F. Woodmen partnered in the company.

Upon deciding to concentrate on horses, Huidekoper and his partners began developing their stock. Huidekoper traveled to France where he purchased 35 purebred Percheron mares and six stallions. To this nucleus he added more purebred Percheron stock from US sources – stallions from Illinois and mares from Oregon. He

also bought 60 of Sitting Bull's former war ponies from the Marquis de Mores, some reputedly carrying scars from the Custer battle of 1876. Over the course of a decade the LMHC's herd grew to 4,000 horses, many of which were much sought-after draft animals (Clydesdales, Shire Horses and, of course, the Percherons) to pull anything with wheels – street cars, beer wagons (Pabst Brewing Co. of Milwaukee was a prime customer), military equipment and, in the middle west especially, the plows that busted the sod of the fertile plains. It is also noted that LMHC did not restrict itself to draft horses; some of the lighter strains of stock developed by the LMHC made very desirable polo ponies (reportedly the offspring of the former Sioux war ponies bred to a Kentucky Thoroughbred stallion were especially successful on polo fields) and at the 1901 State Firemen's convention held in Dickinson, Arthur Huidekoper himself joined the parade astride a well-known Thoroughbred, Kinvarra, "a beautiful representative of the most modern type of the American race horse."

Naturally, as the LMHC's herd grew, so did its real estate holdings, eventually comprising some 63,000 acres (with another 5,000 acres of 'school lands leased). L. Ray Wheeler, in his 1975 Horizons article, 'The Old H.T.', described the range of the LMHC:

"The western boundary was defined

by the Little Missouri, running as far north as Medora and as far south as Camp Cook, South Dakota. The eastern boundary was defined by the latitude of Gladstone with the Northern Pacific Railroad tracks forming the northern extreme and the South Dakota border the southern."

In Huidekoper's memoir, "My Experience and Investment in the Bad Lands of Dakota and Some of the Men I Met There," his enthusiasm for western North Dakota and pride in his horse ranching comes through:

"The breeding up of this herd was a most interesting problem. With the exception of some full-blood stallions, the rest of the herd ran at large. We had three pastures fenced, containing about eight square miles each. In one of these were kept the full-blood mares, who were bred on the halter and their colts registered. After the full-blood mares were in foal, full-blooded stallion was turned into the pasture to catch any mare that came around again.



I had spent so much money on my importation that I felt very solicitous for their welfare in the winter. These imported mares lived on the range winter and summer and fed themselves. In winter they would bunch together in the Scoria Hills, and did not seem to mind the cold. I have seen the colts running around playing, with the thermometer 40 below zero. The mares looked the worst in early spring before the new grass came. At that time, they would be sucking a great big last year's foal and nourishing another soon to arrive. At such times some of the mares looked thin, but they picked up wonderfully on new grass and were so fat by fall that they could hardly waddle. I spent fifteen years in breeding up the finest range herd in this country. Our



The HT Ranch site is located about 10 miles west of Arisdon, SD on Deep Creek. The headquarters building, known as "Shackford," is one of two original surviving structures described on the HT Ranch's U.S. National Register of Historic Places Inventory. Photographic print, Joachim Museum collection, 2022.013.024.

ranch houses, our range, and our outfit were looked upon as the best."

But Arthur Huidekoper's love of the range was reportedly marred, to his way of thinking, by the encroachment of settlers looking to establish themselves on homestead lands and eager to put their plows to work, an intent in conflict with Huidekoper's reported supposition that the vast tracks where he ranged his herd would never be developed. The railroad lands that Huidekoper bought were offered by sections and laid out in checkerboard fashion – alternating the railroad sections, which were available for direct sale, with homestead lands that were available 'free' for men or women paying an \$18 filing fee (to the US government) and who were at least 21 years old, were head of household and willing to live on the land for 5 years – by which time they will have successfully cultivated at least 10 acres and built a domicile measuring at least 10' x 12'. Immigrants from foreign lands were also required to become U.S. citizens to successfully complete their claim and take outright ownership of the land.

Huidekoper's supposition that the homestead lands adjacent to his railroad land purchases would never be settled led him to adapt the tracts to fit the needs of a pure stock operation – that is, fencing in large tracts of land (including the tracts designated for homesteaders) for pastures in which selected mares and stallions were allowed to roam at will, thus ensuring a degree of control over bloodlines. It was these essential fences that Huidekoper believed to be within his rights to erect that eventually ended his sojourn in southwestern North Dakota and ushered in a Milwaukee beer baron for one of the biggest land deals the state had ever seen.

Stay tuned for Part 2 next month. ■



Charlee and Ace

Golden Valley is where this story begins. The town, in the heart of the plains of North Dakota, is home to a cowgirl named Charlee Lundquist.

Charlee had a spirit as free as the herds that grazed the pastures of her grandparent's NZ Quarter Horse Ranch. The rhythm of hoofbeats echoed through her childhood, and she grew up surrounded by the timeless bond between humans and horses.

From the moment she could walk, Charlee found herself drawn to horses. Captivated by these creatures, she developed a passion for horsemanship that would shape her life's journey. She will tell you that she dreamt of the day she would have one of her own from a very early age.

Her grandparents would not make her wait long. At the young age of nine, Charlee would receive a gift that would likely top all gifts in her life. Born from the bloodlines of the ranch, a little sorrel colt with a big white blaze and three round dots on his nose entered Charlee's world. The colt would be named Ace; the theme for foals this year was playing cards, and the name seemed to fit. Ace was the spitting image of his mother in looks and temperament.

An Ace, standing alone amidst a deck of cards, carries with it the feeling of luck and opportunity. Symbolizing the pinnacle of achievement, the Ace is a sign of good fortune, its presence signaling the possibility of victory for the person who holds it.

The lucky colt was officially Charlee's on the day he was born. Many horse aficionados will share that it is a dream come true to own a horse and raise it from birth. Charlee did not take the time to bond with him from a young age for granted; this effort created an almost inseparable relationship between the pair.

Charlee visited Ace so often that he became a big puppy dog. While she was mastering some of the skills of horse training herself, a neighbor helped put on the first couple of rides. After that, Charlee took over, putting on what had to be thousands of miles through the years. "Ace was an honest horse that just wanted a good ride," Charlee recalled.

Charlee remembered Ace as being a softy and a good listener. You could find her at the corral, leaning against him in a snuggle, telling him about her day for hours. There was nothing like a bit of Ace therapy to fix a hard day.

Ace was also a big goofball. He liked candy and toaster pastries, rejecting his horse treats if Charlee didn't bring the "good stuff" after a ride. Like the puppy dog image he maintained, Ace loved his giant ball in the corral. If you weren't paying attention, he might sneak to unzip your jacket between his teeth; one of his favorite quirky things to do.

When it came down to business, Ace was a good partner. Charlee recalled moving cattle with him and trusting him not to run off. "I stepped off to chase

My First Horse

By Dr. Holly Gruhlke

First horses are not only a good source of fun for their riders, but can also provide some really great life lessons. This type of education, learned in a pasture, on a prairie, or in an arena, can last forever, and serve as a mechanism for building grit and tenacity.



some cattle out of the brush one time. Ace started to push the cows up the trail, walking slowly behind them. He thought he was helping, so I wasn't to upset I had to jog a bit after him." A cowy ranch horse is an exceptional tool and something in high demand. Ace was a gem in this department.

After over nine years of working together, Charlee knew she could count on Ace to make her senior night at the rodeo memorable. On senior night, contestants carry in the flags, a sign of moving on to the next level in their careers. While Ace and Charlee had never completed this task together before, that did not matter. Ace had never been ridden in an arena with that many horses. Charlee could tell that he was amped and excited but still acted professionally. "It was so fun, and perhaps my favorite memory," shared Charlee, "He didn't miss a beat. We just clicked, and it was the best."

Ace could get himself into tight spots on occasion, as Charlee felt he was a bit accident-prone. He would often try to hide any discomforts from his mishaps in exploration to avoid being left at the barn. If he had a cactus in his leg, he would gently let you know so it could be removed.

Ace's luck eventually ran out due to his quirky trait and predisposition to getting into unusual predicaments. Unfortunate accidents are often the punctuation marks in the story of life. The kind and gentle soul was gone after just ten years on the earth, much too early for such a mount, leaving a mark on Charlee's heart. As Charlee puts it fondly, "There will never be another Ace."

Losing a horse can be like losing a part of one's soul. Yet, amidst grief, there exists a glimmer of hope. As time moves forward, memories of cherished moments spent together become not sources of pain, but rather, remembrance and gratitude. This is the place where Charlee is at today. Charlee's grandparents are breeding a mare back to the stud line in hopes of producing a similar horse. With Ace looking down, luck is on Charlee's side. ■



Farm Girls

DR. HOLLY GRUHLKE

Farm Kid
Horse Enthusiast
DSU Vice President

DICKINSON
STATE UNIVERSITY



VOICING SOME THOUGHTS

Total(ity) awesome

By Nancy Hoff

My daughter planted the seed in the winter – to see the total eclipse of the sun on April 8, telling me it may be the only one I will ever see.

The seed blossomed into a road trip to Indianapolis and we followed the sun from there. We bought tickets to the art museum festival, but changed our minds upon seeing the crush of humanity.

Onward then, to Shelbyville, 20 minutes from the city. About 100 people basked on the town square armed with blankets, tripod cameras, and anticipation. Indiana is immersed in spring – lush green grass to dig toes into, redbud shrubs and crab apple tress in early bloom, temperate air. An Eden-like setting to enjoy the cosmic experience.

Eclipse chasers claim it is indescribable. But that won't stop me from attempting to do so.

Although it was noon, it seemed like the "feeling" of late afternoon, getting off work. Only a few birds were flitting about – but I heard the twitter of late day roost. Through the comical glasses, the sun and moon were playing role reversal. The sun seemed to be the cheese wheel with a mouse bite taken from a corner. As the orb of the moon passed, the sun shrank from view ... until it looked like the sliver of a toenail ... just like a crescent moon. Then as it covered the sun, the corona of light around the disk shimmered, the evening star appeared in the sky.

A wind whisked through, chilling the air. Then the descent of dusk – my favorite time of day. When us humans feel the letting go of day stress ... somnolence, peace. Surroundings put on a mantle of shadow... eventide. I felt different, a grounding or heaviness, and I was not alone because I heard others commenting too. Communally, there was a presence of joy, unity, a shared kinship, if only momentary. Applause and cheering for the wonder of the universe.

Then the moon gave a bow and left the stage for the

star of the show. Yes, it IS indescribable. I am glad I will go to my Maker having experienced this.

The bonus of the trip was time spent with my gypsy girl. Impromptu stops – House on the Rock in Wisconsin-most eclectic collections ever seen. Besides the rock house, we toured through a turn of century street with shop windows from china to carved ship figures; a long stairway to the mouth of a sea monster; hot air balloons; self-playing instruments and vignettes in time to the music, culminating into a 4-tier carousel arrayed in red, white and gold chandeliers, spinning 189 figures (no horses) in a carnival tune. An assault on the senses, a glimpse of glory, a crazy dream you can't awake from. But wait, 12 rooms more – knights, crowns, dollhouses, artillery. jewelry displays, a circus. It's a long strange trip! A must see.

Back on the road, Rochelle, IL rail crossing with hobo chalk marks. During the Depression, itinerants would mark gateposts with coded signs indicating good people, a meal, mean dogs or the law to communicate to fellow itinerants. A Route 66 diner. Bluegrass jams at a great bar and grill. Salvador Dali immersive at the art museum.

We sang with a playlist of sun and moon songs, discussed all kinds of topics, laughed, cried, argued, confessed and reminisced.

A total eclipse of the heart. ■



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COMMUNITY

Thrive in May: 7 mental well-being tips

May is Mental Health Awareness Month! Here's how to flourish this month (and beyond):

1. **Fight Isolation:** Social connection combats loneliness. According to the 2022 County Health Rankings, North Dakota has a higher ratio of residents to mental health providers compared to the national average. This means there are fewer providers to serve a vast geographic area. Reach out to loved ones, join community events, or find local events like The Summit on Behavioral Health in Energy Country.

2. **Move Your Body:** Exercise lifts your mood. Aim for 30 minutes of moderate-intensity activity most days. North Dakota's scenery is perfect for outdoor adventures!

3. **Prioritize Sleep:** Lack of sleep harms mental wellbeing. Adults need 7-8 hours nightly. In North Dakota, 33.2% of adults report sleeping, on average, fewer than seven hours in a 24-hour period. The darker winter months can disrupt sleep patterns, using blackout curtains or a natural light alarm clock to regulate your sleep cycle can help. (americashealthrankings.org/explore/measures/sleep)

4. **Practice Mindfulness:** Techniques like meditation and deep breathing can manage stress and improve emotional



regulation.

5. **Fuel Your Body:** Eat a balanced diet to nourish your brain and body. Cold winters make it tempting to crave comfort foods. Focus on incorporating locally grown vegetables and lean proteins.

6. **Challenge Negativity:** Counter negative thoughts with positive self-affirmations.

7. **Seek Help:** Don't hesitate to ask for help if needed. Therapists, counselors, and support groups are available.

North Dakota's size makes mental health services harder to reach. The Summit on Behavioral Health in Energy Country (June 19th-20th) aims to connect people and resources, bridging this gap.

Learn more at visionwestnd.com/summit2024.

Taking care of your mental health is an ongoing journey. By following these tips and seeking support when needed, you contribute to a future with accessible mental healthcare for all North Dakotans. ■

Call for artists

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

Submission Guidelines:

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

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

Selected artists will not only grace our cover but also receive exposure to our wide readership. Let's paint a vibrant picture of North Dakota's creativity! Submit your entries to kelly@thejileks.com and be part of this exciting showcase. ■

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WHERE BUSINESS GOES TO GROW

What happened to service?

By Matt Ellerkamp,
Business Advisor, SBDC



Customer Service involves a combination of soft and hard skills. Customer service personnel are challenged to be adaptable, skilled, and emotionally intelligent. As technology, industry, and expertise continue to advance, these employees must have the ability to communicate with verbal and non-verbal cues.

Customer Service is an area that companies cannot lose sight of, especially, in the current era of optimization, automation, and technization. Due to a shortage in workforce, in the name of profits, customer service practices are being put back on the consumer by implementing self-checkout, food ordering kiosks, self-pay, automation and more. Here are five areas of customer service that can be evaluated to improve the company brand, culture, profitability, and productivity.

Technology

Technology is ever changing and vitally important to a business, it is pushing customer service beyond emotional intelligence and conflict resolution. Being tech-savvy is now a necessary entry level skill in the workforce. Employee's must have a basic level of understanding and ability to learn a software systems to make sales, manage clients, source information on products, a basic proficiency of e-commerce and social media.

Communication

Being able to communicate is a building block of customer service and may be the true cornerstone of all business success. Communication involves the ability to read people beyond words, seeing into their emotions and bodily reactions. How to interact with customers should be demonstrated by leadership and practiced routinely by staff to create culture of effective communication.

Product/Service Knowledge

Superior/experiential customer service not only requires product knowledge but DEMANDS it. If staff do not know the product being sold, they cannot effectively meet the needs of the customers or provide

an experience that leads to return sales. This is where technology or a seasoned mentor can be a resource. Customer services is edging into an advisory role for customer decision making. Helping customers make confident decisions will lead to a positive experience that creates brand loyalty.



Problem Solving Aptitude

Problem Solving is another hallmark of customer service and satisfaction. Employees who can identify arising conflicts, actively listen, and provide solutions bring an intangible wealth that can't be measured monetarily. Customer service deals with a myriad of circumstances, when staff know how to address issues in professional manner, usually the customer can leave satisfied.

Empathy

Empathy is perceiving, interpreting, and understanding another person's emotional state. Empathy creates trust, a company that embodies trust in its business culture and employees is a benefit to society. Trust is incalculable, leading to lasting and sustainable employees, repeat business, customer referrals, and profits.

Leveling up customer services is not an easy because it is a formative process for people. Superior customer service requires staff that are emotionally intelligent, disciplined and can control their own emotions. Small business should consider evaluating their customer services practices and think about how they can start delivering the best-in-class service.

Funded in part by a cooperative agreement with the SBA. All opinions, conclusions, or recommendations expressed are those of the author and do not necessarily reflect the view of the SBA. ■



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HEART RIVER VOICE | MAY 2024

Calendar

SEND YOUR EVENTS TO EDITOR@HEARTRIVERVOICE.COM OR VISIT US ONLINE AT HEARTRIVERVOICE.COM

\$1 Drinks 9-10pm. Every Thursday, Country Night, Line Dancing 6pm. Every Saturday, Bingo at 6pm. 640 12th St West (Old Army's West)

THURSDAY MAY 2

DSU SPRING CHOIR CONCERT 7PM The concert will be held in Stickney Auditorium in May Hall. Contact: 701-502-4356 for more information.

WEDNESDAY MAY 8

CANDIDATES FORUM 6PM Join the Chamber of Commerce Governmental Relations Committee for an evening with the candidates. See ad, next page, and article, page 7, for more information. Dickinson City Hall.

THURSDAY MAY 9

START UP YOUR DAY 8AM This event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. See the ad, page 6, for more information. Stark County Veterans Pavilion.

LIBRARY The library takes a break from standard activities in May. Sign up for their Summer Reading Program! See article, page 4, for more detail.

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MAY IS MENTAL HEALTH AWARENESS MONTH AND NATIONAL FOSTER CARE MONTH (See articles, pages 9,

20 and 26.

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TUESDAY, MAY 14 4-6 PM


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MAY 27 AND 28 BADLANDS BIG STICKS HOME BASEBALL GAMES

6:35PM Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 9 for more full schedule.



SAVE THE DATE

SATURDAY JUNE 1
SUMMER READING KICK-OFF CARNIVAL 10AM-2PM
See page 4 for more information. Held at Dickinson Legacy Square.

JUNE 14-15
32ND ANNUAL MISSOURI RIVER BLUE GRASS FESTIVAL Friday 6:30-10:30PM; Saturday 10AM-10:30PM Cross Ranch State Park

11TH ANNUAL KIDS HEALTH AND SAFETY FAIR
3-6PM This even is FREE to the public and is geared towards kids and their families to come and participate in activities to learn about health and safety. See article, page 10, for more info. West River Ice Center.

TUESDAY MAY 14
BUSINESS AFTER HOURS
4-6PM Join the Chamber of Commerce for an opportunity to network with business and community leaders. See ad, this page, for more information. Held at Phat Fish Brewing, 1031 W Villard

WEDNESDAY, MAY 15
ARMED FORCES DAY LUNCHEON 12-1PM Sponsored by Dickinson Rotary Club and Dickinson American Legion Post 3. Tickets at the door or from any Rotarian. See page 6 for more info. Biesiot Activities Center, 398 State Ave N.

MAY 17-JUNE 3
BLU HAVEN SPA HOT TUB

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

SATURDAY MAY 18
TOUCH A TRUCK 11AM-4PM Fun for the whole family! See page 25 for more information. West River Ice Center.

FRIDAY MAY 24
SW SPEEDWAY SEASON OPENER Western Renegade Non-Wing Sprintcar Series. More info, call 320-293-6609

MONDAY, MAY 27
DICKINSON HIGH SCHOOL RODEO 9AM Come to the Stark County Fairgrounds to watch some awesome high school young men and women from all over North Dakota to compete in the sport of rodeo!

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THE ARTS

Happenings at SWAGSC

By Jan Stromsborg

In December 2023, Southwest Art Gallery and Science Center moved into the former City Hall building located in downtown Dickinson at 99 2nd St East. The mission of Southwest Art Gallery and Science Center (SWAG & SC) is to enhance cultural appreciation through education of arts and sciences for all ages.



Their goal is to facilitate a community of lifelong explorers inspired by art and science. SWAG & SC intends to offer both artistic and scientific exhibits with interactive displays and experiences to actively engage visitors. In addition, there will be opportunities for educational classes and workshops, demonstrations, and outreach programs benefiting multiple age and interest levels in our local and surrounding communities.

Currently the main floor of the SWAG & SC is utilized as the gallery and science center with the lower level of the building being a rental space. Currently through May 31st the Southwest Gallery is hosting its first annual photographic exhibit "Through the Lens". "Through the Lens" features 88 photographs from 15 artists residing in North Dakota, South Dakota and Minnesota.

Friday May 10th and Saturday, May 11th SWAG & SC will hold another of many "Mommy and Me Paint and Sip" session. Friday's session is from 6 pm to 9 pm and is for adults aged 21+. Saturday morning is for ages 3 to 8 years old and the afternoon is for 9 and older. Participants will be provided with step-by-step instruction by professional artists to create an artistic piece while they sip on beverages of their choice. At the end of the session attendees can take their masterpieces home.

Summer STEAM (Science, Technology, Engineering, Art, and Mathematics) Stations will be the SWAG & SC featured attractions May 28th – May 30 from 9 am to noon. The nine science and art stations will be interactive with hands-on activities for children ages 5 to 15. One station challenges students to design circuits using LEDs, batteries and other simple materials to create unique Light-Up Greeting cards.

Check the SWAG & SC website, swartandscience.org for more details. ■

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PAWSITIVELY POPPY

Sniffari

By Miranda Kuhn

With the beautiful spring weather comes the arrival of the long awaited dog walking season. There are two kinds of walks you can take with your pet. The business walk where the two of you are out to accomplish the mission of exercising for your health, and the pleasure walk where you both take your time and smell the roses...and trees...and street lights. The latter is commonly called a "sniffari" and the goal is not to lead your dog where you want to go, but to let your dog lead the way.

Take your time and let your dog sniff all the things they want to sniff and walk in whichever direction they want to explore. Dogs have about 100 million more scent receptors in their noses than we humans do, and allowing them to follow their noses from time to time is so important for them. When we pull a dog away from smelling things on a walk it would be as aggravating as going shopping with a friend and when you find an interesting item and want to look closer they yank you to away to another part of the store.

This type of walk is an enrichment opportunity that so many dog owners forget about because they feel like they have to keep things moving along. Many dogs benefit from the slower paced gentle sniffari. Curious dogs like Poppy enjoy reading the messages left for them by other dogs, and dogs who are older or who have physical limitations may just enjoy the slower pace and feel less pressured to keep up with us. Keeping a mix of both business and pleasure is the key to physical and mental health for both you and your pooch. Happy Spring! ■



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Ask Alfie

Dear Alfie,

My family and I have been interested for a while in getting a kitten and I think we are ready. One of our local rescues has two kittens and they said that they are a “bonded pair.” I really don’t know if we want two though. Wouldn’t that be too much for one home? What do you advise?

Sincerely, New Kitten(s)

Dear New Kitten(s),

Congratulations on being ready to open your home to having a pet! I’m very glad that you are taking the time to make this decision carefully, as pets should only be adopted if you’re willing to care for them for life.

Whether you get one kitten or two is ultimately up to you. However, if a pair is considered “bonded” that is a good indication that they will be happier and adjust more easily if they go together. Separating them can be detrimental to their emotional health and runs the risk of having your new kitten be stressed, more likely to misbehave, and more hesitant to bond with you and your family.

One benefit to adopting two at a time is that your kittens can teach each other how to moderate their play-fighting behavior. Kittens do not always know when to stop, how hard to bite, etc., unless they learn this from another cat. This means that as they get older, you could end up with a cat that bites too hard when you are playing with them.

Another good argument for adopting two is that kittens have an abundance of energy and require ample attention and playtime. If you’re busy or your family is away from home a lot due to school and work, your kitten may become lonely or bored. Having a playmate will prevent that from happening.

Lastly, there are so many cats who need homes. Adopting two means saving an extra life and that is a beautiful thing!

In short, if you are financially able to provide a good home for more than one cat, I encourage you to consider it. Thank you for choosing adoption!

Sincerely, Alfie ■



Have a question for Alfie?
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COMMUNITY

Introducing Foster For'em

By Laura Walters

Four tired foster moms gathered in January of 2024 seeking community and camaraderie, each with their own stories of the heartaches and triumphs experienced while filling their roles as foster moms. Out of these long visits over coffee, through the sharing of stories and a mutual passion for helping others like them, Foster For'em was born.

Foster For'em is a nonprofit organization which exists for the benefit of the foster children, biological families, foster parents, kinship care providers, and the village that surrounds them in Dickinson, North Dakota, and Roughrider Human Service Zone which covers four counties.

After the launch of Foster For'em on social media, community members quickly rallied behind the For'em by generously donating gently used items and items purchased from their extensive Amazon Wish List, filling the Foster Closet shelves to the brim. In addition, special requests for larger items like bikes or car seats and other items not available in the Closet are shared to the For'em's Facebook page where community members are then given the opportunity to meet a specific need for a family. These needs are often met within the first hour or two of sharing!

Since formally organizing and opening the Foster Closet on March 1st, 2024, Foster For'em has served foster and kinship families thirty-five separate times by supplying items such as diapers, hygiene products, books and so much more. Volunteers have also provided meals and childcare for foster families several times. These supports have encouraged many and given the For'em the chance to connect in all-new ways with care providers who once felt isolated and exhausted facing the daily challenges of parenting children with trauma alone.

While the physical support of the community has been overwhelming and appreciated by so many already, those involved with the For'em have been thrilled to share their passion with several prospective foster parents and respite care providers. Their hope is that by involving the community in these sometimes uncomfortable conversations surrounding foster care, others will pursue licensing or consider becoming a volunteer support for bio families, foster families, and children. ■

| FOR THE CHILD | FOR THE FAMILY | FOR THE VILLAGE |
|---|--|---|
| Providing necessary items to children as they enter Foster Care in order to ease their transition. Offering extended services and support to ensure the child thrives in all areas of growth and development. | Working together to recruit and retain licensed Foster Families by creating a community of like-minded individuals and by providing extended supports to ease the strain of constantly shifting schedules, mental health, etc. | Inviting the greater community into discussions surrounding Foster Care and the specific challenges and needs of those involved while educating and including them in the solution. |

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CONVENTION AND VISITORS BUREAU

Springing into action: Exciting sports on the horizon in Dickinson

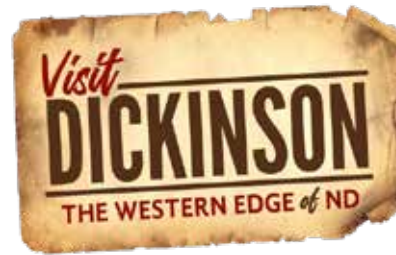
As the chill of winter begins to thaw and the promise of warmer days looms on the horizon, sports enthusiasts in Dickinson eagerly anticipate the arrival of spring. With the changing of the seasons comes a flurry of athletic activities that breathe new life into the community. From baseball diamonds, soccer fields, rodeo grounds, and the motorsport's track, Dickinson is gearing up for an action-packed spring sports season.

Baseball and softball reign supreme as one of the most beloved springtime pastimes in Dickinson. Local teams are diligently preparing for the upcoming season, fine-tuning their skills and strategies in anticipation of fierce competition. Whether it's Little League

games at the neighborhood park or high school matchups under the Friday night lights, baseball and softball bring together players and fans alike to celebrate the spirit of the game.

Of course, no spring sports season would be complete without the thrill of track and field. Athletes from Dickinson's schools are gearing up to showcase their speed, strength, and agility in a variety of events, from sprints to long jumps. Whether competing for personal bests or vying for championship titles, track and field athletes embody the spirit of determination and sportsmanship that defines the season.

But those athletic events aren't the only game in town this spring. Rodeo



contestants are eagerly awaiting the start of the season, ready to showcase their skills in the timed and roughstock events. Fast action and honed skills dominate this sport. It's a thrilling spectator event that has everyone's attention.

And how about those roaring cars at the Southwest Speedway? They compete lap after lap with a deafening sound of engines, spectator cheers, and the announcer as they declare a winner as the checker flag falls.

As spring blooms in Dickinson, so does the excitement of sports season. Whether you're a die-hard fan or a casual spectator, there's something for everyone to enjoy in the wide world of spring sports. So

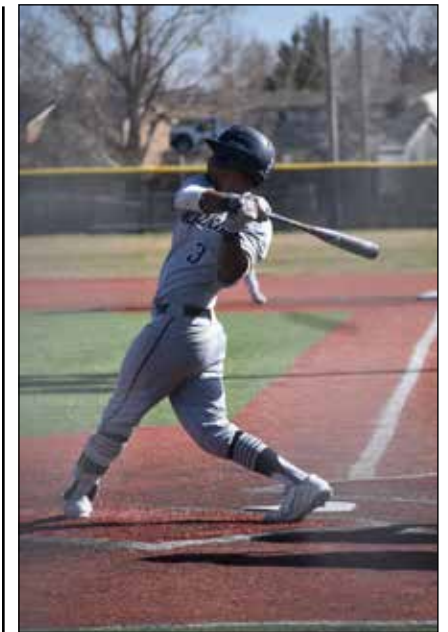


Photo credit: Abbie Kludt

grab your gear, cheer for the team, and get ready to enjoy the event —it's time to spring into action in Dickinson. ■

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Preamble

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The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

For local meeting schedule, see our website: aaorthdakota.org

All inquiries are confidential. AA Hotline 701.264.7552 ■



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EDUCATION

Frequently asked questions for a sommelier

By Thomas Brenner, Sommelier

Serving temperature: How should wine be served? Just not too cold. (And obviously not too hot). The colder the wine, the more muted the aroma and taste.

Storage: How should wine be stored? Without temperature fluctuations, laid down on their side, consistently at a temperature between 52 and 58 degrees, ideally. There are exceptions.

Wine ratings: Should wine ratings be considered, and what do they mean? Wine ratings don't mean diddly, mostly. I don't have someone tell me what to eat, so how should wine be any different? Drink what tastes great, and most of the wines you'll encounter do.

Winemaking: Do winemakers add flavor to wine? The flavors in wine come from the grape and the decisions made in the cellar. No flavoring is added. Each grape exudes a unique combination of flavors and aromas, keeping wine endlessly diverse (and intriguing). Admittedly, some of the biggest, as well as the cheapest brands use mega purple (a coloring, sweetening and flavoring agent) and sometimes immerse wood chips in wine for flavor.

Wine flavors: How do wines get their different flavors and aromas? Wine gets its flavors and aromas from fermentation, a biochemical process that converts the sugar in grapes into alcohol. During fermentation, yeast enzymes release the aroma precursors in the grapes, creating flavor compounds like esters and aldehydes that add new flavors and scents to the wine. These flavors may not have been present in the fresh fruit.

Tannins: What are tannins? Tannins come from the seeds, skins and stems of grapes, as well as wood from barrels in which they age. These chemical compounds exist in nuts and tea as well. They're grippy, astringent molecular compounds that add to the texture of a wine.

Aging: Do all wines get better with age? Oh no, certainly not. Most wines are meant for immediate consumption and can't be aged for as long as others. Attributes of either or a combination of high alcohol, tannins or residual sugar, or being a red wine help assure the longevity of a wine.

Wine recommendations: What wine would you recommend with fish? A white wine for most. But if it's a red-fleshed fish like rainbow trout or salmon, a light red wine, such as a Pinot would pair well too. This is especially true when factors like sauces, mushrooms, spices, herbs and vegetables are factored in. For fish dishes with citrus, try an aromatic white wine. If you're enjoying a heartier fish with a butter or dairy sauce, a full-bodied white wine like a Chardonnay or Chenin Blanc would do the trick.

Sommelier role: What is the role of a sommelier, and how does someone become one? A sommelier tends to the purchasing, storing and organization of wines they display on their beverage menus. They advise with pairings, offer recommendations, select the appropriate glassware, serving temperature, potential decantation and service of the wine. To become a certified sommelier, you take courses or pass written and practical tests administered by an accredited certification body of sommeliers. The most widely accepted are WSET and the Court of Master Sommeliers.

Wine education: What's the best way for a wine lover to learn about wine? By tasting, thinking, talking and reading about wine consistently.

Wine tasting: When tasting wine, what should I be looking for? Break down different attributes a wine offers. I feel that the most important aspect is the balance in a wine. If the wine is not too acidic, sweet, tannic, extracted, watery or flabby and all attributes are in harmonious balance, much like a well-crafted cocktail, then this wine has a chance of being good. Try to isolate various attributes in a wine like citrus, pomaceous, tropical and berry fruit flavors, spice, herbs, acidity and mouth feel. Styles differ from grape variety, region of origin, vintage and producer. Enjoy! ■



COMMUNITY

Friends of the Library celebrates 40 years

TWICE SOLD TALES

Friends of the Dickinson Public Library Bookstore



The Friends of the Dickinson Public Library is celebrating its 40th anniversary with coffee and cookies on Thursday May 16th at the bookstore, located at 128 2nd St. West. It was formed in 1984 to provide support for the library programs by raising funds, assisting with library events, and promoting public use and understanding of library programs.

The organization began its fundraising efforts by transporting donated books to the Prairie Hills Mall for two-day and then three-day sales twice a year. This involved a lot of heavy lifting, so the board was grateful in 2001 when the Library Foundation purchased their current building, which was remodeled for our bookstore "Twice Told Tales".

The bookstore is staffed and maintained by a dedicated group of volunteers. It is open Monday through Friday from 11am-5pm. Donations of books are always welcome. Books are sorted, priced and then shelved alphabetically by genre. These include fiction, history, military, classics, nonfiction, spiritual, romance,

sci-fi and westerns. There are sections for gift books, DVDs, CDs, audio books, poetry, music, cookbooks and some recently donated German books. We also have a large children's section, with board books for toddlers, chapter books for elementary students, and a section for teens and young adults. Plus we have a large selection of home school materials.

We are always looking for volunteers for the bookstore or new members for The Friends of the Library. The dues are \$10 per year or a \$100 lifetime membership. This membership entitles you to books at half price when the bookstore is open on a Saturday. We are open on Saturdays during our October sale in the library community room and also open for the kickoff days for the library's summer and winter reading programs. The first of these will be June 1st.

If you would like to volunteer for a three-hour shift or become a Friends member, stop by the bookstore or search for us on Facebook. ■

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COOKING CRAVE

Dinner tonight!

Tune into Consolidated's channel 18 to cook along with Laverne and Rhonda. You can watch their show Tuesday evenings at 6pm and 9pm or Wednesday afternoons at 2pm or 5pm (replay of Tuesday's show). New shows air every other week.

Share your recipes to be considered for the show by sending to: Consolidated, Attn - Rhonda Fitterer, PO Box 1408, Dickinson ND 58602 ■



Laverne and Rhonda

Homemade Recipes Made Easy!

Chicken Parmesan Stuffed Peppers

- 4 bell peppers – any color
- 2 cups cooked chicken, shredded
- 1 1/2 cups marina sauce
- 1/2 cup grated parmesan cheese, plus more for sprinkling
- 2 cups shredded mozzarella cheese, divided
- 1 tsp. garlic powder
- 1/4 tsp. red pepper flakes
- 2 Tbsps. parsley

Preheat oven to 400 degrees. Cut peppers lengthwise in half, remove seeds and membranes. Add chicken, marinara sauce, parmesan cheese, half of mozzarella cheese in a large mixing bowl; combine with a spoon. Season with red pepper flakes, garlic powder and parsley. Arrange the peppers in a baking dish with open side facing up. Divide the filling equally between peppers, sprinkle remaining mozzarella & parmesan cheese on top of filling. Add about 1/2 inch of water to baking dish and cover with aluminum foil. Bake 20-25 minutes or until peppers are soft. Remove foil during the last 5 minutes so cheese browns and finishes melting. Remove the cooked peppers from oven and cool slightly before serving.



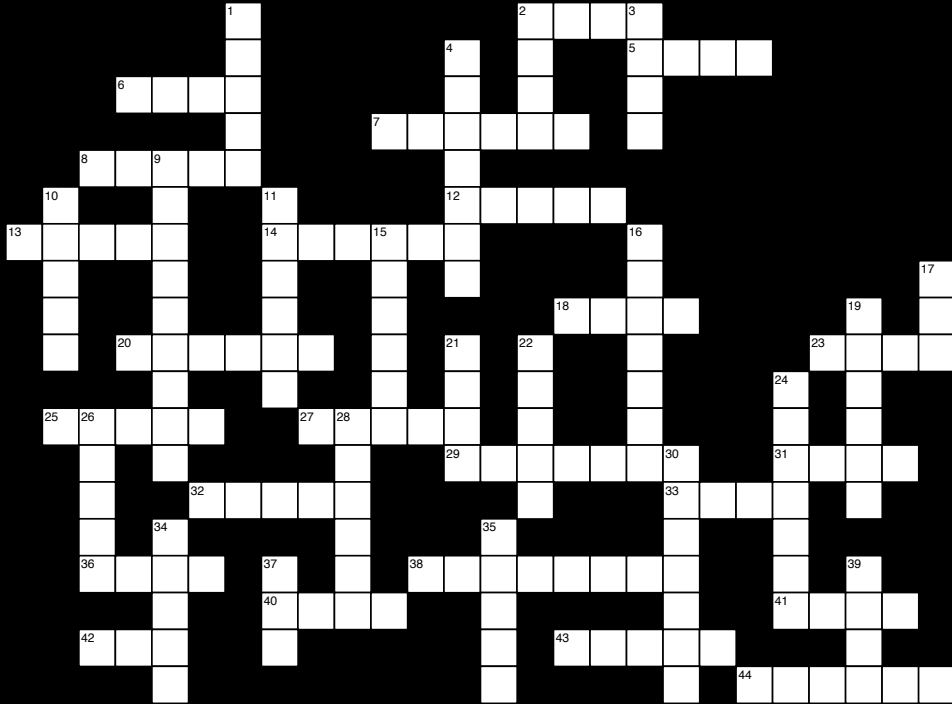
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++CASHING IN++



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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

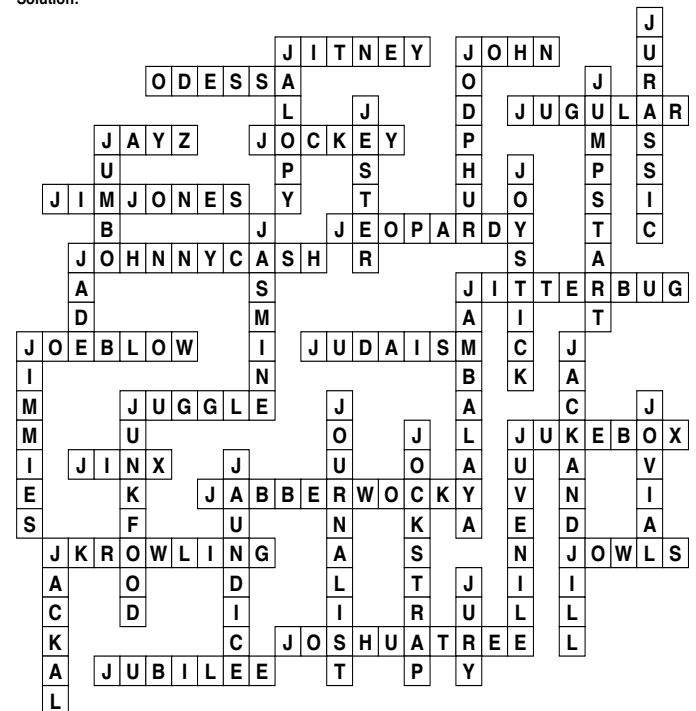
DOWN

- 1 Uttered
- 2 Sticky roll
- 3 Boo-hooded
- 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
- 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

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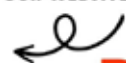
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