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VOICE

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AUGUST 2020 | VOL. 2, NO. 8 | HEARTRIVERVOICE.COM

Get involved

Best Friends Mentoring
seeks mentors p 6

Coping during a pandemic

Brenda Erie offers strategies p 24

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A note to our readers

Are we really more than halfway through 2020? Weren't we just setting up for a new decade with grand plans, and then, in what felt like overnight, we were hit by an unfortunate event that has caused us to shift gears. Regardless of our circumstances, what has been the most uplifting has been watching everyone at least try to find one silver lining.

As things start opening up and we slowly begin venturing out, I hope we migrate into activities that help others and our community. Hopefully, one of our articles will spark in you a desire to help out or get involved somewhere. May the spark spread like wildfire.

Kelley Jilek

Publisher

Cover art by Sophia Jilek. For more information about the artist, see page 5.

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#BOOKWORM

Your account online

By Cindy Thronburg

Did you know you can now control your library account online? With our new OPAC (Online Public Access Catalog), you can do so much more than just renewing your items or placing holds.

One fantastic feature is that you can now receive notifications via email or text, rather than waiting for a paper notice to come in the mail. In other words, you'll get notified that your hold request is available the day it's ready. Here's how to set that up:

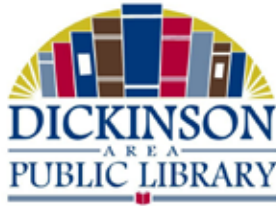
1. On our website (www.dickinsonlibrary.org), click where it says "My Account (ODIN)" in the top right corner.

2. Log in using the full barcode

number on your library card (no spaces) as the username, and your last name (all lowercase) as the password. A new feature is that you can now change your username and password to something that is easier to remember. After you are logged in, click on "Change Logon" at the bottom of the page to set a new username and password.

3. Once logged in, you will see an area called "Contact Information and Preferences." Click this to expand it.

4. Verify all your information is correct. If you would like to receive notices via email, make sure your preferred email is entered in the Contact Information



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and choose "Email Address" under "My preference for receiving library notices."

5. You can also receive E-receipts of your items you have checked out and their due dates. You can activate this under the E-receipts drop-down.

While you are in this section, check the box next to "Maintain reading history" if you would like the system to keep track of the things you have checked out. Fun fact: it keeps track of things you've checked out electronically in Overdrive, too! You can view your reading history by clicking the link in the box on the right side of the screen. You can also edit your reading history and remove items.

If you have any questions about setting up these features, please contact the library at 701-456-7700.

Announcements:

- We are having a face mask contest, and there is still time to enter submissions! Patrons of all ages can submit an entry into one of three categories: (1) you can design a mask and submit a photo of it; (2) you can submit a video 1-5 minutes in length; or, (3) you can create a meme featuring a face mask. One winner from each category will receive a \$50 gift card! Entries can be submitted via email, Facebook, or Instagram. Check our website for details.

- Grand Prize Winners for the Summer Reading Program will be announced

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on Friday, August 7th. Winners will be called, and we will post the winners to Facebook as well. Prizes can be picked up in the library. There will be no ice cream social this year.

- The August theme for Podcast Brunch Club is Apologizing. Listening lists can be found at podcastbrunchclub.com/dickinson. If you register on our PBC page you will receive an email when the listening lists are available. The Zoom meeting will be Wednesday, August 29th. Register on our website to receive the Zoom link to join the meeting.

- We would like to ask Library patrons who have materials that were checked prior to the time the Library closed in response to COVID19 to begin returning them. During this time fines have not been charged. However, beginning September 1st items that are not renewed or returned on time will begin to see fines as per our regular policies. Items can be returned in the outdoor book drop in the alley on the east side of the building or brought into the library now that we're open. If you have a kit or learning bundle please bring that into the library, as those items are not meant to be returned in the outside book drop. ■

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Heart River Voice is the VOICE of Dickinson, Stark County and the surrounding area. Join us in sharing our community stories. Your support in this effort is greatly appreciated.

CONTACT KELLEY JILEK AT 701.290.2063
kelley@heartrivervoiced.com OR www.heartrivervoiced.com

COVER ARTIST

Sophia Jilek

Sophia Jilek is a 2020 graduate of Dickinson Trinity High School and currently enrolled in the graphic design program at Bismarck State College. Sophie is an artistic dreamer and it shows in everything she has done since a very early age.

Performing arts have played a large part of her creative journey and starting with the Missoula Children's Theater and through many productions in school, she furthered her love for theater during the past three summers at Sleepy Hollow Theatre and Arts Park in Bismarck. Musical theater and the performing arts opened her up to opportunities to explore the visual arts.



also offered a new world of tools and techniques that are difficult to recreate with traditional media. The cover art for this month's issue was created with the software, Procreate on an Apple iPad. ■



Sophia was able to take a painting class and realized that graphic design and computer arts provided a whole new outlet for her creativity. Creating art on the computer and tablets



FINANCES

Tips for newlyweds

By Vaune Johnson, Market President, Cornerstone Bank, Dickinson



CORNERSTONE BANK

Relationships are multi-faceted. There is an emotional side, and a financial side. Sometimes it's difficult to mesh spending habits and financial goals. Although there is no "right" way, and you may have different answers, having the discussion is important.

One approach is to set a budget. Budgets are beneficial in understanding what is important to your partner both short-term and long-term. After assessing your finances as a new family, determine how you will spend your money each month. Are there certain expenses you can cut back, purchases you will need to save for? Coming to an agreement on these things and setting a budget will be beneficial for the health of your relationship and your bank accounts.

Couples can choose to have joint accounts, separate accounts, or a combination. Some establish special purpose savings accounts, such as for the down payment on a new car, home, or a delayed honeymoon. Discuss your preferences together and visit with your

banker for suggestions.

Life is full of surprises and some of them can be expensive—and stressful! Having an emergency fund will help you avoid precarious financial situations. In your financial discussions, talk about how you'll set aside money and what your options would be if the dishwasher needs to be replaced, or your car needs new tires.

Also on the financial side of your relationship, you should discuss and make changes to the named beneficiary of your life insurance policies and accounts you may have set up through your employer. Once married, your spouse will become the beneficiary of your 401(k) unless she/he waives those rights.

Best advice is not to avoid the money talk. Although it can sometimes feel uncomfortable and easier to wait "until tomorrow", understanding your partner's financial goals and spending habits will keep peace in your new family. Congratulations! ■

HEAD START

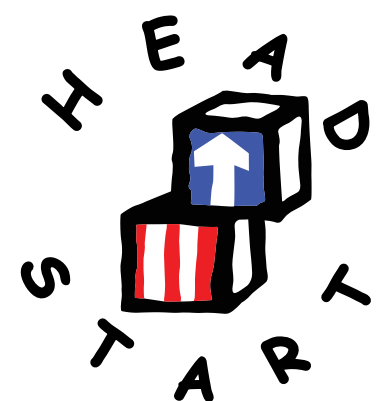
Applications being accepted

Community Action Partnership Head Start and Early Head Start are accepting applications for expectant mothers and children prenatal-age 5. Both programs provide comprehensive early childhood education, health, nutrition and parent involvement opportunities to income eligible children and their families.

Early Head Start is designed to nurture healthy attachments for children. The CAP Early Head Start program serves pregnant mothers and children to age 3 through a home-based program and a center in Dickinson.

Head Start serves pre-school aged children 3-5 in either a home setting or in preschool classrooms located in Dickinson and Mott.

Both Programs serve the entirety of Region VIII which includes the counties of Adams, Billings, Bowman, Dunn,



Golden Valley, Hettinger, Slope, Stark.

Find us on Facebook and online at dickinsonearlyheadstart.com.

Interested families should call (701)227-3010 to apply. Limited slots available. ■



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BEST FRIENDS

Best Friends Mentoring seeks virtual, face-to-face mentors

By Mark Billings

As the 2020-21 school year kicks off in August, the Best Friends Mentoring Program (BFMP) is seeking virtual as well as traditional mentors.

BFMP is working hard to make sure mentoring is available to youth ages 6-16 no matter how COVID-19 may impact social interactions and other activities in the schools and community, said Mark Billings, the organization's senior program coordinator.

"We're optimistic mentors may see youth face to face this fall but realize there may be restrictions and the schools may have to adjust to changing conditions throughout the school year," said Billings. "Through resources made available to us by Mentor: The National Mentoring Partnership, we will be ready to serve youth and offer the valuable impacts of mentoring services, either virtually or in-person."



Debi McNabb with mentee

A key to program readiness is recruiting at least 24 new male and female mentors, Billings added. While many mentors are high school and college-aged, recent mentor recruits come from a variety of occupations and age categories. For example, Sue Mosser

of Medora became BFMP's first mentor from Billings County. Mosser, a lifetime rancher, travels 60 miles roundtrip to see her mentee at Berg Elementary. Mick Myers, a respiratory therapist with Sanford Health, also became a mentor more than a year ago and has served two youth, including one in foster care. Debi McNabb, a manager with Wells Fargo, also became a mentor last year and has been a role model to a Berg Elementary School student.

Maggie Yost, a 23-year-old wind turbine technician, said she was not sure how well she would perform as a mentor but would not trade the experience for anything. Yost has served for a little more than a year with two mentees, including one in foster care.

"The reason I chose to do mentoring as I was researching different volunteer opportunities in Dickinson was because the experience stood out and was unique," said Yost. "I was kind of nervous to start because I did not have a lot of experience with kids and I didn't know how it would go."

Yost jumped right into the experience, first mentoring an elementary student who had been placed into foster care. "I mentored this girl for about six months, and it was rewarding seeing the changes in terms of how she would interact with me," said Yost. "I would give her little tips on how to handle things at school or stuff at home, and it was interesting to see how she affirmed my advice by saying how she followed through when I saw her the

next week. It was really great to see that change."

While Yost's first mentee moved to a foster care family out of town, BFMP paired her with a third-grade girl in the school-based program. "Every week I could feel our relationship grow," said Yost.

Through it all, Yost said the mentoring experience was rewarding because she felt her time with her mentees made a difference. "It made me really happy when I heard how my mentees talked about me at home or how they interacted with me during our weekly visits. I was really proud

of myself for doing it and putting myself out there, and I think I have had a really great experience with this program and the people I met."

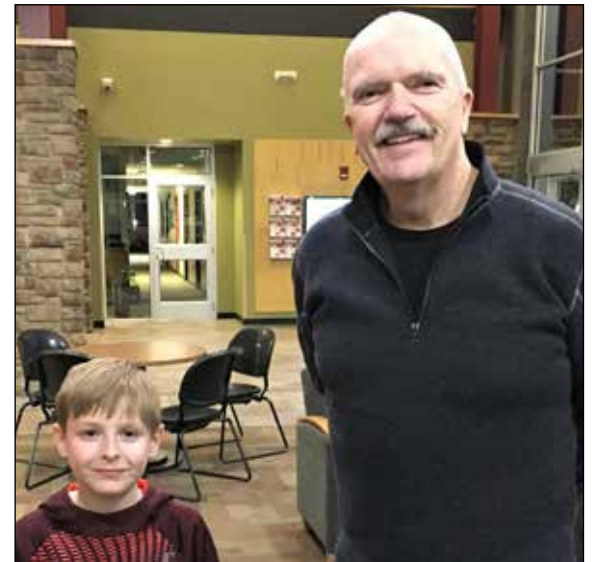
Yost added she will actively search for more mentoring opportunities such as the experience BFMP offered throughout her professional and adult life. "I encourage everyone to give mentoring a chance," she said. "You may not know you can do it but it's worth it to see how the kids react to you, even though you're not perfect. That's always heartwarming."

To become a mentor,



Sue Mosser with mentee

complete an online application at www.bestfriendsnd.org. Once BFMP receives the application, a screening process will start. Depending on the results, the organization may invite candidates to training and may ultimately conduct a match through a virtual platform or in-person meetings. For more information, contact Billings at (701) 483-8615 or by email at mark@bestfriendsnd.org. ■



Mick Myers with mentee



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PIECE BY PIECE Sewing hacks

By Suzy Rummel

August brings us watermelon, sunshine, lazy days of summer and perhaps back to school at least back to school preparations. My family is planning a family reunion for this summer. During the homily this past weekend, the priest told a story about two wolves:

“One evening an old Cherokee told his grandson about a battle that goes on inside people. He said, “My son, the battle is between two wolves inside us all. One is Evil;

it is anger, envy, jealousy, sorrow, regret, greed, arrogance, self-pity, guilt, resentment, inferiority, lies, false pride, superiority and ego. The other is Good. It is joy, peace, love, hope, serenity, humility, kindness, benevolence, empathy, generosity, truth, compassion and faith.” The grandson thought about it for a minute and then asked his grandfather, “Which wolf wins?” The grandfather simply replied, “The one you feed.” So true isn't it? I need to feed my Good Wolf more.

Here are a few sewing hacks for you:

1. No-fuss Needle Threading: Spray the tip of your tread with hairspray to quickly thread a needle. You can keep a travel-size can of hairspray near your machine for easy access. It makes limp thread stiff for easier threading.

2. Bobbin and Thread Organization: A

golf tee is a perfect way to pair up a spool of thread with its matching bobbin.

3. Pattern Weights: Wrap some cut ribbon around a few large washers and glue the ends. It works well to hold patterns down instead of using pins

4. Perfect Ruffles: Lay a piece of crochet thread along the seam allowance of the fabric, zigzag over it and gently pull the thread to gather the fabric. You can also use dental floss.

5. There are a lot of easy turning tools that make life easier but if you are in a pinch, use a straw and a crochet hook. Put the straw into the tube, push the hook into the straw against the sewn edge of the tube and pull through.

6. Sewing Pin Dish: Find a cute dish and

superglue a few magnets to the bottom of it to make a dish to hold you pins.

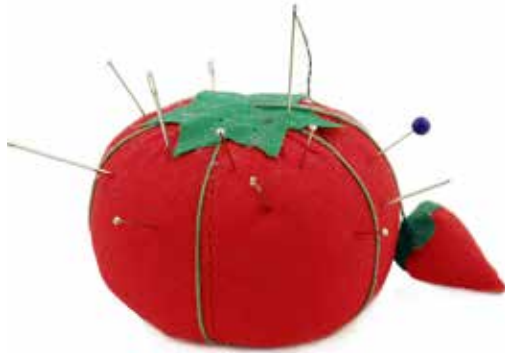
7. Use a piece of washi tape or sticky ribbon to mark the seam allowance on your sewing machine

8. To keep your thread from tangling, coat it with beeswax. It doesn't change the thread at all and it makes it much easier and faster to sew. It also strengthens thread so it doesn't break.

9. Use steel wool as a pin cushion to keep needles and pins sharp. Use it as the stuffing when you make your own pin cushion.

10. Hand stitching made even: Using a ruler, mark your thumb with a sharpie to make nice even blanket stitches.

Have a wonderful month and feed your Good Wolf. Check out our website at www.SuzysStash.com. ■



ARTISTS!

NORTH DAKOTA ART GALLERY ASSOCIATION CALL FOR ENTRIES!

NDAGA is a nonprofit organization of galleries from the Upper Midwest, seeking *proposals for solo or group exhibitions* for the 2021-2022 seasons. Open to all artists working in any medium!

For a prospectus or more information visit ndaga.org, or call 701-858-3242 from 1-5 p.m. Mon-Fri.

GOING POSTAL American Gardens

I collected stamps all through grade school, and I still think they're cool. Of course that means I'm a nerd, but I'm pretty sure that even gardeners who aren't nerds will like the new American Gardens stamps.

The set of 20 forever stamps feature ten magnificent gardens from across the country, most of which have a long history.

Eight are former estates that are now public gardens - Maclay Gardens (Florida), Biltmore, Dumbarton Oaks, The Huntington, Stan Hywet (Ohio), and Winterthur. The others are notable botanic gardens - the Brooklyn Botanic Garden, Chicago Botanic Garden, Coastal Maine Botanical Gardens, and Norfolk Botanical Garden.

You can see the stamps (and learn more about the gardens) on the usps website at store.usps.com. ■

- Courtesy of the Old House Gardens Blog



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TWEETING Yard party

By **Lauren Evans**

Birdwatching in my backyard has been interesting this season. It's always an enjoyable way to relax in these stressful times. Birds from previous seasons are here, and some occasional visitors have been staying. I have two birdbaths in my yard and several small baths with glass pebbles in the flower beds for the bees and butterflies.

The Brown Thrasher is raising two youngsters. Brown Thrashers make their nest in low thick shrubs and bushes. They forage in the litter and old leaves giving them a place to find insects for their young. They also like the jelly feeders. The biggest surprise to me is how many birds like the jelly. Makes me thankful I made too many jars of grape jelly a couple of years ago. Bees, flies, wasps and many small flying insects like the jelly also providing birds



a little extra snack.

A welcome surprise has been a male Flicker and his young one. The males have a large bib on his chest and a red heart shape on the back of his head. Dad has been feeding his son suet from the feeder and jelly from the jelly feeders. They call out when they are near the feeders.

The Blue Jays are still screaming at me if the peanut feeder is empty, and the House Finches are happy with the addition of safflower seed. Some seed lands on the ground and sprouts but it feeds other ground-feeding birds. A bonus is the Grackle; black birds and squirrels don't like safflower seeds. Lately, the Chickadees have returned to the black oil seeds and the thistle.

A new squirrel is raising three babies in my yard. They aren't happy about my new foster dog. Being mostly greyhound,

CONVENTION AND VISITORS BUREAU

Explore North Dakota's refreshing waters



Photo courtesy of ND Tourism

The perfect complement to a sunny, hot summer day is by getting out on the cool waters of North Dakota's lakes and rivers.

North Dakota's canoeing and kayaking waters are as diverse as the state itself. Whether canoeists prefer the scenery presented by agricultural plains, rugged Badlands, thickly wooded slopes or gentle river bluffs, North Dakota's rivers offer a challenge to beginners and experienced paddlers alike.

The Little Missouri, North Dakota's only designated State Scenic River, offers canoeists a unique perspective from which to revel in the surrounding Badlands splendor. From the river vantage, buttes, ravines and plateaus rise to cast abstract landforms against the horizon. The river passes through Sully Creek State Recreation Area, the Little Missouri National Grassland and Theodore Roosevelt National Park.

Traveling north of Dickinson, once you leave any of the boat launches on

180-mile-long Lake Sakakawea, you might not see another soul all day, if that's how you want it. Pull into a bay to swim, relax, fish, ski, picnic and watch an occasional sailboat drift by.

Channel your inner explorer and kayak the steady current of the Missouri River, just like Lewis and Clark. Put in below Garrison Dam and follow the current to Fort Mandan at Washburn – reconstructed home of the Corps of Discovery – and on to Cross Ranch State Park. Come ashore for a night under the stars in a yurt, cabin or tent. Then it's on to Bismarck-Mandan. Don't have a canoe or transportation? Don't worry, Cross Ranch can set you up with both.

Lake Tschida, between Elgin and Glen Ullin, has 10 boat ramps and is popular with swimmers, paddle boarders, boaters and canoers and kayakers.

The Dickinson Convention & Visitors Bureau has a free Missouri River Canoeing & Kayaking Guide map for you, stop on by! ■

he can reach the whole peanut feeder. The squirrels now have to plan their visits. If it rains, the wire gets wet and they can't climb to the branch above, and they slip down when they try. Both dogs are ready below. The squirrel has to eventually jump down. It is so entertaining to watch this circus. So far, no squirrels have been caught. ■



TRINITY CATHOLIC SCHOOLS

Meet Father Christian Smith: New Chaplain of Trinity Junior High and High School

By Kelli R. Schneider, TCS Marketing Coordinator

Ordained to the Holy Priesthood for the Diocese of Bismarck on Thursday, June 11, 2020, Father Christian Smith is the new chaplain of Trinity High School, as appointed by Bishop Kagan.

Father Smith "takes the reins" of the chaplaincy from Father Jordan Dosch, who served as chaplain of Trinity High School from the fall, 2017 to the end of the 2019-2020 school year. Father Dosch's time as chaplain was a true gift to our school community and he certainly will be missed. Father's new assignment in our diocese, as appointed



by Bishop Kagan, is that of vocation director. Father Dosch will reside in the rectory of the Cathedral of the Holy Spirit and work throughout the diocese. We pray for Father Dosch, as he helps young men of our diocese discern God's will for their lives.

Born and raised in Bismarck, Father Smith received a Catholic school education throughout his life, beginning at Cathedral Elementary School in Bismarck and graduating from St. Mary's Central High School in 2012. The son of Stuart and Ruth Smith, Father Smith has one sister, Jenna. While at St.

Mary's, Father Smith was on the golf team and the baseball team, however he is quick to say his biggest passion is in music. He plays the saxophone and the guitar and especially loves jazz.

Before discerning a call to the seminary, Father Smith attended the University of

Mary for two years. St. John Vianney Seminary in St. Paul, Minnesota was Father's home for minor seminary. After graduating from the University of St. Thomas and completing minor seminary, Father completed his theological studies at the Pontifical North American College in Rome. "Rome was a wonderful place to study and it was fascinating to trace the footsteps and visit the final resting places of many saints. The food and the cappuccino were also fantastic," said Father Smith. He continued, "Being back in the United States and in the Diocese of Bismarck is a blessing, though, and one of the things I missed the most was driving. There is something relaxing about a drive through the open country."

Father Smith is eager to begin at Trinity Junior High and High School. "I am really excited to teach! Wrestling



Father Christian Smith is pictured (at left) with Bishop Kagan (middle) and Father Mark Aune (at left, also ordained on June 11) on the day of ordination.

with ideas in religion class when I was a high school student was always fascinating, and it became a huge part of my vocational journey. I just want to give the students everything I received in that way," Father Smith said.

Welcome to the Titan Family, Father Smith! We are so blessed to have you! ■



Father Smith concelebrates the Holy Mass on the occasion of his priestly ordination on June 11, 2020.

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EVERLASTING HOPE

A weekend of Hope

Make September 26th and 27th a weekend of Hope! Connect with others experiencing infertility and loss while learning valuable information needed to build your family. Everlasting Hope is excited to announce the first statewide infertility conference of its kind September 26th in Bismarck. The Journey to Parenthood Conference will bring together local speakers from across the state to discuss the different paths available to build their families.

Part of our mission is to support families experiencing infertility through resources, education, events, and support. By attending, couples will be more skilled and confident in various modalities available to them when going

through infertility. Topics will include reproductive endocrinology, adoption, surrogacy, natural family planning, mental health, surrogacy, naturopathic medicine, and a patient panel. The conference will host a keynote national speaker, Justine Froelker who is a licensed professional counselor. Justine is an advocate for speaking unspoken shame and choosing to thrive when life doesn't turn out how you hoped, dreamed, or planned. Her spirit helps others to feel seen and empowered to change their own lives to love themselves and others well. She has over 20 years of experience in traditional mental health and personal growth. Justine is the author of three best-selling books and was also honored to do TEDx Talks.

Then on Sunday September 27th at 10:00 am join us on the North Dakota State Capitol grounds for our Walk of Hope to support the more than 19,900 North Dakota residents who have trouble getting pregnant or sustaining a pregnancy. All money will go back to those directly impacted in North Dakota. Closer to Fargo? August 9th at 10:00am the Walk of Hope will take place at Lindenwood Park shelter 4.

For event registration please visit www.raisingeverlastinghope.org and click on Events. Buy your tickets today,



space is limited! If the need arises, the conference will be flipped to a virtual platform. All walks have virtual options available that include a T-shirt! For any questions please email tara@raisingeverlastinghope.org. ■

RECOGNITION

Ben Olin of Dickinson Ready Mix chosen for national Industry Leader Program

Ben Olin, Technical Services Director of Dickinson Ready Mix, has been selected to join the 2020 class of Developing Industry Leaders by the National Ready Mixed Concrete Association. Only 21 professionals are selected from many applicants around the country. Ben Olin is the first applicant from North Dakota to be selected for the program.



while being mentored by senior NRMCA staff. During the initial two year period of the program, the participants will be divided into teams to address specific industry challenges and will present their findings to a committee as well as publishing their work in a premier industry journal.

Ben's father, Scott Olin, President of Dickinson Ready Mix, was recognized earlier this year by the NRMCA. He received the Bruno Benna Advocacy Award which is presented to a member who demonstrates exceptional commitment to advancing the industry through participation in NRMCA's government affairs, political and grassroots programs. A spokesman for the NRMCA elaborated on Scott's involvement, "Scott has repeatedly come to Washington to lobby on important policy issues, hosted fundraisers in his home state for members of Congress, taken his Congressman on plant tours in their district and carried the NRMCA's pro-business pro ready-mix message to

his elected officials."

Scott and Ben represent the second and third generations of Olins to lead Dickinson Ready Mix which has served Southwest North Dakota for over 70 years. They supply a full range of ready-mix and concrete products to satisfy the construction needs of southwestern

North Dakota. DRM can service contractors, homeowners, DIY'ers, farm, commercial and residential projects. They have ready mix concrete plants in Dickinson, Killdeer, Beach, and Bowman as well as a Products Division in Dickinson. ■



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MISS BEA'S KITCHEN

Let's talk sauce

By Laura Beth Walters

I'm a sauce girl. If there's a dipping sauce, a gravy or a "house sauce", I'm trying it. Anybody else?

A couple of weeks ago, I used some Cajun Style Andouille that I bought on a whim and made what might be one of our new favorite meals. When I was trying to figure out how to top it off, I came across the recipe for Cajun Ranch and decided to give it a shot. Oh. My. Soul.

Now, before we get into the recipes I just want to say that I know it's easy to just grab a bottle from the grocery store but there's nothing quite as delicious as a homemade sauce. You might think it's too much work to make a sauce when you could just buy it but, they actually come

together quite quickly. I also love making them because once I've made a sauce and followed the recipe then I can customize it to better suit our tastes the next time. Take this Cajun Ranch for instance. SO.GOOD. We like heat but if you follow the exact recipe it might be a little hot for most people, so I would tame it down if I were serving it to guests or if we wanted to bring out some other flavors and just let the sauce be the sidekick (emphasis on the KICK!). We absolutely loved this sauce served with the Cajun Andouille & Roasted Corn Salad and we even had some left over for the next day to dip our Cilantro Lime Grilled Shrimp and it was amazing! Happy Cooking! ■

Cajun Andouille & Roasted Corn Salad

1 package Cajun Style Andouille

Arugula

Fresh tomatoes of choice

Feta crumbles (optional)

For corn:

- 16 oz frozen, canned or fresh corn
- 2 TBS extra virgin olive oil
- ¼ tsp pepper
- ¼ tsp salt

To cook corn:

- Preheat oven to 450°.
- Pat dry the corn, removing excess water.
- In a large bowl, combine all ingredients and mix well. Spread in a single layer over baking sheet or in cast iron (my preferred method).
- Place in the oven and bake 5 minutes. Stir and bake an additional 5 minutes. You can broil on LOW for a minute or two or continue baking in short increments until corn is browning. Set aside.



1. While the oven is preheating for the corn, slice sausage into ½" pieces. Brown over medium-high heat.
2. Once corn and meat are prepared, serve atop a bed of crispy arugula with fresh tomatoes, feta and Cajun Ranch.

Cajun Ranch

½ TBS salt

½ TBS pepper

½ TBS onion powder

½ TBS oregano

1 tsp cayenne pepper

(start with 1/8 tsp and go from there)

1 tsp thyme

¾ c mayonnaise

½ c sour cream

½ TBS lemon juice

Dash of Worcestershire Sauce

2 TBS milk

1. Combine all dry seasonings in a small bowl and stir until well combined.
2. Add wet ingredients and whisk together. Add a little more milk if you like a thinner dressing.
3. Refrigerate at least 1 hour to allow flavors to blend. May store up to one week in airtight container. ■



YOUR HEALTH

Smoothies 101



By Steve Irsfeld

Summertime is a great time to make smoothies because we have access to so many fresh fruits and vegetables. Webster's definition of a smoothie is a creamy beverage made of fruit blended with juice, milk, or yogurt. The definition is an excellent place to start, but it is a basic version that I will expand on in this article. First of all, a smoothie is what you make it to be. It is not rocket science and therefore doesn't require a specialized degree to make one of these tasty treats.

The liquid of choice can be as simple as water or really anything that adds moisture to the smoothie. Dairy is an option, but I prefer milk alternatives such as oat, hemp, soy, almond, and my favorite coconut milk, which I prefer because its texture is similar to milk. The amount of liquid you add depends on the consistency you want; if you like it a thinner smoothie, add more water.

Fruit and veggies can be as exciting or bland as you want them to be. I used to always make my smoothies with a banana and peanut butter a pretty basic smoothie, but I liked them that way. Packing them with all sorts of things, including spinach and kale, can make them not only tasty but very nutritious. My go-to ingredients are frozen strawberries and raspberries, and, every once in a while, I will add frozen mango and cherries.

Fresh or frozen blueberries are a common fruit to add because they are packed with antioxidants. If you ever use them and let your smoothie sit for a time, your smoothie can gel up into one big block of smoothie, making it difficult to drink without the whole thing landing in your face. The reason for this is due to

the high content of pectin in blueberries. Pectin causes gelling to occur, and merely re-blending it will fix the problem.

Once you have all your ingredients picked out, you can begin assembling your smoothie. The devices you can use can be as simple as a shaker cup, a single-use blender, or a full-sized blender. You can spend very little or a lot depending what you are looking for, but if you are picky about the consistency, I would spend more and get one that chops things up well and provides you with a smooth smoothie because they aren't called a "chunky" for that reason.

Lastly, what can you add to your smoothie to make it more nutritious or to address what might be going on in your body? Protein would be the most commonly added ingredient. Adding 15-20gm of protein is a great start. Protein is available in the many forms; whey, pea, rice, hemp, and beef or paleo, to name a few. Your choice will depend on cost, texture, taste, flavor, and source.

When I am in a hurry, my go-to smoothing is protein, greens, and coconut milk in a shaker cup with 6-8 ice cubes. It's fast and gives me the nutrients that I need to get through the morning or afternoon. I usually drink them on my way to work and typically have a shaker cup or two left in my vehicle, which doesn't impress my lovely wife.

My staff and I would like to help you with questions regarding smoothie options, so call or stop. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

PIPER'S PALS

Pet Name Match

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

- A: Willow (#___)
- B: TJ (#___)
- C: Gypsy (#___)
- D: Sophie (#___)
- E: Pippa (#___)
- F: Echo (#___)

(Answers in our September 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 kelley@heartrivervoic.com

Last month's answers:

- A: #2 Maggie Mae
- B: #5 Hannah
- C: #4 Ezra
- D: #6 Rex
- E: #1 Bogart aka Bogie
- F: #3 Molly



2020 BADLANDS BIG STICKS SCHEDULE

HOME
AWAY

LEWIS DIVISION
 BBS- Badlands Big Sticks
 PTR- Pierre Trappers
 SVS- Souris Valley Sabre Dogs

CLARK DIVISION
 HAS- Hastings Sodbusters
 FRM- Fremont Moo
 WNP- W. Nebraska Pioneers

JUNE

S	M	T	W	T	F	S
					26 SVS 6:35	27 SVS 6:35
28 SVS 4:35	29 @ SVS	30 @ SVS				

JULY

S	M	T	W	T	F	S
			1 @ SVS	2 SVS 6:35	3 FRM 6:35	4 FRM 6:35
5 FRM 4:35	6 PTR 6:35	7 PTR 6:35	8 PTR 6:35	9 @ PTR	10 @ PTR	11 @ PTR
12 @ PTR	13 FRM 6:35	14 FRM 6:35	15 FRM 6:35	16 OFF	17 @ SVS	18 @ SVS
19 @ SVS	20 @ SVS	21 SVS 6:35	22 SVS 6:35	23 SVS 6:35	24 PTR 6:35	25 PTR 6:35
26 PTR 4:35	27 OFF	28 @ SVS	29 @ SVS	30 @ SVS	31 WNP 6:35	

AUGUST

S	M	T	W	T	F	S
WWW. BADLANDSBIGSTICKS .COM						1 WNP 6:35
2 WNP 4:35	3 @ WNP	4 @ WNP	5 @ WNP	6 @ WNP	7 PTR 6:35	8 PTR 6:35
9 PTR 4:35	10 PTR 6:35	11 @ PTR	12 @ PTR	13 @ PTR	14 @ SVS	15 @ SVS
16 @ SVS	17 OFF	18 @ PTR	19 @ PTR	20 OFF	21 CS 1	22 CS 2
23 CS 3	CS- CHAMPIONSHIP SERIES					



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Southwestern District
Health Unit
Stark Development
Corporation
Chamber of Commerce
Convention and Visitors
Bureau
Downtown Dickinson
Association
Dickinson Museum Center
West River Community Center
Edgewood Hawks Point
Consolidated
Dan Porter Motors
Sunset Senior Center
High Plains Dental
DePorres House of Barbering
and Lounge
Holiday Inn Express & Suites
La Quinta Inn & Suites
TownPlace Suites

Microtel Inn & Suites
Hawthorn Suites
AmericInn
Roosevelt Grand Dakota Hotel
Frankie's West Side Shell
Villard Cenex
The Hub
Rosie's Food & Gas
Fluffy Fields
Dickinson Area Public Library
Ace Hardware
Eckroth Music
CHI St Alexius Health
Sanford Health East Clinic
Ukrainian Cultural Institute

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I Don't Know Bar

TAYLOR

Taylor Nursery

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy

BELFIELD

Trappers Kettle
City Hall

MEDORA

Medora Uncork'd
Chateau de Morès
Chasing Horses

DICKINSON PUBLIC SCHOOLS Reopening Plan

By Dr. Shon Hocker, Superintendent

Each year, I look forward to addressing our friends and families about the exciting things ahead for the new school year. As I write this article today (July 19), that excitement has been replaced with hope and uncertainty. As we look to the 2020-2021 school year, we know one thing for sure: it will be like no other year.

I know the biggest question on many minds is, "Are we returning to school in-person this fall?" For academic, social-emotional, and economic reasons, we are compelled to strive to return to an in-person learning model. However, we also cannot disregard that the threat of this virus remains, and we must take all practical steps to keep our schools from contributing to virus spreads within our community. We must also anticipate that there will be additional outbreaks, creating cycles through which we move from in-person to remote learning for some time.

We have been working diligently on our Reopening Plan, which will give guidance on what this next year will look like. Our plan outlines three systems of learning: (1) return to school in-person this fall (Green system), (2) a hybrid model (Yellow system), or (3) full-time distance learning (Red system). You can find the full plan on the Dickinson Public Schools website. Here is a quick run-down of each model:

- **GREEN:** New Normal Operations --DPS's schools will reopen with all students attending school full time and schools implementing reasonable procedures in accordance with health guidance.

- **YELLOW:** Learning with Caution -- DPS will shift to a hybrid schedule with students attending school on alternate days, so some students are learning part-time in school, and some students are learning part-time at home. Based on conditions, hybrid schedules



2020-2021 Update:
Reopening Plan



could be implemented in a single school, within a cluster of schools or district wide.

- **RED:** Learn at Home & Stay Safe -- In extreme conditions, including a local or state stay-at-home order, DPS will close schools and shift to remote learning for all students.

As I write this today, we are still collecting feedback from staff, students, and parents. I want to emphasize that the Reopening Plan is a living document, and we expect to see many changes throughout the rest of the summer and likely into the school year. By the time this article is printed, I expect there will already be many changes within the draft document as a result of input from our community.

We recognize that some of the concepts proposed might be polarizing, and there may be strong opinions about the path in front of us. Dickinson Public Schools places the safety and wellbeing of our staff and students at the top of all priorities. We are working to provide the best educational experience for all students while also focused on safety precautions for all. By doing so, we believe we will be able to mitigate the spread of the virus within our schools while also providing an exceptional learning experience for our students.

In closing, I want to reiterate what I stated in May. I am extremely proud of the sincere commitment and compassion of DPS staff and leaders as they strive to provide an engaging learning experience for all students. We all recognize there are significant challenges ahead, but together, we will forge a path second to none. ■

DSU DEPARTMENT OF AGRICULTURE AND TECHNICAL STUDIES

Welcome back

By Annika G. Plummer, Administrative Secretary

The hallways here in the Dickinson State University Department of Agriculture and Technical Studies have been silent since March 16. There have been no requests for more coffee, no grinning faces with a mouth full with a baked treat, and no laughter in the hallway for far too long. There is no doubt we miss our agriculture students! While the university is preparing for safely welcoming back our students to campus, we are preparing for our annual "Welcome Picnic."

Our Welcome Picnic is our way of welcoming back our returning students and welcoming our new, incoming

students to campus. It allows everyone to get to know each other and both start new and rekindle friendships. These connections between students are important, and we consider it essential to start the year off with a bonding experience. The weather better cooperate!

We will have food and games, but most importantly, we will offer the opportunity to get to know one another. Ms. Jarri Newton usually has a scavenger hunt for the freshmen where they have to learn things about the faculty/staff of our department. This is usually when they learn I have two pianos and can't play the piano!

I think this "hunt" helps the new students feel included and helps them integrate faster into our community here at the Ag Building.

With the global pandemic ever-changing, we will follow guidelines for social distancing and have hand sanitizer stations available for our students. We can't wait to welcome our students back to campus. It may be with an elbow bump instead of a hug, but we welcome them all the same. They are members of the Ag Department Family, and we've been missing them for too long! ■

WHERE BUSINESS GOES TO GROW

Census responses still needed

By Stark Development Corporation

These are strange times we're living in. For the most part, North Dakotans are the friendliest, most welcoming people around. If someone has a flat tire or is stuck in a snowbank, not one but several people will stop to help. We pay it forward in the drive-through line by paying for the person behind us. Heck, we wave to every person we drive by on a county road!

But COVID-19 has changed some things about the way we deal with people. In the past, if someone rang our doorbell, everyone would jump up like a 2-year-old Labrador retriever. "Someone's at the door! Who could it be?" Now with COVID,

the doorbell rings and we all look at each other: "Were you expecting someone?" We open the door cautiously and hope the person is standing 6 feet back so we don't have to seem impolite and ask them to step back!

Well, as of July 30 across North Dakota, U.S. Census workers started knocking on doors at about 150,000 households where people have not completed the 2020 Census. That's a lot of doors and a lot of people who

might not want a visitor at their door. And they will be persistent; they will try several times to find someone home because EVERYONE IN THE COUNTRY NEEDS TO BE COUNTED!

I can't stress that enough. We have all had since March 12 to take 5-10 minutes and go online to census.gov to respond. We could have called 844-330-2020 to respond. And every household has had at least one and up to SIX mailings reminding them to respond.

Now, if a Census worker visits your home, that isn't necessarily a bad thing. They're nice people, will be wearing personal protective equipment (masks) and will maintain social distancing.

They might even be your neighbor out making some money and supporting your community. But why make them visit when you can still self-respond?

Having an accurate count does so many things for our communities. It ensures that we get our fair share of federal dollars for things like schools, healthcare services, roads, bridges, and so many other important things. And our communities will need every dollar we



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can as we build our way of life back after we beat back this pandemic!

So if you don't want a visit from a Census worker, go online to census.gov and complete your Census. More than likely, that will mean your household won't get a visit. Now, it could still happen, but you will already have done your part and can simply and honestly say to the person at your door, "I've filled mine out and helped my community. Have a good day."

Stay safe and stay healthy! ■

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THEN... and Now: Signposts to growth - Home postal delivery

By Bob Furhman

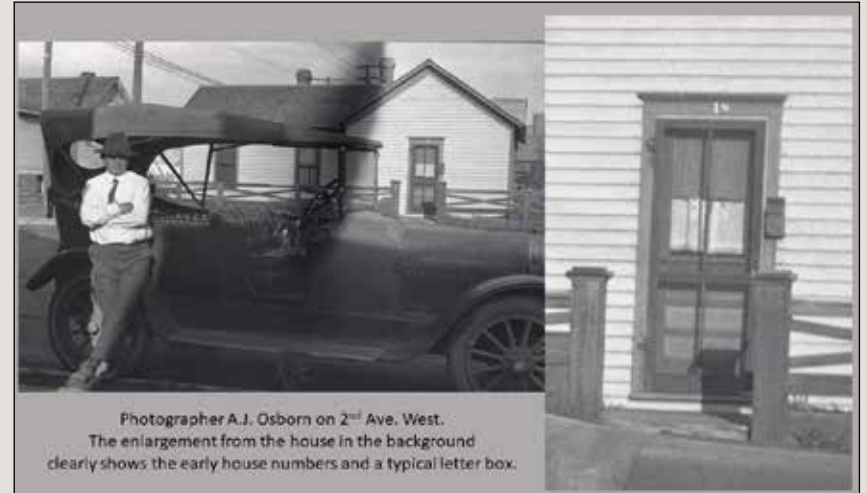
Today we take home mail delivery for granted but free regular home delivery didn't begin until 1863 when Congress directed that the Post Master General, "make delivery, within any prescribed postal district, of mail matter by letter-carrier, as frequently as the public convenience in such district shall require, and shall make all proper regulations for that purpose." Prior to that act postal customers could pay a 2 cent per letter fee for delivery to a home or business, regular postage rates only covering 'Post Office to Post Office' delivery in which it was an individual's responsibility to visit their local post office to pick up their mail. It is this situation that explains the publication of those lists of "Letters at the Post Office" carried in old newspapers before regular home delivery was established in a town or city.

To establish home delivery, one of the 'regulations for that purpose' was the requirement that homes and businesses should have established addresses, a feature lacking in many towns and cities 'on the western frontier' even into the early 20th Century. Indeed, even as twice daily home deliveries in towns and cities were instituted in 1888 (ending in 1950) and rural delivery initiated in 1896, most, if not all, of North Dakota did not enjoy home delivery until after 1900. In 1902 it was announced that Bismarck would finally begin free home delivery on September 1st, and the first mention of the move toward home delivery for Dickinson appears five years later in May 1907 when the Commercial Club (forerunner of the Chamber of Commerce)

discussed the need for street signs and house numbering in anticipation of home delivery.

Further investigating the home delivery issue, local merchant F.L. Roquette spoke with a representative of the Post Office Department who reinforced the address prerequisite for home delivery but who also had high praise for Dickinson Post Master Nelson Lawrence and his crew who, he said, were "looked upon as giving (their) patrons the best service of any city in North Dakota." Spokesman Van Dyke also opined that Dickinson residents might actually be less satisfied with home delivery if, for instance, the No. 3 train was late arriving and mail could not be put out for delivery before the next day, as opposed to patrons stopping at the post office lobby to access their postal boxes into the evening.

That caveat notwithstanding, the Commercial Club continued to lobby for the service, putting mention of the City's lack of progress on adopting the proper ordinances in its meeting reports, their prodding finally resulting in a first reading of an ordinance (17 months after the initial call for the improvements) in October 1908. The plan put forth called for nearly all of the 45+ streets in the city to be renamed, the North-South streets becoming numbered Avenues and the East-West Streets dropping their original names to become numbered streets ('1st Street, 2nd Street, etc.). Sims Street, being one of the few original street names to be retained, was designated as the line of demarcation between the parallel north-south First Avenue East



and First Avenue West as well as the perpendicular divider between First Street East and First Street West, etc. One article did indicate that Sims Street would become 'Sims Avenue' but this idea came to naught.

The last October Council meeting that year included the second reading of the ordinance as well as an ordinance pertaining to establishing address numbers for lots in the city. Right at the end of October the Press carried an item saying that the South Side Commercial Club had also appointed a committee to discuss possible street name changes in that part of town, all the concentration being on the 'North Side' up to that point (the Northern Pacific's rail line through town being the line of demarcation between North and South). Eventually the two Commercial Clubs worked jointly with the City Council to help coordinate renaming streets between the two sides of town, coming up with a plan that seemed to address the divided nature of the city while still providing some logical uniformity, except for Cross Street on the north side which aligned with Main Street on the south side. However, since there was no "overhead crossing" of the rail lines when Cross Street became 3rd Avenue West it was decided to let Main Street on the south side retain its name. Of course there never was an overhead crossing, although in 1909 the Northern Pacific did investigate plans to build a 'subway' under their main line to a point 200' past their icehouse, a distance of more than 300' - a proposal that never came to fruition, the 3rd Avenue underpass

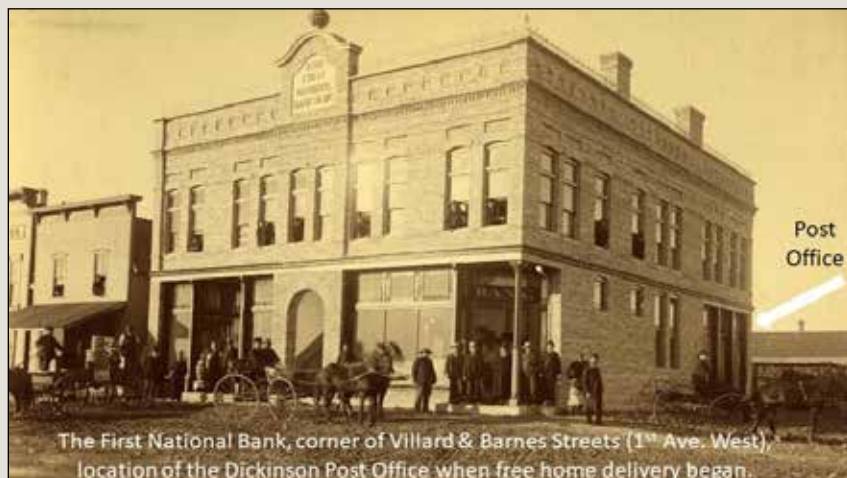
(basically as we know it today) not being constructed until 1929.

Regardless, the three ordinances - 1) changing the street names; 2) placing the names at every corner in the platted portion of the city and; 3) assigning numbers to lots and buildings throughout the city - were given their third readings and were formally adopted at the Council's regular meeting on December 8, 1908.

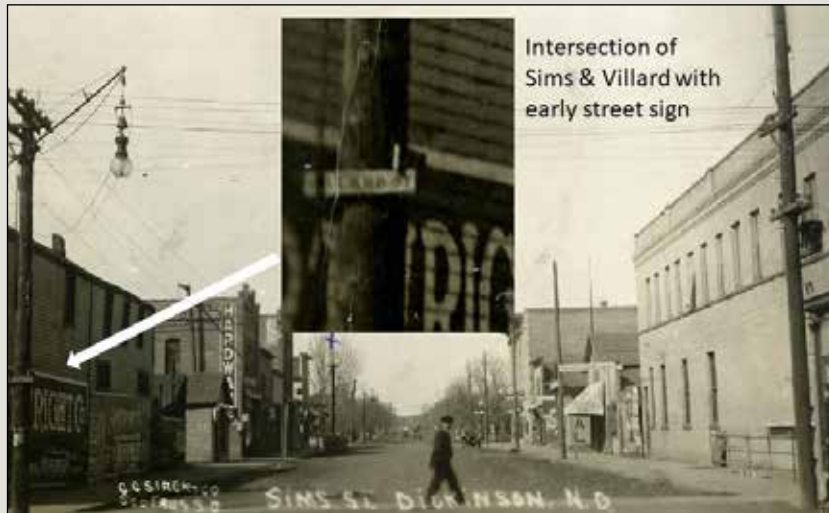
However, even with the ordinances adopted there was scant mention of progress on the placing of street signs and assignment of lot/building numbers. It wasn't until the following August that the Press carried an item related to the issue, reprinting a letter received by the Commercial Club from Congressman L.B. Hanna. Hanna's letter references an appeal from Father Thomas Rabsteinek of St. Joseph's Church for home mail delivery. In his appeal the priest reported that the location of the Northern Pacific yards and main line dividing the city's north and south sides "made it dangerous sometimes almost to go after the mail" from the post office.

Hanna's investigation of the matter found that while Dickinson's population of less than 10,000 would usually preclude it from being eligible for home delivery, postal regulations waived the population requirement if the local post office showed annual receipts in excess of \$10,000, which indeed made Dickinson eligible. Hanna recommended that the Commercial

Continued, next page



Continued from page 16



Club pass a resolution asking for home delivery or that a petition for same signed by representative people of the city be sent to the Post Master General. His letter ends by reiterating the need for named streets and numbered houses, seeming to infer that this work was not yet completed eight months after the ordinances were passed. In November 1909 the Press reported that the streets were properly named and that "it is only a question of the people getting up their house numbers and (then) getting an inspector from Washington before Dickinson has free mail service," although it was noted that house numbering was pretty far along on both north and south sides, the article noting that the city council would probably be installing numbers for people who had neglected to do so, an appropriate charge then being assessed.

Nearly three months later, in mid-February 1910 it was announced that all conditions required for home delivery had been met. A postal inspector had visited to confirm that street signs and building numbers were present before he made arrangement to rent space for the new mail carriers to work out of in the former candy store space just south of the post office on 1st Avenue West (both being located on the east side of the First National Bank Building). All that seemed to be needed was the hiring and training of carriers, although, in the meantime the newspaper suggested people look into buying themselves mailboxes for their porches "to save the carrier the necessity of tracking up the doorway with mud..."

It was thought that the homestretch to home delivery was begun that summer with the preparations of the carriers' room completed and just the carriers themselves to be hired, however, it wasn't until late August that Civil Service examinations were

held for the positions, seven candidates presenting themselves at the Masonic Lodge banquet room, all but one opting to stay for the exam which was termed 'hard' by a number of the applicants. Of the six, only three passed the exam (scored in Washington) and a second round of exams was set for October 1st, four successful candidates required for delivery service to be inaugurated. Although not reported, it can be presumed that the second round of exams failed to secure a fourth carrier candidate as an October 1st start date was pushed back - first to October 16th and then to June 16th, 1911, the last date set by Washington "on account of the lateness of the season."

All was quiet on newspaper mention of postal matters throughout the winter until a late-May reminder to residents to see that their address numbers and mailboxes were installed for June 16th. Ten days before the start of home delivery the names of only three carriers were reported, the Post Office Department possibly granting Dickinson a waiver of the four originally required. Perhaps the inclusion of carrier George Hopkins helped with that as he was described as an experienced carrier who had come to Dickinson with his family from Cincinnati, the other two carriers being R.T. Crawford and Bernard Taylor. The long-anticipated home delivery was to be provided twice a day, rounds starting at 8 am and then again in the afternoon as soon after the arrival of the Nos. 2 & 3 trains as possible, six days a week. In preparation, the three carriers toured their new routes the day before going live, visiting their patrons to answer questions and instruct people on the mysteries of home mail delivery.

The next day service finally began, the Dickinson Press triumphantly reporting, "Let it go down in history that free mail delivery was started on Friday, June 16th..." ■

M'S MENTAL MOMENTS Planting seeds

By Melissa Gjermundson

The hypocrisy of 2020 is shocking, and damaging. While we are in the same storm, we are not all in the same boat - every single one of us has a unique story. But our humanity is our commonality. Showing kindness to others, having empathy for each other, giving grace to someone who mistreated you is the humanity we need right now. Sowing seeds of kindness, love, grace and joy is what we need to do. Our children need to see giving to each other with grateful and loving hearts, not hearing complaints, seeing hatred or worry from us.

Just because 2020 isn't what we envisioned, doesn't mean it isn't our year of change. Our eyes have been opened to recognize the good and evil in this world. Evil is everywhere - at all times with only one goal - destruction. This is our year to overcome evil by speaking up. Sharing our faith. Not living in fear. Trusting God. Understanding that Jesus died for our sins. He traded himself for you. Not the world - but for YOU. How important it is for us to understand that we are valuable, cherished, loved, pursued and forgiven! Now think of how much your children need to hear that - especially in the world today. It is our job to teach them this! They need to know that they can change the world. I believe that declaration with

all my heart. It is time to pick a side. I pray everyday to be the light. To see the good. To have joy in all circumstances. To give grace. To love, even when someone is giving hate. To endure the race. To find strength in God when I am weak and run to Him when I need rest. I choose faith and not fear. I choose love.

I saw these same decisions of faith and love in our youth baseball this summer. We left all germs behind. All fear behind. All politics behind. And just played ball. This season was particularly important because we saw so much transformation. I



witnessed one player that had a bad streak of striking out for the last few years. Years! But he came back each year and kept trying. He never gave up. His coach never gave up. His parents never gave up. His teammates never gave up. And this year - he hit the ball. Not once or twice. Nearly EVERY TIME he got up to bat. Good solid hits. He is an inspiration to never quit. And in the right time, it will all come together. If we hadn't had baseball this year - we all would have missed the gift this player and all the other players left in our hearts.

Uplifting others, in the middle of the storm, is choosing love. It is planting those seeds that throw off the depressing worldly junk. It is teaching our kids to be light in the darkness. It is inviting transformation where we need it. This is still our year! Our hope for our future is in our actions now. Today we need to pray. Live in faith. Be kind. Speak the truth. Give grace. Choose love. Plant seeds in the storm. ■



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

Dickinson Museum Center  **Badlands Dinosaur Museum**

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- ◆ Joachim Regional Museum
- ◆ Pioneer Machinery Hall
- ◆ Prairie Outpost Park

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HEART RIVER GEMS

Tammy Sadowsky

By Kaylee Garling

This month's Heart River Gem, Tammy Sadowsky, shines as bright as the Girl Scouts Centennial award she just won. "I started girl scouts about 18 years ago, just being my little Kindergarten daughter's leader. After a few years, I took over as the girl scout service unit chair, and I've been doing that ever since. I really enjoy planning the events for the girls, helping the leaders, being in charge, and seeing the girl scouts out in the community. I feel like a celebrity, because I'm at every event, so the girls know me. We plan events throughout the year, like the Spooky Science Halloween event, an ornament event, where they go around to different stations and make ornaments. We have the Up All Night event at the community center, where we stay up all night doing activities. We've planned camps in Medora, and at Badlands Ministries.

I've been the leader of my oldest daughter's, Christina's troop, and then my younger daughter, Alyssa's group, too, so we've done lots of things over the years. One of my favorite activities, for the bronze award for Christina's group, they decorated old suitcases, then bought things to put into the suitcases, then donated them to the foster care social services, because a lot of time they leave with almost nothing. The girls put things like pajamas, coloring books, and things they could use inside.

As you know, they choose the events because we try to turn them into leaders, so my daughter Alyssa's group decided to do a sleep over event where they made all sorts of little things like lip gloss, face masks, and things like that. To get into the event, they would bring a new

pair of pajamas, which we would then donate. It's a great opportunity for the girls to plan, learn leadership, and speak in front of people. Helps with college scholarships, public speaking, shows dedication as they continue to do scouts over the years. Gets the girls working in the community, doing community service. We've done soup kitchens in the community, food drives, pajama drives, sock hop event, mittens at the movies (donate mittens to get into movie), we try to think of different ideas that get them thinking about what the community needs."

Tammy has also worked as Dickinson High School's Academic Learning Center Teacher for the past 20 years, where she is able to tutor students with areas of study they need a little extra time invested. "I was a high school tutor and liked it. Then I went to college for Elementary Education, but when I first came to Dickinson, there weren't any jobs, I subbed a lot and worked in the day treatment program at Hagen quite often. I had really good experiences with that, so when this title 1 job came open at the high school, they called me asked me to interview for it, and I got the position! It was just meant to be. I like seeing the kids understand things. I like knowing I'm making a difference with those kids that if they didn't have someone else helping them, maybe they wouldn't get it. I love it!

My job has helped me a lot with working with my own kids. They come home with algebra 2 questions, trigonometry questions, and I'm able to help them. I'm doing math every day, so it's in my head all the time. Other parents



Tammy and her family at one of their favorite places.

don't have that luxury. Also, seeing how different students learn helps me see those different abilities in my own kids. I naturally have patience, but I think I'm more aware of it and able to apply it because of my job. My kids have grown up with a good example of loving my job, so it shows them to love their future jobs."

Tammy came to live in Dickinson after she married her husband, who works for his family's business, GA Sadowsky and Sons, which is an Oil and Gas distributor. "We were able to go to Disney with my husband's family right before they closed because of Covid. It was so nice because we were just worried about Disney. The rest of the world didn't exist. It's like, oh let's go get the fast pass, where should we eat, let's go stand in line for Mickey. Just so fun!

Nicole's girls scout troop did a shaved ice business, the one on first on first, so I was helping quite a bit with that. The girls came up with the business. There were 4 of them, they worked hard and earned enough money to travel to Hawaii. With my oldest daughter, we went to Paris, and it was so much fun.

Every summer, I like to take my girls on a road trip. We went to nationals for dance in Vegas, so we went on a road trip there. My mom met us, then we kept going down to Disneyland and Hollywood, because it's not that far. We've been doing some more outside things this year, but we haven't left ND. This summer we were going to New Orleans, and go to a Justin Bieber concert, see my grandma in Illinois, then hit Louisiana and Mississippi, the two states I haven't been to. But with everything going on, some of the states aren't really open because they've been hit much harder than we have."

Just sitting down with Tammy, I could feel her enthusiasm for life, her hope for the future, and faith in the upcoming generation. If there was one thing she'd like to say to the world, it would be, "Do something that you love. Something that you are happy doing. Make a positive difference in the world." Tammy is the perfect example of this, as she fosters future leaders in girl scouts, tutors students, and shares her beaming smile. She's definitely a gem! ■



Tammy with one of her troops throughout the years.

Heart River Gems is proudly sponsored by

CHATEAU DE MORÈS

Maddie Olson: Historical Site Interpreter at the Chateau

By Janel Schiff

JS: What is your job title at the Chateau in Medora?

MO: Historical Site Interpreter

What drew you to this opportunity?

I volunteered for a Christmas Crafting event for children in December and the Site Supervisor gave me information about the position. I have always wanted to be a tour guide at a museum.

How did you prepare for the job?

I observed other interpreters giving tours. Also, I read books about the Chateau, the Marquis and Medora.

Has anything about this position surprised you?

This job has caused me to consider pursuing a degree in History teaching at the high school level. I am currently pursuing an Elementary Education degree.

What have you gained from this opportunity?

I have gained a new perspective of tourism. I have been a tourist, but it is different being a local visitor.

How has COVID impacted your work?

We have limitations on the number of guests in areas on site. We are limited to an occupancy of 30 visitors. We have had many visitors from outside the state. They have mentioned their need to travel and to visit a state with fewer cases of COVID.

Were you a frequent visitor to Medora growing up?

My family and I try to make it to the

Medora Musical every year and spend time in Medora.

In addition to recent training and research, what past experiences prepared you for this position?

In high school, my participation in speech and drama impacted my confidence. History classes fueled my interest as well. I am currently a TR scholar at DSU where I have learned about Teddy Roosevelt and have taken leadership courses.

What do you enjoy about the job?

I enjoy it when a guest comes into the Chateau eager to learn. It is good to know I helped them learn something new. Our assigned stations vary from day to day. My knowledge has increased, and it is rewarding as the visitors become more curious and ask in depth questions. The tour is not scripted. Each interpreter has the chance to share facts and details making the tour more personalized.

What would you tell someone who is unsure about paying a visit to Medora and your place of employment? (Why should they stop by?)

The Chateau is a unique place. When you enter, you step back 135 years in history. The Marquis and Marquise's extravagant lifestyle was unparalleled in the area.

Do you have a favorite room in the house?

My favorite part of the tour is when guests enter the Hunting room. It is the largest room in the house and generates

questions as the guests think about the story of the Marquis. Personally, my favorite room in the house is the parlor.

Could you share more about why this is your favorite?

The parlor houses the library with a beautiful bookcase. Also, the type of piano the Marquise played is located in this room. She was a classically trained pianist and would entertain guests. When she and her family left the Chateau, she had her piano sent back to France. At the time there were three similar pianos in the area, and a local family has donated their piano so guests could view this baby grand. I am interested in trying to locate the original piano played by Medora.

How has your interest in the family grown?

I want to know more. I like to think about their lifestyle and what kind of people they were, what character traits they possessed. The Marquis was raised as a nobleman having social skills, knowing how to entertain royalty. He came to the area with many great ideas like beginning a stagecoach line to Deadwood. He wanted to make Medora a metropolis. He may not have had the business skills; however, he was forward thinking.



Maddie researching the type of piano played by the Marquise.

What are some of the most frequently asked questions?

Some visitors have heard the house is haunted and expect to have some kind of paranormal experience or sighting. They may have known someone claiming to have had such an experience while at the Chateau. Others mistake the Chateau for Teddy Roosevelt's home.

What are some other thoughts you might want to share about your experience this summer?

In the mornings, we practice safety precautions, cleaning the house for our guests. Afterwards, as we await our first visitors, it is great to sit on the porch and talk with co-workers. It is a beautiful environment, and we talk about the Chateau and our life experiences. I am actually working with another Trinity alumnus who was involved in speech and theatre so we can swap stories. She is currently a teacher, so it is great to get her feedback about being an educator. I have enjoyed this opportunity and look forward to heading back to DSU in the fall where I will be taking more education classes and leadership courses. ■

KUDOS

Girl Scout volunteer Tammy Sadowsky receives Centennial Award

Girl Scouts Dakota Horizons is honored to announce that Tammy Sadowsky from Dickinson has received the council's Centennial Award.

The Centennial Award recognizes a lifetime of achievement by a Girl Scout volunteer who has gone above and beyond the call of duty for an extended period of time. Recipients are nominated by their peers and the award is approved by the Volunteer Recognition Committee

and Girl Scouts Dakota Horizons Board of Directors.

A Girl Scout Volunteer for more than 16 years, Tammy has been willing to step up into any role that is needed. She sets up leader meetings and works very closely to support all of the troop leaders and helps set up the council events for the many Girl Scout Troops in the area. Tammy makes herself a resource to all leaders and parents by leading trainings

and attending meetings of new troops to help get them going. She has also directly encouraged girls to earn their Gold Award – the highest achievement in Girl Scouts.

"Girl Scout has allowed me to meet many other leaders and council members and create relationships with them," Tammy stated. "Creating bonds with the girls is even more special, and because I am such an involved service unit member, I get to know girls from almost every troop. It is a wonderful way to give back to the community."

Tammy holds a wide variety of Girl Scout roles: a co-leader to multiple troops, Service Unit Event Coordinator, Service Unit Coordinator for the Fall Product and Cookie Programs, Cookie Cupboard Manager and Service Unit

Manager.

Tammy was recognized for receiving the Centennial Award at the council's June 12, 2020 virtual Honoring Excellence Recognition Event. ■



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LIVE RIGHT

Sleep better tonight

By Gabrielle K. Hartz, RD, LRD

Everyone has suffered from sleep deprivation at some point. Whether it was due to studying for college finals or from a night out, we've all been there. About 1 in 3 Americans are regularly sleep deprived. But prolonged inadequate sleep adversely affects health in many aspects including increased stress, worsened memory, elevated blood pressure, weight gain, elevated glucose and increases risk of developing chronic diseases. Nearly every aspect of health is related to sleep in some sort of way.

tasks in bed (i.e. scrolling through your phone). Practicing these sleep habits can significantly improve not only sleep quality but length as well.

Developing research supports the role nutrients play in promoting better sleep. One of these is tryptophan. Ever wonder why you feel tired after eating all that turkey on Thanksgiving? Tryptophan is the culprit. This amino acid is broken down into serotonin and melatonin which aid for good sleep. Other good sources include eggs, seeds, warm milk, nuts and salmon. Next on the list is melatonin and is likely to be one of



Consistent sleep deprivation leaves many feeling desperate seeking medications in effort to combat sleep issues. Some may help, but seeking medication first does not address underlying causes and can leave the root cause unidentified. There are instances where poor sleep is out of your control such as having pets, living in a noisy neighborhood, having a baby or small child. Nevertheless, what is in your control is the foods you eat, supplements you take and the sleep routine you follow.

Preparing your body for sleep is one of the most significant qualities for your mind and body to begin winding down. Establish a nightly hygiene routine to allow yourself to unwind. Some daily practices to increase restful sleep is going to bed and waking around the same time, turning off electronics one hour before bed, avoiding stimulating or stressful activities (yes, even exercise) at least one hour before bed, avoiding caffeine past noon, limiting alcohol intake, getting enough exercise and refraining from non-sleep related

the most well-known natural sleep aid remedies in the books. What most don't know is that melatonin can be consumed through food too! Sources include eggs, fish, whole wheat products, grapes and pistachios. Another is chamomile which has been used for years to combat restlessness. Drinking chamomile tea about one hour before bed may help. Nearly half of Americans are deficient in magnesium. This mineral is involved in 300+ bodily functions, including sleep quality. Increasing intake helps improve much more than just sleep. Food sources include nuts, spinach, avocados, dark chocolate and bananas. Lastly, lavender has been shown to act as a mild sedative promoting calmness and therefore encouraging sleep. Try drinking lavender tea, diffusing the essential oil in the bedroom or soaking in infused bathwater.

Bottom Line: Evaluate your diet and lifestyle to see what changes could be made. It's surprising what one or two changes can make in sleep quality. The sooner adjustments are made, the quicker better sleep can be attained. ■

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month of August!

NDSU EXTENSION

4-H Achievement Days

By Holly Johnson



The 2020 Stark-Billings County 4-H Achievement Days were held July 1-2 and 6-9 in Dickinson. This has been an unusual year to say the least. Despite



all the uncertainty, Stark/Billings County 4-H'ers have shown more grit and integrity than anyone I have ever seen. The youth who participated brought high quality exhibits, all the while beaming with pride at their accomplishments.

I also want to commend those who made the difficult decision not to participate this year. For the safety of our youth and judges, we omitted in-person interviews this year for the non-living exhibits. Some families reported that the interview judging component is their

child's favorite part of the fair, so they decided to wait until next year's event. That speaks volumes for the youth in our program.

The Achievement Days began with the Poultry and Rabbit shows at the Stark County Fairgrounds on July 1. Youth demonstrated proper handling techniques to the judge and answered industry specific questions. That evening, youth participated in the 4-H

Dog Show.

July 2 was the 4-H Livestock Show and Premium Sale at the Stark County Fairgrounds. Showing livestock requires a great deal of effort and commitment from the 4-H'ers and their families. Youth learn responsibility when taking care of animals because they are tasked with feeding, handling, grooming, and more. The 4-H'ers showed a wide variety of animals: beef cattle, dairy cattle, sheep, pigs, and goats. They led their animals around the show ring to best display the animal and their handling skills.

Non-living exhibit judging took place July 6-8 at the DSU Biesiot Activities Center. This event felt the most different because there was no in-person interview judging. Youth dropped off their projects on the 6th, judges evaluated the projects on the 7th, and youth picked up their projects on the 8th. The exhibits were not open to the public, but a virtual tour is posted on our Stark-Billings County Extension Facebook page.

The 4-H Horse Show took place at the Stark County Fairgrounds on July 9. After being postponed once due to rain, the youth were eager and ready



to compete. Ranch riding, western pleasure, and barrel racing were only a few of the many events 4-H'ers participated in that day.

4-H'ers participating the 2020 Stark-Billings County Achievement Days should be extremely proud of themselves. They saw their projects through from start to finish while learning invaluable skills in the process, during a global pandemic. ■

COMMUNITY

Make-a-Wish

Proceeds from the Bakken BBQ have helped countless children receive their wish throughout the years. The following is a story from a wish that was granted in 2016.

For 10-year-old Daviney, discovering her one true wish didn't take long. She has an insatiable hunger for history and her Scottish heritage. With these things in mind, Daviney wished to visit castles in Scotland.

Daviney was diagnosed with cystic fibrosis when she was just two days old. She has been receiving daily treatments and medications ever since. For her and her family, their "normal" is her strict treatment regimen and managing her condition. Vacations for the family seem to always revolve around doctor visits.

While Daviney may have to deal with cystic fibrosis, a hereditary lung disease, on a daily basis, she is determined to not let it control her life. She stays incredibly active and loves cross country, cross-fit, gymnastics, softball and basketball.

Volunteer wish granters Kelly and Bonnie met Daviney and asked a variety of questions to spark her imagination. One of those questions was, "If you could go back in history and be anyone, who would it be?" Her answer was Sakakawea, so that she could show Lewis and Clark around and keep them out of trouble!

Daviney's wish granters revealed her wish to her in a surprise announcement at the Bakken BBQ in Dickinson. Her heroine, Sakakawea was there to tell Daviney that her wish was coming true. For Daviney, this moment when she found out she was going to see castles in Scotland was surreal and she couldn't believe it was actually happening!

Daviney, her sister, Kohen and parents,

Shannon and Chantel, experienced her wish as a family. For them, that was an important part of her wish. Chantel says, "CF affects everybody in the family. There's the stress and other things that we go through emotionally. This is a break from all of it."



During her wish, Daviney and her family were able to stay overnight in the Traquair Castle, get an underground tour of Edinburgh, tour the Stirling Castle, visit Loch Ness and many other unforgettable places. There was so much to see and do and it was an eye-opening experience to see another way of life outside of the United States.

Daviney and her family say that their favorite place was the Traquair House, where the staff treated them like royalty. Daviney and Kohen also enjoyed seeing the hairy coo (Highland cow) while on their adventures.

The whole family had an amazing experience and made memories that will last a lifetime. Daviney loves to talk about her wish and show off the amazing scrapbook that was created for her after the wish. The smile she has when talking about the wish is a glimpse into the immense impact the wish made on Daviney and her whole family. ■

WHAT'S YOUR
STORY

Heart River
VOICE

SHARE WITH US!

We welcome articles from the community, so send us your submissions.

Go to
www.heartrivervoices.com or email
kelley@heartrivervoices.com.

Heart River VOICE Events

Send your events to
kelley@heartrivervoicedotcom
to list your events for
FREE!

JULY 12-SEPT 5

BUY LOCAL & WIN STARK

STRONG This 8-week campaign will give away weekly prizes totaling \$2,500 per week in local business, restaurant and shopping gift certificates. Entries for the weekly drawing will be based on taxable purchases in Stark County. See official rules on website starknd.com.

SATURDAY AUGUST 1

2ND ANNUAL LEMONADE DAY

Join the Dickinson Chamber of Commerce and area young entrepreneurs for some of the best lemonade in our community! This event helps teach kids about entrepreneurship by providing resources to start their own lemonade stand/business. Support our youth by enjoying some of their lemonade. Stands set up around town.

BADLANDS BIG STICKS HOME

GAME Game starts at 6:35PM. See full schedule, p. 13.

SUNDAY AUGUST 2

BADLANDS BIG STICKS HOME

GAME Game starts at 4:35PM. See full schedule, p. 13.

AUGUST 3-7

TRINITY ART GATHERING

1-4PM Daily. T.A.G. You are it! Come learn more about many areas of fine arts. See ad, p. 7.

TUESDAY AUGUST 4

BANDSHELL CONCERT SERIES

7PM Live music and family fun! Bring a lawn chair or blanket. Concessions will be available for purchase each week by Relay for Life. Memorial Park. Inclement weather location - West River Ice Center.

THURSDAY AUGUST 6

FIRST ON FIRST DICKINSON

SUMMER NIGHTS 5-11PM Music starts at 6PM. Jasmine Cane opens for Eskimo Bros. FREE concert for the community. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 29.

FRIDAY AUGUST 7

BADLANDS BIG STICKS HOME

GAME Game starts at 6:35PM. See full schedule, p. 13.

AUGUST 7-8

2020 HOME SHOW

4PM Friday/9AM Saturday Mark your calendars and get ready for a great weekend filled with the best exhibitors with ideas for your home! Hosted by Dickinson Area Builders Association. West River Ice Center.

SATURDAY AUGUST 8

DUELING PIANOS

5:30-10:30PM An evening of dueling piano fun! Phatfish Brewing, 1031 W Villard St.

SOUTHWEST SPEEDWAY

BATTLE FOR THE BELTS

6PM Bring the family out for an evening of racing fun! More info, contact 701.483.8722. Adults \$12|12-17 \$5|12 & under Free. 47th St SW (Hwy 22 - 10 miles and 1 mile west).

BADLANDS BIG STICKS HOME

GAME Game starts at 6:35PM.

See full schedule, p. 13.

LIVE MUSIC: EZ STREET

9PM-Midnight Join us for a night of live music and dancing while EZ Street performs locally. Boots Bar & Grill, 300 Pacific Ave, Medora.

SUNDAY AUGUST 9

BADLANDS BIG STICKS HOME

GAME Game starts at 4:35PM.

See full schedule, p. 13.

MONDAY AUGUST 10

BADLANDS BIG STICKS HOME

GAME Game starts at 6:35PM.

See full schedule, p. 13.

TUESDAY AUGUST 11

CHALK WALK

4-7PM The Chalk Walk aims to empower and support art appreciation by providing an opportunity for professional artists and people of all ages to free hand with chalk and showcase their talents. Chalk provided! Memorial Park.

BANDSHELL CONCERT SERIES

7PM Greg Blake. Live music and family fun! Bring a lawn chair or blanket. Concessions will be available for purchase each week by Relay for Life. Memorial Park. Inclement weather location - West River Ice Center.

THURSDAY AUGUST 13

FIRST ON FIRST DICKINSON

SUMMER NIGHTS

5-11PM Music starts at 6PM. Brittnee Kellog opens for Black N Blue.

FREE concert for the community. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 29.

FRIDAY AUGUST 14

IF MUSIC BE THE FOOD -

DICKINSON SERIES

7PM Come enjoy live music in an open air venue. Bring nonperishable food to donate to the AMEN Food Pantry, if possible. Local food vendors onsite during event. Veteran's Memorial Bandshell.

SATURDAY AUGUST 15

BACK-TO-SCHOOL BASH AND

VENDOR FAIR

10AM-3PM Donate school supplies to local students in need while shopping and dining downtown.

Downtown Dickinson.

SOUTHWEST SPEEDWAY

BACK TO THE BOOKS

6:40PM Bring the family out for an evening of racing fun! More info, contact 701.483.8722. Adults \$12|12-17 \$5|12 & under Free.

47th St SW (Hwy 22 - 10 miles and 1 mile west).

TUESDAY AUGUST 18

POOCH POOL PARTY

5:30-6:30PM Small dogs (less than 30 lbs)|6:30-7:30PM Large dogs (more than 30 lbs) It's a party for the pooches! All pool chemicals will have been turned off for 24 hours, so it's safe for the pups. Dog owners may only enter up to ankle or calf height. Donations welcome to be used to improve Dickinson Dog Park. West River

Community Center Outdoor Pool. 2004 Fairway St.

FRIDAY AUGUST 21

8TH ANNUAL BAKKEN BBQ

5-11PM Live auction, raffle, kiddo corner with face painting, jumping castles, and more! See ad, next page, for more info. West River Ice Center.

AUGUST 21-22

STREET DANCES/PARADE/

CAR & BIKE SHOW

Part of the Mud Run festivities for a weekend of fun in Belfield. Burleys Roughrider and The Rusty Rail Saloon. Bring the whole family and make a weekend out of it. Camping is available in town with two hotels as well.

SATURDAY AUGUST 22

JUDD HOOS

9PM 21+ Outdoor Concert at Army's West, 640 12th St W.

SUNDAY AUGUST 23

2ND ANNUAL MUD RUN

1PM Hosted by Belfield Volunteer Fire Department. See their

Facebook page for more information.

MONDAY AUGUST 24

PUNT, PASS AND KICK

5:45PM Registration 6:30PM Event starts. Dickinson Parks and Rec invites you to take part in this year's event. Area youth will have the opportunity to show off their skills! Top 3 in each division will receive a prize. Biesiot Activities Center, 398 State Ave.

SATURDAY AUGUST 29

2020 DICKINSON PRESS

WOMEN'S EXPO

9AM-4PM Free community event. Shop direct sale businesses, brick and mortar shops, and crafts; food samples and sales, cooking show, fashion show, health seminars & more! West River Ice Center.

CRUISE INTO DOWNTOWN

10AM-4PM Street/Vendor Fair,/Brew Tasting/Car Show A day of family fun in Downtown Dickinson.

SAT. AUG 15TH 10AM-3PM

BACK TO SCHOOL BASH & VENDOR FAIR ON SIMS

Donate school supplies to local students in need!

Donations can be dropped off at:
Faith Expressions
C&K Sweet Shoppe
JP Frameshop

Aloha Tan Faith Expressions GG's Consignment JP Frameshop	Paw and Claw Pet Palace Rattle and Roll Baby Boutique Salt Kitchen and Co Special Occasions	Stanza D'Amore Studio 9 Sweet Melange The Brewery
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While shopping, grab a drink or a bite to eat at the downtown restaurants and bars!

Blue 42 Brickhouse Grille	Eagles Club C & K Sweet Shoppe & Coffee	the Esquire the Rock
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DICKINSON Please check each business participant for hours and specials. DICKINSON

SOUTHWEST SPEEDWAY CHAMPIONSHIP NIGHT 7PM
Bring the family out for an evening of racing fun! More info, contact 701.483.8722. Adults \$12|12-17 \$5|12 & under Free. 47th St SW (Hwy 22 - 10 miles and 1 mile west).

ONGOING EVENTS

SUPPORT GROUPS
DICKINSON AL-ANON 8PM
Wednesdays ZOOM meeting. For more information, call 701.260.5272 or 701.590.1548.

NEW ENGLAND AL-ANON 8PM
Mondays at Memorial Hall, 9 7th St E in New England.

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.

CLUBS/GROUPS
SEW SISTERS 2PM Sew Sisters, 2nd Tuesday of each month. Other classes available and info, see www.SuzysStash.com. 118 N Ave, Richardton. 701.974.7899.

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.

HEART RIVER HOMEBREWERS 7PM 4th Thursday of each month. Calling all home brewers! Meet at Phat Fish Brewery, 1031 West Villard.

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.

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.

BADLANDS ART ASSOCIATION 5:30PM 2nd Wednesday of each month. All community artists welcome! Fluffy Fields Winery. More info, contact janelles@ndsupernet.com.

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 SWDHU, 227 16th St W. More info, contact Teresa Buck 701-880-0374.

MEETINGS
HISTORIC PRESERVATION COMMITTEE MEETING 4-5PM
2nd Tuesday of each month. More info, 701.456.6225. Dickinson Museum Center, 188 Museum Drive East.

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

BELFIELD PUBLIC SCHOOLS SCHOOL BOARD MEETING
Meetings are held the 2nd Thursday of each month at 7PM at Belfield High School, 308 3rd St NE, Belfield. More information, call 575.4275.

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

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

EAGLES CLUB 5:30PM Auxiliary Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month. 31 1st Ave East.

DICKINSON PUBLIC SCHOOLS SCHOOL BOARD MEETING
Regular monthly meetings are held the second Monday of each month at 5PM either at the Professional Learning Lab located at 266 3rd Ave West, or in the Board room of the Dickinson Public Schools Central Administration Office located at 444 4th St. West (use the east or west

Come have a Beachin' good time!

8TH ANNUAL **Bakken BBQ**

2020

ALL YOU CAN EAT BBQ

Friday, August 21 4:00 - 10:00 P.M.
WEST RIVER ICE CENTER, DICKINSON, ND

Kiddy corner, live auction, beverages provided by Mavericks, and Music!

THIS EVENT WILL BENEFIT

Make-A-Wish
NORTH DAKOTA

BAKKEN BBQ
Ed's in for a cause! ★ Est. 2015

\$20 ADULTS
\$10 CHILDREN (9-15)
8 & UNDER ARE FREE

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BAKKENBBQ@HOTMAIL.COM

f i

door), or unless otherwise noted. More information, contact 701.456.0002, ext. 2203.

SOUTH HEART PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 7PM. 310 4th St NW, South Heart. More info, call 677.5671.

RICHARDTON-TAYLOR PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 6PM in the RTPS Board Room, 320 Raider Road, Richardton. More information,

call 701.974.2111

SAVE THE DATE

SATURDAY SEPTEMBER 12
OUT OF THE DARKNESS COMMUNITY WALK 8-11AM Prairie Hill Mall.

11TH ANNUAL A CHOCOLATE AFFAIR 7PM Join the Best Friends Mentoring Program for an evening of wine tasting and chocolate delights. Music by Dakota Jazz. Held at Phat Fish Brewery.

SEPTEMBER 19
5TH ANNUAL HARVEST FESTIVAL Join the Dickinson Chamber of Commerce for a day of family fun!

OCTOBER 17
20TH ANNUAL FALL GALA Join Trinity Catholic Schools for an evening of fine food and fun!

NOVEMBER 13-15
50TH ANNUAL BADLANDS ART SHOW Enjoy the beautiful artwork of area artists. Roosevelt Grand Dakota Hotel.

MENTAL HEALTH

Coping during the COVID-19 pandemic and beyond

By Nathan Zent

We have all been affected by the COVID-19 pandemic in one way or another. COVID fatigue may be contributing to mental health issues. As the pandemic evolves, there are coping strategies we can all do from home to minimize our stress and anxiety. To find out specifics about how to cope during the COVID-19 pandemic, I interviewed Brenda Erie who is a Licensed Clinical Social Worker.

Interview edited for clarity and length.

HRV/Nathan Zent: Tell me about your background in mental health counseling?

Brenda: I have a Master's degree in Clinical Social Work from the University of North Dakota. I have been working in private practice since 2010 at Therapy Solutions. Some of the conditions we treat are anxiety, depression, PTSD, grief, ADHD, and behavioral issues.

In light of the ongoing pandemic, what are some coping strategies that you would recommend for someone experiencing prolonged stress and/or anxiety?

When stressful feelings arise, first, take 4, slow, deep, breaths. Pay attention to your breathing. Mindlessly following your thoughts can increase your stress. Simply because thoughts pop into your head, doesn't make them true.

Second, identify the emotion you are feeling. Say it out loud. (Ex: I feel scared. I feel anxious.) When you name it, your brain physiologically changes. Things we

cannot name tend to build mystery in our minds and become dangerous. Simply naming what is happening causes the feeling or thought to lose its power.

Third, ask yourself where in your body are you feeling that emotion. Then relax that area. (Bring your shoulders down, unclench your jaw, etc.) Practicing these steps calms down the sympathetic nervous system, so that you are less likely to be thrown into fight, flight, or freeze and more likely to be able to choose how to respond to your stress.

If you are having a difficult time lowering your stress on your own, you may need to reach out for professional help.

If a person finds themselves

daydreaming about problems as a way to attempt to solve them, what would you recommend to break that habit?

When difficult feelings come to mind you will be tempted to stay with your thoughts and start to work through them; mulling over the thoughts or trying to solve the thoughts/feelings. Instead of letting this happen and going into "autopilot", your habitual response to stress, turn your attention away from the situation in your mind and observe the way your body is reacting to the difficult feelings. When you stay in your thoughts and observe them, you are likely to get lost in them. However if you become curious about how your body is reacting to the stress, it is easier to maintain your awareness and get out of your head. At this point you can decide to go for a walk, take a deep breath, call a friend or pray.

Another strategy is called Urge Management. Set a timer anywhere from 5-15 minutes. You make a commitment not to dwell on your thoughts for that amount of time, finding something else to do to distract yourself. Typically, the distraction lessens the intensity of your immediate thoughts.

Is it possible for someone to reflect on a problem and see how it could have a positive impact on their life?

Absolutely! Fear and anxiety can be a gift. It is through fear and anxiety that we learn to be careful, to consider the risks at hand, and to take a proper measure to protect ourselves. Fear can act as a guard and can be instrumental in teaching prudence and wisdom. The problem comes when we let our emotions move us in extreme and unreasonable ways.

Think of a problem you have had. Now reflect on the good that came as a result of that problem. For example, you were the black sheep of your family. That is sad and you have a right to feel sad, but as a result you have become very mindful of favoritism in your current family and you are compassionate about treating people with respect. Another scenario might be that you got into a car wreck and broke your leg. You can't play sports anymore, however as a result you decide to become a physical therapist and help others like you were helped. And the list goes on and on. Your pain is real ... But in order to have hope ... you need to put your stress into perspective. The goal is to focus on hope, not despair.

When it comes to this pandemic, one could also reflect on some of the good that has come as a result. For example, many people have reported slowing down

and being more present. Communities are showing appreciation for essential workers.

How can a person who is trying to remain safe at home not succumb to peer pressure and make a decision they regret?

1. Isolation can lead to over-thinking that may turn into excessive worry or depression. Make a point to reach out to family and friends via phone or video chat.

2. Try getting out of your house and getting some exercise in a safe place (go for a walk).

3. Create a routine at home.

4. Practice healthy habits - get to bed on time, wake up at the same time every day, and eat healthy.

5. Look at this time as an opportunity to take on a project at home that you have been meaning to get to.

6. Consider going to therapy via telehealth.

7. Be kind to yourself! Everyone has an opinion how to respond to this pandemic. We don't all have to agree on decisions. Use the best friend technique. For example, if your best friend was going to make a decision based on peer pressure what would you tell them? That is what you should tell yourself.

How does physical activity help a person have good mental health?

Exercise and other physical activity produces endorphins, chemicals in the brain that act as natural painkillers. Exercise also improves the ability to sleep, which in turn reduces stress. Even five minutes of aerobic exercise can stimulate anti-anxiety effects.

How does a person know when it is appropriate to seek professional help?

We all experience worry in some form or another. But there is a difference between the regular worry that is a normal part of life and extreme worry that keeps us hostage and bound up. If you find yourself in the latter, it is probably a good time to seek help.

What's the best way to contact you if someone wants to talk?

Call Therapy Solutions at 701-483-1000 to schedule an appointment. We have four counselors on staff at Therapy Solutions.

The coping strategies suggested by Brenda are tools to utilize during the pandemic as well as beyond to get through everyday-life-struggles. Wishing all of you good mental health in the coming days! ■



Brenda Erie

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BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Christian Rodakowski with nephews Cole and Clay Richard proudly displaying the American and Ukrainian flags during the Freedom Parade.



L to R: Joel W., Rachel W., Kenley J., Laura W., Tanya J., Tim J. at the Gladstone Fireworks.



Congratulations to Sarah Chapman for winning the grand prize in the first round of drawings from the Buy Local & Win Stark Strong campaign. Sarah won \$1500 in gift cards from businesses in Stark County. The winning receipt was submitted from Faith Expressions. Don't forget to enter your receipts for each week's drawing at StarkND.com. The campaign runs through September 5.



Congratulations to Ryan Kilwein for winning second place in the first week's drawing from the Buy Local & Win Stark Strong campaign. His prize totaled \$750 in Stark County business gift cards. The winning receipt submitted was from Southview Liquors.



Kaylee and Ted Garling root for the Big Sticks as part of their "date night."



Great White performing during First on First Dickinson Summer Nights.



Good friends enjoy a warm summer night from a downtown rooftop.

DICKINSON STATE UNIVERSITY

Student Spotlight: Medinat Jolayemi '21



Tell us a little about your life before you came to Dickinson State University (DSU).

I'm from Nigeria. I finished high school in 2015. After, I went to lessons, some that I took for my TOEFL and IELTS English exams, and then I came to the United States.

What led you to choose DSU?

I chose DSU because it is a small community with a lot of opportunity. In a very large university, there's a lot of students, so to see your professor can take a very long time.

But, at DSU, if you actually need help right now, there's people to help you. That's the kind of environment I need.

What are you studying and when do you plan to graduate?

I'm studying nursing, and I'll be graduating as a [Licensed Practical Nurse] next year in May. After that, I'm planning on going for my bachelor's degree!

Are you a part of any clubs or organizations on campus?

I'm part of the International Club and they do Taste of Nations. The international students come together, from Nigeria, Ghana, Jamaica, India, China... and cook their food. People from the community come to taste it, and you can dress in your country's attire so people can see it!

We heard that you're doing your internship in Medora this summer. Can you tell us what you do there?

In Medora, I work as a Human

Resources intern and I work in housekeeping. As an HR intern, I help with COVID-19. During meetings, I give safety lessons and share guidelines with employees. Some evenings, since the

Medora Musical started, I work there, too, which is so fun! When I first started, I was a vendor, so I sold popcorn. Sometimes, I cashier for concessions and help clean up after. The show is so nice to watch!

Are you enjoying it all? What are you learning?

Since I've been here in Medora doing my internship, I've learned a lot! The first time, when they asked if I would intern, I said 'no' because I didn't know what I should do. Then, I thought about it and said 'OK.' You're going out of your comfort-zone and trying new things. When I actually got here, I got to see what I'm good at and what I'm lacking. Before, if I was actually comfortable with people, I could speak very well, but if I was not, I was shy to even start a conversation. Now, I think that's improved!

What would you tell someone who's thinking about becoming a Blue Hawk like yourself?

When I was coming, I knew that DSU was a small university. If you're facing any problem, don't just keep to yourself, but talk to someone and they will be there to help you. Also, just always remember what you are there to do. Focus on that and everything will be fine! ■



COMMUNITY FOUNDATION

Community Foundation leads philanthropy in Dickinson

Improving the quality of life in Dickinson and the surrounding area through philanthropy and charitable giving. That is the mission of the Dickinson Area Community Foundation, established in 2016, although its roots go farther back – to residents who worked for years to make their community a better place to live, work, and play.

A community foundation helps build and strengthen its community by bringing together people and organizations that want to make a difference. They are tax-exempt public charities that encourage philanthropy and are dedicated to improving the quality of life in the areas they serve.

The DACF has supported several local initiatives, including Friendship Park – an all-inclusive playground for children of all abilities, the Stark County Sheriff's Office, and The Little Buddy Foundation, which provides prosthetic limbs to children.

The foundation has also established a permanently endowed fund to provide grant dollars every year for projects and programs that improve the quality of life in the area. Grant recipients have included:

- Community Action Partnership - \$7,000 for their Car Seat Program
- Friends of the Dickinson Public Library - \$378 for STEM/STEAM materials
- Dickinson State University - \$1,500 for their Women's Voices Program
- Association to Meet Emergency Needs - \$300 for "Fill the Shelves" at the AMEN Food Pantry
- United Way of Dickinson - \$1,060 for COVID-19 Family Support

"Our endowment fund is a permanent resource for our area," explained Jordan Selinger, Chair of the Advisory Committee. "No matter what happens in our community or what projects take shape, we will have a resource to provide grant dollars. We are working to grow this fund, so that we are able to award larger grants in the future."

The DACF is a component fund of



the North Dakota Community Foundation (NDCF), which provides charitable giving services like donor gift planning, and fiduciary services such as money management and an annual audit. Gifts to the DACF are invested and a portion of the interest earnings are awarded as grants to nonprofit organizations in the area. All gifts to DACF are tax deductible and some gifts may qualify for the state's 40% tax credit.

A local committee leads fundraising efforts and recommends grant awards. Joining Selinger on the committee are Linda Steve, Danita Tysver, Denise Steinbach, Rachel Logan, Laurie Strommen, Mike Peters, Zach Kelly, and Brian Fisher.

NDCF established an office in Dickinson

in 2016, staffed by John Heinen, who has over 25 years of charitable giving experience, to provide a resource for the area. Individuals, families, and businesses who have questions about charitable giving options and benefits are welcome to make an appointment to meet with John. The conversations are confidential, free, and there is no obligation to make a donation. John's experience with charitable gift annuities, bequests, and numerous other charitable giving tools can help residents figure out where they would like to give and what kind of a legacy they would like to leave, while maximizing their tax benefits. He can be reached at 701-590-4614 or at John@NDCF.net.

For more information about the DACF, go to www.NDCF.net/Dickinson. ■



WESTERN TRAIL

First segment of The Great Western Trail completed in ND

Work began on the first segment of the Great Western Trail in North Dakota Sunday, July 12 with two crews. A work-crew with Bowman area volunteers began at the North Dakota/South Dakota State line heading North. Another crew, with volunteers from the Dickinson/Medora area began by heading south from Belfield.

Trail project manager Darrell Dorgan says 13 concrete obelisks marking the

trail route along Highway 85 were set in concrete marking the North Dakota segment of the Texas to Canada Trail.

Three black marble plaques detailing the trail's rich western history were also implanted. The markers explaining the trail history are at the North Dakota/South Dakota border, the courthouse in Amidon and at the Trappers Kettle in Belfield. Another plaque will be paced at Bowman's visitor center.

The work crews were made up of nearly 30 ranchers, historians, Rotarians and members of the North Dakota Cowboy Hall of Fame.

The trail which runs for more than 2,000 miles through eight states from Mexico to Canada has already been marked all the way through Texas and Oklahoma and other states are organizing to mark the route that was used to move millions of cattle and horses North from the 1870s into the 1890s.

Dorgan says, "We hope to organize and mark the trail from Belfield to Watford City the end of September and then from Watford to Fort Buford next spring." Anyone interested in having a marker on their land along 85 or helping with the effort, should go to the group's website at ndgreatwesterncattletrail.com and sign-up.

He notes, "Many of the cattle from the Great Western Trail reached North Dakota in the early 1880s and 90s and became the foundation for the state's vibrant ranching industry that exists today".

Others who've joined the North Dakota effort include Bowman, ND tourism promotion groups and local Rotary Clubs. Rotary organizations from Texas and Oklahoma began the project and Rotary clubs along the trail are continuing to participate.



Dorgan, who was the first director of the North Dakota Cowboy Hall of Fame and spearheaded the effort to build the western heritage center in Medora, insisted Jim Ozbun be part of the on-going effort. The former NDSU President, who's maternal grandfather came up the trail in the 1890s as a young drover says, "Rotary clubs across the country are backing the project. The trail in North Dakota paralleled Highway 85 and it's an irreplaceable part of our history that could have been lost if it hadn't been formally marked."

Ozbun also notes, "Major help has been provided by the Dickinson Ready Mix Company and owner Scott Olin. They built and donated more than 50 of the concrete obelisks to mark the trail. Doug Braun, products division manager for Dickinson Ready Mix, was instrumental in the project."

Dorgan, noting Olin is a major backer of tourism projects and an incredible historian, says the gift by Dickinson Ready Mix is valued in the thousands of dollars. He continued by saying, "Dickinson Ready Mix took about ten minutes to decide to help out. They made the posts, painted them, and they delivered them to wherever we wanted them, showing Scott Olin's depth of caring for the community."

Area ranchers Steve Brooks and John Hanson of Amidon also stepped forward and signed-up other ranchers who allowed trail makers on their land along Highway 85 and headed the two work crews.

Anyone interested in participating in the project with financial contributions or setting posts can go to the group's website at ndgreatwesterncattletrail.com and view the project's history and plans. ■

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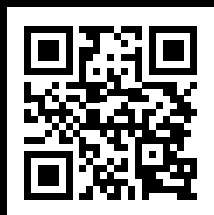
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MUSIC CORNER

If Music Be the Food

By Kelsey Rogers

I recently traveled to Las Vegas by plane to visit my family. I sat next to two complete strangers from Beulah headed to the same place. Although we knew nothing about each other, we quickly had a

great deal to discuss, since we have been experiencing the same pandemic. In that moment, I realized that I now share a common experience with everyone on planet Earth - the pandemic. It is in that spirit of unity, of common experience, that we offer the tenth installment in the If Music Be the Food - Dickinson series on Friday, August 14 at 7:00 pm at the Veteran's Memorial Bandshell.

Although we are all going through the same pandemic, the circumstances vary for each of us. In addition to losing lives and health to this disease, many have lost jobs and stability. North Dakotans are known for being good neighbors, for helping in times of need. This summer's If Music Be the Food recital is an opportunity for Dickinson to do just that.

The original If Music Be the Food recital series started in 2009 in Rochester, New York, and was started by then-Eastman School of Music faculty member Carol Rodland. She has generously allowed the name and mission of her series to be shared freely. The Dickinson series is one of 16 throughout the country, all with the same mission and purpose - to nurture the bodies and souls of their communities. In each series, student and professional musicians are invited to share their talents, and communities are invited to give generously to their local food pantries, in place of paying admission.

With the coronavirus pandemic, the need to share both our music and our food seemed even greater than normal. However, it also seemed extremely risky. Both singing and crowds have been shown to be significant transmission risks. As much as we want to share music and support our AMEN Food Pantry in this difficult time, we don't want to risk the health of our community in the process. All of these



considerations are why this August's If Music Be the Food recital will take place at the Veteran's Memorial Bandshell.

This outdoor venue lowers risk of transmission. The use of face masks is encouraged, and disposable face masks and hand sanitizer will be available to audience members. The audience is invited to bring their own seating, and we encourage each household to keep a distance of at least 6 feet.

We are excited to welcome to our stage two musicians new to the series - George Seror, III, is professor of psychology at DSU, as well as a gifted classical guitarist, and Anthony Rohr, is a talented young tenor and a North Dakota native! This summer we will welcome back DHS choir director Matt Goettle singing with his wife and daughters, Brian Holder on percussion, myself (Kelsey K. Rogers, soprano) and my husband Brent on piano, Julianne Skaff, both singing and playing guitar, Joel Walters on piano, and Jeremy Wohletz on saxophone with an exciting interactive audience experience!

We are lucky to be supported in this effort by Service Printers, Dickinson State University, and the Dickinson Parks and Recreation department, all of whom are donating materials and resources to this event. We are also excited to partner with local food trucks for this summer's event, each of which has agreed to donate part of their proceeds to the AMEN Food Pantry.

Come enjoy beautiful music, in a beautiful venue, and, if you are able, bring food or cash donations for the AMEN Food Pantry and get a beautiful feeling in your soul. If these times have been hard on you and your family financially, please come enjoy music for free, and learn more about how the AMEN Food Pantry can help support you in this difficult time. We truly are all in this together. ■

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2020

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THAT'S CHEESY

Cotija Cheese

Cotija cheese is great cheese to have year round in your refrigerator, but especially in the summer. Cotija is made from cow's milk and originated in the town of the same name in the state of Michoacán, Mexico. The cheese is salty in flavor and crumbly in texture. You can purchase a big block and grate it yourself, or you can purchase it pre-shredded in a fine granular crumble, similar to a grated Parmesan. Cotija won't melt in heat, making it the perfect addition on traditional Mexican dishes like elotes, enchiladas, or tacos. ■

Photo: Bonappetit.com



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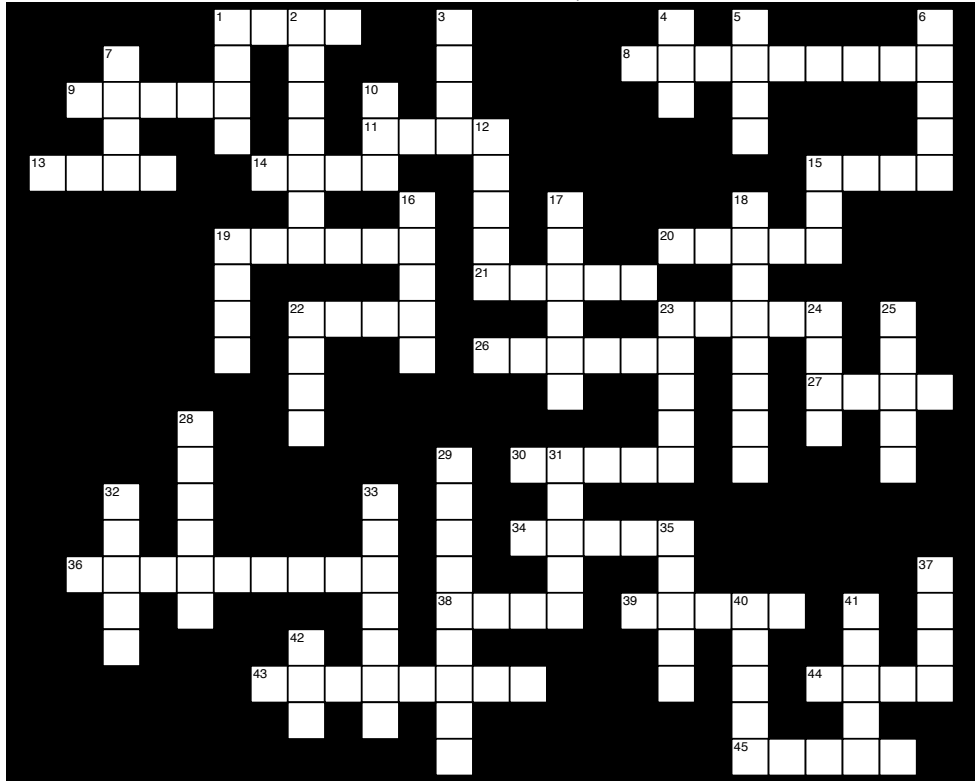


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 - Steve Jobs***

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ACROSS

- 1 Swedish pop quartet
- 8 Dots and dashes
- 9 Yo-Yo Ma's instrument
- 11 They may be lazy or wandering
- 13 Food, slang
- 14 Tickled pink
- 15 Empty spaces
- 19 Break up the band, in a way
- 20 Japanese beer brand
- 21 Pulitzer for one
- 22 One of the primary colors
- 23 Stinks to high heaven
- 26 Port city in Ukraine
- 27 Kindergarten basics
- 30 Contempt
- 34 Lava lamp lumps
- 36 Added even more criticism

- 38 A couple of bucks
- 39 How many apricots are sold
- 43 High-calorie fund- raiser
- 44 "Going once, going twice..."
- 45 __Lampur, Malaysia

DOWN

- 1 Dictionary order
- 2 George, Ringo, Paul and John
- 3 Run away from
- 4 Metaphorical work load
- 5 Nile vipers
- 6 Word on a British restroom door
- 7 Oval office power
- 10 One of the primary colors
- 12 Resell unfairly, as tickets
- 15 Tonic go-with
- 16 Cornball

- 17 Zoom, vroom and boom
- 18 Morpheus or Prometheus
- 19 Itty-bitty biter
- 22 Dot on a sonar screen
- 23 Soup served with chopsticks
- 24 Hoax
- 25 Modern witches religion
- 28 Glenn, Don, and Joe
- 29 Start of a journal entry
- 31 Any letter in "ROY G BIV"
- 32 Barely reads
- 33 Micky, Davy, Mike and Peter
- 35 Piece of parsley
- 37 Scrabble play
- 40 Kindle selection
- 41 Capital of South Korea
- 42 Like fish in a poke

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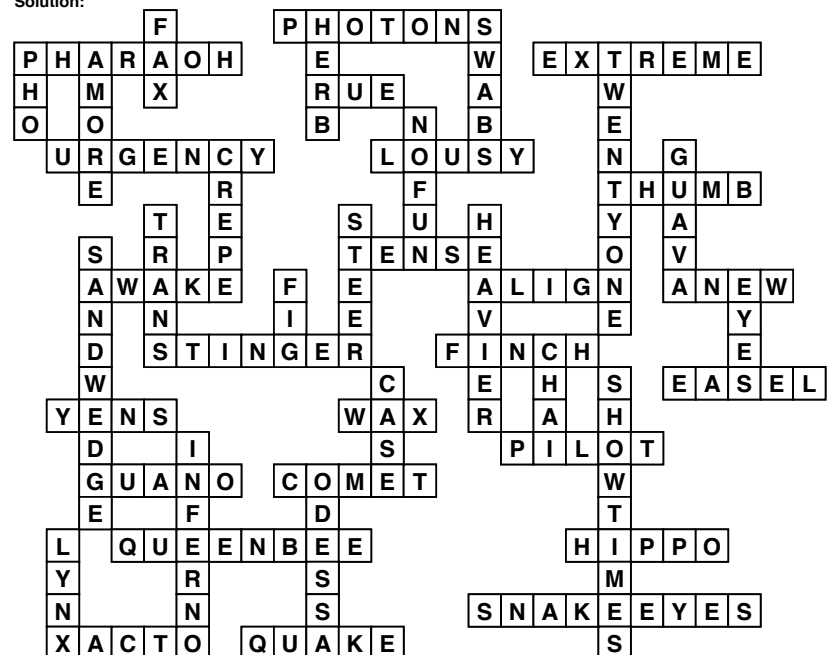
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Last month's puzzle solution

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HOROSCOPE

AUGUST 2020

by Hilda De Anza



ARIES
March 21-
April 20
Beginning of
August, there

is a whole new emphasis in your life that is going to profoundly affect your love life. For the single Aries, this is an opportunity to have a passionate romance, perhaps with someone you have dallied with before. Last of August you run into more powerful and better-qualified people who force you to put the brakes on. You are going to have to reconsider your strategy and develop a workaround.



TAURUS
April 21-
May 21

You will be able to focus your attention on your home, but initially there is a problem that is perhaps connected with a relationship issue from last year. You may make a big effort to connect or reconnect with someone you feel passionate about. You are about to merge forces with a partner, and this will affect developments in the months to come. For those dreaming of love and children, the next few months is a time when dreams come true.



GEMINI
May 22-
June 21
Early August

is a romantic period. There is something good but also a problem that will not go away and needs to be dealt with. Whatever happy events arise, there is some hard work to be done. After August 11th the focus is very much on a whole new phase that begins in your home and family life, and this is the time to get realistic and focus on the details. The very end of the month is excellent for romantic development, creative projects and enjoying life with children.



CANCER
June 22-
July 22

There is considerable focus on your creative assets and financial situation as the month of August begins. This could be the time when you reap larger rewards for creative efforts made earlier, but at the same time you can expect a heavy expense connected with the past. A financial partnership can be formed as the month draws to a close that may require a lot of work in the months to come. This is also an excellent time for love and passion.



LEO
July 23-
August 22
August is
extraordinary

for you. Early August is a time of great activity when you are involved with friends, kids and groups. Even more interesting, mid-August will see love and passion approach each other and finally meet and dally on the last day of the month. It is as if their fates are inter-woven, and they continue together in the heavens well into October. Mid-August heralds a time of intense personal experiences.



VIRGO
August 23-
September 22
August is a time
when major

things are started, the coming 12 months are going to have great significance. This can be connected with partnerships, and it is very possible that what was just a dream last month becomes reality this month. Potential partners are willing to do things your way, and they will go out of their way to put you first and to help out. End of August puts an emphasis on the important relationships in your life.



LIBRA
September 23-
October 22
August will be
an extraordinary

month, which may bring back memories from eight years back, although this time there is likely to be a passionate denouement right at the end of the month. If you are looking for love, then this is surely the time for you, and bonds made now may continue well into the future. For those in contented partnerships, this is going to be an amazing period in your social life.



SCORPIO
October 23-
November 21
During August
there will be

many developments that affect your status, your creative dreams and your romantic life. New trends are setting in as regards to your social life, and there is a focus on being in groups and organizations that combine a learning experience with a large dose of altruism and idealism. This is something that you will be powerfully involved with in the coming months.



SAGITTARIUS
November 22-
December 21
Early August
indicates an

apprenticeship period when career issues are crucial for you. Fortunately, you have the company of a partner or at least a skilled colleague who can show you the ropes. What really works in this coming period is a focus on creativity, helping people and ecological ideals. The end of the month is very interesting, and there are successful trends because of new leadership practices. It is also a rather good time for picking up an old connection from afar, which may have romantic undertones.



CAPRICORN
December 22-
January 20

You find your feet in August, and a situation from the past is confronted. Mid-August there are new opportunities for expanding your intellectual horizons through study or contact with influential analysts from foreign institutions, and this is an excellent time for making plans for the year ahead. August is a significant month for your intimate life, and you may find yourself torn between powerful attractions and a sense of responsibility.



AQUARIUS
January 21-
February 19

As the month starts, you meet up with lots of people, some of whom you have not connected with for some time. Early August is a time when you are ready to take more control over the direction of your life; it is a turning point. During the course of August, Venus and Mars, the planets of love and passion, draw closer and closer together, and this is a major time for your love life and relationships.



PISCES
February 20-
March 20
Early August,
you will have

a lot more to do with other people, and mid-August is a time when a personal bond can be created. What is important about this period is that you need to adjust to the needs of other people and adopt a lower profile. Initially you may be uncomfortable in this new role, but you can rely on partners to show you the ropes. In the coming months you will gain more and more momentum.



SmartPlant

There's more to looking after plants than putting them in the sun and giving them the occasional sip of water. Some need watering more often than others, some have different temperature or lighting requirements, some even require pruning or other care and attention. This app lets you build a database of any and all plants you own and it will automatically create a calendar for each of them, advising you on what to do at specific points of the year - for example telling you where to place it, when to re-pot it and how much to water it. And if you're not sure what a plant is called then you can snap a picture of it to have SmartPlant identify it.



Tattoodo

Tattoodo at its heart is a tattoo search engine, letting you search through millions of tattoo images, images that you can filter based on style, motifs or artist. As well as searching and browsing you can also follow artists, so their latest work will pop up in your feed, and you can save images to boards, so you can build up a library of designs that you like. You can even book tattoo appointments and get free consultations through the app.



Home Cooking

More people are cooking at home during quarantine, driven by some combination of boredom and necessity. Have no idea what to do with the bags upon bags of beans you grabbed in a hurried, panicky trip to the grocery store? Need to bake a cake, but you're completely out of baking powder? Want to join the sourdough-starter trend? They've got you covered.



Dakota Spotlight

Dakota Spotlight is a collection of true stories from the upper Midwestern United States. With a lens sharply focused on investigative journalism, story-telling and a search for understanding, Dakota Spotlight was created as an alternative to other, 'tabloid-like' true crime projects and podcasts available elsewhere. Two seasons currently, with Season 3 coming soon!



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