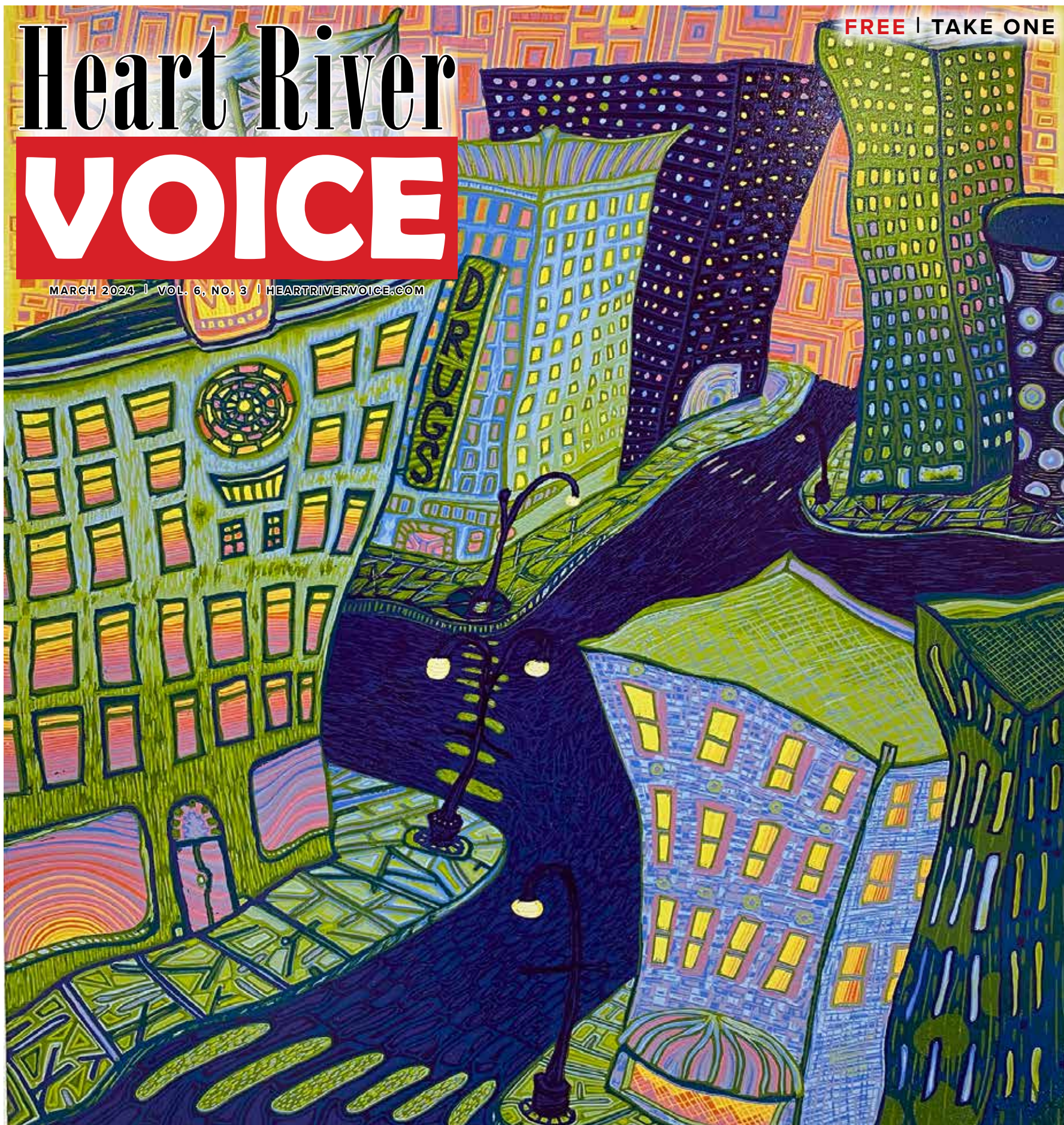


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Irene Schafer
Amy Graves
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Advertising Sales
Kelley Jilek
(701)290-2063
kelley@thejileks.com
Irene Schafer
(701) 290-3222
ireneschafer@ndsupernet.com

Web Developer
Ben Hapip

Graphic Designer
Sophia Larson

**Photographers/
Feature Writers**
Our Community

**Published Monthly by
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Dickinson, ND 58602

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kelley@thejileks.com

A note to our readers

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

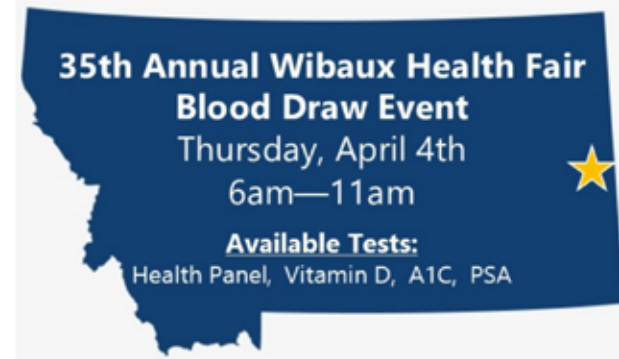
Thank you for your contributions to making Heart River Voice the VOICE of Stark County and beyond.

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

Kelley Jilek
Publisher

On the cover

"Return" by cover artist Eric A. Johnson. For more information about the artist, see page 5.



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May her lakes and rivers bless you.
May the luck of the Irish
enfold you.

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#BOOKWORM

Marching into spring

By Library Staff



In March we have lots of fun, exciting events taking place! To start we will run our "Who Kidnapped the Easter Bunny?" interactive display in the children's area for kids to follow clues and guess who kidnapped the Easter Bunny. Clues could lead to Santa, Willy Wonka, The Big Bad Wolf, and other characters. Kids who enter a correct guess will be entered to win a prize!

We are wrapping up our Winter Reading Program on Friday, March 8th with our Cookies & Cocoa Social. Join us from 2pm to 4pm for a cookie, some cocoa, and to see who our Winter Reading Grand Prize and Coloring Contest winners are! You do not need to be present to win.

Magic: The Gathering Monday is happening March 5th and is for Ages 13+. Brand new? Been playing since the nineties? We have a spot for you! Join with old friends and make new ones as you face off in the popular trading card game Magic: The Gathering. Bring your own deck or borrow one of ours provided by MagiKids.

LEGO Club will meet on March 6th and March 20th at 4pm! Unwind after your day by building with LEGO. All ages are welcome.

We will be joined by a representative from the League of Woman Voters on March 5th at 6pm for a presentation on how to run for local office.

We will have our first meeting of Read Any Book Club on March 7th at 5pm. We will meet at Dunn Brothers Coffee and all you need to do to prepare is read any book! Get book recommendations and talk about your favorite or recent reads. We will meet for one hour and the last 15-20 minutes will be optional silent reading time, so bring a book if you'd like to participate! This is geared for ages 16+. Our regular Adult Book Club will meet on March 25th at 6pm to discuss The Fault in Our Stars. Get the book at our circulation desk!

Our Adult Craft Club will meet March 11th at 6pm and we will be making DIY

Decoupage Coasters! Design your own coaster with fun spring designs. Then on the 18th, learn about the basics of acrylic painting at our new How to Art program! Sign-up is required and opens March 14th. Go to dickinsonlibrary.org or call 701-456-7700 to register.

Teen Crafternoons will now alternate between Wednesdays and Thursdays! Teens ages 13-18 will meet at 4pm to create some awesome spring crafts on the Wednesdays of March 13th and 27th as well as the Thursday the 21st. Our Teen Winter Reading Program Lock-In will be held on March 15th from 6pm-12am. This event is for teens who chose this as a prize during our Winter Program and they will need to return their permission slip to the circulation desk.

Looking for something to do with friends? Thursday Night Trivia is happening at 6pm on March 14th. Put a team of 4-6 people ages 13+ together to and compete against other teams by answering questions and earning points! Trivia alternates each month between themed and general trivia. March's theme is the 90's! Three bonus points will be awarded to any team that dresses up to fit the theme. Sign-up at dickinsonlibrary.org!

On March 19th, Rachel Shumaker, the recycling coordinator for the city, will help us prepare for Earth Month by talking recycling tips and tricks and how to start composting! This event will also be at 6pm and is open for 16+.

Later in the month we will have two special guests for programs. On Tuesday, March 26th, we will have Japanese Fan Decorating for ages 10 and up at 4pm. All instruction will be provided by Shunsuke Aoki who is here at Dickinson State University through the Japan Outreach Initiative. That same week on Thursday, we will have the Badlands Museum at the library to do a presentation on the new species of Tyrannosaur that was found and lives here in Dickinson! They will also talk about some of the other species that lived during the same time this Tyrannosaur did.

We have plenty of more programs in store for you this March. Please watch our website and our Facebook pages for postings. You can also pick up an events calendar at the library. If you have any questions, please don't hesitate to ask a librarian. We hope to see you soon! ■



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COVER ARTIST

Eric A. Johnson

The youngest of six children, Eric A. Johnson was raised on a farm near Embden, North Dakota. Johnson's father Alton M. Johnson was a cattle and grain farmer. His mother Edel, who had immigrated to the United States from Norway at age 16, worked for many years in a nursing home in Enderlin, ND. The family raised cattle, sheep, goats, one milk cow, and a large array of pet animals including horses, dogs, and cats. The farm was an active place year-round and each of the children had an active part in doing the farm work. Bailing hay in the summer and straw in the fall were particularly busy times, and Alton would bail only square bails that weren't too heavy for the children to handle. In 1990 Mr. Johnson became ill and passed away the following year in August 1991.

Having little interest in taking on the family's small cattle operation, Eric moved to Fargo and enrolled at North Dakota State University. After several years of study Johnson decided to focus on sculpture, but ultimately found that printmaking was his true passion. He especially took to the reduction relief print technique, which was made famous by Pablo Picasso in the 1950s and 60s. That process uses one block to create a multicolored print instead of using one for each color. The printing matrix is "reduced" down by carving away where the artist wants the last color to stay. Johnson used this technique to complete a series of sixteen reduction relief prints in his last semester at NDSU. The imagery focused, among other things, on his feelings about his father's death. He earned his bachelor's degree in visual art from NDSU with a minor in Art History from Minnesota State University Moorhead in 1997.

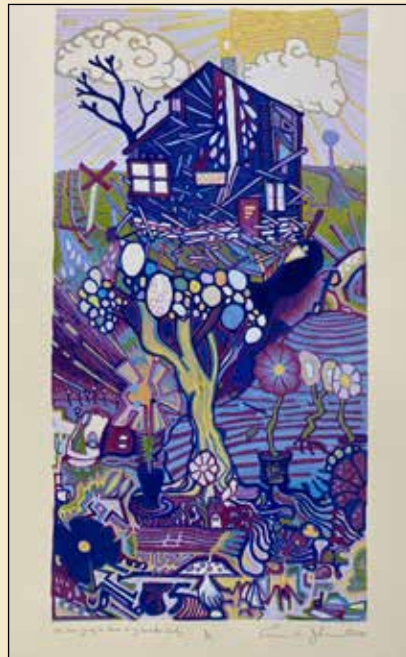
In 1998 he began his studies at the University of North Dakota's Master of Fine Arts program in Grand Forks, ND. During his time at UND he began his ongoing series of cityscapes, inspired by recollections of his first visits to Chicago and New York City. He longed to escape to those places, which seemed to be worlds that were both exciting and filled with opportunities for young artists, contrasted to what at the time was a pretty bleak reality for



Eric A. Johnson

most young people staying in North Dakota, especially for artists. Johnson persevered with his studies and despite some turmoil in his personal life, by the time Johnson completed the program in 2001, it was clear that he had found his forte with printmaking.

From 1999-2018 Johnson served various positions at NDSU, teaching in both the Visual Arts Department and Interior Design program. In the Visual Arts Department's P.E.A.R.S (Printmaking Education and Research Studio) program, under the direction of his former professor and mentor Kent Kapplinger, he served as Master Printer for editions by artists Ken Dalgarno, Star Wallowing Bull, Carrie Lee Kinslow and Dennis Krull. Johnson also worked intensively on his own practice,



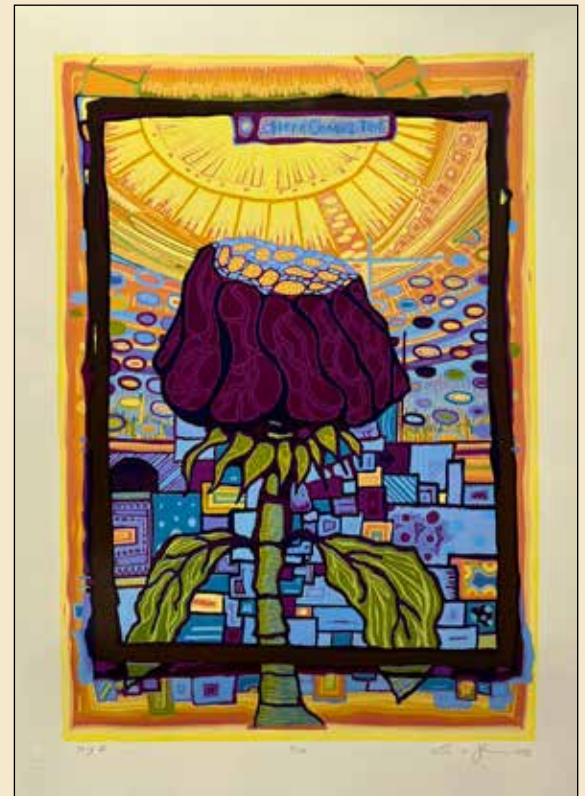
The Sun's Going to Shine in My Backdoor Someday

creating a large body of new work using the reduction relief process, as well as other printmaking techniques including screen-print, intaglio, monotype, and lithography.

It was during this time that people began to take notice of Johnson's work, eventually being recognized for his daring use of color and emotionally expressive line work. An exhibition of 58 of Johnson's prints traveled through North Dakota and Montana in 2010-2012 through a North Dakota Art Galleries Association exhibit. In 2016 he helped organize "PRINTOBER" a celebration of printmaking at the Plains Art Museum in Fargo, ND.

In 2017, a solo exhibition of recent work entitled "The Nature of Things" was held at the renowned Rourke Art Museum and Gallery in Moorhead, MN. In 2018 Eric purchased his own etching press, a Griffin Press Co. "Series IV" and became the first resident artist specializing in printmaking at West Acres Shopping Center in Fargo, ND. Johnson shared his passion for art and printmaking at the mall from June to October 2018. In January 2019, he opened "Big Oak Press", his printmaking studio

at his home in Hillsboro, ND. In 2021 he exhibited a new selection of prints, titled "Cut Away: Real Allegories of My Artistic Life", and in 2023 exhibited a series of acrylic paintings "When to Stop" his third solo exhibition at the Rourke Art Museum. Johnson also has plans to expand his studio to be able to offer workshops and classes and will begin working with artists to create editions of their own work in the spring of 2024. ■



May II

THE ARTS

Call for artists

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

Submission Guidelines:

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

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

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



Gavin Leppert

🏠 Edgeley, North Dakota

🎓 Dickinson State University
Associate of Science
in Agricultural Sales and Services
Spring 2024

At twelve years old, Dickinson State University student Gavin Leppert used his money saved from selling his calves each year and odd jobs to purchase his first horse Nicholas (Nick). Leppert recalled with a somewhat mischievous grin, “I remember my parents asking me who is coming down the road with a horse trailer. I just told them it was my friend Amanda.” Amanda was arriving that day with Nick in the back of her trailer from St. John, North Dakota. When asked if his parents were surprised, he said not really, it was my own money I used to buy him.

Nick was a stout bay roan with a zebra main that had many colors to it. A quirky horse that originated from a wild horse herd in Arizona, eventually making his way to a 12-year-old boy in North Dakota. The pair would have many great memories, including the start of Leppert’s bronc riding career. “I got dumped off him so many times,” shared Leppert, “my friends said I should just ride bucking horses.” Leppert went on to compete in saddle bronc and bareback through high school and into college. Nick was used as a practice horse from time to time. He was perfect at it, given his temper when someone would put their heels in his neck to crow hop a bit in distaste.

While Nick was not the most accustomed to being ridden outside a trail when arriving at the Leppert ranch, Gavin would train him to work cows, ride in the arena, and even attempt some team roping off of him. Loading Nick up his rusty trailer hooked to his old pickup truck, at 13 years old, Leppert would take the gravel roads slowly to the arena in Edgely, ND. He would park his proud



Gavin Leppert takes his senior picture with Nick.

My First Horse

By Dr. Holly Gruhlke

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



rig, usually still smoking, next to the nicer trucks and make his way to the roping box. “I don’t think I caught anything,” said Leppert, “on the account that Nick didn’t cooperate much.”

In addition to the more western activities, Gavin and Nick would participate in Horse Play Days. Nick would carry him on to place a few times in the Keyhole Race. Leppert still has the photos on his phone to show off that great day with his special pal.

Some of Leppert’s most fond memories included walking home when Nick would decide to deposit him along the side of the road or into the lake. “One summer day we decided to swim the horses in the lake. Nick got spooked by my friend’s horse throwing her off and decided he would drop me in the water too. I had to walk back to camp soaking wet. Both of our horses were standing in their stalls eating hay like nothing happened.”

Leppert never knew how old Nick was, but when he started slowing down a few years ago, he figured he must be an old man. By this time, you could do anything with Nick. Nick would let you stand on him, shoot from him, and swing any type of rope; he even let Gavin take his senior photos on him, lounged on his back. Leppert knew just where he should go to live out the remainder of his years - back to St. John and the Shepherd’s Hill at the Cross Road Horse Camp as a kid’s horse. Although parting can be somewhat bittersweet, Leppert visits Nick on occasion since he spends summers serving as a wrangler and a farrier for the camp, “I have even trimmed him a few times,” said Leppert. ■



Gavin Leppert and Nick with their winning ribbons from Play Day



1993 Wild Horse Stampede Parade

DR. HOLLY GRUHLKE
Farm Kid
Horse Enthusiast
DSU Vice President



DICKINSON
STATE UNIVERSITY

CHAMBER OF COMMERCE**State of the City luncheon connects business and community**

Over 250 business and community leaders attended the Chamber's annual State of the City Luncheon on February 1st, presented by Bravera. With 2024 representing an election year and a pivotal moment for many of the region's largest quality of life projects, attendees enjoyed an informational buffet and casual conversation on the region's hottest topics.

Mayor Scott Decker delivered the keynote address in three parts. First, he provided a financial update that included a sales tax rate overview, noting that Dickinson's sales tax is among the lowest among the state's largest cities. Second, he highlighted success stories from 2023 including the opening of Legacy Square, Friendship Park, and the Sanford Sports Complex. Finally, he looked ahead to future opportunities while encouraging participation in an upcoming community survey.

Next, Marc Mellmer of JE Dunn spoke

briefly in place of scheduled panelist Robbie Lauf of the Theodore Roosevelt Presidential Library Foundation. With Lauf unable to attend, Mellmer recapped a recent flag raising ceremony at the construction site in Medora and honored area military veterans. The library's ongoing construction phase, and its scheduled opening in the summer of 2026, are sure to impact the regional workforce along with the tourism and hospitality industries.

The program concluded with a panel conversation moderated by Chamber Executive Director Carter Fong, Southwest Career and Technical Education Academy Director Aaron Anderson shared early success stories from his campus, highlighting the many private and public partnerships that have helped SWCTE to be the first of the state's 13 career academies to launch. Meanwhile, District 37 Senator Dean Rummel discussed the need for civic engagement



**DICKINSON AREA
CHAMBER OF COMMERCE**

and the calling to serve in elected office. He also shared his perspective on potential tradeoffs and unintended consequences that could stem from the elimination of statewide property taxes. He anticipates that this initiated measure will come before the voters on the November ballot, and he aimed to spark important community conversations in the months ahead.

With the help of Consolidated, a recording of the event is available by viewing the Dickinson Area Chamber's YouTube channel, and the Chamber's Governmental Relations committee intends to host a local candidate forum in May. ■

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COMMUNITY

BFMP launches group mentoring program



Best Friends Mentoring Program has partnered with Dickinson Parks and Recreation to create a program for kids in 6th-8th grade which is currently running from February through April. The STRONGkids program focuses on goal setting, building confidence & promoting a healthy lifestyle. In small groups, coaches help their team members increase awareness of their strengths and understand the value associated with positive daily choices. Each week, coaches and participants meet for discussions and group workouts.

This program not only helps kids learn about living a healthy lifestyle through proper nutrition and physical activity, it also emphasizes mental well-being. Coaches engage with students in small groups to discuss topics such as stress management, conflict resolution, and identifying negative thought patterns.

The aim is to equip children with effective problem-solving strategies for lifelong use.

Throughout the 12-week program, a key focus is on goal setting. Every participant in the program is challenged to be active three times a week. Initially, the goal is to exercise for 10 minutes three times a week. This goal gradually increases the duration of exercise over the course of the program. The program also teaches middle schoolers how to set personal goals for themselves using SMART goals which are specific, measurable, attainable, relevant, and timely. Coaches encourage participants towards the completion of their personal goals as well as the goal for the group.

This program ends on April 30th, but future sessions are being planned for the summer and fall. For more information call BFMP at 701-483-8615. ■



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VOICING SOME THOUGHTS

Grammahood

By Nancy Hoff

One of life's greatest thrills is when you become a grandparent. It is indescribable – an awe, like fireworks bursting inside. You love your children fiercely.... but you fall in love with your grandchildren.

My two B Boyz. My husband's grandchildren came later. That story is saved for another time.

For the first baby's birth, my son called at 1:00am from the hospital, assuring me they would let me know of the arrival immediately. Don't call us, we'll call you. I lasted until noon the next day when somehow, my car automatically veered into the hospital parking lot. In the elevator, I heard the lullaby music. I knew they were playing our song! The elevator doors opened, and my daughter-in-law was being wheeled to her room. "He is so cute" amid tears of joy. At that moment, I got a text, "Come on up, Grandma," from my son, and I appeared at the nursery window in five seconds flat, much to his surprise!

Oh, babies. The universal scent of heaven on their heads, the little cricks and noises when they move, the peace only known by angels as they sleep. And how such a loud sound from a little bundle when they fill their diapers.

The 2nd B boy arrived soon after. After some time and clearance from OSHA, the FDA and FBI, I could have them overnight.

Lunch – Cut up grapes for the baby; peanut butter and jelly for the toddler; pour juice. Pick up the grapes from the floor. Wipe up spilled juice. Wipe

the hands. Wipe a nose. Wipe a butt. "Gramma, Gramma, come play." Quell the squabble over the ONE TOY LEFT IN THE WHOLE WORLD! Help the toddler with Play-Doh creations. Get the Play-Doh out of the baby's mouth.

And they grow. Walks to their Kingdom – The Park. On the swings... "Higher Gramma!" Down the slide. Up the slide. To the Merry-Go-Round... "Faster Gramma!" I am amazed by the dexterity of little bodies. Eat a packed lunch with Lunchables, carrots and juice boxes.

And they grow. Favorite stories, with voices for the troll and the billy goats and the Journey Cake book. Car tracks, the Batcave. Looking through encyclopedias (Gramma is a pack rat). Creating trains out of boxes; making up stories. Banging on the piano, and yes, I can name the tune.

Now when they come over, my older B boy loves to try new cooking ideas, and he washes the dishes too. I am so proud of him, though I know this will end long before he marries. My lively younger B boy is so imaginative and a Master of Legos. Video games have replaced toys.

And they grow. School, new activities, camping in the summer. I have gotten busy too...less time.

How short it was – a beehive of activity, energy spent – most of it was Gramma's, and how exhausted I was when they left. And looking forward to the next time.

Now it's movies and popcorn. On a rare occasion, they ask for the Journey Cake story and songs we used to sing. I cannot believe it has been 12 years since I fell in love.

And they grow.

COMMUNITY

Alcoholics Anonymous fellowship

Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

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

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EDUCATION

Empowering education: The DPS Foundation Inc. grant program

The Dickinson Public Schools Foundation Inc. works towards fostering innovation, excellence, and opportunities by transforming educational experiences for students in Dickinson. One of the Foundation's key initiatives is the Grant Program, a dynamic effort designed to provide educators with the resources



they need to enhance the learning environment and enrich the education of students in the district.

The grant program encompasses a variety of focus areas, ensuring a broad spectrum of educational needs are met. These areas include academic success, student wellness and mental health, professional development, community, cultural opportunities, and more. The program aims to empower teachers by providing them with financial assistance to implement creative and innovative projects that go beyond the standard curriculum.

Educators within the Dickinson Public School district are invited to submit proposals outlining their projects and how the funds would be utilized to benefit students. Then, a dedicated committee comprised of educators and

community members meticulously reviews all grant applications. Proposals are evaluated based on their alignment with educational goals and potential impact on student learning. This year, the Foundation awarded over \$50,000 to fund the following grants:

- Book Break Virtual Author Visit
- iPads for English Language Learner Students
- Microscopes for DHS
- Welding for SWCTE
- Parent Fair at Legacy Square
- Elementary Career Fair
- World Drumming Teacher Training
- Reflex Math Fact Fluency Program
- Dickinson Dynamic Sound – Children's Choir
- Communication Boards for Playgrounds
- Mobile Food Cart

The Dickinson Public Schools Foundation Inc. Grant Program has had a profound impact on education within the district providing over \$680,000 in grant money to educators to date. By providing educators with the resources they need to bring their inspired ideas to life, the program has enhanced the overall quality of education. Students benefit from engaging projects, cutting-edge technology, and unique learning opportunities that may not have been possible without the Foundation's support. ■



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Consider family meeting to discuss estate plans

At some point, you'll want to share your estate plans with your loved ones — and the first step in this process may be to hold a family meeting.

The best time to hold this meeting is when you're still in good mental and physical shape, and the enactment of your estate plans may well be years away. But what topics should you cover?

Consider these main areas:

- Your wishes — and those of your family. Use this meeting to introduce your estate plans and, in a basic sense, what you hope to accomplish with them — leave money to your family, support charitable groups and so on. You'll want to emphasize that you want to be equitable in what you leave behind, but there may be issues that affect this decision, such as disparities in income between grown children or an allowance for a special-needs child. But you'll also want to listen to what your family members want — and you might be surprised at what they tell you. Consider this: More than 80% of the millennial generation would rather know their parents are financially secure throughout their retirement, even if this means that their parents will pass on less money to them, according to an Edward Jones/Age Wave study.

- Estate planning documents — At the time of your family meeting, you may or may not have already created your estate planning documents, but in either case, this would be a good time to discuss them. These documents may include a

will, a living trust, financial power of attorney, health care power of attorney and possibly other arrangements. At a minimum, you'd like to give a general overview of what these documents mean, but at an initial family meeting, you don't necessarily have to get too detailed. For example, you might not want to talk about specific inheritances. This is also an opportunity to inform your loved ones of the professionals involved in your estate plans, such as your attorney and your tax advisor.

- Roles of everyone involved — Not only does a comprehensive estate plan involve moving parts, such as the necessary documents, but it also includes actual human beings who may need to take on different roles. You will need an executor for your will and, if you have a living trust, you'll need a trustee. Even if you choose to serve as the initial trustee, you'll still need to identify one or more successor trustees to take your place if you become incapacitated, or upon your death. Plus, you'll need to name people to act as your power of attorney for health care and finances. Choosing

the right people for these roles involves thought and sensitivity. Obviously, you want individuals who are competent and reliable, but you also need to be aware that some family members could feel slighted if others are assigned roles they feel they could do. By being aware of these possible conflicts, you can be better prepared to address them.

Here's one more suggestion: Let your family know that this initial meeting doesn't mean the end of communications about your estate plans. Encourage your loved ones to contact you with questions whenever they want. You may need to hold additional family

meetings in the future, but by laying the initial groundwork, you will have taken a big first step in establishing the legacy you'd like to leave.

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

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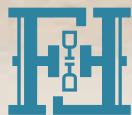


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LESSONS IN BUSINESS

Navigating the night shift

By Debora Dragseth, Ph.D.

It's 8:00 p.m. on a Monday night, and it's a bone chilling seven degrees below zero. While most of us are at home with our families, doing homework with the kids, watching TV, or sleeping, a different world comes to life—the night shift.

If you work night or evening shifts, you are not alone according to the U.S. Bureau of Labor Statistics, as more than 15 million Americans are employed in such shifts.

We have become a society that never sleeps. Technology, e-commerce, demands for 24-hour-a-day services, and a global economy have led to an average of one in five of us working outside of the traditional 9-to-5 workday.

Although hospital workers, police officers, truck drivers, and manufacturing employees have worked night hours for decades, the growth in night shift work is in “white-collar occupations,” such as technology and customer service. According to the National Sleep

Foundation, the number of Americans that have nontraditional work schedules is increasing by 3 percent each year.

Third Shift Strategies

According to our sources, the night shift workers themselves, here is a summary of the advantages and disadvantages of being a night shift worker.

Advantages of shift work include:

- The stores aren't crowded.
- It is easier to attend daytime activities such as doctor's appointments and school plays without having to take time off during the workday.
- Typically, there is less supervision on the night shift.
- Workers experience more autonomy and have broader decision-making authority.
- Rules aren't as strict. Dress codes are often less formal.
- Pay differentials between day and night shifts average \$2 per hour.

Disadvantages of shift work include:

- It is difficult to maintain friendships.

Social engagements become challenging to schedule because friends work while you are sleeping and vice versa.

- People who work at night are fighting against normal sleep patterns. The desire to sleep for most of us falls between midnight and six a.m.

- Society is built around the majority of people who work during the daylight hours and sleep at night.

Advice:

For those adjusting to the night shift, the National Sleep Foundation at www.sleepfoundation.org offers the following advice.

- **Prioritize sleep:** Use blackout curtains or sleep masks to create a dark environment, and consider earplugs or white noise machines to block daytime noises. Stick to a regular sleep schedule, even on your days off, to maintain your body's internal clock.

- **Focus on healthy eating:** Choose nutritious meals and snacks. Avoid greasy foods. Use caffeine judiciously. It can help you to stay awake, but may interfere with your dedicated sleep time.

- **Stay hydrated:** Drink regularly throughout your shift.

- **Exercise:** Physical activity boosts



energy levels and improves sleep quality.

- **Maintain your social life.** Plan activities with friends and family during your off days or before your shift starts.

- **Mental health:** Maintain your social connections as night shift work can lead to social isolation.

Night shift workers are indispensable. From technology troubleshooters to healthcare heroes, they keep our society functioning smoothly around the clock.

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

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KUDOS

Erica Martinez-Meza



"The purpose of life is not to be happy. It is to be useful, to be honorable, to be compassionate, to have it make some difference that you have lived and lived well."
 — Ralph Waldo Emerson

Thankfulness, courage, and desire to help others have led former Student Nurse of the Year Erica Martinez-Meza

to this moment of impact: leading a group of Dickinson State University Nursing students to Guatemala.

Erica had always known that she wanted to become a nurse. She grew up in a less fortunate family and through those experiences, she discovered her desire to help others. When she became a mother, her motivation to provide a stable home for her family to call their own grew stronger.

"The reality is," said Erica, "Not everyone has all they need. It's important for me to model gratitude and giving back to my children and nieces."

A nontraditional nursing student at DSU, Erica entered the program with one child and had her second after her second year. Instead of the added responsibilities holding her back, Erica thrived and was named "Student Nurse of the Year" in 2022. She was nominated by her teachers because of her passion and love for nursing.

"This is where I want to be," said Erica. "I cried throughout the entire personal interview of the contest. I love

the program at DSU; I love being a nurse. But I was still surprised and honored when I won."

As the director of funds for the Nursing Students Association (NSA) at DSU, she heard of other NSA groups coordinating a mission trip abroad. Being bilingual and with the God's Child project so close in Bismarck, all the pieces fell into place to organize a trip to Guatemala.

In March, Erica plus 11 other NSA students from DSU are spending their spring break working with Casa Jackson. They plan to provide care to malnourished children in the hospital and build homes as part of their trip.

Mother, Nurse, Role Model, Missionary. Women Empowering Women is delighted to recognize Erica and witness the impact of her passion and dedication as she graduates this spring.

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve



Erica Martinez-Meza

to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see wewnetwork.org ■

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HEALTH

Connecting young people to respectful sex education

CONNECT MEDICAL CLINIC
For Sexual Health & Pregnancy

By Dr. Tom Arnold, FACOG, FACS
Medical Director and GYN Provider
of Connect Medical Clinic

Connect Medical Clinic (CMC) was founded on the essential tenet that all patients deserve respectful, professional evidenced-based sexual health medical services and education. The four fundamental values upon which the clinic fosters this medical care include access, education, empowerment and purpose. Access so everyone can obtain affordable, confidential and compassionate care.

Education, provided professionally, allows patients to make healthy choices, as men and women have the inherent right to exercise their free will.

Empowerment so that each individual can make informed, confident decisions about their health care.

Purpose because every human life has a divine purpose and deserves to be nourished and cherished regardless of the circumstances of their conception.

The care appreciated by CMC patients can only occur if they are aware of the Clinic's capabilities.

High school and college-age young adults have a well-recognized lack of understanding of basic reproductive physiology, emerging hormonal tendencies, and increased social pressures that place them at high risk for unintended sexual health events - often at a time when they have no established healthcare provider.

What better time and opportunity is there than routine school presentations to introduce the CMC clinic services? Situationally sensitive menstrual cycle instruction, reproductive health education, and a discussion of the avoidance of sexual health mis-events can have considerable impact.

It is imperative that students understand that circumstances are temporary, but consequences can be permanent when it comes to taking care of themselves.

Because of the community of support that financially subsidizes outreach into the community, Connect Medical Clinic can realize its mission objectives and live out its core values by extending educational resources into the area schools.

If you are interested in having Connect Medical nurses present at your school or are interested in supporting the mission financially, email info@connectmedicalclinic.com. ■



Dr. Tom Arnold



L to R: Rachael Marshall FNP-C, Tara Zettel, RN, Chelsey Crone RN
doing a presentation at DSU

HEALTH

Parasites

By Steve Irsfeld

My favorite articles to write are ones that patients of the pharmacy suggest. The topic of parasites was a recent suggestion. When I hear the word parasite, my mind gravitates towards tapeworms and intestinal bugs, but as you will see in this article, parasites can come in many forms and are a big part of the makeup of bodies.

Aside from "normal" microorganisms within the body, a person can be exposed to pathogenic parasites from outside. Eating undercooked meat and touching pets are the two most common ways of contracting these parasites. Because parasitic illness is so common, it is crucial to learn how to recognize the symptoms of parasites in humans to treat them quickly.

Human parasites include protozoa, helminths (worms), and ectoparasites (such as lice and ticks). These parasites can enter the body through contaminated food or water, insect bites, or contact with infected individuals. Once inside the body, parasites can reside in the intestines, blood, tissues, or other organs, causing damage and triggering immune responses.

Parasites come in all shapes and sizes, each with different symptoms associated with the specific organism.

One of the challenges surrounding parasitic infections is the diagnosis. There are several ways to determine if you have parasites:

- Visual examination will often miss seeing parasites; therefore, microscopic examination of stool samples is best for detecting the presence of parasite eggs, cysts, or larvae.

- Blood tests can identify antibodies or antigens produced in response to parasitic infections, aiding in diagnosing diseases like malaria or toxoplasmosis.

- In suspected parasite tissue invasion cases, a biopsy may be performed to examine the affected tissue under a microscope.

- Polymerase Chain Reaction (PCR) assays can detect and identify parasite DNA in clinical samples with high sensitivity and specificity, aiding in diagnosing infections like leishmaniasis or toxoplasmosis.

- A physical examination by a healthcare provider may look for characteristic signs of parasitic infections, such as skin lesions, enlarged lymph nodes, or abdominal



tenderness.

- Information about recent travel to endemic regions can help narrow the list of potential parasitic pathogens, guiding diagnostic testing and treatment decisions.

- Comprehensive Digestive Stool Analysis (CDSA), where they analyze the stool to determine what "bugs" are in the gut (good or bad), and then, based on the results, you implement a program to address what is found. CDSA is an excellent option, with scientific research backing up the test.

What do you do if it is determined that you have a parasite? To deal with worm infestations, you must remove yourself from the sources of their eggs and larvae. The best way to do this is to stop consuming meat. Even well-cooked meat products can still contain worm cysts and eggs. Also, ensure you clean your pets frequently and always wash your hands after touching them.

Secondly, remove the parasites that are already in your system. The natural option for treatment is with dietary supplements that contain wormwood, clove, and black walnut. Turmeric, ginger, and garlic also help create an intestinal environment unsuited for microbial growth. Prescription medications include metronidazole, ivermectin, and anti-malarial drugs, to name a few.

Human parasitic infections pose significant health risks worldwide, affecting millions of people each year. Recognizing the signs and symptoms of parasitic diseases is essential for prompt diagnosis and treatment, preventing complications and transmission to others. Healthcare providers are crucial in conducting appropriate diagnostic tests and implementing effective treatment strategies to manage parasitic infections effectively. Proper sanitation and health education are essential for preventing the spread of parasitic diseases and reducing their burden on society.

Contact my pharmacy staff for help or more information about parasites at 701-483-4858. Find more articles and my podcast online at www.irsfeldpharmacy.com. Until next time, be vigilant about your health! ■



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DICKINSON MUSEUM CENTER

D.P. Abbey: Missionary, newspaperman, hustler, Part 1

By Bob Fuhrman

In August 1904 the Dickinson Press carried a short item telling of a missionary named D. P. Abbey from Jamaica, Iowa, who would soon be moving his family onto some land south of Richardton. Affiliated with the Methodist Church, Abbey shared that he had been “appointed missionary for Hettinger and Morton counties to organize church work at Mott and Flasher and probably other towns.” Abbey shared he and wife Emma had been engaged to teach school in the Richardton District, “and in addition to all his work he will run a newspaper at Richardton. Mr. Abbey has certainly taken a big contract.”

As far as further newspaper coverage, Abbey, who rarely is identified by his first name (David) seems to have settled in quietly for the next few months, appearing in the October 15th Press, offering “Six thoroughbred Cotswold bucks, 18 months old, imported from Central Iowa,” at \$15 each. The next edition noted his ‘Methodist charges’ now included Gladstone and Taylor and then a few weeks later the first issue of the Richardton News appeared, in magazine form, Abbey sharing editorial and publishing duties with his daughter Dale, the Press offering congratulations on the launch.

Over the rest of 1904 and into 1905 Rev. D.P. Abbey’s name appears sporadically in announcements of Methodist services or Richardton school news. Then, in November of ‘05 it is announced that Abbey is starting a second newspaper, The Hettinger County Dynamo, with his daughter Dale once again sharing editing and

publishing duties. Though it carried the heading ‘Mott’ the Dynamo was printed from the office of the Richardton News, which it “closely resembles in form and matter.”

The next June Abbey advertises in the Press, looking for “A homestead relinquishment near Dickinson. It must be a good one. Improvements no objection. Write D. P. Abbey, Mott, N.D.” Abbey’s interest in land came into sharper focus the next month when the Press carried an item picked up from the Fargo Forum, “Abbey and Fargo Architect in Land Business.” The brief item announced that W.D. Gillespie would “send out a party of home and land seekers to Richardton tomorrow morning” (assumed to be coming from Fargo) where Abbey would personally conduct the group south from Richardton “about sixty miles, and touch the territory covered by the Milwaukee’s (Milwaukee Road Railway) new line to the coast, where there are said to be some very choice farming lands.”

Although no follow-up report on the tour was printed, the next week the minutes of the Stark County Commission meeting showed Abbey again involved with land interests, amongst payments to several individuals for land assessing services was \$171 to Abbey for assessing Hettinger Range 94 East. The same issue of the Press announced Abbey had started a third newspaper, Taylor Topics, engaging a former employee of the Dickinson Recorder (the Press’ rival and political opposite) named Jesse Morris to run the operation. Not done yet, the same issue

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There are 600 splendid families from Indiana, Illinois, Iowa, South Dakota, Wisconsin, Minnesota and elsewhere, located within a radius of ten miles of Mott. We have a good general store, hotel, blacksmith shop, livery barn and newspaper. Also a Methodist Church, of which the president is present pastor and a good blind pig. (It is good because it has gone away never to return. Our good people helped the Governor and Attorney General to convince the owner that said blind pig was a common nuisance.)

Homesteads
Special Excursion

Our Mr. Abbey is now at the State Fair grounds in Fargo, located in the Agricultural College Green Again Exhibit Tent, and he and the Secretary and Vice President of the company will personally conduct an excursion party that will leave Fargo on the N. P. No. 5, at 7:00 a. m., Tuesday, July 31st, 1904. We expect to furnish half fare one way and round trip tickets to all who report before noon Monday, either at the A. C. tent or at our office at 64 Broadway, or to W. D. Hodgson's office, corner Front and Broadway. Plenty of good rigs will be ready at Richardton to take all of the party out at once. Good provision will be made for us at the half-way houses, and everybody will have a good time and get a \$2,000 homestead.

D. P. ABBEY & CO.
Richardton and Mott, N. D.

**Fargo Forum, Saturday
July 28, 1906 Page 3**

noted “Editor Abbey will have a fine exhibit of Hettinger County products at Fargo next week (site of the State Fair).

He is certainly a hustler who is bound

Continued, next page

Continued from page 16

to take an active part in the organization of his county at a near date (Hettinger County not yet being organized at the time).

A few days later the Fargo Forum carried an extremely complimentary article on Abbey's State Fair display (which focused on Hettinger County's grain crops) and his 'hustle,' noting he was cultivating 100 acres on his homestead, grazing "a nice bunch of cattle" on another 800 leased acres, milking 15 cows and working as a real estate agent. "He also draws legal papers, locates homesteaders, is assessor of the eastern portion of Hettinger County, secretary of the Hettinger County Telephone Co., editor of two weekly newspapers, teaches school five days a week, is pastor of six M.E. churches at Mott, Richardton, New England, Stony butte and two other points, at present he is engaged in taking a religious census of the county...A week ago Mr. Abbey organized a state bank in his section." A Dickinson Press follow-up contained further information on the bank, reporting Abbey was "soon to become cashier of a state bank, which he is organizing at Mott." Abbey was also noted to be opening a real estate office in Mott "in the near future."

Shortly after these articles came notice of a 'Special Excursion' for prospective homesteaders originating in Fargo and sponsored by 'D.P. Abbey & Co. of Richardton and Mott, N.D.,' the excursion to depart Fargo Depot at 7 a.m. on July 31, 1906 on the Northern Pacific's No. 5 train. D.P. Abbey & Co. providing half fare one way and round-trip tickets for those who made reservations on the 30th. "Plenty of good rigs" were promised at Richardton from whence the homestead seekers would journey to sites in southern Hettinger County where the Milwaukee Rail Road was building new lines.

'Homeseekers' paid \$20 for the excursion (deposited into the Richardton Bank) and seekers who found a homestead to their liking would be accompanied to the Dickinson Land Office by one of Abbey's agents who would assist them filing their papers, \$30 due Abbey & Co. upon completion of the paperwork and another \$16 for government fees, after which "your good Uncle Samuel will do the rest." The notice promised that

"We will give you a square deal," while warning that "These homesteads are going rapidly, at an average of 200 per day at the Dickinson land office. In six months, the good ones will be gone."

Abbey & Co.'s excursion attracted 18 people and a flurry of notices went out advertising for additional agents to represent the firm in advance of a second excursion in August. Although no homestead filing results were specifically reported related to the excursions the Press did mention that Abbey's promotional efforts led him to actively seek a stenographer in Dickinson at 2 o'clock one morning during the August trip. The Press acknowledged the need for steno help was "an illustration of how busy Mr. Abbey is" but noted "People in this city...do not like the idea of being roused from peaceful slumber, at such unearthly hours of the night." Well, that minor ruffling of feathers likely would have passed by without much notice if not for the headlines in the Dickinson Press just one week later: Abbey Arrested on page 1 and Abbey Arrested Again on page 2 of the August 25th, 1906 edition.

Abbey was arrested on Friday August 17 in Richardton on two criminal charges - assaulting a Fargo gentleman named Joe Crist and impersonating a United States Marshal. Bail was set at \$200 per charge in Richardton but

Abbey failed to secure a bondsman and was taken to Dickinson where he again failed to make bail and was housed in the Stark County Jail. The news of a family illness back in Richardton led to Abbey returning there (in the custody of an officer) where he finally secured a bond from three locals. No details of the assault and impersonation were carried in state newspapers but the Press' article listed several concerns:

To say the least, Abbey has acted very strangely. He has been sued a number of times in the past few weeks and judgments have been entered against him. Several suits are pending and it is said that more criminal actions are likely to be brought. Even while in custody of an officer this week Abbey gave personal checks, two of which were negotiated in Dickinson and the parties who gave value for the worthless paper are wondering now how they are going to get square on the transaction.

Shortly thereafter the Richardton magistrate threw out the original warrants against Abbey (reason unknown) causing Dickinson Justice Folsom to step in and issue new warrants that brought Abbey back to Dickinson for a hearing. In noting this, the Press also reported that an individual known to be involved with Abbey's bad checks had gone missing and a report was

Abbey Arrested Again.

At a late hour Thursday evening Sheriff Hartung's deputies brought D. P. Abbey up from Richardton and lodged him in jail.

It seems that the Richardton police magistrate called it that the warrants under which Abbey was first arrested were not good and he threw the case out of court on Thursday, but new papers, issued from Justice Folsom's court, were immediately served.

A hearing, on the charge of assault and battery and impersonating a U. S. marshal, will be had in Dickinson as soon as the witnesses can be secured from Richardton.

A man who mixed up with Abbey's bad checks on Monday is missing, it is reported.

A report is also current that Abbey has collected money for a church edifice at Mott and that the funds have never been accounted for.

**Dickinson Press, Saturday
August 25, 1906 Page 2**

circulating alleging funds collected by Abbey for a new church at Mott had never been accounted for. Appearing before Folsom, Abbey was fined \$100 for assaulting Crist. Lacking the fine, Abbey was again made guest of Sheriff Hartung though he finally paid the fine the next week. In the meantime, the charge of impersonating a US Marshal seems to have quietly evaporated.

While the Press seems to have been on track vis-a-vis Abbey's apparent transgressions, the Bismarck and Fargo papers touted "Abbey's New Start" as if all was forgiven or, more likely, just a terrible misunderstanding. By the end of September Abbey, once of Richardton but "now of Taylor" had seen his land business, which was going to net him "\$5000 by Christmas... all gone up in smoke - or taken by others" (a phrase not explained).

Men with whom he had contracted work and many other deals, which would have gone through, were disappointed because of the recent vicissitudes. Mr. Abbey has been arranging things as best he could...His house, home, stock, library, in fact everything save his wife's furniture, has been given over as security and Mr. Abbey with wife and six children will rent a ranch this winter and start in at the bottom...Abbey is as strong, active and persistent as ever and will no doubt yet be a factor in building of that country around Dickinson and especially south, in Hettinger County.

Next Month, Part 2 ■

Abbey Arrested.

D. P. Abbey was arrested at Richardton last Friday on criminal charges, one for assaulting Joe Crist of Fargo and the second for impersonating a United States marshal.

Bonds were fixed at \$200 for each case and failing to find anyone at Richardton who cared to become Abbey's bondsman, he was taken to Dickinson and placed in the county jail. At Dickinson Abbey tried in vain to get bondsmen. It seemed to be the impression here that if he could not get bonds in the sum of \$400 in the place where he had resided for two years and published a paper that he should not look for such favors from people who had only met him now and then.

COMMUNITY

"Songs and Stories Tour" to make stop in Dickinson



Dickinson's own Christian music station 103.7 The Connection announces the "Sidewalk Prophets - The Songs and Stories Tour" will be in Dickinson on Sunday, April 7 at Evangelical Bible Church. The concert will begin at 6:30 pm.

With a career spanning three major label studio releases and multiple hits, including Gold-certified "The Words I Would Say," "You Love Me Anyway" and "Live Like That," Sidewalk Prophets remains a mainstay at Christian radio. The group has

garnered five No. 1 songs, nine Top 5 radio singles and more than 54.2 million views on YouTube. The band originally formed at Indiana's Anderson University, and since signing with Curb | Word Entertainment, they've been nominated for a Billboard Music Award, multiple K-LOVE Fan Awards and four Dove Awards, taking home the New Artist of the Year Dove in 2010. Sidewalk Prophets' most recent tours have morphed into interactive experiences for their fans, whom they affectionately call "The Great Big Family."

This tour is truly one of the most intimate concerts Sidewalk Prophets has assembled. The band tours as a trio, with each member playing multiple instruments throughout the night, and lead singer Dave Frey shares powerful & inspiring stories from life and the road. The set includes the band's popular radio hits, deep album cuts, and brand new music.

Ticketing options include an early entry devotional with the band, and the fan favorite VIP Pre-show Party which gives you a unique up close experience with the band. Group ticket options are available. Tickets can be purchased online by going to 1037theconnection.com and clicking on the event banner. Limited General Admission tickets are available to purchase at The Connection's office at 2898 5th Ave. W.

For more information, call or text 103.7 The Connection at 701-483-1037 or email office@1037theconnection.com. ■

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COMMUNITY

Behavioral Health in rural ND

By Kacie Kostelecky

Behavioral health in Western North Dakota presents unique challenges due to geographic isolation, limited resources, and the impact of a dynamic economy. The vast expanses of rural landscapes can contribute to a sense of isolation, making it crucial to address mental health concerns in a comprehensive manner.

The rural nature of Western North Dakota often results in a shortage of mental health professionals. Residents may face barriers in accessing timely and adequate care due to the long distances they must travel to reach service providers. In February 2021, the National Alliance of Mental Illness reported that 28.8% of adults in North Dakota reported symptoms of anxiety or depression. Of those who reported symptoms, 19.4% were unable to get needed counseling or therapy.

One significant initiative undertaken by Vision West ND is the promotion of the Summit on Behavioral Health in Energy Country, where conversations on solutions like the use of telehealth



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services have been discussed with key decision-makers. Leveraging technology allows individuals in remote areas to connect with mental health professionals, overcoming geographical barriers and aligning with the evolving healthcare landscape, ensuring access to needed support for rural residents.

In addition to technological solutions, the Summit focuses on community-based approaches to behavioral health. Did you know that two in five adults in jail have a history of mental illness? The Summit facilitates partnerships between local

organizations and community services, like public school districts, to create a supportive network.

Through community efforts, we can create a healthier and more supportive environment for individuals in our rural landscape. To learn more about this initiative, consider attending the Summit on Behavioral Health in Energy Country at the Astoria Hotel in Dickinson on June 19th and 20th. Tickets are available online at www.visionwestnd.com/summit2024.

■

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Left to right:

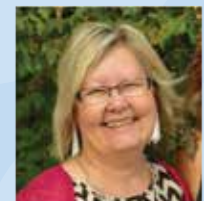
Back row: Troy Kuntz, Kyle D'Amato, Sarah Ramsey,
Tyler Prellwitz, Josh Nichols, Rachel Hellman, Todd Selle

Front row: Parker Buerkle, Jamie Prellwitz



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For more information about the DPS
Foundation and how you can help enrich
education, contact **Karen Heidt**, Director
of Development at 701-590-0495.



WHERE BUSINESS GOES TO GROW

Can the past predict the future?

By Matt Ellerkamp,
Business Advisor, SBDC



Looking ahead is a critical aspect in business, but if the past is not observed, providing insight into the future can be very sketchy and unreliable. In business, the tools of accounting, finance and benchmarking are employed, to in a sense, predict the future.

Today's lay terms for finance and accounting are often intermixed and can be confusing. Finance is often thought of as something that is to be attained, such as, "Finances a new camper for the upcoming summer." Finance means borrowing money. Common knowledge of accounting is known as bookkeeping – keeping track of expenses and balances so a person doesn't overspend and can pay their bills on time.

In a sense, the above statements are true and accurate. The confusing part is the terms for accounting and finance are used interchangeably and have different meanings for personal, business, and public/government. Even the subjects of finance and accounting have multiple, different meanings within their study. To provide simple clarity lets define each subject and then explain the difference why it's important for business.

The Merriam Webster dictionary defines accounting as a system of recording and summarizing business and financial transactions to analyze, verify, and report the results.

According to the Corporate Finance Institute, finance is the management of money and includes activities such as investing, borrowing, lending, budgeting, saving, and forecasting.

Accounting is a system that records



and reconciles past transactions and use of assets, liabilities, and cash, then presents them in a consistent format for interpretation. Whereas finance uses the past history (accounting) and interprets it data to make forecasts (future assumptions) for sales, revenue, debt use, and/or reinvestments.

Here the old adage comes into play, "Past performance is in an essence the best predictor of future outcomes." Once there is enough past history with a business's financial recording, benchmarking becomes possible and is used to track, measure and create goals for future growth or predict financial losses.



This why in business it is critical to have reliable, consistent and accurate accounting. Accurate financial statements then can be analyzed to forecast company's trajectory. True, forecasting involves other industry, economic, cultural and political factors, but the bases of it starts with a company's past performance. Therefore, if the books are messy, the forecast projections will be very muddled.

If a company is struggling with forecasting, it may be time to re-examine the record keeping practices. If interpretation of the financial statements is a challenge or the accountant doesn't provide suggestions for improvement, it is time to consider a change to an accountant that provides something more than just paper with numbers on it.

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

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HEART RIVER VOICE | MARCH 2024

Calendar

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VISIT US ONLINE AT WWW.HEARTRIVERVOICE.COM

ONGOING IN MARCH
DICKINSON AREA PUBLIC LIBRARY Ongoing activities and events at the library. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail.

FINAL FINAL

Your entertainment spot in Dickinson. We are a destination with a memorable experience. M-F Happy Hour 4-6pm. T-Sat Live DJ 9pm. Every Monday, Martini Night 2 for 1 Martinis. Every Tuesday, International Night \$5 Modelos & Margaritas, Bingo at 6pm. Every Wednesday, Ladies Night, Trivia 6pm, \$1 Drinks 9-10pm. Every Thursday, Country Night, Line Dancing 6pm. Every Saturday, Bingo at 6pm. 640 12th St West (Old Army's West)

FRIDAY MARCH 1 NATIONAL EMPLOYEE



APPRECIATION DAY Thank those who work for you!

LENTEN LUNCH Serving 11:30AM – 1PM. Cost for a meal is \$15 with cod, \$13 without cod, Ukrainian Cultural Institute, 1221 West Villard. Take Outs Available by Calling 701-483-1486

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BLU HAVEN SPAS PRESIDENT'S DAY SALE Come see what we have to offer during our sale! You can also check us out online at bluhavenspasp.com. Call us! 701.227.0601. 1661 1-94 Business Loop.

NOW THROUGH MARCH 6
ND STUDENT JURIED ART SHOW M-Sat 9AM-5PM with paid admission. View art by students throughout the state. Dickinson Museum Center

FRIDAY MARCH 8
COOKIES & COCOA SOCIAL 2-4PM Join us from 2pm to 4pm for a cookie, some cocoa, and to see who our Winter Reading Grand Prize and Coloring Contest winners are! Dickinson Area Public Library

THURSDAY MARCH 7
READ ANY BOOK CLUB AND SILENT READING 5-6PM Join us at Dunn Brothers Coffee for a new kind of book club. See ad (R) for more info.

FRIDAY MARCH 8, 15, 22
LENTEN LUNCH Serving 11:30AM – 1PM. Cost for a meal

is \$15 with cod, \$13 without cod, Ukrainian Cultural Institute, 1221 West Villard. Take Outs Available by Calling 701-483-1486

SUNDAY MARCH 10
SHERIFF BEAR IN DICKINSON! 12:30-2:30PM Medora's best bear is stopping by Dickinson to say howdy to all his Dickinson buckaroos. Come say howdy and skate with Sheriff Bear! FREE! West River Ice Center

RYAN BERGER
Cancer Benefit

For more information
701-290-4189

Ryan Berger of Dickinson was diagnosed with Stage 4 cancer in June of 2023. Ryan, his wife Nicole and daughter Brooklyn are all graduates of Trinity High School and are parishioners of St. Wencelous Catholic Church. Ryan has been employed at Montana Dakota Utilities for the past 12 years. Ryan is currently undergoing chemotherapy, radiation and natural health therapy in Bismarck.

Tuesday, March 12th
Eagles Club - Dickinson

Live & Silent Auctions
Silent Auction: 4:00 pm
Live Auction: 7:30 pm

Spaghetti Supper 5-7 pm
Adults: \$10 - Children 12 & under \$5

Bake Sale! 50/50 Raffle!

Donations can be dropped off at:

- Dakota Sew & So - 2797 3rd Ave W
- Home & Land Co. - 269 16th St W - Suite A
- Bravera Bank - 220 1st Ave W
- Ryan Berger Benefit Account

MONDAY MARCH 11
ADULT CRAFT CLUB: DIY DECOUPAGE COASTERS
6PM Crafty people unite! Advanced and beginner crafters welcome (18+) Join us for a new craft each month with all craft supplies and instruction provided. Community Room, Dickinson Public Library.

TUESDAY MARCH 12
RYAN BERGER CANCER BENEFIT 5-7PM See ad, above, for more info.

THURSDAY MARCH 14
START-UP YOUR DAY 8-9AM

Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 18, for more info. Stark County Veterans Pavilion.

THURSDAY NIGHT TRIVIA
6PM Put a team together and compete against other teams by answering questions and earning points. *Sign-up required. Community Room, Dickinson Public Library.

SUNDAY MARCH 17
ST PATRICK'S DAY OPEN HOUSE 1-5PM Stop in for green punch, coffee and snacks.

Free. See our website, dunncountymuseum.org, for more info. Dunn County Museum, Dunn Center.

BUZZARD BAIT BUCKING PONIES 1PM "Cutest Thing Happening!" Head on over to the DSU Indoor Arena for an afternoons of fun! Admission is \$5/ adults and \$2/10 and under.

TUESDAY MARCH 19
RECYCLING TIPS & TRICKS
6PM Rachel Shumaker, the recycling coordinator for the city, will help us prepare for Earth Month by talking recycling tips and tricks and how to start composting! Open for 16+. See ad, page 25, for more info. Dickinson Area Public Library

DICKINSON AREA CONCERT ASSOCIATION PRESENTS: QUARTETTO GELATO 7PM Eclectic virtuosity. Stickney Auditorium, Dickinson State University.

SATURDAY MARCH 23
YOUR TOWN TOUR: TRACY BYRD 6PM Tickets: GA Advanced \$60; Day of Show \$70. Tickets available at Cash Wise or online at ndcountryfest.com/yourowntour. West River Ice Center

SUNDAY MARCH 24
EASTER EGG DECORATING FOR KIDS 1-4PM We'll have a variety of fun supplies to use and we'll provide the eggs. Snacks and hot chocolate, too! Free! Under 12 with a teen or adult, please. See our website, dunncountymuseum.org, for more info. Dunn County Museum, Dunn Center.

MONDAY MARCH 25
ADULT BOOK CLUB: THE FAULT IN OUR STARS 6PM Read the book and come discuss it with other adults. Ages 18+ The next month's selection will be announced at the month-

ly meeting. Book Club books are available at the Main Level Circulation desk. Community Room, Dickinson Public Library.

TUESDAY MARCH 26
JAPANESE FAN DECORATING 4PM For ages 10+. All instruction will be provided by Shunsuke Aoki who is at Dickinson State University through the Japan Outreach Initiative. Dickinson Area Public Library.

FRIDAY MARCH 29
NATIONAL MOM & POP SMALL BUSINESS OWNERS DAY Stop into any small business and show your appreciation for the hard work small business owners put in throughout the year.

SAVE THE DATE

THURSDAY APRIL 4
35TH ANNUAL WIBAUX HEALTH FAIR BLOOD DRAW EVENT 6-11AM See ad, page 3, for more info.

APRIL 5 AND 6
DICKINSON AREA BUILDERS HOME SHOW Friday 3-7PM; Saturday 9AM-4PM West River Ice Center

SUNDAY APRIL 7
SIDEWALK PROPHETS: SONGS & STORIES TOUR 6:30PM See article, page 18, for more information. Evangelical Bible Church

THURSDAY APRIL 11
DICKINSON AREA CONCERT ASSOCIATION PRESENTS BRANDEN & JAMES WITH EFFIE PASSERO 7PM Classy mix of pop and standards. Stickney Auditorium, Dickinson State University.

COMMUNITY

ND Community Foundation to host ND picnic in AZ

The North Dakota Community Foundation (NDCF) will be hosting the 56th annual North Dakota Picnic at Red Mountain Park in Mesa, Arizona on Sunday, March 3, 2024. The event is a gathering of anyone with North Dakota ties living either permanently or part-time in Arizona. The 2023 ND Picnic drew an estimated 3,000 people.

The event will be held from 10 am to 2:30 pm on Sunday, March 3 at Red Mountain Park, 7745 E. Brown Road in Mesa. It will feature musical entertainment by North Dakotans, a variety of vendor booths, and the opportunity to meet up with old friends. There will be food available for purchase. Attendees are asked to pay \$5 per person at the Registration Table to help defray costs.

Although there is seating available at the park, attendees are encouraged to bring their own lawn chairs. Overflow parking will be in the nearby Red Mountain High School parking lot with golf cart shuttles to the event. For more information, visit www.NDCF.net/Picnic, www.facebook.com/ndpicnic, or contact the North Dakota Community Foundation at (701) 222-8349 or Deb@NDCF.net.

Established in 1976, the North Dakota Community Foundation is a public, non-profit tax-exempt corporation which receives and distributes charitable funds to support a wide range of programs which benefit North Dakotans. NDCF currently manages over 900 charitable funds for various North Dakota communities and donors, including 69 community foundations and over 150 scholarship funds. ■



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PAWSITIVELY POPPY

Animal rescue: A work of heart, Part 2

By Miranda Kuhn

In my last article I recalled the story of how my beloved dog Poppy came to be a member of our family and her puppies all found homes through the rescue from which we fostered and adopted her. I wanted to educate you further on the benefits of fostering an animal in hopes that some of my readers may be enticed to give fostering a try.

First and most important, when you foster an animal you are saving a life. Without foster homes, many animals would be euthanized as shelters are too full to keep animals indefinitely. As a foster, you can learn about many dog breeds without making a long-term commitment. This is especially helpful if you want to adopt but are unsure of what type of dog will work in your home and family dynamic. If you are adoption minded, you often have the first option to adopt your foster dog before other interested parties. In addition to these practical benefits, volunteering as a foster home is great for your mental health and will help you to feel a part of a community of people with a common purpose to help animals. Through fostering, you will meet several people who are also extremely knowledgeable and helpful in your pet-parenting journey, and you will likely make new friends. If you have children in your home, fostering is a great way to teach them about giving, volunteering and responsibilities in caring for animals.

Finally, by fostering an animal you increase their chances of being adopted because they have a chance to settle down into a safe place, and their true self will blossom in your home. I encourage you to foster an animal and if that isn't possible, consider a donation of time, food/toys/other animal supplies or money to help our rescues in their mission to save lives. ■



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Ask Alfie

Dear Alfie,

One of my favorite things to do is diffuse essential oils or have scented wax melts heating in my home to make it smell nice. However, someone told me that this could be dangerous for my cat and dogs. Is that true?

Sincerely, Scented

Dear Scented,

Yes, that is correct. While scented candles, air fresheners, and essential oil diffusers may help mask unpleasant scents in your home, they could be posing a danger to your pets.

Scented candles and aerosol or plug-in fresheners commonly contain toxins like lead, naphthalene, formaldehyde, and phthalates. Some of these toxins have been implicated in causing endocrine system disruptions which may lead to a multitude of medical issues including cancer in humans and animals. Synthetic fragrances and carcinogenic soot from paraffin candles,

a petroleum product, can cause or worsen respiratory conditions such as asthma.

When using a wax warmer or burning an open-flame candle, exercise the same caution you would use around a toddler to avoid your pet being burned by hot wax or tipping over a candle and causing a fire to your home.

Essential oils are a popular alternative to traditional air fresheners, but these must be used with extreme caution around pets. Pets are especially sensitive to these products and depending on the formulation and concentration, a couple drops of oil such as tea tree or eucalyptus may be enough to cause severe illness or death. Even diffusing some oils in their presence may trigger seizures, cough, vomiting and diarrhea, or eventual internal distress. For this reason, it is best to never apply oil directly to the skin of your pet or even diffuse it in their presence without first doing proper research. Cats, for example, are particularly susceptible to liver failure when exposed to essential oils, as they lack a specific enzyme which metabolizes and eliminates toxins

from essential oils.

Some of the oils which should never be used around pets include: pine, wintergreen, cinnamon, citrus-based oils, peppermint, camphor, clove, bitter almond, garlic, horseradish, oil of sweet birch, ylang ylang, mustard, tea tree, eucalyptus, and pennyroyal. There may be others, depending on the type of pet you have, and you should always thoroughly research before using. Pet birds, for example, may be even more sensitive to some essential oils.

Keep all essential oils out of reach of your pet as some scents may be enticing, despite their toxicity, and could lure your pet into ingesting them. Even licking a stray droplet from the exterior of the bottle could be enough to cause serious harm to your pet. If you think your pet may have inhaled or ingested an essential oil, you should contact your veterinarian immediately. If you have questions about whether your pet may have been exposed to a toxic oil, consider calling Animal Poison Control (888) 426-4435.

All hope is not lost, however, as there may be safer options you can use



for freshening the air in your home. Soy or beeswax candles that do not use artificial scents are considered to be much safer than paraffin candles, as long as you are closely monitoring them while using. There are also non-toxic sprays from companies such as Mrs. Meyers, and some essential oils may also be safe to diffuse once you have researched them properly. Be safe!

Sincerely, Alfie ■

Have a question for Alfie?
Email askalfiecat@gmail.com

Dickinson Area Public Library
Adulting 101
Join us once a month to learn more about an important life skill you might have missed as a kid!

Recycling and Composting

Rachel Shumaker, the recycling coordinator for the city, will help us prepare for Earth Month by talking recycling tips and tricks and how to start composting! 16+

March 19th, 6:00pm
Community Room

Dickinson Area Public Library

ID*I*OM

Pedaling in sauerkraut

You might not be surprised to hear that a plate of sauerkraut isn't the ideal locale for riding a bicycle. Accordingly, The French *pédaler dans la choucroute* means to get absolutely nowhere, spinning one's wheels, going nowhere fast.

If you find yourself overusing the expression, you can choose from *pédaler dans le yaourt* (pedaling in yogurt), *pédaler dans la semoule* (pedaling in semolina), *pédaler dans la cancoillotte* (pedaling in cancoillotte cheese) and *pedaler dans le couscous* (self-explanatory!). ■



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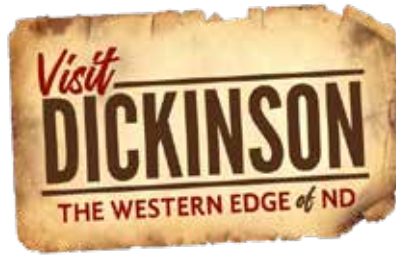
CONVENTION AND VISITORS BUREAU

ND Travel Industry Conference

Get together with others in the ND tourism industry! The ND Travel Industry Conference will take place April 8 – 10, at the Delta Hotel by Marriott in Fargo.

The ND travel and tourism industry is made up of more than 2,800 businesses and 42,000 jobs across all counties of ND. From airports to restaurants, fishing guide services to on-stage entertainment, travel in North Dakota generates more than \$3 billion in traveler spending each year.

The North Dakota Travel Industry Conference brings the state's tourism industry together for continuing education, renowned speakers, trainers, best practices, and peer-to-peer networking in a three-day conference format. This is a must-attend conference



for communities looking to develop their tourism infrastructure and for marketers and tourism professionals in North Dakota's travel and tourism industry. Last year's the Governor's Travel and Tourism Award was presented to Tammy Meyer, TownePlace Suites by Marriott, Dickinson for the Heritage Award for a Front-Line Tourism Employee. This

award recognizes an individual who provides outstanding customer service to visitors daily.

Guests at TownePlace Suites in Dickinson praise hotel breakfast manager Tammy Meyer, aka the "Breakfast Champion," for her exceptional hospitality and service. In addition to overseeing daily breakfast operations, Tammy helps guests plan their trips, outlines national park driving routes on maps, offers dining and attraction suggestions, and sets aside books and toys to gift to the hotel's youngest guests. Tammy has been mentioned in over 20% of guest survey responses since 2017. Her excellent service drives guest satisfaction and loyalty, increasing the hotel's profitability. As one review stated, "Tammy the breakfast manager is OUTSTANDING with guests in the morning. She makes us all feel welcomed and adds a tremendous warm feeling of hospitality that is second



Photo credit: ND Tourism

to none in helping guests with local park info and other sites to see while near Medora! 4 Star Person!"

Meet up with others in the industry, get to know new businesses, and visit with ND Tourism staff, a great way to grow your own business, service, or attraction. For more information google ND Travel Conference for more information or register.

Hope to see you in Fargo! ■

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NDSU EXTENSION

NDSU Extension to offer online gardening forums



Do you want to grow a beautiful yard and garden?

North Dakota State University Extension will be broadcasting its Spring Fever Garden Forums online from March 25 to April 15. The live forums will be held on Monday evenings, from 6:30 to 8:30 p.m. CDT and are open to all interested gardeners.

Topics will include flower gardens, trees and tips, fruits and vegetables, improving soil, designing gardens for butterflies, and special topics such as Bees, Crabgrass and Fungi, and much more.

“This is a great opportunity for gardeners to learn about the latest research from NDSU,” says Tom Kalb, NDSU Extension

horticulturist. “They can watch live presentations and ask their questions to the researchers and Extension specialists.”

The forums are hosted at 25 NDSU Extension county offices across the state. Free seeds will be distributed at the sites. Gardeners have the option of participating online at home as well. Approximately 800 gardeners participate every year. The forums are free.

For more information and to register for the forums, search online for NDSU Spring Fever Garden Forums or go directly nds.u.edu/agriculture/extension/spring-fever-garden-forums/. ■

COMMUNITY

Recognizing and preventing child abuse



It is highly likely that you know a child who has been or is currently being abused. Statistics show that 1 in 10 children are sexually abused before they turn 18. Darkness to Light (www.d2l.org) offers 5 steps to prevent, recognize, and react to child abuse.

1. Learn the Facts – It’s important to know that 90% of children are abused by people the child knows. Knowing the facts is the first step in preventing child abuse. Learn more by visiting the DCAC website, www.dakotacac.org, or Prevent Child Abuse ND at www.pcand.org.

2. Minimize Opportunity – Reduce the amount of one-on-one interactions your child has with others. Keep in mind that abusers often seem friendly and helpful in an attempt to build trust. Also, closely monitor your child’s internet usage.

3. Talk About It – When we talk to children about our bodies, sex and boundaries it helps them understand that they have the right to say,

“No”. Start conversations early and have them often.

4. Recognize the Signs – Don’t assume signs of child abuse will be obvious. Physical signs are not often common and for some children there are no signs at all. Emotional or behavioral signs such as withdrawal, depression, or anger are common. Sexual behavior and language usage are also red flags.

5. React Responsibly – Disclosure of abuse means that a child has chosen and trusts you to confide in. Don’t overreact, don’t make promises you can’t keep, and while you should encourage them to talk, don’t ask leading questions about details. Keep questions open-ended and thank them for telling you. ■



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COOKING CRAVE

Meatballs with Alfredo Sauce

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

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



Laverne and Rhonda

Homemade Recipes Made Easy!

Meatballs with Alfredo Sauce

MEATBALLS:

2 lbs. ground beef
2-3 garlic cloves, minced
2/3 cup breadcrumbs
1/2 cup heavy cream
1/2 cup parmesan cheese
1 egg
2 tsp. salt
1/2 tsp. pepper
3 Tbsp. butter

ALFREDO SAUCE:

5 Tbsp. butter
1 garlic clove, minced
1 Tbsp. flour
2 cups heavy cream
1 cup shredded
parmesan cheese
freshly ground black
pepper to taste

For the meatballs: In a medium mixing bowl, combine the breadcrumbs and cream. (If needed, add more cream, 1 tablespoon at a time, to moisten the breadcrumbs.) Add the ground beef, soaked breadcrumbs, egg, parmesan, and minced garlic to a large mixing bowl, and season with salt and pepper. Stir to break up the meat and mix the ingredients. Measure 1 tablespoon scoops of mixture and roll with greased hands. Heat the butter in a large skillet or nonstick pan over medium heat until melted. Add the meatballs. Cook until browned on all sides, turning every 2 to 3 minutes for about 8 to 10 minutes total.

For the Alfredo sauce: In the same skillet or pan, melt the butter over medium heat. Add minced garlic and sauté for about 1 minute. Sprinkle the flour into the pan and cook for 3 minutes, occasionally stirring, until mixture appears smooth. Stir in the cream and cook for 5 to 7 minutes, until the sauce has thickened. Take the sauce off the heat. Stir in the parmesan cheese until melted. Season with ground black pepper. Toss the meatballs in the Alfredo sauce until well coated & serve warm. If desired, spoon meatballs over pasta or rice.

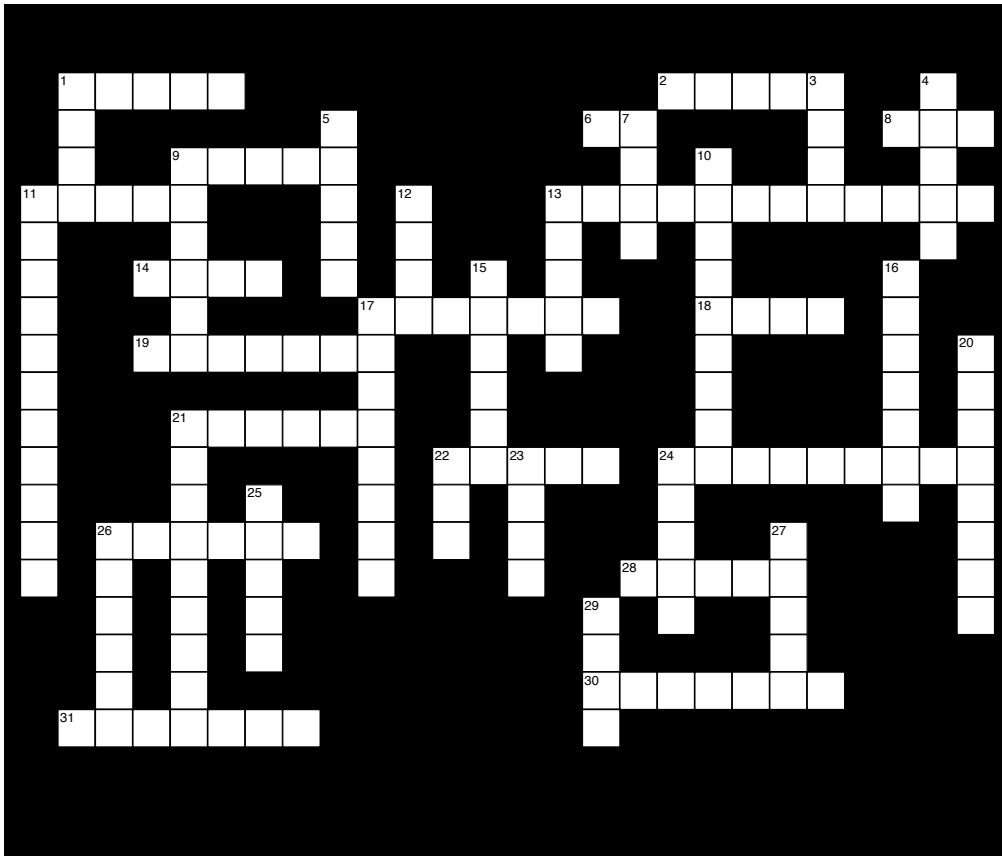
Country Rose
Cafe

CONSOLIDATED
CHANNEL 18

COOKING
CRAVE

CROSSWORD

**SOME SAY WHY,
I SAY WHY NOT!** by Carlinka



ACROSS

- 1 +A naive person from a small town
- 2 +Small dogs tend to sound _____
- 6 +The ___ axis in algebra
- 8 +___ I outta ...
- 9 +Type of flowering agave
- 11 + ___ Dabba Doo
- 13 +Type of wasp
- 14 +Round tent of skins
- 17 +Spoken by European Jews
- 18 +[Guests must provide their drinks]
- 19 +River in China
- 21 +Over the wide, blue__
- 22 +Stones," Get Your ___ Out"
- 24 +Used for measuring
- 26 +"Tie a ___ribbon round..."
- 28 +Gad Zooks!
- 30 +Goes in the fire at Christmas?
- 31 +Jewish school for religious instruction

DOWN

- 1 +It takes a mat and flexibility
- 3 +Local club or party song
- 4 +Cry of dismay
- 5 +Large recreational water craft
- 7 +Orb in a hard boiled egg
- 9 +Crime syndicate in Japan
- 10 +Famous Yankee catcher
- 11 +Cheap digs when traveling
- 12 +Abominable snowman
- 13 +Ingredient used in baking and alcohol
- 15 Port city in Ukraine
- 16 +A French yoghurt
- 17 +One year old horse
- 20 +Weird Al
- 21 With jaundice comes a ___ hue
- 22 +Tibetan Ox
- 23 +That's gross!
- 24 +Territory of rugged mountains
- 25 +"___ Got a Friend in Me"
- 26 +Young, urban professional
- 27 + Web services provider
- 29 +Toy on a string

LAST MONTH'S PUZZLE SOLUTION



WEST DAKOTA PARENT & FAMILY RESOURCE CENTER

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 📞 TOLL FREE: 1-877-264-1142 ✉️ EMAIL: PARENTRESOURCE@DPSND.ORG
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.....
The Center is Your Partner in Parenting

1. BECAUSE YOUR CHILDREN ARE SPECIAL
2. ENCOURAGEMENT AND DIRECTION TO THE EFFORTS OF PARENTS AND FAMILIES
3. PRACTICE RAISING SELF-RELIANT KIDS IN A SELF INDULGENT WORLD
4. FIND WAYS TO PUT THE FUN BACK INTO PARENTING



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OUR WEBSITE!



Matthew Brew Post 3's Honor Guard and bugler ceremoniously raised the first-ever US flag at the Theodore Roosevelt Presidential Library overlooking Medora on January 31. Post 3 members, other veterans and military members attended this event on January 31, 2024. (Photo courtesy of Peyton Peterson)

GOING POSTAL

Chief Standing Bear

This stamp features a portrait of Chief Standing Bear by Thomas Blackshear II based on a black-and-white photograph taken of Standing Bear in 1877 while he was in Washington, D. C., as part of a delegation of Ponca chiefs. For the color of his attire, Blackshear drew upon contemporary descriptions.

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

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Photo: Ron Lisko

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