

Heart River VOICE

SEPTEMBER 2019 | VOL. 1, NO. 9 | HEARTRIVERVOICE.COM

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**A community
gem**
Kristi Goodall helps
students succeed **page 16**

**Sully Creek
State Park**
Adventure on a dime
in our own backyard
page 24



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A note to our readers

The fun never ends! Just look at all of the possibilities for September. Check our Calendar of Events for entertainment to finish out your summer. There's plenty to do. If you like to travel close to home, see our articles about camping at Sully Creek State Park and a road trip across the Old Red Trail Scenic Byway.

There's lots to read about the wonderful people and entities contributing to our community, too - The Chamber, two community libraries, Best Friends Mentoring Program, The Society of St. Vincent de Paul, Kristi Goodall, Brent Seaks, and so much more.

Thank you everyone, for all you do!

Kelley Jilek
Publisher

Acrylic on canvas by Bobbie Lee. For more information about the artist, see page 5.

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EAT RIGHT

What registered dietitians wished you knew

By Gabrielle K. Hartzel, RD, LRD

Healthy eating beliefs are different for everyone. There are tons of opinions, ideas, and self-proclaimed diet 'experts' swaying nutrition viewpoints. It seems like there's so many conflicting ideas, but it's not that there's conflicting facts it's the abundance of conflicting opinions floating around.

Assess Your Sources

Be careful where your information is coming from. Unfortunately, Google's algorithm isn't designed to filter between fact and fictitious material – that's up to the readers themselves. Most importantly is to evaluate where the information is coming from. Bare minimum, the author should cite reputable sources if not an expert in the field. Not only are experts able to cite their sources but they've also been trained to critique them as well. Research articles, experts in the field and reputable sites like eatright.org are your best bets.

Morality and Food Don't Coincide

Approaching food from a viewpoint of good vs. bad is only creating unnecessary guilt around eating. It's natural and healthy to eat a variety of foods. Nutritional information like calories, fat, carbohydrates and protein content can help to determine if the item fits within your nutritional goals. Just because weight loss is sought does not mean a candy bar piece should never be allowed. Besides, food restrictions typically lead to overconsumption later.

Everybody' Is Different

An eating plan that works for your friend doesn't mean it'll work for you. We all have individualistic nutrient needs based on our lifestyle, body weight, health conditions and activity level which just hits the tip of the iceberg. Choose an eating pattern that leaves you feeling your best both physically and mentally.

Spread Out the Protein

An important one indeed, but no more important than its counterparts' carbohydrates and fat. More protein ≠ more muscle mass that is, without extra work involved. The body utilizes protein best spread equally throughout the day to sustain and rejuvenate muscle growth.

Bottom Line

Instead of keeping up with the latest yo-yo diets, registered dietitians are especially trained in creating long-lasting, positive and realistic life style changes based on research. Rather than gathering more nutrition information, practice listening to your body – this is what's most likely needed. Spend more time thinking about your needs and the avenues needed to take to reach them. The time to invest in yourself is now. ■

DICKINSON AREA CHAMBER OF COMMERCE

Harvest Festival 2019

If you're looking for a fun fall festival for the entire family...look no further. Join the Dickinson Area Chamber of Commerce & Dickinson State University at the 4th Annual Harvest Festival presented by TMI Systems, Inc!

The free-to-attend two-day, fun-filled festival gives you and your family a reason to be outside and enjoying activities like: a family movie night, local craft marketplace, amazing food, entertainment, and so much more!

Oh, and this year's festival is set for Friday, September 13 and Saturday,

Pavilion. At the Crafter's Marketplace, more than 15 crafters and makers will have their work on display, each more eye-catching than the last. Whether you're looking for new home decor or simply want to stare in awe at the talents of others — you'll be in good company.

The DSU Pavilion stage will be graced with different performances throughout the day. If your style is alternative rock, country or, say, a diverse group of dancers — you're in luck.

20+ Chamber member booths and DSU Student Club booths will provide

free kids' activities throughout the day. Also, there will be free continuous kids' activities brought to you by Midco & Sanford.

"Sanford Health is happy to be part of the Dickinson community.

At Sanford, we are dedicated to youth development. Children are the future of our community. They are our future teachers, first responders and leaders. It's essential for Sanford to invest in the overall health and development of the children in each of the communities we serve," said, Weston Dressler, senior community relations specialist – Sanford Health

The free kid fun doesn't stop there! There will be a horse and buggy ride,

hay slide and a Kid Zone that includes Bounce Right Rentals in flatables and the Family Fare Pumpkin Patch where your family will be able to pick your own pumpkin from 500 pumpkins to choose from.



September 14 at Dickinson State University.

Here's what you need to know: Friday: NEW: Outdoor Movie Night 7 PM at the Biesiot Activities Center. Bring your lawn chairs and blankets to enjoy Dumbo (2019) on the jumbotron! The inaugural movie night is sponsored by Biesiot Activity Center and presented by TMI Systems Corp.

"TMI chose to sponsor Harvest Festival this year because it is our 50th Anniversary and we wanted to celebrate that, but also we feel that it's important to support community activities. The community has meant so much to TMI and we feel that we get the best employees from Dickinson and the surrounding region. We believe our people are one of our greatest strengths, and we wanted to give back through this sponsorship. We're hoping to also reach people that are interested in joining the TMI team," said Chris Johnson, TMI Vice President & CFO.

Saturday: 11 AM - 4 PM at DSU King



Don't miss out!

Whether you're planning to be at Harvest Festival in the morning or afternoon, there will be a variety of cuisines to choose from. Please your palate at over 10 food trucks/stands that include Sno Dak Shack, Bully's Burgers & Bites and Grills Gone Wild, Players Sports Bar and Grill, Das Mountain, The Foodie Call and more.

"The Foodie Call is excited about being part of the Harvest Festival because it is such a fun unique event that brings people out and allows all of us to not only be a part of the same community but to also get to know one another. Also we are excited to share with our community the taste of our innovative savory meat pies and sweet pies. It's amazing what can come out of a food truck," said Kirk Hepker.

Whether you want to sport your newest overalls, yellow rain jacket you paid too much for or your go-to track shorts, you'll be in keeping with the season. If you want to make a statement (since we are at DSU) add a DSU layer to your festival fall outfit. Regardless of how prepared you are, this festival will be a blast. But it can't hurt to bring sun block, cute new shades and a little spending money. Oh, and your friends. But that probably goes without saying.

For more info, check out DickinsonChamber.Org or Facebook/DickinsonChamber. ■



COVER ARTIST

Bobbie Lee

I grew up in Stanley, ND. I've been fascinated with all types of art and have loved drawing and painting since I was a child.

After high school I enrolled as a fine arts major at Western State College in Gunnison, Colorado. Some of our painting classes were held outside in the beautiful mountains around the college. It was my first experience with plein air painting and I still love to get outside and paint from nature. It's a challenge to capture the subject before the light changes. After completing a year at Western State I transferred to Bismarck State College and received an associates degree in graphic design.

I worked as a graphic artist in the advertising department of The Bismarck Tribune for 37 years. My job in this department changed constantly with new technology. I enjoyed working in the programs InDesign and Photoshop to create ads and illustrations for various publications.

I have a grown daughter who lives with her husband in Virginia. She has her masters degree in fine art and teaches, he also has his bachelors degree in fine art, and is a nurse. I try to visit as often as I can. Virginia is beautiful and we love to get to as many galleries and art museums as we can when I visit.

I'm a member of the Bismarck Art and Galleries Association and have entered many competitions and art events there.

My favorite medium is acrylic on canvas. Horses, wildlife and landscapes are my favorite subjects. I also do pet portraits and have done many commission paintings. ■



BEST FRIENDS MENTORING PROGRAM

Seven years and counting

Mentoring goes the distance for Seaks and VanderWal

By Mark Billings

Seeking to immerse himself more in the community eight years ago, Brent Seaks completed an application with the Best Friends Mentoring Program (BFMP). Little did he know he was about to launch a mentoring relationship spanning more than seven years and four Dickinson Public Schools, ranking it as one of the longest-running matches on BFMP's books.

"I was involved in a similar program in Houston, Texas, and appreciated the connection it provided," recalled Seaks, a father himself and director of Badlands Ministries in Medora. "Honestly as I've become involved in BFMP, it is one of the most effortless things to do. I enjoy visiting Aaron and have never thought of our time together as an intrusion into my schedule."

As a third-grader at Heart River Elementary, Aaron VanderWal thought he would have to endure a long wait for his mentor. He was pleasantly surprised that December day in 2011 when BFMP

introduced him to Seaks as his new mentor. "I thought I may have to wait until the fourth grade for a mentor," said VanderWal, now a junior at Dickinson High School (DHS). "I thought then as I thought now that the relationship would last as long as we wanted to keep it going."

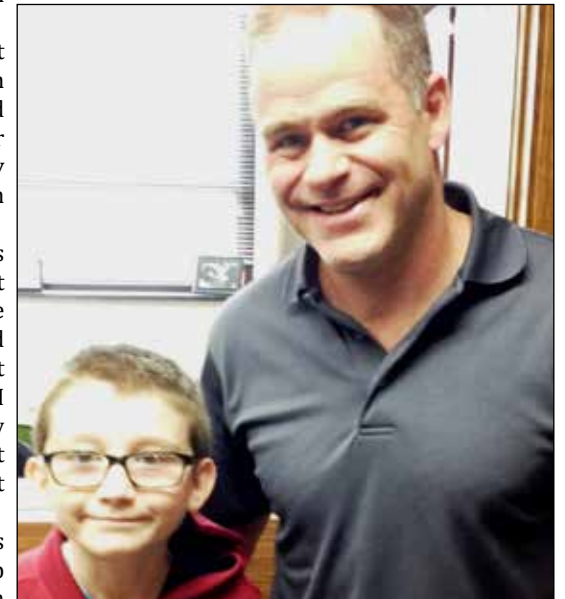
Seaks said the pair has developed a trust level deep enough that VanderWal can talk about anything on his mind, ranging from updates on his week to deeper things. As the pair has cultivated their mentoring relationship by meeting over VanderWal's lunch/recess hour — first at Heart River, then Berg, Hagen and DHS — Seaks and VanderWal have grown in their mutual respect for one another. "Brent has made a pretty big impact in my life," said VanderWal. "It's nice to talk to someone you don't see every day. It gives me time to think about things and talk them over with him."

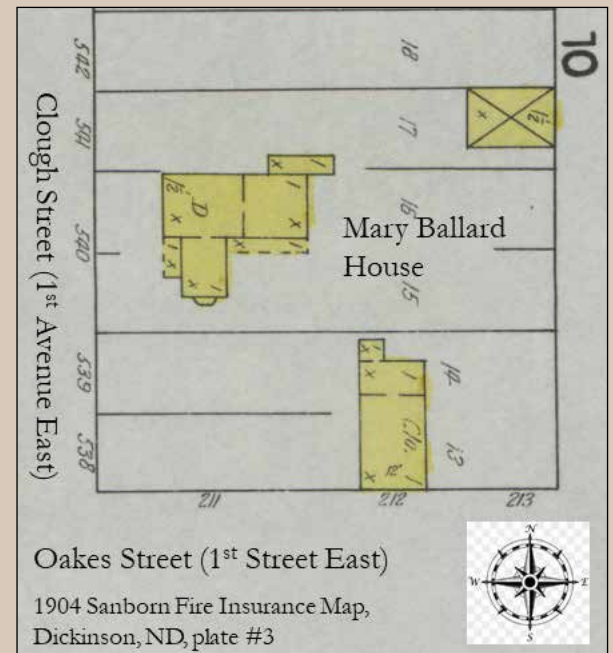
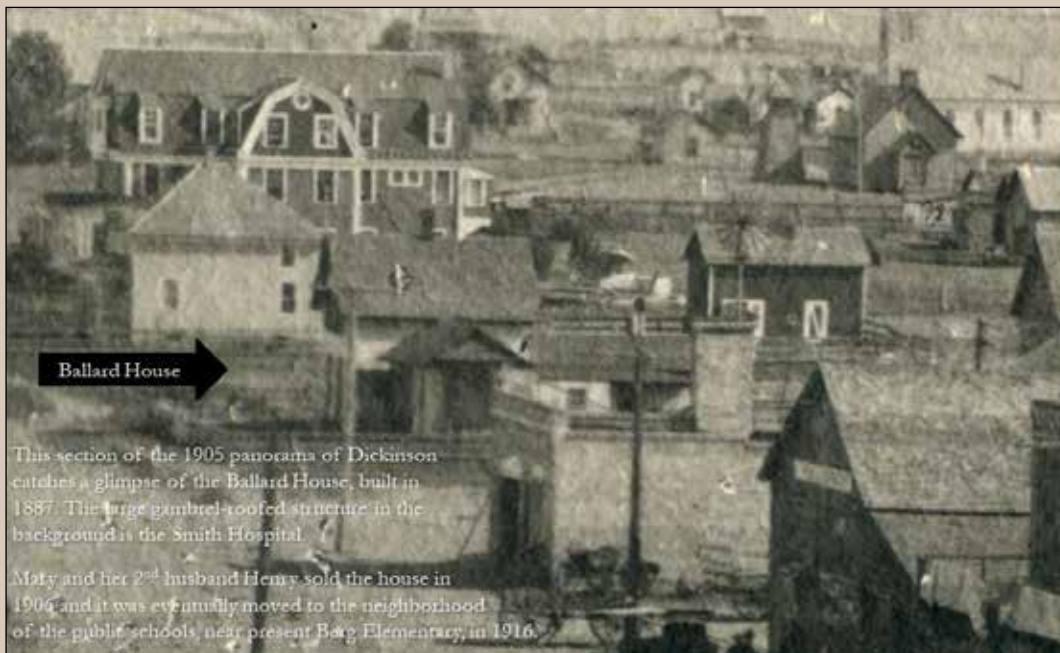
For Seaks, seeing VanderWal grow from a 9-year-old to a 16-year-old high school student

and volunteer with Future Farmers of America (FFA) and BFMP is gratifying.

"Sometimes as a volunteer, you don't see the benefit of your efforts," he said. "One of the great things about mentoring is being a part of someone's life. Aaron has grown into such a nice young man, and I can see the fruits of that. Without BFMP, we could not have had this relationship."

For more information about becoming a mentor, contact Mark Billings with BFMP at (701) 483-8615 or mark@bestfriendsnd.org. Candidates must be at least 16 years old and a high school junior or above. Depending on the program, the mentoring commitment is once per week for about one hour during school hours or early evenings and weekends. ■





THEN... and NOW: Early Dickinson Hospitals, Part 1

By Bob Furhman

In July's "Then...and Now" article we looked at the history of the original Stark County Courthouse, one of Dickinson's 'lost landmarks'. This month, we'll begin looking for more disappeared history – Early Dickinson Hospitals.

Dickinson's Centennial Roundup history recounts the medical history of the community, Dr. Victor Hugo Stickney receiving prominent mention, along with much detail on St. Joseph's Hospital. Medical services prior to the advent of Dickinson's first true community hospital (that is, built on a community subscription model rather than as a private venture) were fairly informal. Resident doctors worked out of private offices and specialists often visited on a semi-regular basis, arriving by train and advertising their availability at local hotels. Home visits were common, and operations could take place in the doctor's office, at the house or out on the range should the need arise. Serious cases might be sent to larger cities, even as far as Minneapolis/St. Paul, depending on need, the patient's doctor or a private nurse sometimes accompanying.

This is how the situation stood until the beginning of the 20th Century when the first true hospitals were started as private ventures. Prior to that the very first 'hospital' might have been at the Walter and Mary Ballard house on Clough Street (First Avenue East).

Walter Z. Ballard was born December

23, 1860 in Wisconsin, appearing two decades later in Big Lake, Minnesota as a laborer. He married Vermont native Mary Ravey in St. Cloud on September 6, 1886. The couple moved to Dickinson where Walter rented Jerry Hayes' blacksmith shop which he opened for business on May 2nd, 1887. Walter must have come to Dickinson with a tidy stake as less than two weeks after opening the smithy he was excavating and having stone delivered for the foundation of a new house on Clough Street (today's First Avenue East), the house reportedly nearing completion in early July, being "a neat and tasty cottage, two stories high." At some point Walter's brothers Fred and John came to live in Dickinson, one of them joining Walter in the smithy then named 'Ballard Bros.' At some point, Walter apparently bought the shop building from Jerry Hayes.

Walter receives mention in the Dickinson Press from time-to-time,

helping organize the town's 4th of July celebrations and some minor political activity and, curiously, he is mentioned as going to Fargo in October 1890" to give testimony in the case of U.S. vs Bailey" which may have been associated with a Northern Pacific train robbery near New Salem, although why Ballard would be called is a mystery. In February 1891 Walter sold his blacksmith shop for \$800 and then disappears from the newspaper until 1894 when Stark County Commissioners paid Ballard \$14.25 for the "care of L. Busse."

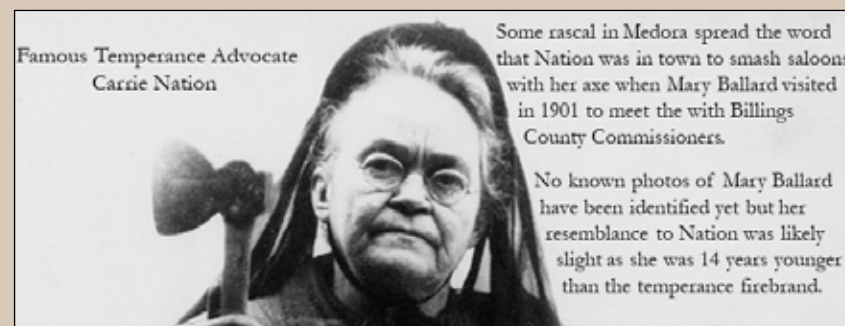
Busse had been kicked in the head by a bronco and required the surgical services of Dr. H.A. Davis. Why the Ballards were tapped to provide post-operative care is something else that is a bit of a mystery but word of the service must have spread – in July 1897 when a runaway horse fractured William McAndrew's ankle in Billings County he was housed with the Ballards after treatment by Dr. L.C. Smith, it

being supposed that major injuries at this time typically found their way to Dickinson as Billings County likely had no resident physician.

Walter's wife Mary submitted a bill for \$130 to the Billings County Commissioners in October for "nursing, board and care" of McAndrew and the next month the Press reported the Ballards had another patient - G.C. Simpson who was "comfortably quartered at the Ballard residence" with a broken leg from being thrown by his horse.

Nearly concurrent with Simpson's stay, Walter Ballard fell sick with an unspecified illness that he endured for 5 weeks before dying on January 4, 1898, leaving Mary and a young daughter named Isma. Just a week later at a meeting of the Billings County Commission it was moved to substantially reduce Mary's bill for the McAndrew case – voting to reduce a bill being a not-uncommon practice by county commissions and city councils at the time. The chairman refused to entertain the motion and indicated he would refuse to sign the warrant for payment if it passed. One wonders if compassion for the new widow played a part in the chair's decision that day but Billings County commissioners apparently continued to hem and haw on this issue which was not resolved until April when it was agreed to pay

Continued, next page



Continued from page 6

Mrs. Ballard \$61.33 for board and care with a separate \$20 payment also approved for the McAndrew case, which still amounted to only 60% of her original bill.

Mary Ballard continued taking in patients for both Stark and Billings counties after Walter died, some details of individual cases making their way into the Press. Besides accident victims she cared for an appendicitis case post-operatively (it is unclear where the operation took place as the patient was staying at the St. Charles Hotel) and at least one case of typhoid fever. An April 1899 payment item in the Stark County Commission minutes showed a charge of \$28.50 for the "board and care of pauper" seeming to infer that the commission may have used her services for needs beyond medical cases, there being no county poor house.

Little is known of Mary Ballard's early life. She was born Mary Ann Ravey in Underhill, Vermont on February 11, 1860 to Irish parents. Her father served in the Civil War and died of dysentery in 1865. She probably moved to Minnesota in the early 1880s (following an older brother), where she married. There is never any mention of nursing training or experience but obviously the service she provided was needed and valued.

In fall 1900 the Press reported that "Mrs. Ballard's hospital is well filled these days. Among her present patients are: Mrs. I. Nollot of Sentinel Butte, James Little of Gladstone and Nels Swanson." This is the first time her house is referred to as a hospital, the term then becoming part of the regular reporting on her activities. In 1901 Mary formalized her arrangement with Billings County, traveling to Medora to enter into an agreement "to care for the needy and destitute residents of Billings County in need of care by reason of illness or accident, for the sum of \$225 per year." Although we've been unable to find a picture of her we might have an idea of what Mary Ballard looked like from this item in the Press reporting on her visit to Medora:

"...Mrs. Ballard visited Medora to look after some business with the county board. Mrs. Ballard was a comparative stranger there and on her arrival some citizen conceived the idea of spreading the report that Carrie Nation (the radical temperance advocate) was present with her hatchet. Mrs. B. soon learned why she was being eyed with such distrust by some people of

the place and was as much amused as anyone."

While Stark County continued to pay Mary on a case-by-case basis, her contract with Billings County was renewed for 1902 and Mary's dealings with the Billings County Commission bore more fruit. In November of 1902 the Press carried the announcement of her marriage to Billings County Commissioner Henry Schultz, a prosperous cattle and sheep man who resided in Dickinson (but owned two sections of land in Billings County, the location of his ranch, hence his service on the Commission). The couple wed on a Wednesday night at the Rectory of St. Patrick's and left that night on "an extended tour of the south, expecting to spend a large portion of the winter in Old Mexico." By late December they had arrived in Los Angeles and from there reported enjoying the January 1st Rose Carnival and planned to spend the remainder of the winter.

The leisurely paced honeymoon seems to indicate that at some point prior Mary had decided to give up nursing and running her hospital, although there was no formal announcement or notice in the local news. Curiously, in the same edition of the Dickinson Press that carried news of Henry and Mary's Los Angeles sojourn, an item on local building projects mentioned that Drs. L.C. & S.E. Smith were in the process of constructing their own hospital on Clough Street (not far from Mary's house) which was to cost \$15,000 and was predicted to "be a credit to this section of the state." The Ballard Hospital, which had fulfilled the needs of two communities, had been supplanted.

Mary and Henry returned to Dickinson where their social doings and travels were often mentioned in the Press. They are believed to have lived in Mary's house and started a family in 1904, Mary delivering a daughter Henrietta who unfortunately died during a trip to Massachusetts in 1906. That same year they decided to relocate to Yakima County in Washington State, Henry eventually going into orchard farming, closing out his North Dakota business interests when he sold his ranch in 1911. Mary, who sheltered and tended the sick and poor of Stark and Billings counties, passed away from a heart condition and diabetes at age 66 on March 10, 1926. Henry Schultz followed on September 13, 1931 at age 74, dying of a fall in his orchard. ■

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#BOOKWORM

Summer by the numbers

By Cindy Thronburg

The Summer Reading Program has officially ended, and it was a blast! We hope that you enjoyed the various programs we offered. We certainly had fun putting them on. Please check out our website and Facebook page to see highlights and the winners of all of this year's prizes.

We would like to thank all of those who participated, and there were a lot! In the Early Literacy group (ages 0-4), 132 kids turned in activity logs. In total, they completed 11,640 activities, or an average of about 88 per child. In the Children's group (ages 5-10), 318 participants turned in reading logs. Children read a combined total of 266,500 minutes, or about 14 hours each. In the Teen group, 103 of them turned in reading coupons, reading a combined total of 4,044 hours (an average of about 39 hours per teen).



In the Adult category, 145 readers turned in coupons, reading a total of 374,550 pages, or an average of 2,583 pages per adult. These are exciting numbers to see, and we are so happy that so many people were motivated to make reading part of their summer activities!

Thank you to all of our sponsors and volunteers who helped make this summer amazing. We can't wait for next summer.

Now we dive into fall! My favorite week of the library year happens every September. It is Banned Books Week, which is a celebration of the freedom to read and a way to bring attention to books that have been banned or challenged. This means they have been removed from libraries or schools. This year's celebration is happening from September 22-28, and the theme given by the American Library Association Office for Intellectual Freedom (OIF) is

"Censorship Leaves Us in the Dark: Keep the Light On." The OIF describes Banned Books Week as an event that "brings together the entire book community — librarians, booksellers, publishers, journalists, teachers, and readers of all types — in shared support of the freedom to seek and to express ideas, even those some consider unorthodox or unpopular."

The OIF tracks bans and challenges and compiles a yearly list of the most banned/challenged books of the year. The most often cited reasons for a ban or challenge is that the material is sexually explicit, contains offensive language, or was unsuited to an age group. The most banned/challenged book in 2018 was *George* by Alex Gino, for the reasons that "it was believed to encourage children

to clear browser history and change their bodies using hormones, and for mentioning 'dirty magazines,' describing male anatomy, 'creating confusion,' and including a transgender character," according to the OIF.

Banned Books Week is important because it tackles a critical issue: censorship. Librarians believe that everyone should have access to and be able to read whatever they choose, or that



parents have the right to decide what it is their children read. This is why librarians provide a diverse selection of materials. Censoring or limiting materials blocks the exchange of ideas, something that is vital for individuals and society to grow and develop. I encourage you to visit the ALA's website to find out more about banned books.

New titles added to the collection:

•**Adult Fiction:** *The Summer of Sunshine & Margot* by Susan Mallery; *Big Sky* by Kate Atkinson; *Paranoid* by Lisa Jackson; *The Travelers* by Regina Porter; *A Pattern of Lies* by Charles Todd; *Backlash* by Brad Thor; *How Could She* by Lauren Mechling; *The Kremlin Strike* by Dale Brown

•**Adult Nonfiction:** *The Source of Self-Regard: Selected Essays, Speeches, and Meditations* by Toni Morrison; *Wayfinding: The Science and Mystery of How Humans Navigate the World*; *Heirloom Kitchen: Heritage Recipes and Family Stories from the Tables of Immigrant Women*; *The Human Swarm: How Societies Arise, Thrive and Fall*; *The Death and Life of Aida Hernandez: A Border Story*

•**Adult DVDs:** *Welcome to Marwen*; *The 100: The Complete Fifth Season*; *Us*; *The Public*; *Long Shot*; *Dirty John*; *Fighting with My Family*; *Happy Death Day 2U*; *Serenity*; *Destroyer*; *Gunpowder*; *Holmes & Watson*; *Mrs Wilson*; *Shazam!*

•**Children's DVDs:** *PAW Patrol: Mighty Pups*; *Bubble Guppies Get Ready for School*; *Eloise Goes to School*; *Barbie Dreamtopia: Festival of Fun*; *Fish School*; *How to Train Your Dragon: The Hidden World*; *Dumbo*; *Mary Poppins Returns*

•**Children's Easy Books:** *Dreamers*; *The Hideout*; *How to Read a Book*; *One Day a Dot*; *This Beach is Loud!*

•**Children's and Teens' Fiction:** *This Time will be Different* by Misa Sugiura; *A Small Zombie Problem* by K. G. Campbell; *Sweep: The Story of a Girl and Her Monster* by Jonathan Auxier; *Pie in the Sky* by Remy Lai;

Patron Saints of Nothing by Randy Ribay; *Ordinary Girls* by Blair Thornburgh; *My Life as a Meme* by Janet Tashjian

•**Children's Nonfiction:** *Inky's Amazing Escape: How a Very Smart Octopus Found His Way Home*; *Perfectly Peculiar Plants*; *Mega Meltdown: The Weird and Wonderful Animals of the Ice Age*; *Famous Family Trees*; *The Frog Book* ■

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EMPLOYER SUPPORT

Black Hawk Boss Lift for Dickinson employers

By Richard Braun



The Southwest Region District of the North Dakota Employer Support of the Guard and Reserves (ESGR) sponsored a "Boss Lift" for local employers of National Guard and Reserves on Wednesday, August 7th. The "Boss Lift" is comprised of picking up representatives of employers at the Dickinson Regional Airport and flying them via a Black Hawk helicopter piloted by North Dakota Army National Guard pilots to Camp Grafton in Devils Lake, ND for a guided tour of the camp. The participants in the "Boss Lift" were the following Dickinson residents representing their companies: Josh DeMorrett (Conoco-Phillips), Jude DeTar (Cruz Energy), Bryan Hanstad

(Killdeer Mountain Manufacturing), Doug Fettig (Killdeer Mountain Manufacturing), Kelley Jilek (Heart River Voice), Corey Lee (Stark County Sheriff Department), Peggy O'Brien (Prairie Hills Mall), Mike Staudinger (Legacy 7 Group), and Jodi Tomanek (CHI St. Alexius). Also accompanying the group were ESGR District Chair, Rich Brauhn, and ESGR Volunteer, Ryan Jilek.

The group toured the Regional Training Institute (RTI) at Camp Grafton where soldiers and guardsmen are trained to be combat engineers in both vertical and horizontal construction. The vertical construction component involves basic housing construction

such as plumbing, electrical, carpentry, and masonry work while the horizontal component involves earth moving and bridging. The employers commented how extensive the vertical training was, and Mike Staudinger, whose brother Scott was a member of the North Dakota Army National Guard 957th Engineering Company in Bismarck, stated that "now he knows where Scott gained all his skills necessary for building a house." The RTI is the second largest training center for vertical and horizontal construction in the US and soldiers from all over the country are trained at this facility.

After touring the RTI, the group proceeded to the simulated weapons range where various weapons were fired on an electronic range. Corey Lee, Stark County Sheriff, said that "members of his department had come to Camp Grafton for training and utilized the firing ranges to hone their shooting skills." The group then toured an earth moving site with large construction machinery at work and then proceeded to the motor pool maintenance and weapons maintenance facilities. "The amount of equipment to maintain the Army National Guard armory and mechanized units and the skills involved

in doing this is amazing," commented Doug Fettig from Killdeer Mountain Mfg.

The group was impressed with the facilities at Camp Grafton and the training the North Dakota Guardsmen received. This tour enabled them to see firsthand what their Guardsmen employees experience and gave them a better understanding of what the National Guard and Reserves do in their military service. Bryan Hanstad commented that "seeing Camp Grafton and watching our Guardsmen being trained made me proud to be a North Dakotan and supporter of our military."

About ESGR

Employer Support of the Guard and Reserve is a Department of Defense program established in 1972 to develop and maintain employer support for Guard and Reserve service. ESGR advocates relevant initiatives, recognizes outstanding support, increases awareness of applicable laws, and resolves conflict between service members and employers.

For more information on nominating an employer for ESGR events or awards, go to www.esgr.mil or call 701-333-2057. ■



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THE URBAN HOMESTEADER

Proper pruning

By Jon Stika

If you wish to maintain the long term health and appearance of the perennial plants in your home landscape, it is important for you to learn how to properly prune them. Proper pruning becomes necessary for a variety of reasons, including: safety, disease control, removing branches damaged by weather, maintaining fruit and/or flower production, or simply maintaining an aesthetically pleasing shape and appearance of a tree or shrub.

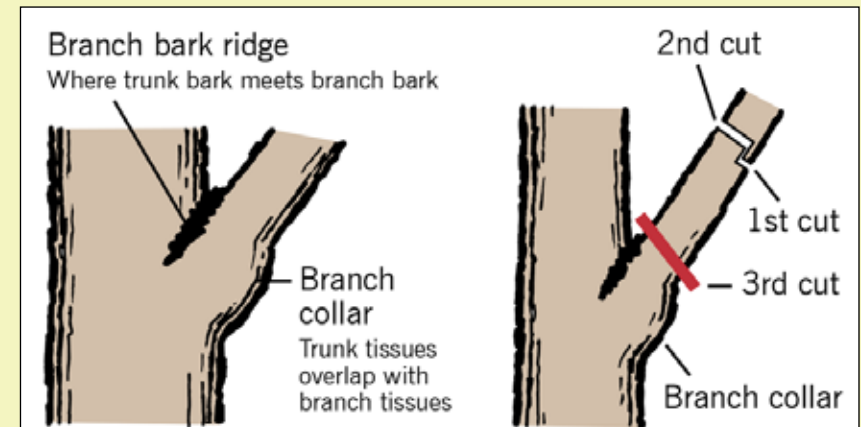
Sometimes a tree branch reaches a bit too close to your home, driveway, or power lines and could become a safety issue by rubbing or falling on such structures. Pruning tree limbs over your home or power lines should always be left to professionals that have the proper equipment to safely remove the branches away from areas near structures without damaging them.

Some tree and shrub species are susceptible to diseases, such as black knot on chokecherry, or fire blight on cotoneaster. In these cases the branch containing the disease should be pruned whenever the disease is apparent. The cut should be made at least ten inches below the diseased part of the branch and the pruning shears or saw should be sanitized with bleach or alcohol between cuts so the disease is not spread by the act of pruning.

If a branch is damaged by the weather, prune it off just above the branch collar (see illustration) so the tree can heal the wound as efficiently as possible. In all but extreme cases, it is best to not remove more than 25% of a tree by pruning in any given year.

Some species of trees and shrubs, such as lilacs and raspberries, produce flowers and fruit on the previous year's growth. Therefore, only two-year or older material should be removed to stimulate sprouting of new growth that will flower and fruit into the future on these species. Grapes should be pruned in the early spring before the plants break dormancy and leaf buds begin to open. Grapes should be pruned back to only two leaf buds per shoot to maximize fruit production. This may seem like a severe amount of pruning, but is appropriate for grapes.

Pruning is also carried out to maintain or correct the shape and structure of branches to keep the tree or shrub healthy and less susceptible to storm damage. Branches that cross over and rub against each other or branches that grow into, instead of outward from the rest of the tree canopy should be removed, along with branches that create a hazard when mowing or walking under them. Generally speaking, the majority of pruning of



perennials is best completed while the plants are dormant, rather than when they have green leaves or flowers on them. I usually do most pruning during months with an "r" in the name. This eliminates May, June, July, or August from the months to prune.

As mentioned previously, tree branches should be pruned just above the branch collar (see illustration) with a clean cut that does not peel the bark downward. Make the first cut a shallow one on the underside of the branch to be pruned, then cut from above to remove the majority of the weight of the branch and avoid having the branch fall and peel bark downward with it. Then make a third cut to remove the remaining small stub above the branch collar. Do not apply paint or other

wound dressing to the cut, allow it to dry and heal naturally.

For more detailed information about properly pruning perennials see NDSU (North Dakota State University) publication H1036, "Basic Guidelines for Pruning Trees and Shrubs" available on the web at: <https://www.ag.ndsu.edu/publications/lawns-gardens-trees/basic-guidelines-for-pruning-trees-and-shrubs> or from local NDSU County Extension offices. ■



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.

SERVING FRIENDS

Society of St. Vincent de Paul

The Society of St. Vincent de Paul is an international organization of men and women volunteers, known as Vincentians, who strive to grow spiritually as they serve the poor and needy. The Society is dedicated to helping those in our community regardless of religion, race or national origin. They do not seek to duplicate existing services but rather to 'fill in the cracks' between existing programs as they work with other government and nonprofit agencies to coordinate assistance.



How does this organization help? SVdP is based on the 'home visit'. They go in pairs, as Jesus taught, to serve the poor with care, compassion and confidentiality. SVdP serves 'our friends' with food, furniture, rental assistance, utilities, minor vehicle repairs, fuel and referrals to other community programs and agencies.

There is currently a conference of the Society of St. Vincent de Paul that meets at St. Patrick's Church Parish Center, 229 Third Avenue West, Dickinson, ND,

on the 2nd and 4th Wednesday of the month at 6:30pm MT. Anyone who may be interested in learning more about their work with the poor is welcome to attend and join in at their meeting or call (701) 483-6700 or email them at stvincentdepaul.dickinson@gmail.com. SVdP will be hosting their first Friends of the Poor Walk/Run on Saturday, September 28, 2019, beginning at 9:00am MT at the West River Community Center, 2004 Fairway Street, Dickinson, ND. Registration begins at 8:30am.

This 5K walk/run will benefit the poor and needy in our community. For more information or to register early as a walker, please check out our events page at <https://www.fopwalk.org/eventlistingeventdetail/?eventid=2392>.



There will be many door prizes provided by local businesses sponsoring this event for those who are registered as a walker. Please consider joining us! ■

DICKINSON STATE UNIVERSITY

Stoxen Library

By Staci Green



I began my work as Head of Library Operations at Dickinson State University in February 2015. Prior to working in the library field I worked as a legal assistant for many years. When I made the decision that I wanted to pursue an advanced degree, I vacillated between a law degree and a library science degree. A law degree seemed much safer, as I had been working for lawyers and judges for quite some time and knew what to expect. Ultimately, I decided to follow my heart. I pursued a Master of Library and Information Science due to my love of reading, interest in the organization of information, and strong belief in access to information for the people. I completed my online MLIS program through the University of Wisconsin-Milwaukee in 2013. I am very happy with my decision and enjoy my work at Stoxen Library even more than I enjoyed working in the always interesting legal field.

When working on my MLIS degree, I took a generalist path rather than specializing in one area. I lived in Montana when I started the degree and knew that I would likely work in a smaller library and have a wide variety of responsibilities. My reasoning has proven to be true and I am grateful for the diversity of classes I took during my

MLIS studies which ultimately prepared me to lead Stoxen Library.

My favorite aspect of my current position is working with the students. I find it rewarding to help a student find quality resources to complete an assignment or on a topic of interest. Students today are overwhelmed with too much information. It is challenging to sort through such large quantities of results to find what you are looking for. Students also need to be aware of the credibility of the sources they choose to cite. I remember working with a student close to finals one semester and directing him to a database that was likely to contain the resource types he was looking for. The student visibly relaxed and sighed with the comment, "You saved me."



Stoxen Library is a student centered library. We are all about student success and helping students excel in their coursework and personal life. In addition, we also serve the wider Dickinson community. Community members are always welcome in the library. If you have a Dickinson Public Library card, it also works at Stoxen Library. You are welcome to check out our books, print journals and

DVD's, as well as use our computers and Wi-Fi. Just check in at the front desk and we will set you up. During the school year we are open: Monday through Thursday 7:45AM-10PM; Friday 7:45AM-4:30PM; and Sunday 4PM-10PM. Community members are also welcome to attend events in the library such as Global Table and this year's National Endowment for the Arts "Big Read." If you have any questions, please call 483-2135. ■

AWARENESS

Out of the darkness

By Karl Lampl

The first anniversary of my son's suicide is coming up on September 25th, 2019. What makes this hurt even more is that his sixteenth birthday would have been on September 3rd, 2019. I dread this day as much if not even more as the day of his death. To every parent, brother, sister, or family member who has lost a brother or sister, daughter, son or relative you have my deepest sympathy. I know what you are going through and it is indescribably terrible. I still think of James every day. The only thing that is different is that James does not age, does not talk back, he cannot go to the Big Sticks ball game anymore, critique my cooking, run and play with Thor and Fae (which they miss very much) and many other things we used to do together, he is still part of me as are his brothers. I have heard all the opinions about people who die by suicide. To all those I say this: There is only one opinion that matters, and it is not yours. My son is the most innocent individual I have known. He was not perfect because God did not make him or anyone else that way. James is in Heaven. He is no longer in pain or suffering. He is in the arms of his creator. I hear his silence.

I have been in a lot of silence since

James died. I have had a lot of time to think and cry about James. He was loving, caring, funny, witty, angry, depressed, sad, hurting young man. James did not fail me I failed him. I failed to recognize the signs he was giving out. Being by himself with little or no interaction with others. His voiced anger and frustrations at the frequent trips back and forth to Bismarck. His telling me that everything was okay, but just looking at him told me something was bothering him. No matter what I tried I could not get him to open up to me. It was always a smile and a "Daaad I'm fine, quit bugging me." I stayed silent. I was wrong. People need to voice their concerns to their loved ones.

If by writing this even one person is no longer silent it will be worth it. Please do not be silent, come walk talk with and/or just support others who have experienced the suicide of a loved one. Come to the Out of the Darkness Walk on September 21st at the West River Ice Center. ■



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OUT OF THE
DARKNESS
Community Walks



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CULTURAL MURAL

Ruwandese dance group coming to Dickinson

By Mark Billings

Downtown Dickinson will soon see its first cultural outdoor mural as part of an initiative created by local residents.

The mural, along with a premier public performance by a Dickinson-based Rwandese dance troupe and flag presentation, are intended to showcase various African countries represented in Dickinson, said project organizer Mark Billings. During the mural creation and separate dance performance on Sept. 14 at the Dickinson Area Chamber's Harvest Fest, the public is invited to experience the unique contributions of the city's African immigrants.

Dickinson."

"Through the creation of the mural and dance performance, we also want to continue fostering good relations within our own African community here in Dickinson," added Nyaaba, who has lived in Dickinson for five years. "Many of us work long hours and we don't take a step back to see what we have contributed." Billings is one of 24 people chosen from South and



North Dakota to participate in the Change Network. The group provides Dakotans and the region's 12 Native Nations with a supportive learning environment to lead more equitable and inclusive change within their communities. The year-long program helps participants to build their cultural

agility, self-awareness, leadership and systems-change skillsets through one-on-one mentors, group discussions,

"Our friends and neighbors from African countries are growing in Dickinson and contribute significantly to our workforce and community through their strong work ethic and commitment to family," said Billings, a program manager with the Best Friends Mentoring Program in Dickinson. "We are honored to showcase their unique cultures."

Barnabas Nyaaba from Ghana said he believes the project provides a needed platform for immigrants representing African countries in the city. He said he hopes it "provides a mouthpiece for us to communicate our commitment and contributions to



online learning sessions and in-person meetings.

The network is funded by the Bush Foundation and includes access to a \$5,000 project grant. "The network is an opportunity for Dakotans to engage with a diverse group of peers who represent a multitude of backgrounds, professions, viewpoints, and ages," said Megan Laudenschlager, executive director of Strengthen ND. "We are excited to work with this group and assist them in becoming strong community leaders."

As part of his outreach, Billings is working with Nyaaba, Pastor Amos Byamungu of Adonai Evangelical Church in Dickinson who also a native of the DR Congo, and Carine Ishimwe from Rwanda. Ishimwe also leads the 12-member Rwandan Traditional Dance, which performs in native costumes, and

represents the only cultural performing group representing an African country in Dickinson.

Ivan Avalos, a California-based muralist who painted the Highway 22 Underpass last year, will facilitate the cultural painting on the back of Todd Otto's State Farm Insurance office at 128 1st St W. The public can participate in the creation of the mural by contacting Billings at (701) 483-8615.

The Change Network is facilitated by Gail Crider, National Arts Strategies; Janice Downing, CommonSense Consulting@Work; Deryn Dudley, Community Science; Jocelyn Hale, MillerHale Associates; Charles "Boots" Kennedy, videographer; Laudenschlager, Strengthen ND; Rosemarie Ndupuechi, 3E Productions; and Kari O'Neill, SDSU Extension. ■

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**Lenee Bookhardt of Infinity Real Estate Group
wishes everyone a great school year!**

PIPER'S PALS

Pet Name Match

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

- A: Georgia (#___)
- B: Demi (#___)
- C: Maggie May (#___)
- D: Jules (#___)
- E: Romeo (#___)
- F: Lucy (#___)

(Answers in our October issue!)

WOULD YOUR PET (Dog or Cat!) LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!
Email kelly@heartrivervoic.com

Last month's answers:

- A: #3 Boomer D: #2 Woody
- B: #4 Chica E: #1 Wallace
- C: #6 Zane F: #5 Kirby



What pet to get

By Seri Dukart

Buying a new car takes research. What size vehicle fits your family? Does it have a practical gas mileage? How often does it need maintenance? Is the car dealer trustworthy? We put plenty of thought into a new vehicle, but sometimes very little thought into bringing a new pet into our households. Those pets suffer for it.

When purchasing or adopting a new pet, you should put just as much thought into this decision. Ask yourself if you know about this species or breed and if



it is a good fit for your family's lifestyle and activity level. Do you know the proper enclosure size, care, diet, grooming needs and training?

Can you afford this care and unexpected vet bills? Impulse purchases are more likely to have problems adjusting and have health or behavior problems that cause people to rehome them or dump them.

Tropical fish and goldfish cannot thrive in the same aquarium. Some breeds of dogs have much more expensive and time consuming grooming



needs than others, or have energy levels suited to more active and roomy households. Parrots live long lives with high interactive needs. Reptiles have special dietary and lighting/heat requirements that greatly differ from species to species. Small mammals need more space than you would think and do not tolerate being handled without a lot of work, making them unsuitable pets for children.

Every pet has specific needs, and it is up to you as a responsible pet owner to be prepared by researching before you purchase. No matter what kind of pet you get, they deserve the best of care for their lifetime. ■

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Dickinson State University
Dickinson Area Public Library
Ace Hardware
Jacobsen's Music
CHI St Alexius Health
Sanford Health East Clinic
Ukrainian Cultural Institute

SOUTH HEART

I Don't Know Bar
South Heart Public School

TAYLOR

Taylor Nursery

RICHARDTON

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

BELFIELD

Trappers Kettle
City Hall
Belfield Public School

MEDORA

Medora UnCork'd
Chasing Horses

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publication. Please let us know if you'd like
copies delivered for your customers to enjoy!**

DICKINSON PUBLIC SCHOOLS

Welcome to a new school year, Dickinson

By Dr. Shon Hocker

We are excited to welcome in a new school year for our students and patrons. I look forward to a successful and rewarding 2019-2020 school year for all. As I begin my second year as superintendent, I look forward to visiting with students, staff, parents, and community members that make Dickinson such a great place to live. I would like to invite you to become

an engaged patron and experience firsthand the vibrant school communities that make up our great school system.

As a school district, we are actively integrating the five levels to becoming a High Reliable School (HRS) system. The five levels are:

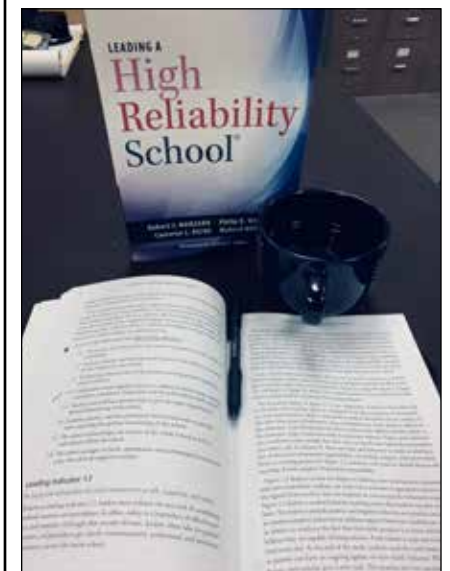
- (1) A safe, supportive, and collaborative culture;
- (2) Effective teaching in every classroom;
- (3) A guaranteed and viable curriculum;
- (4) Standards-referenced reporting;
- (5) Competency-based education.

This personalized learning focus is well-grounded in relevant theory and high-quality research. Our path toward becoming an HRS district includes revising our current Strategic Plan, with an eye on personalized learning for each student. Personalized learning includes tailoring learning for each student's strengths, needs, and interests—including enabling student voice and choice in what, how, when, and where they learn—to provide flexibility and supports to ensure mastery of the highest

standards possible.

This involves capturing the individual skills, gaps, strengths, weaknesses, interests, and aspirations of each student. It's about knowing each student through a combination of assessments, surveys, and relationships built inside and outside of the classroom. Students should have some control over how they learn. With the help of their teachers,

they should be involved in designing their own learning process and should



be given a choice in how to demonstrate their learning through performance-based assessments. We know that our success lies not only in providing students with tools to help them reach their academic potential, but also providing students with a foundation for a life-long commitment to learning and to our community.

Our goal is to create the best possible learning environment for our students, and we look forward to working hard every day as a district to achieve this goal. I look forward to sharing more of our story with you and wish you a great start to the new school year. ■



WHERE BUSINESS GOES TO GROW

Killing that daily grind

How focusing on three aspects of your life will launch you forward

**By Bowman County Development Corporation**

Fusion – the conference that is bringing it all together in southwest North Dakota. Featuring personal, professional, and community minded speakers; this

in eastern North Dakota and across the country, the rural community of Bowman decided they wanted to offer the same type of event; and not just for their community, but to help inspire the region. The conference is attended by business owners and entrepreneurs, leaders from city, county, and state government, employees and team members. Which is exactly how Fusion received its name three years ago as it fuses topics and careers that will spark energy in the region.

“We recognize that if our region and surrounding communities are stronger, Bowman will thrive as well,” says Teran Doerr, Fusion Team Member. “Our attendees come from all different backgrounds. We all need to work on our leadership skills, focus on personal growth, challenge ourselves in our businesses, and actively be aware of supporting our communities.”

“It is worth it to spend a little time away - reenergize yourself, bring new ideas back, so that you can be bigger and better,” explains Laura Weber, Fusion Team Member.

conference is for people in all walks of life.

Inspired by the professional growth and training opportunities being offered

experience with dynamite content to ensure you are learning and taking away tactical tools. Through highly impactful keynotes and panelists, you will find a

spark inside of you that you haven't seen in a long time.

“You can achieve any of the aspirations, dreams, goals, and desires that you want. And when we think about community and we think about the power of ‘we’ instead of ‘I’ and we think about reaching out instead of always focusing in,” said Keynote Kenyon Salo, “that’s the true power behind what we can do in this world.”

The monotony of our daily lives can leave us in a funk. You’re spread thin running on an overflowing task list instead of generating ideas. It’s like your brain is operating like a band of robots, void of inspiration and depleted. Your knock ‘em out of the park ideas are barely making it to first base and you can’t help but feel defeated. That’s when you need a break, a change of scenery, and a change of mindset – that’s Fusion.

You aren’t meant to be overloaded and overworked and never ask for help. That’s when your brain shut off and you can’t do anything. The greatest power you have is the network you have created, the people you can reach out to when you need advice or their skillset.

Let Fusion energize you and inspire you to act. Learn about “Epic Evolution” from Keynote Judson Laipply, the first ever YouTube celebrity. See how you can benefit your community by Doug Griffiths, “13 Ways to Kill Your Community.” Plus, enjoy several panels, FUSE sessions, and a pre-conference workshop.

This life-changing conference is October 1-2, 2019 in Bowman, North Dakota. Grab your ticket today at gofusionconference.com and prepare to knock those ideas out of the park again. ■



HEART RIVER GEMS

Kristy Goodall, a gem at Southwest Community High School

By Kaylee Garling

There's a hidden gem of a school nestled within Dickinson city limits that goes virtually unnoticed, but the hard working, loving principal and faculty are making a difference that goes beyond the hallways. When I reached out to the superintendent about featuring a member of the Dickinson Public School District this month, he didn't hesitate to recommend Kristy Goodall, teacher and principal at Southwest Community High School, who goes above and beyond to help her students succeed and earn their diploma.

When asked what experiences in her life that have contributed to why she cares so much about her students, she replied, "I feel that growing up handicapped (I was born without my left hand), led to much of who I am, regarding being able to recognize students that have needs, even though they may not be physically



life throws at you, how to make do with what we had when money was tight and tough to come by, and how to deal with social pressures of growing up 'different.'

I had several amazing mentors who stepped in and helped and the support of grandparents and friends. Those adult role models provided me with the foundation to keep going."

Clearly, those examples made a lasting impact on her life for the better. She believes that no student is a lost cause, no matter how many

people have given up on them. "First and foremost, my priority is to provide my students with a safe environment. Safe physically and socially. I do not tolerate bullying and try, to the best of my ability, to alleviate the effects of social drama at my school, although this is a day-to-day struggle. I work with my kids to provide them with a light-at-the-end scenario, help them figure out what their next step will be, and give the support to understand what having their high school diploma can mean. I don't believe we can EVER give up on kids. Even this fall I have kids returning for the 4th time. So many of them have had teachers and other adults give up on them. That is why they are in the place they are, with mental health issues, social and emotional growth issues. Their 'emotional EQ,' so to speak, is damaged. My



goal is to give them a springboard. To be that one place where they know they are ALWAYS welcome. I accept the good, the bad, and the ugly in their lives, and we just move forward, because that is what life is about."

visible. I gravitate toward those kids that have emotional or mental health needs or are generally at-risk. Growing up with physical handicaps, being isolated socially at times, I identify with kids that feel socially isolated." She continued, "My mom left my Dad, my brother, and I, when I was two years old. My dad obtained custody of us in the early 70's, which was almost unheard of. He was a construction worker, so he put in long hours to make sure we could have a place to live and food on the table. I learned the hard way about loss, becoming resilient to what

goal is to give them a springboard. To be that one place where they know they are ALWAYS welcome. I accept the good, the bad, and the ugly in their lives, and we just move forward, because that is what life is about."

"My greatest achievement in my career comes each May when I watch those kids, many of whom had given up on themselves, were given up on by other teachers, parents and our community, walk across the 'stage' and get handed their diploma. Never have I been prouder. Personally, my son has been

my greatest achievement by far. Raising him to become independent when he was born with Asperger's (a form of Autism which has socially excluded him from many 'normal' events as a youth and teenager). Watching him grow up, being there to help him adapt to society, providing him with the support so that he could graduate Cum Laude from high school, and go on to college where he has made the Dean's List every semester (he has one semester left). He is my son, but also my very best friend."

"There is a huge misconception that SWCHS is a private school, but we are simply a 2nd high school in Dickinson, offering an alternative route for a diploma. Whatever is not offered here, we make available at DHS so students don't have to give up the extra curriculars, which are so important to so many kids. We want kids to try regular high school (students are required to attend freshman year at DHS), but we take kids from the age of 16 to 21. We see a huge need for programs that will get our kids ready for real life. Our greatest

support for them."

"I am always looking for community members to talk to our kids about how to plug into community resources, such as finding housing, job search, how to take a loan, how to manage finances, how to 'adult,' how to maintain a vehicle, how to pay taxes, etc. We need a 'Life 101' class." She laughed. "As parents, we can't ever tell our kids that we love them enough. Also, we must be okay with letting our kids fail sometimes. Letting them figure out how to pick up the pieces, but also support them. I think as a society we forget to tell kids you can make any choice you want, but you don't always get to choose the consequences of those choices. Ultimately, all we can do is teach our kids how to be nice to people, how to respect others, how to listen, and how to help each other. Just being nice to people will get you further in this world than almost anything else."

Kristy is a living example of her advice. She dedicates her time, heart, and life to helping those who need someone to believe in them. She is not only a gem



need would be a dedicated part-time counselor that kids can rely on to be here for them. Most of our kids struggle with mental health issues or personal issues that take them away from school. Full time staff is just three teachers, including myself, as the administrator of this program. I wish that with our kids having such a high need and being high risk, there could be funding to provide extra

in our school system, but a gem in our community. If we all took a few words to heart with this article, our community will continue to be what Kristy said she loves most about it. "I love the feeling that this community works and plays together." May we all try a little harder to be nice. To create joy within our community. And to help those who are hidden in plain sight. ■

Heart River Gems is proudly sponsored by

MISS BEA'S KITCHEN

Heart of the home

By Laura Beth Walters



Laura Beth Walters

A: "In writing notes or letters, as in all other forms of social observance, the highest achievement is in giving the appearance of simplicity, naturalness and force. Those who use long periods of flowered prolixity and pretentious phrases—who write in complicated form with meaningless flourishes, do not make an impression of elegance and erudition upon their readers, but flaunt instead unmistakable evidence of vainglory and ignorance."

Translation: Nobody wants to read your "high-falutin'-mumbo-jumbo" (extra points if you get that movie reference).

Q: I don't have the prettiest handwriting. Can I get a free pass on the note writing?

A: I'll answer this one, Emily. I don't have the prettiest handwriting either. When I'm writing a note, I remind myself to slow down and give extra thought to what I'm saying. Something that simple can make a big difference. Emily does outline several ways to improve your note writing in her book, but I don't agree with her view that a man should choose a wife based on her handwriting. WHAT?! As long as the writing is legible and things are spelled correctly, nobody

close to you will think a

thing of it... unless it's your mom.

Q: I don't know what to say beyond "thank you". The whole thing feels awkward. Do I have to write?

A: "Never think, because you can not easily write a letter, that it is better not to write at all. The most awkward note that can be imagined is better than none—for to write none is the depth of rudeness, whereas the awkward note merely fails to delight."

Translation: Even if you can't come up with

something witty to write, you should still write. Worst case - they're bored to tears, but at least they won't think you're rude.

Q: I don't have time to pen notes for all of my 5,000 closest Facebook friends. Where do I start?

A: We are in an age where technology has made our lives much more connected than Emily's day, but also more hectic. There's nothing wrong with being too busy to pen a 5-page letter to that guy you haven't seen since first grade - just Facebook stalk him and write on his wall. He'll be fine. But for those with whom you are close (or desire to be close), take the time to know their birthdays and be aware of what's going on in their lives. The time it takes to show someone you care is never wasted time.

So, to write, or not to write, that is the question. The answer is most always a resounding, "YES!" I would encourage you to keep cards in a handy place so you don't have to go searching for them every time you need one. Do you have anything to add, Emily?

Yes. *"Write the name and address on the envelope as precisely and as legibly as you can. The post-office has enough to do in deciphering the letters of the illiterate, without being asked to do unnecessary work for you!"*

... I think Emily needs some chai and a quiet corner. I hope this has been helpful and maybe a smidge humorous. I'm determined to be better about writing notes and I hope you will join me in challenging yourself to do the same.

Let's make memories, *Laura Beth*
Laura is the Owner/Operator of Miss



Bea's Kitchen which provides meal planning services as well as discusses topics such as homemaking, etiquette, housekeeping, and more. Find her on Facebook at: MsBeasKitchen

All quotes in italics are from "Etiquette: In Society, In Business, In Politics and At Home (1922)" by Emily Post. ■



Let's step out of the kitchen today and talk a little about note writing.

In today's society, we depend so heavily on Facebook and texting to stay in touch and think of note writing as a thing of the past. I believe this is a tragic loss for all of us.

Emily Post is a fantastic source for all things proper - even though she shows her age a bit sometimes by talking about calling cards, etc. Today, in the form of a Q&A, we will take a look at some not-so-distant-past advice regarding notes from Emily's book, "Etiquette: In Society, In Business, In Politics and At Home". Let's get started.

Q: What do I say in a handwritten note? I feel like that's more formal than a text and I'm not "formal".

EMILY'S CHAI TEA MIX (Coffee free!)

Ingredients:

- 1 c dry powdered milk
- 1 c dry powdered nondairy creamer
- 1 c dry French Vanilla nondairy creamer
- 1 ½ c granulated sugar
- 1 ½ c unsweetened instant tea
- 2 ¼ tsp ground cinnamon
- 1 ⅛ tsp ground cloves
- 2 tsp ground ginger
- 1 ⅛ tsp ground cardamom

Combine all ingredients. You can do this by hand but you'll get better results using a food processor to thoroughly mix everything and create a fine, powdery consistency. Store your chai mix in an airtight container in a cool, dry area for up to 6 months. To serve: Mix 3 TBS with boiling water. Stir until everything is completely dissolved.



BADLANDS MINISTRIES**Badlands Ministries fall event still going strong**

Badlands Ministries first fall event in 1980.

By Brent Seaks

Things looked grim... It was early 1980, and Badlands Ministries was struggling financially. Despite holding Bible camp in the badlands since 1928, the camp board was now wondering how they were going to continue. Things were so bad the only way the camp was able to pay their bills the past few years was because the Board Treasurer was secretly depositing personal funds into the camp's bank account. JoAn Tangen was serving on the board at the time and remembers, "We were in a financial strain had to do something."

JoAn had the idea for the camp to host a lunch and live auction to raise funds to support the ministry. She believed if folks would come out to the camp, they would see the need and respond by buying auction items and making gifts to the camp. With the support of the board, she put the idea into action. "I

sent a letter to every woman's group in all our member churches and asked them to make a quilt and bring it to the auction to sell for the camp," JoAn recalls. She started this project while pregnant with her first child and brought her daughter to the first auction. Although JoAn jokes that the Fall Event was "her second baby," her idea and commitment to make it work birthed a new fund raiser that breathed new life into Badlands Ministries. Fortunately, that first lunch and auction went well, and 39 years later, Badlands Ministries is a strong, healthy outdoor ministry still holding the Fall Event the third Sunday every September.

Over \$519,000 has been raised through this Fall Event in just the past 15 years, and it continues to be the ministries biggest yearly fundraiser. The key to the events success is all those from around the region who give of



themselves to make the event a success each year. Whether it be those who make beautiful hand-made quilts and other specialty items for the auction, the ladies from Lebanon Lutheran in Amidon who make fresh lefse during the afternoon, the men of First Lutheran in Beach who start early that day grilling hundreds of delicious chicken dinners, the businesses who donate items for the silent or live auction, or those who make it a priority to come to the event each year to support the camp, there is a lot of time, energy, and love put into this one special day for the camp.

Badlands Ministries will be hosting their 39th Annual Fall Event on

Sunday, September 15th at the Medora Community Center. There will be a camp led worship service at 11am followed by a chicken barbeque dinner and silent auction at noon. There will be fresh homemade lefse for sale and a pie auction. The live auction begins at 1pm and includes quilts, gift packages, artwork, hand-crafted furnishings, specialty items, and more. All proceeds from this event support the Bible camp.

For more information about the Fall Event, please contact Badlands Ministries at 701-623-4332. You can also visit our website at www.badlandsministries.org. We will start showing auction items there prior to the event. ■



Some of last year's beautiful quilts. Check our website to see auction items prior to the event.

HEART RIVER VOICE FEATURE

Magical Medora bubble



By Kaylee Garling

Outside the Life Skills Center in Medora, North Dakota, there is a rock that says, "Hello you nice people," which is a quote from Sheila Schafer, showcasing the legacy Harold and Sheila wanted to leave within the community.

In 1962, they saw what several distinctive characters discovered before them, the spirit of Medora, as unique as the badlands surrounding it. Harold and Sheila went on to create positive, life changing experiences for guests as well as employees working in Medora, pulling people from across the world to experience this beautiful place during the summer season. Their vision breathed life back into the small, dwindling cow town, making it into what it is today: the #1 tourist destination in North Dakota.

"People are surprised when they get to Medora," Jewel Gray, a local of Medora, said. "They drive in for the first time and wonder, what is this place? It's like a scene out of a movie. In the winter, it resembles a shaken snow globe. There's a spirit here that people are drawn to. A spirit of hard work, love of Medora, preserving the past, keeping it quaint, clean, happy, and well-preserved."

Jewel gave us an insider's view to the place you'll never forget. "The spirit of Medora blossoms from the Medora Foundation. We're Schafer kids, and Schafer kids go where they are needed. We're like a family in that way, which coincides with the family-friendly community."

Jewel grew up in the Bismarck area

and moved to Medora to work for the Medora Foundation after high school without her twin brother. It was the first time she'd been by herself, and it was a bit daunting, but she wanted to strike out on her own, to meet people from around the world, which she did and more. That summer, she met her future husband, who is Ukrainian. "I remember asking him, 'How do you say, 'Hello, how are you?' in Ukrainian.' He was glad I asked that instead of how to say bad words." She laughed. "I guess he was asked that a lot, but I was honestly interested in the culture. We now have two kids together, a boy who wants to be an astronaut,



Jewel Gray

and a girl who is a firefighter princess." They remain in the beloved town where they met, filled with sweet memories of years that followed that first summer. Jewel works in Human Resources, and Lyubomyr, her husband, is the Food and Beverage Director.

When asked about how this summer has compared to others, Jewel said, "While it's been colder and bit rainy, it has made Medora greener than I have ever seen it. The badlands still have the classic colors, but with splashes of jade that shine in the sun. It's lovely, and perfect for walks with my kids."

Medora offers a variety of entertainment for all ages, not to mention history. "On September 8th, 1883, Theodore Roosevelt arrived in Medora for the first time. He later went on to be one of the greatest presidents in United States history -- and Roosevelt said that he never would have done so without his time here. Then, in 1962 the town of Medora was about to disappear until

legendary North Dakota businessman, Harold Schafer, decided it was up to him to save this place and its history for generations to come."

"We have some new attractions this year, like the Perception House and shows at the Old Town Hall Theater, and people are loving them. There are all kinds of free music and kids activities, too. A lot of people only come every couple years, but there is a lot of "new" in Medora for folks right now," Jewel explained. "The Rough Rider Hotel is a great place to stay downtown with western flare, and a restaurant named Theodore's. The Maltese Burger is my favorite burger anywhere, not just in Medora. Farmhouse Café offers a variety of menu options in a timeless ambiance. Even if you don't like musicals, go to the musical! There was

an employee who mentioned he didn't like musicals, then he went, and has gone every night since. It's magical, sitting in the open-air theater, seeing the sun set over the buttes, listening to the Burning Hills Singers." Haven't gotten enough of the scenery? Attend Pitch Fork Fondue where the steak is crisp on the outside, soft and chewy on the inside."

"I love Medora, because it is a little bubble of time, captured in a wonderful place, preserved for the modern world," Jewel summed up. We can't agree more as the season comes to a close. There's still time to enjoy Medora! Check out their website: www.medora.com, for upcoming events, including Cowboy Christmas this coming November-December. ■

CONVENTION AND VISITORS BUREAU

Old Red Trail Scenic Byway

Paralleling I-94, the Byway was originally referred to as Old Highway 10. The Old Red/Old Ten Scenic Byway provides ample opportunity to explore how life was many years ago for those who settled in North Dakota. The culture of the Native Americans through Fort Mandan, and the diverse cultural offerings of the European pioneers, are captured along this route.

Travelers can tour several regional and local museums and a variety of recreational opportunities exist. The natural beauty of the buttes, river valleys and prairie delivers pleasant, rural-life images for the visitor to see. The route is a great alternative to interstate travel with many exits and entrances to/from I-94.

Some of the points of interest:

- Mandan Depot, Mandan
- "Salem Sue", New Salem
- Ft. Sauerkraut, Hebron
- Schnell Recreation Area, Richardton
- Assumption Abbey, Richardton
- Taylor
- Gladstone Drive South
- Badlands Dinosaur Museum, Dickinson



Distance and Location

108 miles, begins at the Mandan Depot on Main Street in Mandan and travels west along Old Highway 10 to Dickinson. Or, reversing the trip, start at Dickinson and travel east along the Byway to Mandan. There is a 12-mile section of gravel road near Almont known as the Curlew Loop. Caution: 12-foot underpass between Hebron and Richardton.

For more information - oldredoldten.com or Facebook - Old Red Old Ten. ■



TRINITY CATHOLIC SCHOOLS

Leading with mission

By Kelli R. Schneider, Marketing Coordinator

The Trinity High School Student Council begins the 2019-2020 school year with one thing in mind: establishing a culture of servant leadership, anchored in prayer.

For the first time in recent Student Council history, the group of grade 9 through 12 student leaders, elected to serve by their peers, began the new school year with a late summer retreat. The half-day retreat experience

included opportunities for reflective prayer, learning about their own personal temperaments and strengths, and the building of a strategic plan for the Student Council.

Miss Amy Grinsteinner, Trinity Junior High and High School Social Studies Teacher and co-advisor for the high school Student Council said, "The retreat really set the tone for the year. Our high school student council wants to be

servant leaders and have committed to that in their newly established mission statement. They also want to further develop a school culture in which everyone feels welcome and loved. In the strategic planning session they decided on tangible events and actions to help them achieve this goal." One such event is the planning and execution of Trinity's Fall Spirit Week. The Student Council plans to have a number of fun, community-building events that week, including a blood drive.

Through a number of individual brainstorming sessions and group roundtable sessions at the retreat, the students came to agreement on a mission statement: "to serve and live by the Titan Standard." The Titan Standard is a creed, known by the students, faculty and staff of Trinity Junior High and High School, which sets expectations for life. To live by the Titan Standard is to agree to live by the expectations set forth by the creed.

In reflecting upon the retreat day, Father Gregg Hochhalter, Trinity Junior

High and High School Dean of Students and co-advisor for the Student Council said, "In my opinion, the greatest fruit of the retreat is leaving the impression on our students that our work and activity in school must be anchored in reflective and meditative prayer. The two prayer sessions were experienced remarkably by our students, and my hope is this motivates their work efforts this academic year." Allowing Jesus Christ to influence each and every aspect of life at Trinity is paramount, and the offering of a retreat experience for student-leaders, founded in prayer, helps students further see how the school itself lives her mission – educating the whole student – mind, body and soul.

Both Father Hochhalter and Miss Grinsteinner agree that students are the most powerful force of influence in the school. When that force of influence is well-grounded – in mission, in joy, in confidence, in prayer, in Christ – amazing things can happen. That is the goal of this group of student leaders – and that is inspiring! ■

The Titan Standard

The decision has been made.

I won't look back, let up, slow down, back away or be still.

My mind is here to know.

My past is redeemed, what I do now is expected,

and my future is in God's hands.

I am done with immaturity, mundane talking, and selfishness.

I am not in the halls for the looks, on the court for popularity,
or on the stage for applause.

I don't have to be right, first, recognized, praised, or rewarded.

My body is for Him.

I now live by faith. I lean on Christ's presence.

I work for His glory, pray for His power, and play in His wonder.

My direction is set. My goal is heaven.

My Father is reliable. My mother is confident.

And my soul is ready.

I do not compromise for others sake,

I will not flinch in the face of sacrifice,

complain when my way is not done,

laugh with sin, or mess with mediocrity.

I won't fall into rudeness or overlook kindness

Knowing that I can make a difference.

I am a Titan, I set the standard. I follow the mission of the Gospel.

I must go until God comes, learn for the sake of truth,

act so good can be done,

and honor His power when mine is not enough.

And when He looks to me for a task, He does not hesitate.

He knows my heart is strong and the expectation will be made.

I am a Titan— I set the standard.



Members of the Trinity High School student council on retreat day, August 2019.

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kelley@heartrivervoice.com OR www.heartrivervoice.com

NDSU EXTENSION

Opportunities in 4-H

By Holly Johnson

Have you ever wanted to get involved in a local 4-H program, but were unsure of where or when to start? The best time to get started in 4-H is now because September 1 marks the beginning of the new 4-H year! Now you know the time

your family has found a 4-H club, you may enroll online after September 1 and begin attending monthly meetings regularly.

Q: What do you do in 4-H?

A: While it may appear that all one



is right, but what about the rest of your questions?

Below are common questions regarding 4-H along with answers.

Q: What is 4-H?

A: 4-H is an organization that empowers youth to build valuable life skills through hands-on learning, leadership, and public speaking. The four H's in 4-H stand for head, heart, hands, and health. Head refers to higher learning and critical thinking, heart refers to caring about others and finding one's passion, hands refers to volunteering time and talent to serve others, and health refers to the importance of personal well-being and the well-being of others.

Q: How old do I have to be to join 4-H?

A: 4-H is open to all youth ages 5-18. Students who are ages 5-7, by September 1, are called Cloverbuds. Our youngest 4-H'ers aren't quite ready to participate in many of the project areas and/or activities that older children can, but there's still plenty for Cloverbuds to do in 4-H, starting with fun! The emphasis is on participation, learning and teamwork, not competition. Students who are 8 or older, by September 1, transition to full membership. While it is a youth organization, parental support is important to the success of 4-H membership.

Q: How do I join 4-H?

A: First, we recommend families visiting a few 4-H club meetings to find the best fit. Stark/Billings County has over a dozen active 4-H clubs, and the Extension office is happy to help narrow down the selection based on meeting location, ages of members, etc. Once

does in 4-H is attend meetings, 4-H offers that and more. 4-H'ers select project areas of interest to them at the beginning of the 4-H year. Maybe it is engineering or baking, beef animals or photography. The possibilities are limitless! From September on, members go in-depth with their project areas, practicing and learning as they go. Come June, youth have the opportunity to showcase their finished products at the county fair.

4-H offers additional opportunities to its members! Club meetings are run by 4-H members, with the help and guidance of adult leaders, allowing youth to gain confidence and leadership skills. Interested in archery? 4-H has a shooting sports program. Have a passion for agriculture? 4-H has various judging contests to strengthen your knowledge about livestock, crops, etc. Enjoy giving back to your community? 4-H is a great avenue to get involved in service learning projects!

Have more questions about 4-H? Stop by or call the Stark/Billings Extension office on West Villard in Dickinson at 701-456-7665! ■



SOUTHWESTERN DISTRICT HEALTH UNIT
Immunizations available

By Tara Bieber

Southwestern District Health offers immunizations to all ages in accordance with ACIP (Advisory Committee on Immunization Practices) and AAP (American Academy of Pediatrics) recommendations. Immunization recipients



are screened and vaccines are offered to both insured and uninsured individuals based on available programs and funding. Southwestern District Health also partners with the North Dakota Department of Health to offer select vaccines to persons traveling to foreign countries.

Appointments can be scheduled through the local public health offices.

<https://swdhu.net/county-contact-info/>

Office Location and Contact

- Adams: (701)567-2720
- Billings: (701)623-4133
- Bowman/Slope: (701)523-3144
- Dunn: (701)573-5513
- Golden Valley: (701)872-4533
- Hettinger: (701)824-3215
- Stark: (701)483-0171



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

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North Clinic (701) 483-1000 448 21st St W Ste D-1
South Clinic (701) 483-1021 446 3rd Ave W

Heart River VOICE Events

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

AUGUST 30 - SEPTEMBER 1 DAKOTA NIGHTS ASTRONOMY FESTIVAL Enjoy evenings of star viewing, special presentations, rocket building and launching, children's activities, and much more. Join astronomers, rangers, and historians as they come together for a 3-day festival celebrating ND's stary nights and rich heritage. Most activities are included with your park entry fee. 8-10:30PM Star Gazing and Telescopes at Peaceful Valley Ranch. More info, <https://tinyurl.com/y5t-ppyr9p>.

WEDNESDAY SEPTEMBER 4 PUBLIC RECEPTION 6-7:30PM The North Dakota Museum of Art, in collaboration with the Dickinson Museum Center, is pleased to announce the opening of Elmer Thompson: The Inventor, which opened August 12. There will be a public reception at the Dickinson Museum Center.

SEPTEMBER 6-7 2019 DICKINSON HARVEST SHOWCASE 4-9PM Friday; 9AM-5PM Saturday Shop from many Pride of Dakota members at the Harvest Showcase! You'll find unique products, including gourmet food, wine, art, books, jewelry, sporting goods, home décor, apparel, children and pet items, and more! West River Ice Center, 1865 Empire Road.

SATURDAY SEPTEMBER 7 2ND ANNUAL BAKKEN INFLATABLES 5K 8AM-NOON Fun family event with a 5K course with seven inflatable obstacle stations. For all ages and fitness levels. Help support House of Manna, United Way of Dickinson, and West Dakota Parent & Family Resource Center. More info, 701-483-1233. Tickets available at Eventbrite. Patterson Lake Recreation Area: Crooked Crane Trail.

4TH ANNUAL RECYCLE YOURSELF 5K 9AM Recycle yourself 5K is an

event to raise awareness on the importance of organ donors and the lives they can save. All the money raised is donated to LifeSource directly. Beisiot Activities Center.

FALL INTO DOWNTOWN BLUES FESTIVAL 10AM-7PM Street Fair 3PM-11PM Music Celebrate Fall! Downtown Dickinson hosting music, family fun, kids' games and giant water slide, craft and food vendors, retail sales and MORE! More info, 483.6949.

CLEAN UP DICKINSON 10AM Join your community in cleaning up trash around Dickinson before the snow flies! Meet at Memorial Park.

JENNIFER LYN & THE GROOVE REVIVAL 6:30PM Join Jennifer Lyn & The Groove Revival at The Dickinson Blues Festival in downtown Dickinson, ND for a fun night of great music. Downtown Dickinson.

SEPTEMBER 7-8 MEDORA HOT AIR BALLOON RALLY AND BADLANDS KITE FEST 6:30-8AM View a spectacular hot air balloon rally in Medora's rugged badlands. The Kite Flyers will be located at the top of the Burning Hills Amphitheatre -- just look for the beautiful kites! Tentative Kite Schedule: Saturday and Sunday from approximately 10:00a.m. to 4:00p.m. MDT, weather permitting.

SUNDAY SEPTEMBER 8 GRANDPARENTS DAY 1-3PM Join us to celebrate grandparents! Bring your grand kids along for a fun day filled with activities, snow cones and cotton candy! Edgewood Hawks Point, 1266 Signal Butte.

SOUTH HEART SUNDAY FUN FEAST 4-7PM FREE community event! Smoked Meats/Brisket. Fun and music for the entire family. More info, call 701.609.0310 or 701.690-3451. Parking lot of I Don't

Know Bar, 207 4th St NW, South Heart, ND.

SEPTEMBER 8-10 NDAGA ANNUAL RETREAT The North Dakota Art Gallery Association is holding it's annual conference in Dickinson, ND September 8-10! Open to all artists, non-profits, museums, and galleries. Attendees will participate in training, painting, and ceramic workshop. More info, see Facebook - NDAGA Annual Conference.

THURSDAY SEPTEMBER 12 20TH ANNUAL MAKE A SPLASH WATER FESTIVAL 6-8PM Join SW Water Authority, ND Project WET, and State Water Commission to celebrate water. Water education, craft stations, and open swimming. Free and open to the public. More info, 701.225.0241. West River Community Center.

SEPTEMBER 12-14 THEODORE ROOSEVELT IN RETROSPECT: AN AMERICAN LEGACY The Theodore Roosevelt Center and Dickinson State University welcome you to the 14th annual Theodore Roosevelt Symposium! To register and to find more information about this year's event, including the full schedule, speakers, and accommodations, visit www.dickinsonstate.edu/tr.

SEPTEMBER 13-14 HARVEST FESTIVAL 2019- FALL FUN FOR THE ENTIRE FAMILY 6:30-9PM Friday Outdoor family movie; 11AM-4PM Saturday Come enjoy a day filled with local crafters, amazing food, entertainment, and hands-on activities for all! Free to attend. More info, see article, p. 4. Dickinson State University, 291 Campus Dr.

SATURDAY SEPTEMBER 14 BODYLAB USA HOLISTIC HEALING & PSYCHIC FAIR 10AM-5PM Come to explore everything spiritual and holis-

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



tic. Variety of vendors offering psychic, tarot, & angel readings, aura photos, various types of energy healers and crystals, gemstones and much more. \$5 entrance fee. Something for everyone. Lady J's Club & Catering, 20 Broadway East.

TEARS FOUNDATION 2019 ND ROCK & WALK 10AM-1PM We strive to build awareness about pregnancy, infant, & child loss by bringing the community together to support these families. As we rock in chairs or walk laps together, we honor the children whose names appear on butterflies lining the path and are reminded that we can find hope. Register or donate now at give.thetearsfoundation.org/event/2019-north-dakota-rock-and-walk/e215131.

SEPTEMBER 14-15 CRATRECEOUS & BEYOND: PALEONTOLOGY OF THE WESTERN INTERIOR Badlands Dinosaur Museum, North Dakota Geological Survey, and Dickinson State University are delighted to invite you to attend our symposium, Cretaceous and Beyond - paleontology of the Western Interior. Presenta-

tions and field trips available. See website for more information: http://dickinsonmuseumcenter.com/cretaceous_and_beyond/.

SUNDAY SEPTEMBER 15 BADLANDS MINISTRIES FALL EVENT 11AM All proceeds benefit Badlands Ministries. More info, see article, p. 18, www.badlandsministries.org or call 701.623.4332. Medora Community Center.

CZECH DAY 1PM Dance and entertainment by Czech Heritage Orchestra with Jim Geiger, Accordionist. 5PM Meal served. \$20 includes meal and dance. Catholic Workman Hall, New Hradec.

WEDNESDAY SEPTEMBER 18 LUNCH & LEARN: MEDICARE 101 12PM-1PM Join us to learn the basics about Medicare and have your questions answered by presenter Renae Polensky, Legacy Planner with Angel Advocates. More info, 225.9173. Edgewood Hawks Point.

THURSDAY SEPTEMBER 19 12TH ANNUAL TOUR OF TABLES 11AM Viewing of tables 11:30AM Luncheon is served.

Twelve beautifully decorated themed tables. Hostesses will share a brief description of their table setting. Tickets are \$25 and available at the hospital gift shop or call 456-4490. Sponsored by the Auxiliary at CHI St. Alexis Health Dickinson. Lady J's Catering, 20 E. Broadway St.

SATURDAY SEPTEMBER 21 OUT OF THE DARKNESS

WALK 8AM registration, 8AM-11AM walk begins. Walk to Fight Suicide. Advance registration at afsp.org/DickinsonND. West River Ice Center.

2ND ANNUAL POW*MIA BIKE RUN FOLLOWED BY MIKE'S BIRTHDAY BASH

11AM Kickstands up! Ride from South Heart to Dickinson followed by Regent, Elgin, and Glen Ullin. Back to I Don't Know Bar by 5PM for food and music. Street dance starts at 6PM. \$20 per rider, includes passenger. Taco in a Bag also included in price. More info, contact Warren 590-8905 or Mike 677-5852. I Don't Know Bar, South Heart.

MONDAY SEPTEMBER 23 ND RIGHT TO LIFE BANQUET

6PM Social. 7PM Dinner & presentation. To reserve seats, send an email to director@ndrl.org or call (701) 258-3811. There is no cost to attend the banquet, but a request for a donation will be made. Ramada Grand Dakota Hotel.

TUESDAY SEPTEMBER 24

HARPS AND CHORDS 7:30PM This new duo from New York City features harpist Jacqueline Kerrod and vocalist Daisy Press. Performing contemporary and popular music from various decades. One-time or season tickets available at the door. More info, see p. 28. DSU Stickney Auditorium, May Hall.

SEPTEMBER 24-25

MASQUERADE JEWELRY & ACCESSORIES SALE Tuesday 10:30AM-5:30PMPM and Wednesday 7:30AM-3PM. CHI Conference rooms ABC.

WEDNESDAY SEPTEMBER 25 INTENSE INNOVATION WORK- SHOP

9AM-4PM This class helps individuals identify and develop innovation skills, create new ideas for products and processes, explore the "Plan Do Study Act" cycle, and develop an action plan for moving forward. This course teaches employees, managers and business owners how a culture of innovation can

benefit their business. Tickets available at impactdakota.com. Preregister by 9/17. Grand Dakota Hotel.

SATURDAY SEPTEMBER 28 FRIENDS OF THE POOR@

WALK/RUN 8:30AM Check-in/Registration 9AM Walk/Run start time. Benefits the poor and needy in our community. Join the Society of St. Vincent de Paul at the West River Community Center. \$15 fee includes an event tshirt. Register online at fopwalk.org. More info, see article, p. 10. 701.483.6700 or stvincendepaul.dickinson@gmail.com.

OCTOBERFEST 6-10PM Come join us at the Southwest Speedway and watch some fantastic racing. Watch IMCA Modifieds, IMCA Sport Mods, IMCA Sport Compacts, WIssota Street Stocks, SWS Hobby Stocks, and INEX Legends. Southwest Speedway, south of Dickinson on Hwy 22 10 miles and 1 mile west.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS

THE ROCK Thursdays 1st-Open Mic Night-Brady Paulson, 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-3PM Lunch specials Monday-Friday. Tuesday nights-Bike Night. 5-9PM Fridays Steak Fry. 9PM-close. Ribeye and all the fixins!

FOOD KITCHENS

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

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

SUPPORT GROUPS

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

FAMILY FUN

FARMER'S MARKET 4-8PM Tuesdays/10AM-2PM Saturdays Dakota grown produce available while supplies last. Prairie Hills Mall parking lot.

BANDSHELL CONCERT SERIES

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

MEDORA Wednesdays and Sundays Kids 17 and under are FREE at the Musical. Tuesdays and Thursdays, Seniors get 15% off. Kids (age 12 & under) get a free hot dog meal with the purchase of an adult meal at the Pitchfork Steak Fondue every Wednesday & Sunday of the season, too! Show runs through September 7.

DICKINSON MUSEUM CENTER

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

DICKINSON AREA PUBLIC

LIBRARY 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 2PM Mondays S.T.E.A.M. (ages 6-10) 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 3PM Tuesdays Teen Fun (11-17). 3PM 1st/3rd Thursdays Kids' Lego Club. 3PM Fridays Free Family Movie. See dickinsonlibrary.org for up-to-date information and more fun activities that require sign-ups.

UNIVERSITY THEATRE

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

CLUBS/GROUPS

BADLANDS BANDITS COWBOY SHOOT 9:30AM Registration 10AM Wild Bunch Match 12PM Cowboy Match. A Cowboy Action Shooting (CAS) located in Belfield. They shoot every 2nd Sunday from May-October at the Belfield Sportsmen shooting range, 1/4 mile north and 3 miles west of Belfield. More info, 701.260.0347. Follow event on social media for any

changes in dates/times.

HEART RIVER HOMEBREWERS 5:30PM 4th Thursday of each month. Calling all home brewers! Meet at Phat Fish Brewery, 1031 West Villard.

SEW SISTERS Kids Craft Class on August 6, Sew Sisters on August 13 and Topper Club on August 17th. More info, see www.SuzysStash.com. 118 N Ave, Richardton. 974.7899.

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

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

SOCIETY OF ST. VINCENT DE PAUL 6:30PM 2nd and 4th Wednesday of the month. St. Patrick's Church Parish Center, 229 3rd Ave W.

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 690.8958 or MaryAnn Brauhn 290.4013.

BADLANDS ART ASSOCIATION 7PM 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 690.8958.

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

MEETINGS

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

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

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

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

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club.

COMMUNITY OFFERINGS

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

SAVE THE DATE

OCTOBER 1-2

FUSION CONFERENCE Two-day conference is a multi-faceted approach to you living a more fulfilled life. By focusing on what you can do for yourself, your community, and your career, you will go home feeling balanced in all of your activities. More info, see article, p. 15, ad on back cover or visit GoFusion-Conference.com. Bowman, ND.

OCTOBER 4-5

NORTH DAKOTA WINE FESTIVAL 6-10PM The wine industry in the Dakotas and Eastern Montana has grown over the last several years. Wines produced by those wineries will be showcased. 3 course dinner, sip n' paints, live music and more! More info, see ad on back cover or northdakotawinefest.com. Medora, ND.

SATURDAY OCTOBER 5

GAMECHANGER IDEA FESTIVAL 6-10PM Come join Humanities North Dakota for a day of speakers and entertainment. Theme is the American Dream: Freedom of Speech, Freedom of Worship, Freedom from Want, and Freedom from Fear. More info, see ad p. 2 or gamechangernd.com. Belle Mehus Auditorium, Bismarck ND.

ADVENTURE ON A DIME

Camping at Sully Creek State Park



By Laura Beth Walters

Growing up in Northern Wisconsin was always an adventure. For most of my childhood we lived on forty acres of wooded land about twelve miles from the city of Superior. I remember running around barefoot, camping, climbing pine trees higher than the telephone wires, picking blackberries, fishing, and all the other country things a tomboy enjoys doing. Over the years, however, I got away from all of that. I moved to California and lived in a city in the middle of the desert, worked office jobs, and developed a love

myself wholly to the peaceful solitude of nature because I'm too busy "adulting". Sound familiar?

A couple of weekends ago, my husband and I decided to go camping. There are a few things to be noted here before going any further. One, as outlined above, I'm maybe only like 20% tomboy anymore. Two, my husband is only slightly more "rugged" than I am. Three, we didn't own a tent.... or anything camping related. I take that back! My husband did have a small cooler in the garage! WOOHOO! We were ready to face the wild. Just kidding,



of coffee shop sitting rather than any of that outdoorsy stuff. I look back on my childhood memories fondly but often forget that that little girl is still a big part of me. Getting caught up in the busyness of life, I forget what it was like to give

we had to make a WalMart run before hitting the road.

We booked a space at Sully Creek State Park, just a couple miles south of Medora. Can you believe I'm 32 and hadn't ever camped at a campground

before? I was pleased to see that our cute little spot was tucked away next to a small, densely wooded area with an open field just behind the campsite. We quickly "set up camp" - remember, we didn't have a tent, so we laid the seats down in the back of our Toyota Scion and

top, the scent of fresh apple pie wafted through our little campsite. I smiled as I prepared these sweets for myself and my husband. My dad used to make these every time we went camping or had a bonfire at our house and it brought back so many sweet memories!



made it up like a bed. I brought several comforters, pillows from our couch, and some twinkle lights to make it pretty and it ended up being quite cozy for an overnight stay.



Dinner that night was brats and potatoes, onions, and peppers cooked in my cast iron skillet over the fire. The aroma made my mouth water! Once we took the veggies and meat off, we let the fire die down a bit and I placed our dessert in the coals. Earlier in the day I had cored out two Granny Smith apples and filled them with butter, brown sugar, and cinnamon. I then wrapped them tightly in tin foil and placed them in the glowing embers of our fire pit while we ate dinner. The embers cooked the apples to perfection and as we peeled back the tin foil and drizzled caramel sauce over

After dinner, we took a short walk and then sat for over an hour just staring at the stars. I can't remember the last time I had seen the Milky Way that clear or counted that many shooting stars in one night! We weren't far from civilization but the sky looked as if we were hundreds of miles from the nearest city light and it was glorious. We fell asleep that night to the sounds of the locusts and the faint echo of the horses whinnying and snorting on the other side of the campground.

Early the next morning, my husband begrudgingly got up (hello, nightowl!)



Continued, next page

Continued from page 24



and started another fire before sunrise. I boiled water and we had donuts, strawberries, and French Press coffee for breakfast by the fire as we watched an ethereal mist roll in over the field behind our campsite and listened to the campground waking up around us. We played cards for a while before packing

up and heading across the campground to the Mah Dah Hey trailhead. Neither of us had ever been on the trail up till this trip even though my husband has lived in the area for over twenty years! We didn't walk too far on it, but we did make it down by the water and the scenery was breathtaking. The water was higher than normal and rippling over the rocks and uneven spots creating a captivating backdrop for the sounds of the Meadowlarks, the locusts, and horses. The sun glinted playfully through the trees, catching the wildflowers as they danced in the breeze to nature's symphony. Everything about that morning was absolute perfection.

While neither of us would consider ourselves "outdoorsy" people, both my husband and I needed that weekend away more than we realized and we

put our cell phones on Airplane mode and focused on each other. Talk of work and other obligations was banned and we allowed ourselves to relax and truly enjoy our surroundings. Being here in North Dakota we have so much incredible beauty around us that

we often take for granted. I am 100% loving the hikes and the scenery and the long drives down these North Dakota dirt roads just to see what's at the end and I know you will too if you'll take the time to get out and experience it for yourself!

I hope you will take advantage of our last few weeks of summer and go camping - even if you're not the camping type. It's affordable, relaxing, and if nothing else you will have some great

stories to tell. If you're new to the area or if you've lived here your whole life and never stepped foot on the Mah Dah Hey, go find a trailhead! It's beautiful and so worth it.

Remember, you don't have to be Bear Grylls to enjoy my North Dakota because I'm not eating bugs or going more than a day without a shower.

Until next time, Laura Beth ■



FINANCES

The benefits of prepaid cards

By Vaune Johnson, Market President at Cornerstone Bank



CORNERSTONE BANK

According to the FDIC, more than 60 million people in the United States do not have a traditional deposit account or have limited access to a payment card. For our unbanked population, or college students attending school away from home, or for customers who prefer not to use a debit or credit card, Cornerstone Bank encourages consumers to consider a prepaid card to avoid the fees and inconvenience associated with check cashing and money orders.

"Prepaid cards are a safe alternative to carrying large amounts of cash and they provide most of the same conveniences as credit or debit cards," said Vaune Johnson, Market President of Cornerstone Bank in Dickinson. "Since

prepaid cards are typically available without a credit check or a bank account,

it's a convenient option. Our card customers can log in to a secure website, download a mobile app, or use a toll-free

phone number to monitor transactions and the remaining balance."

The card represents a payment option for consumers who rely primarily on cash to make payments or may not have access to traditional banking relationships. In most cases, prepaid cards are usable for online or phone purchases, bill-pay and cash withdrawals at ATMs.

Cornerstone Bank offers the following tips on what to look for when choosing a prepaid card:

- Funding the card: choose reloadable or non-reloadable. Reloadable cards can be reloaded with funds again and again, including by direct deposit of payroll, health or government benefits and by cash. Non-reloadable cards are typically

gift cards purchased for a fixed value and cannot be reloaded.

- ATM cash withdrawal. Our cards can be used to withdraw funds from ATMs. Cardholders may have to pay a disclosed fee for using out-of-network ATMs.
- Fraud protections. Be sure to ask about procedures and policies for unauthorized card use. For payroll cards, consumers are protected against unauthorized card transactions.

- Look for other fees. Fees will vary by bank. Some common fees can include card activation, monthly maintenance, dormant account, reload and card replacement. Be sure to ask your banker the potential fees associated with the card.

Prepaid cards offer convenience and immediate access to their money. They are a safe alternative and worthy of an inquiry. ■

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BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



The Dickinson Rotary Club began its monthly Community Kindness Initiative in August with a toilet paper collection for the Domestic Violence and Rape Crisis Center. Each month club members will bring a designated item for that month's charity collection. Dawn Pruitt, left, and Debora Dragseth, right, represented the club's Community Projects Committee in delivering the items.



Live music and fun at the 3rd Annual Alive Experience; a community worship service featuring praise teams from area churches. The Josh Gilbert Band from Tennessee was brought in by 103.7 The Connection.



THS Class of 2002 team, Chad Heidt, Nathan Lynch, Kyle Steffes, Ben Kuhn, took top place honors at Best Friends Mentoring's Friday Night Lights Glow Ball Golf Scramble.



The Bar 11 Boarding/Rescue team took first place at the Friday Night Lights Glow Ball costume contest. Team members: Jesse Fricks, Amber Gordon, Cammy Pattee, Martina Kent



Community members participated in the Muddy 4 a Cause obstacle course, raising funds for Brave the Shave.



Sleepy Hollow Theatre and Arts park presented Newsies and Mamma Mia this summer as two of their summer offerings. Sleepy Hollow Theatre and Arts Park provides artistic opportunities and Broadway Style Musicals for youth and audiences to enjoy in the Bismarck-Mandan area.

YOUR HEALTH

Back to school and paying attention

By Steve Irsfeld

For most people, paying attention is not a difficult task to accomplish but for many, especially young children, it can be an extremely frustrating thing to ask. It is a well-established fact that attention disorders are on the rise. Less well established is how best to approach treatment.

Attention deficit/hyperactivity disorder (ADHD) is the most commonly diagnosed behavioral disorder of childhood, estimated to affect between 3% and 5% of school-aged children.

Core symptoms of ADHD include inattention, hyperactivity, and impulsivity. Many people occasionally have difficulty sitting still, paying attention, or controlling impulsive behavior, but for people with ADHD, these behaviors can interfere with daily life. Generally, these symptoms appear before the age of 7 and cause significant functional problems at home, in school, and in various social settings. One- to two-thirds of all children with ADHD continue to exhibit ADHD symptoms into adult life.

Numerous factors such as diet, allergies, toxicities, genetics, environment, brain chemistry, and other factors have been shown to play a role. As a result, treatment options vary greatly. I like to start with a nutritional approach that includes diet and dietary supplements and would address things such as nutritional deficiencies rather than just behavior.

Often times an unhealthy diet can be a source of the problem which leads me to recommend the modified elimination diet. It eliminates the most allergenic foods from our diet including; sugar, wheat, eggs, dairy and corn. If food is an issue, most patients see a marked improvement within 2 to 3 weeks of implementing the diet.

When looking at supplements, I like to start with healthy fats, especially omega-3 fatty acids, EPA and DHA, considering the brain is approximately 60 percent fat. Deficiencies of omega-3 fatty acids have been linked to a number of developmental and learning problems, including ADHD.

Magnesium is an often over looked nutrient in children. Symptoms of magnesium deficiency include irritability, decreased attention span, and mental confusion. Some experts believe that children with ADHD may be exhibiting the effects of mild magnesium deficiency.

In one study of 116 children with

ADHD, 95% were magnesium deficient. In a separate study, 75 magnesium-deficient children with ADHD were randomly assigned to receive magnesium supplements in addition to standard treatment or standard treatment alone for 6 months. Those who received magnesium demonstrated a significant improvement in behavior, whereas the control group exhibited worsening behavior.

Adequate levels of vitamin B6 (pyridoxine) are required for normal brain development and are essential for the synthesis of essential brain chemicals including serotonin, dopamine, and norepinephrine. A preliminary study found that pyridoxine was slightly more effective than methylphenidate (the most commonly used stimulant) in improving behavior among hyperactive children.

Zinc regulates the activity of neurotransmitters, fatty acids, and melatonin, all of which are related to the biology of behavior. Two separate studies found that children with ADHD have significantly lower blood zinc levels than children without ADHD. Another

study indicated that ADHD children with mild zinc deficiency may be less likely to improve from a commonly prescribed stimulant than children with adequate zinc levels.

Taking a good multivitamin is always helpful to fill in the gaps created from our diet, but it can also provide necessary B6 and zinc if a deficiency in one of those is leading to attention issues.

Although melatonin supplementation probably has no direct effect on the primary symptoms of ADHD, it may be effective in managing sleep cycle disturbances in children with a variety of developmental disorders, including ADHD.

If you are currently taking medications, the above recommendations are options that can be used in conjunction with the current medical care you are receiving from your practitioner. They are non-toxic options that can easily be implemented with your current treatment protocol.

Stop in the pharmacy for further information on ways to naturally help with attention disorders. ■

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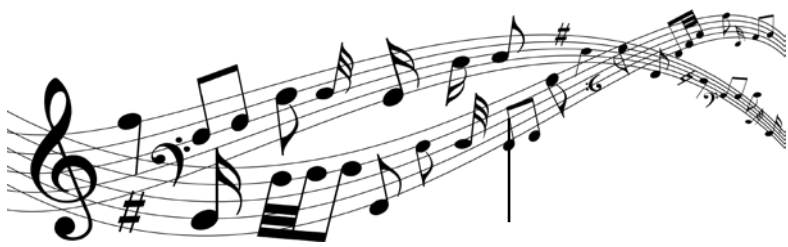
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MUSIC TO OUR EARS



By Carma Gerbig

Harps and Chords

Take a world class harpist and a world class vocalist from New York City, bring them to the town of Dickinson, ND, and place them on the 2019-2020 Dickinson Area Concert Association season, and you have another great opportunity to enjoy a unique musical event sure to please all audiences. HARPS & CHORDS is such a group and will be playing on Tuesday, September 24, 2019 at 7:30 PM in the Dorothy Stickney Auditorium at Dickinson State University.

This emerging new duo featuring harpist Jacquelin Kerrod and vocalist Daisy Press performs contemporary

and popular music from various decades. They have created a strong following for their intimate yet energetic performances. Both Daisy and Jacki have ranging backgrounds and performance experience having played on premier stages such as Brooklyn's House of Yes, NYC's Carnegie Hall, Lincoln Center, Radio City Music Hall, Joe's Pub and Birdland to name a few. This unique duo of harp and voice have found a niche that has caught the attention of jazz and pops fans everywhere. With a repertoire that takes the audience from "Maybe I'm Amazed", by the Beatles, to "Can't Help Falling in Love" by Elvis, to "Summertime" by George Gershwin, to Bob Dylan's "Make You Feel My Love," to "Come Away with Me" by Norah Jones, attending this concert will certainly offer a contemporary style of performance with a plethora of well-loved musical gems.

If this sounds like a concert you might be interested in attending along with the many season members of the Dickinson Area Concert Association, please call 227-1673 or go to the website: www.dickinsonareaconcertassociation.com for ticket information. ■



Dickinson Area Concert Association

The Dickinson Area Concert Association is a local organization that is committed to bringing a variety of excellent musical performances to the Dickinson area at a reasonable cost. Each year there are four to five local concerts and reciprocity for many other concerts with nearby concert associations.

Membership is open to all who are interested in becoming members. The best value is a season membership, but it is possible to attend single concerts. To become a member, tickets may be purchased at Jacobsen Music, 1067 3rd Avenue West, Dickinson, ND or membership may be purchased at the door of any of the concerts. Season fees include \$65 for adults, \$60 for senior citizens, \$35 for students, and \$130 for a family membership. To attend a single concert, tickets are available at each

concert for \$30.

Concerts in Dickinson this season include: "Harps and Chords" – a harpist and a vocalist; "Take 3" – a female trio that plays classics to the Beatles; "Timothy Chooi" – a classical violinist; "Double Double Duo" – two artists who will play clarinet, accordion, and piano in a broad repertoire of music; and finally, "Ball In the House" – an R&B soul/pop acapella group.

The Dickinson Association maintains reciprocity with nearby concert associations in Hazen, Hettinger, Watford City, and Williston. DACA members can attend these other association's events free of charge. This year that amounts to seventeen possible extra concerts.

For more information and to listen to clips of this year's concerts go to: www.dickinsonareaconcertassociation.com. ■

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Heart River
VOICE

PIECE BY PIECE

September at Suzy's

By Suzy Rummel

September always reminds me of back to school. I guess it was the 30 plus years I had a child in school; the supplies, clothes, lunch tickets, shoes and readjusting to having a schedule. I haven't gone school shopping for a few years and I sort of miss it. I did take a stroll down the school supply aisle and I had to get a few supplies for old times sake. Who can resist a box of crayons, cool pens and markers so I bought some just because.

Owning and running a fabric/notions/flower shop/lunch/specialty drinks shop is sort of like being in school. When the doors opened to the public on September 26, 2017, it was like I was in kindergarten. The first year went by and we learned what worked, what didn't, and started to get some sort of balance. Our first anniversary came and went; it seems we moved up to about 3rd grade or so. Now we are coming up on our 2nd anniversary and lo and behold, we can almost say we are in middle school. I wonder if we will ever get to high

school, college and beyond. I am sure we will but it has been a fun ride. Learning new techniques, trends, gadgets and the wealth of information has been so interesting. It is as fun to share with our customers as it is to learn.

We had a terrific Opry Land Days celebration in Richardton. The Stash held a public trunk show with Kerry and Diane winning a \$25 shopping spree and Carla winning flowers. The plans for the 2nd anniversary party are being planned as I write this but mark your calendars for something special during the latter part of September. Some ideas are a public trunk/quilt show, National sew a jelly roll day on September 21, door prizes, specials and lots of fun!

Some upcoming classes and events will include but are not limited to know your sewing machine needle, Color 101, beginning quilter class, rag wreath and ornament for the non sew people. Nothing is scheduled yet but check out the website www.SuzysStash.com or follow us on Facebook. ■

DICKINSON PARKS AND RECREATION

Fourth annual Chalk Walk

On Friday, August 16th Dickinson Parks and Recreation held the 4th Annual Chalk Walk for the Dickinson community at Memorial Park. We had a great turnout of artist and lots of families that came out to draw on the sidewalks of the park. There were so many creative pieces to look at, the park turned into a canvas for all. To keep everyone in the groove there was live music played by the Queen City Band. Local vendors were set up around the park for anyone needing a tasty treat while at the Chalk Walk.



1st place - Infinity Real Estate

The Chalk Walk was created by Dickinson Parks to feature public art created by local businesses' artists

Sponsored art pieces were created by Wells Fargo, Dickinson Chamber, Ystaas Electrical Services, In the Flesh Tattoos, Infinity Real Estate, Logo Magic, and Coke. Take a look at our website at dickinsonparks.org to see the amazing creations made by our very own Dickinson community. Our 1st place winner this year is Infinity Real Estate, 2nd place is Wells Fargo and 3rd place, Ystaas Electrical Services.



2nd place - Wells Fargo Bank

Thank you to all of our businesses and artist that participated in this year's Chalk Walk. We aim to make the Chalk Walk a bigger and better event as the years continue. With participation of the Dickinson community we know we can bring

and the general public. The Chalk Walk aims to empower and support the next generation of artists around the area by providing them an opportunity to showcase their talents with chalk. Our free Chalk Walk event allows for all ages to engage in an outdoor activity that invites creativity by using chalk.

out the artist in everyone through the Chalk Walk. See you next year.

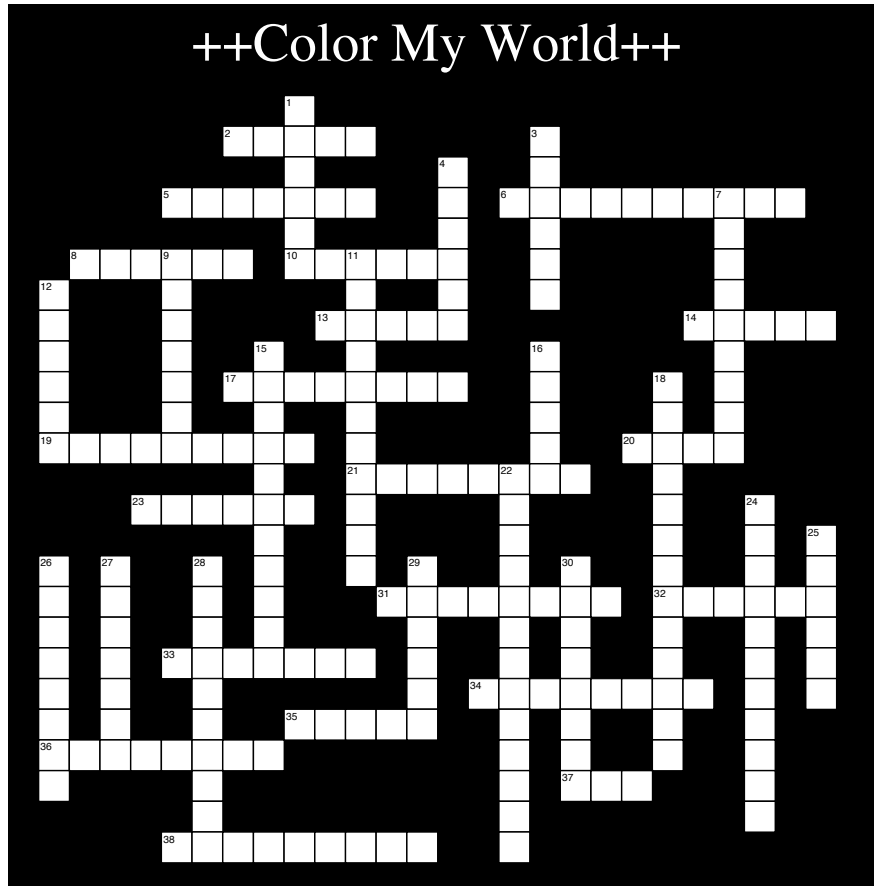
Thank you to our sponsor Fisher Industries for your continued support each year! ■

The amount of participating artists and businesses' were larger than ever this year. Businesses purchased sidewalk squares in the park for their artists to create a masterpiece to be judged. Artists were also there to help create a gallery for the public to view. The businesses sponsored artists were allowed to come to the park throughout the day and work on their pieces that would be judged throughout the evening by the



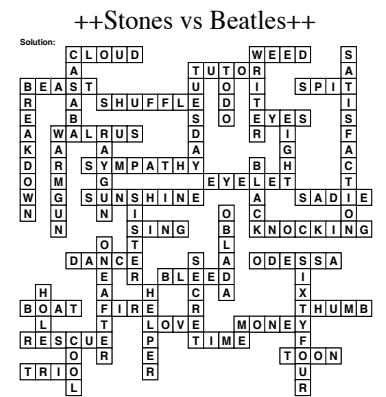
3rd place - Ystaas Electric

CROSSWORD BY CARLINKA
PASTIMES



- ACROSS**
- 2 +Tusk colored
 - 5 +Condiment or yellowish
 - 6 +Color meaning "Baked Earth"
 - 8 +Base coat for a canvas
 - 10 +Style with geometric planes
 - 13 +A secondary color
 - 14 +Painting on a wall
 - 17 +Work of art in 3 pieces
 - 19 +To cover a wall or conceal facts
 - 20 +A primary color
 - 21 + Remnants of an omelet or a white shade
 - 23 +Metal or shiny color
 - 31 +Type of gray seen on artillery
 - 32 +A secondary color
 - 33 +Used to mix colors on
 - 34 +Used for coloring paint or greenish
 - 36 +Color named after a cooing bird
 - 37 +A primary color
 - 38 + Green tint that happens to copper
- DOWN**
- 1 +Design with many small stones or glass
 - 3 +Process for making colorful shirts
 - 4 +Fish or pinkish
 - 7 +Type of blue or gemstone
 - 9 +Combination of paper and photos
 - 11 +Color that sounds overcooked
 - 12 +A primary color
 - 15 +Popular color in china patterns
 - 16 +Found in a clam or white shade
 - 18 +Exhibiting many colors
 - 22 +Representing inner emotions
 - 24 +A technique using tiny dots of color
 - 25 Port city in Ukraine
 - 26 +Deep rich red like a wine
 - 27 +Acronym for colors of the rainbow
 - 28 +Water blue
 - 29 +A secondary color
 - 30 +Color that sounds uncooked

Last month's puzzle solution



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GOING POSTAL

On July 20, 1969, Apollo 11 astronauts Neil Armstrong and Buzz Aldrin walked on the moon: an achievement that had long been confined to the realm of science fiction. A breathless world watched as Armstrong stepped onto the moon's surface and famously said, "That's one small step for (a) man, one giant leap for mankind."

To mark the 50th anniversary of this first moon landing, the U.S. Postal Service has issued two forever stamps to celebrate this historic moment. One stamp features Armstrong's iconic photograph of Aldrin in his spacesuit on the surface of the moon. The other stamp, a photograph of the moon taken in 2010 by Gregory H. Revera from his home in Madison, Alabama, shows the landing site of the lunar module, Eagle, in the Sea of Tranquility. The site is indicated on the stamp by a dot. Art director Antonio Alcala designed the stamp art.

For an in-depth look at NASA's historic Apollo Program, including historic footage, audio tapes, and photography; publicly available posters and resources; and information on Apollo Anniversary celebration events across the country: www.nasa.gov/apollo50. ■

SEPTEMBER 2019

HOROSCOPE

by Hilda De Anza



ARIES
March 21-
April 20

The month starts with an intense focus on organization. You work very hard this month, and you are strongly motivated to help those who may be isolated or suffering. Mid-September, you run into people who really help smooth things along. Partners are a real asset because their ability to create balance and resolve everything diplomatically. At a time when you must work hard, it is nice to have someone who sweetens your life.



TAURUS
April 21-
May 21

September is a very creative period, when you work well in with a team. Rather than worrying about what people think of you, just set yourself a goal and work hard to reach it. In mid-September you come into your own in your daily life and work. Your diplomacy and abilities are appreciated. New trends by the end of the month bring great success because your professionalism and upbeat attitude.



GEMINI
May 22-
June 21

You tend to burn the candle at both ends and take on a lot of organizational responsibility. Improvement projects are on the agenda and successfully accomplished. It is a super practical period when efforts are rewarded with success. Mid-September is a time when there is a sense of mission accomplished and you can relax. If dating is on the agenda, efforts are crowned with success, the end of the month is a brilliant time.



CANCER
June 22-
July 22

A very busy period and nerves may be a bit frazzled and stress levels quite high, as there are so many details to master. By mid-month there is a considerable change of focus as domestic matters get higher priority. This is a wonderful period for entertaining friends at home, working on aesthetics and enjoying family relationships. The end of the month is characterized by happy events and harmonious working environment.



LEO
July 23-
August 22

This is a very constructive period, when you gather your assets and make things much more efficient. Early September is all about putting systems in place which will make a lasting impact on how you earn and save. Towards the end of the month work priorities fade away and you become more interested in getting out and about and making connections. The last week of the month is great for romance and pleasure.



VIRGO
August 23-
September 22

It's going to be a very busy month. You find yourself burning the midnight oil and involved in frenetic activity. You are the model of efficiency and your success is guaranteed because you work so hard and are so well organized. The full moon mid-month brings change, you merge forces with a friendly and helpful person and together you find yourselves in a new and happy situation of balance and harmony.



LIBRA
September 23-
October 22

Rather than having high expectations, self-discipline is the secret, and it's crucial to eliminate any connections which drain you emotionally and physically. Mid-September, you emerge from obscurity and really begin to assert yourself and your personal agenda. Together with someone who is completely on your wavelength there is a sense of starting anew. As the month ends, you will experience many successes and happy events.



SCORPIO
October 23-
November 21

This is a testing month, and not everything goes according to plan. Nevertheless, this is an excellent time for group work, especially in the field of education and information. You have a powerful no-nonsense role. During the last part of September, you will be left to get on with things and you do this efficiently and well. Later you will be able to move on and experience a bit more peace and quiet.



SAGITTARIUS
November 22-
December 21

The focus is on work, status and professional ambitions as the month begins. Focus on facts and priorities and not sidetracked by dreams, family matters or poor judgment of others. The last part of the month is much more pleasurable and relaxed. It is a wonderful period for cultural activities, educational projects and celebrating all the good things in life.



CAPRICORN
December 22-
January 20

This is an extraordinary year for you. If there ever has been a time when karma rules, this year is that time. It is as if you are emptying out a bucket of old stuff you no longer need, and this process leads to transformation and empowerment next year. Plans for the future fall into place and experts in their field show their allegiance to you. Mid-September brings favorable new trends in your professional life.



AQUARIUS
January 21-
February 19

Early September is the perfect time for working with emotional problems and solving them. In finance, this is an epoch when security is elusive, and you must operate on faith. By mid-month there are excellent trends for connecting with people traveling the same path as you and a new optimism dawns, free from a lot of the worries that occupied you earlier. This is a turning point for you, when you take practical steps to create a successful future.



PISCES
February 20-
March 20

For you, organization is key in this period, but you tend to have an aversion to it. You are always seduced by the big dream and the highest expectations. After mid-September there is less engagement with groups of people and more focus on close relationships. Kind and generous people give you support, and this is a time where funds can be made available in partnership with others to achieve your dreams.

Save the Date!

Upcoming Fall Events

Hosted by CHI St. Alexius Health Dickinson Auxiliary

- 9/19—Tour of Tables, \$25 per ticket, 11am at Lady J's Catering
- 9/24 & 9/25—\$5 Masquerade Jewelry & Accessories Sale, CHI Conference Rooms ABC. Times: 9/24 (10:30am - 5:30pm) & 9/25 (7:30am - 3:00pm).
- 10/30 & 10/31—Collective Goods: Books & More Sale, CHI Conference Rooms ABC. Times TBA.
- 11/4 & 11/5—Gift Shop Christmas Open House, Including Popcorn Cake Sales, CHI Conference Rooms & Gift Shop. Times TBA.

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.

FUSION

Learn from inspiring keynote Judson Laipply, the world's first YouTube celebrity, on Epic Evolution, Joel Honeyman, VP of Global Innovation for Doosan Bobcat, and keynote Doug Griffiths on 13 Ways to Kill Your Community.



JUDSON LAIPPLY



DOUG GRIFFITHS



JOEL HONEYMAN

REGISTER TODAY!

gofusionconference.com

OCTOBER
1-2, 2019

BOWMAN, ND
4 Seasons Pavilion

exciting
PANELS

powerful
KEYNOTES

October 4-5, 2019
Medora, North Dakota

Friday Night Live Music
by Connie Gjermundson

Saturday Festival Music
by Alyssa Scott

Advance Ticket Purchase required
for Friday (10/4) Night activities. More information
and tickets on-sale at Medora Uncork'd or online at
www.northdakotawinefest.com

Friday 10/4

- Welcome Reception
- Three Course Wine Pairing Dinner
- Live Music
- Sip 'n Paint After Dark
- Special Lodging Rate Available

Saturday 10/5

- Wine Tasting Festival
- Cheese Sampling
- Live Music
- Sip 'n Paint

