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JULY 2020 | VOL. 2, NO.7 | HEARTRIVERVOICE.COM

**Friendship Park
follow up**

Moving foward p 16

A gem of a gal

Irene Schafer p 18

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of
LOCAL EVENTS

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A note to our readers

Summer is settling in...and maybe the wind is settling down?

For lake reading, make an appointment at our public library to grab some newly added items or an old classic. Check out our column #BOOKWORM for some suggestions on podcasts to listen to on your way to the lake.

Learn how to choose the perfect watermelon (p. 7) and then make a strange-sounding, yet delicious, salad with it.

Listen to music under summer skies at the Bandshell Concert Series or First on First. Look for these events and more in our calendar of events.

Keep your cool!

Kelley Jilek

Publisher

Cover art by Christopher Herold.
For more information about the
artist, see page 5.

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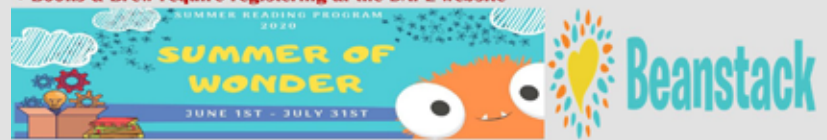
Highlights of July Programming

All Programming Will Be Virtual In July

Take & Make bags will be available for Teen, S.T.E.A.M. & Storytime activities.

- **Mondays** — 9:30am: *Tiny Tots Storytime (Ages 0-2)*
*2:00pm: *Page Turner Adventures*
S.T.E.A.M. (Ages 6-11)
- **Tuesdays** — 10:30am: *Pre-School Storytime (Ages 3-5)*
*2:00pm: *Page Turner Adventures*
Teen Tuesdays (Ages 11-17)
- **Wednesdays** — 10:30am: *Pre-School Storytime & Crafts (Ages 3-5)*
*2:00pm: *Page Turner Adventures*
- **Thursdays** — *2:00pm: *Page Turner Adventures*
- **Fridays** — *2:00pm: *Page Turner Adventures*
- **July 9th** — +Books & Brew featuring *Hillbilly Elegy* by J.D. Vance
- **July 10th** — * 10:00am: *Jeff Quinn Magic Show*
- **July 12th-19th** — *Traveling Lantern *Sherlock Show*
- **July 17th** — *Deadline for Bookmark Coloring contest submissions!*
- **July 29th** — 6:00pm *Podcast Brunch Club (Community Room)*
- **July 30th** — +Books & Brew featuring *I Was Anastasia* by Ariel Lawson

* These events will either be require signing up for the DAPL closed Facebook Page.
+ Books & Brew require registering at the DAPL website



<https://www.dickinsonlibrary.org> 701-456-7700

#BOOKWORM

Introducing Podcast Brunch Club

By Renee Newton, Assistant Director/Circulation Librarian



The Dickinson Area Public Library has become a partner with Podcast Brunch Club and is launching a local chapter. Podcast Brunch Club is just like a book club, but for podcasts. While we may not meet for brunch, we will be utilizing the listening lists that are curated by PBC and will gather (physically if we can, or virtually if we cannot) to talk about the month's themed podcasts.

information, generally in the first few days of each month. A link will be shared on the Library's Facebook page as well, and if you sign up for our local chapter, you will receive information via email. The website is www.podcastbrunchclub.com/dickinson. Sign up for our local chapter, check out the current listening list and bonus podcasts, and check out the interactive map to see locations of

At the beginning of each month PBC announces a listening list of 2 - 5 hours of podcasts and questions to stimulate discussion. July's theme is Conspiracy. If you're interested in listening and joining others for discussion, we will meet Wednesday, July 29th at 6:00 pm in the Dickinson Area Public Library Community room. Future themes will be shared on Facebook as soon as I have the

other chapters.

PBC has a global presence with in-person chapters in more than 70 cities across 6 continents. The first local chapter launched in Chicago in March of 2015. The virtual chapter conducts monthly discussions via Zoom. I had the opportunity to participate in April's zoom meeting when the podcasts supported the theme of Conversation. Participants were located in the US, Canada, France and Kenya. It was interesting to hear different perspectives of people living in a different demographic from my own.

The community aspect was great as we talked about the different podcasts. I have been saying for months how much I wanted a group to discuss podcasts with and I hope there are others looking for same. I plan to follow the schedule of themes as they are presented by Podcast Brunch Club and there is a back catalog of listening lists from the beginning if we need an alternative list for any reason. June's theme was Therapy and episodes from two of my favorite podcasts were featured: Terrible, Thanks for Asking and Last Day. I am happy to have found Podcast Brunch Club and excited to bring it to our community. You may email questions to dickinson.library@dickinsongov.com.

Note: This club is geared toward adults.

Podcasts may include adult language and heavy topics.

Other Announcements:

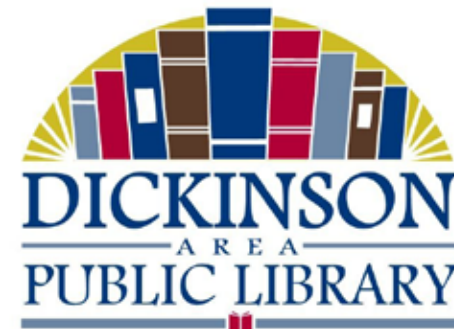
- Take & Make bags are available for Storytime Craft (ages 3-5), S.T.E.A.M. (ages 6-11), and Teens (ages 12-17). The bags can be requested for curbside pickup, or they can be collected during

your library appointment time. Check our Facebook page for Storytime videos!

- All of our programs have been moved online for the time being. Please join the Dickinson Area Public Library Virtual Programs private Facebook page to be sure you have access to all of the programs.

- There is still time to sign up for the Summer Reading Program! This year's program has been moved online. Head to our website at www.dickinsonlibrary.org and click on the "Summer of Wonder" picture for instructions on how to sign up via Beanstack. All ages are welcome, and there are some pretty cool prizes to try and win, so don't miss out!

- Browse our stacks from home! We have a new feature on our online catalog that shows materials that have been recently added to the collection. On our library webpage, click "Search Our Online Catalog" and scroll down to see all of the new items. You can also request items directly from our website. ■



COVER ARTIST

Christopher Herold

"Every child is an artist. The problem is how to remain an artist once he grows up."

~Pablo Picasso~

A little about myself:

- Born December 14th 1978
- Grew up in Dickinson, ND
- Started drawing at around 4 years old
- My Uncle Mike was very influential in teaching me how to be a sketch artist

• Studied Art Education at Dickinson State University

Some inspirational places I have visited:

- Smithsonian Art Museum in Washington, DC
- Van Gogh Museum in Amsterdam, Netherlands
- Walker Art Center in Minneapolis, MN
- Minneapolis Institute of Art



our lives.

Art being therapeutic is an understatement. Art allows the individual to express their feelings on the canvas in ways that nothing else in



life can offer.

I love to get lost in a painting. All worries in life melt away while I am creating. The best paintings are the ones that begin without plan or idea. Some can take minutes, while others take years. I always like to paint on a piece that has been hanging for months or years. It is amazing what mood and time of the year can bring to creativity.

As an artist, brainstorming a painting or sketch in my mind doesn't end. I believe everything in life is art. A tree, a flower, an empty alley way, a sunset, human nature, etc., can all offer inspiration, a thought, a memory.

We must continue to evolve as a people in a peaceful manner, and I hope that art remains an integral part of our children growing up and sustaining a healthy mind, body and soul into our adult years. ■



As a young child, I enjoyed drawing various cartoon characters and pictures of people I knew. After studying the elements and principles of art at DSU, I fell in love with abstract/expressionistic painting. I believe that art is essential for human growth. Whether it's painting, drawing, music, singing, dancing, etc., we all need art in



OUT AND ABOUT

A Carolina girl in a North Dakota world

By Libby Carpenter



weekend and they are an impressive sight. The first thing I noticed was their enormous hooves that were bigger than the sourdough pancakes I had for breakfast. Just up the trail, I spotted a deer checking out the jingle-jangle of the outfit. The horses paid him no mind and continued our smooth journey.

After the wagon ride, I made my way to the main house. The fully decorated residence is ninety percent

If you told this Carolina girl that one day she'd find herself just a few paces west of the Little Missouri riding in a covered wagon, being pulled by the ND Draft Horse Association State Champions,

original to the Marquis' family. The museum displays one of only two remaining stagecoaches owned by the Marquis' Stage & Forwarding Co. Today, it takes six hours to drive to Deadwood,

but it took the stage line thirty-six hours of rough traveling. Driving through canyons and prairies is breathtaking; however, riding in a stagecoach for any length of time does not interest me at all. Thank goodness the Belgians are calm and steady.

If you're are looking for an o u t s t a n d i n g experience, check out the Chateau de



she would have told you, "that's a pipe dream!" As it turns out, that is exactly the adventure I had this weekend. Virtually untouched since 1883, the pristine

Morès. Tell Butch, Ace, Barney, and Deuce I said, "Hi, Y'all."

Call the Chateau for more information: 701-623-4355. ■

bottomlands of the Chateau de Morès are nearly the same as what the Marquis saw when he was here. The wagon trail meanders along the river adjacent to the beautiful hamlet of Medora.

Chris Kubal, from Keene, ND, hauls Belgian draft horses, Butch, Ace, Barney, and Deuce, to the Chateau every



DICKINSON STATE UNIVERSITY Student Spotlight: Trey Fischbach '22, soil science and farm management major

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

I grew up in Northeast Wyoming in the little town of Moorcroft, about 30 miles south of Devil's Tower. My friends and I would have a bunch of fun doing the sorts of things that all country kids love to do: hunting, fishing, bonfires, and just enjoying life. Our wrestling team had been very successful, and all of my friends and I wrestled. I was on the football and track teams, as well.

I am the oldest of five kids, I have three sisters and one brother: Tacey, Tianne, Talissa, and Trell. Mom is a kindergarten teacher and Dad just recently retired from teaching woodshop at the high school and has had a family construction business since the year 2000.

the time I was 10. Building with him has always been one of my favorite things to do. It's hard work but totally worth it. I was never really one to sit around, and I have always liked being busy whether it is working, athletics, or schoolwork.



What led you to choose DSU?

When I was in my senior year and thinking about college, I knew that there were three things that I really cared about when it came to my decision. I knew that I wanted to get a degree involving agriculture, I

wanted to wrestle, and I wanted to stay close to home.

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

I am double majoring in soil science and farm management as well as minoring in leadership. This will be my senior year, but I took a redshirt year for wrestling, so I will be graduating in the spring of 2022.

We heard you're pretty active in some clubs on campus. What do you enjoy taking part in? Have any favorite memories you'd like to share?

I'm on the wrestling team, Collegiate Farm Bureau, the TR Program, Ag Club, and College Republicans. My favorite memory would have to be this last year when five of us from Farm Bureau went to Kentucky and were able to get in contact with Kentucky Farm Bureau. It was kind of a fly by night trip that ended up being one of the best times of my life.

We also heard that you're doing

your internship with Helena Chemical in New England this summer. How's that going?

I have been taking soil samples, taking plant tissue samples, looking for weeds, and all sorts of things. I love it. Every day is something different, and I'm learning something new all the time.

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

Honestly, I would tell them to get out and meet some of the locals. The people of Southwest North Dakota are some of the nicest around. Also, get outside, even though the winters are pretty cold. | They really aren't that bad, though! ■



Trey and his little brother, Trell



Trey wrestling for the DSU Blue Hawks

Thanks to my dad having a family business, I had the opportunity to have a job helping build houses with him from



The five DSU students who traveled to Kentucky



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PINCH OF THIS, -OF THAT Watermelon, red onion and avocado salad

This salad recipe was passed along to me with the caveat, "Trust me -- this is a great salad even though it does not sound like a good combination." I trusted my source and put together the recipe as explained to me. Chop up some watermelon, add red onion and avocado and finish with a healthy



squeeze of lime juice. It's not often we are presented with a set of ingredients and must use our skill and imagination to pull off an acceptable result. This salad immediately became a perennial family and friends' favorite; use your imagination and have fun. Freshly ground black pepper as well as feta cheese is a lovely variation. ■

PICNIC PARTY

How to choose the perfect watermelon



1. Look for webbing: These web-like brown spots on the watermelon mean that bees touched the pollinating parts of the flower many times. The more pollination, the sweeter the fruit is.

2. Look for the field spot: The yellow spot, known as the field spot, is the place where the watermelon rested on the ground. Ripe watermelons always have creamy yellow or even orange-yellow spots, not white.

3. "Boy" and "girl" watermelons: Many people do not know that farmers differentiate watermelons by gender. For example, "boys" are bigger, have an elongated shape and a watery taste. The "girls" have a rounded shape and are very sweet.

4. Inspect the tail: A dried tail indicates that the watermelon is ripe. However, if the tail is green, it probably means that the watermelon was picked too soon and will not be at its best.

TRINITY FINE ARTS DEPARTMENT PRESENTS



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PIECE BY PIECE Pin talk

By Suzy Rummel

July is a great month for BBQs, fireworks, s'mores, fires and hot summer nights. I love summer but I also think I am in a time warp and was transported to a game of Jumanji. Jumanji, according to author Chris Van Allsburg and film star Robin Williams, is the Zulu word for "many effects." It describes 2020 pretty well: Bush fires in Australia, Kobe Bryant's death, Coronavirus pandemic, impeachment trial, Italy has nationwide lockdown, Dow plunges, Olympics postponed until 2021, oil prices bottom out and murder hornets are a few of the many effects. It is craziness!

I've decided to follow the advice of Mother Teresa: "I cannot change the world, but I can cast a stone across the waters to create many ripples," "Do not wait for leaders; do it alone, person to person," and one of my favorites, "What can you do to promote world peace? Go home and love your family." So that is what we are going to do; create ripples and love our people. Together we will make America and the world a better place.

Quilting lesson for July is on pins. Who would have thought there would be so many different kinds of pins? There are flat head, dressmaker, glass head, quilter's, silk, applique, the list goes on. In reality, manufacturers like to be unique, so they often use different names for the same kinds of pins. Each pin is basically the sum of its parts. They have five main components: head, point, thickness, length and metal content. You decide what you need for each of them and then find the pin that fits your requirements.

The head is the most recognizable part of a straight pin. The shape and what it is made of determines how to use it. There are flat, plastic, glass and metal. Flat pins work well for hand work because thread doesn't get caught on it. They also work well for pressing if they are heat resistant. Glass head won't melt when touched with an iron.



The point of the pin should slide into fabric without causing snags or holes. Different fabrics require different points. Sharp are great for loosely woven, medium and heavy weight fabrics. Extra sharp are

more defined and tapered; they work well with batiks. Ball point is rounded and works well with knits.

The length depends on your project. Applique pins are short and stubby and work well with handwork. When working with layers and batting, a longer pin is nice.

Thickness - choose the thinnest pin to accomplish the task to avoid pin holes. The diameters are not consistent among manufacturers so the best way to tell is roll a pin between your fingers to gauge its actual thickness. .4mm is the thinnest and works great on sheer fabric. .5mm is called extra fine, super fine, silk or satin and are recommended for fine, lightweight fabric. .6mm is the most common in quilting and is labeled fine. .7mm and .8mm are great for denim, wood and quilted layers.

There are six types of metal content: Stainless steel, nickel-plated steel, nickel-plated brass, brass and chrome-plated steel. If you aren't sure of the metal, stainless steel and brass pins are not magnetic.

And there is your mini lesson on pins. Love yourself, love your family and love your neighbors, and the world will begin to be a better place. ■

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TRINITY CATHOLIC SCHOOLS

Celebrating Monsignor Patrick Schumacher

By Kelli R. Schneider, TCS Marketing Coordinator

Sitting in his office, in the rectory of the Church of St. Wenceslaus, boxes scattered about and the white walls bare of pictures, Monsignor Patrick Schumacher thoughtfully recounts, "... this is the place it began. The dream of Trinity High School was started in this office when three priests of Jesus Christ (+Monsignor George P. Aberle, +Father John E. Garvin, and +Father Adolph Pribyl), pastors of the Dickinson parishes at the time, gathered to dream about taking Catholic school education a step farther in the 1950s. They dreamed, right here, about a Catholic high school that would serve this community and form young hearts and minds to Christ."

Now, as Monsignor Schumacher packs his things and prepares for his new diocesan assignment as pastor of the Church of Corpus Christi in Bismarck, he recalls the discussions that happened in that same rectory office in March of 2014 – the morning following the fire that gutted the entire east academic wing of Trinity Junior High and High School. "The very next morning, the administration of Dickinson Public Schools came to this office and said 'what can we do? How can we help?' The fire of 2014 was truly a grace-filled event for our entire community," Schumacher said. The



fire set a new path for Trinity Catholic Schools: a path of stability and strength. In 2011, Monsignor Schumacher was assigned as pastor of the Church of St. Wenceslaus. When His Excellency David D. Kagan, Bishop of the Diocese of Bismarck, asked Monsignor Schumacher to become the pastor of the Church of St. Wenceslaus, Monsignor knew part of the reason he was coming to Dickinson was to help the Catholic school system. "I was coming to Dickinson from St. Joseph's in Mandan, where I had a school, and Bishop thought that in moving to St. Wenceslaus I could be of help to Trinity Catholic

Schools. That's where my journey here began," Schumacher said. He continued, "at that time, Trinity needed stability in leadership – and we found that when we hired Mr. Steve Glasser as our president."

Just one month after Mr. Glasser was hired, the fire happened and that set a new direction for Trinity Catholic Schools. "The fire event changed everything. The grace of that event is that it revitalized our sense of common ownership of the Catholic School system – that same common ownership that was inspired by the Holy Spirit when Monsignor Aberle, Father Garvin, and Father Pribyl met over 50 years ago."

The evidence of Monsignor Schumacher's belief in Catholic school

education is tremendous: under his leadership, Trinity Catholic Schools implemented the most significant faculty salary increases in 30 years; in collaboration with the Diocese of Bismarck and Bishop Kagan, Monsignor Schumacher effectively restructured the Trinity Catholic Schools Board of Directors; and Monsignor Schumacher led the building and the opening in 2017 of the new academic wing of Trinity Junior High and High School (which includes the magnificent St. John Paul II Chapel; as well as major renovations of the auditorium and gymnasium).

Trinity Catholic Schools is forever impacted by the prosperous efforts of this priest of Jesus Christ and for him, this school is eternally grateful. ■



Monsignor Patrick Schumacher speaking at the grand opening and school blessing of the new academic wing of Trinity Junior High and High School, January 2017.



Monsignor Patrick Schumacher, blessing the Knight of Columbus Activities Center, upon its completion in 1995

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UNITED WAY

3rd Annual Bakken Inflatables 5K



Patterson Lake: Crooked Crane Trail, Saturday, July 25th, 2020 begins at 9am. Pre-registration will be available online at www.eventbrite.com/e/bakken-inflatable-5k-fundraiser-tickets-106260584268

"We are going to break the event into relays and allow families/pods to run together," De Leon said. "Runners will launch in relays every 20 minutes until 1pm" Runners are asked to arrive 30 minutes prior to their start time to allow for entry and safety briefs. This is a fun family event with an inflatable bounce house and a 5k with inflatable obstacles.

The Bakken Inflatable 5K is a fun family event where everyone is a kid at heart. Being healthy doesn't always have to include working out at the gym or eating nothing but fruits and vegetables. This is a 5K course with seven inflatable obstacle stations. Any age and fitness level can enjoy the obstacle course. Come enjoy music, food vendors, and our fun inflatable course.

"We want this event to focus on families and reach our community because that's the mission of all the partners," Stacy Kilwein (coordinator at West Dakota Parent & Family Resource Center) said. "I think it's so important that people in our community, whether a parent, aunt, uncle or caregiver, understand that there are resources

right here in the community". This unique event will create a one-of-a-kind family experience for you and your kids while helping support the United Way of Dickinson COVID-19 Family Support Fund. "Everything stays local," said Chris Winhold, president of the board of directors at House of Manna. "We spend locally, receive contributions locally and help locally."

For more information please go to dickinsonunitedway.com/ or www.facebook.com/events/691028741411111/. If you're interested in being a sponsor or vendor, please contact Nichole at 701-483-1233. Parties looking to volunteer are asked to call Stacy at 701-456-0007. ■



CONVENTION AND VISITORS BUREAU

Refresh and renew - safely!

The summer travel season is here, and because of the COVID-19 situation, many people are making their vacations into staycations and finding out what they have right in their own state.



The Dickinson Convention & Visitors Bureau (CVB) has a lot of great resources on things to see and do that you may not have either thought about, or had no idea that we have the information that can help you. We have also have information on attractions, state parks, resorts and more in North Dakota.

Highway 85 trip - The Pioneer Trails Museum in Bowman is awesome! Not just ranching history, the museum is home to many dinosaur exhibits. Just

a few miles to west the Unique Antique Car & Western Museum is in Marmarth. The northern end of Highway 85 includes interesting historical stops not only at the North Unit of the TR National Park, but also in Watford City, and further north to

Cartwright, ND where the Fairview Life Bridge and Cartwright Tunnel are at. Beyond that, Fort Union Trading Post, fully furnished, the Missouri-Yellowstone Confluence Center and Fort Buford State Historic Site near Williston are all easily a day drive for you.

And while these are a few ideas on within our local end of North Dakota, there are so many other places that you can enjoy your summer vacation or weekend getaway right near home, and still feel like you have experienced something new. The Pembina Hills in northeast North Dakota, Fort Ransom south of Valley City, and other places are that vacation destinations right here, near home. Stop by our office, we would love to tell you about your state! ■



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TWEETING

What I've learned

By Lauren Evans

Birdwatching has become a passion of mine and lately after more research about birds, I have learned so much. I have seen posts from 'Pollinator Friendly Yards', and 'Gardening for Pollinators and Wildlife'. I learned that Blue Jays stay pretty quiet during mating and raising their young. Not as many at the feeders, but a few at the bird baths for water. They are out there. Just yesterday, I realized why the Blue Jays were going under my peony bushes. My son suggested they are looking for ants and spiders.

The baby birds need protein to survive. Bugs, worms, moths, ants, spiders, and all kinds of insects are needed to feed their



young. The Grackles and Black Birds are taking over the world, so it seems. Of course, they are feeding their broods in the nests and now teaching them about food on the ground. This is the same for all birds.

The Robins are so interesting. They search for worms, and now I realize they are looking for the same insects as the other birds. They also

get into the suet feeders and the bowls of jelly and jam that I had put out for the Orioles. (I haven't seen any Orioles yet.) Even the Black Birds and Grackles are feeding jelly to their young. Robins generally produce two broods of young in the spring within two months. So, the demand for fruit, invertebrates, seeds and grain is critical.

I haven't seen small birds like I did earlier in the spring. My baby Pine Siskins and today a baby Goldfinch were killed by a neighbor's cat.

Mostly, I have learned about the impact of spraying lawn chemicals for dandelions and the use of Weed and Feed is deadly for birds. I have learned how it affects the survival of birds. My gardening practices have changed because of what I have learned. Do you see bees, butterflies, fireflies and moths in your yards like you did as children? Remember butterfly nets for fun? No more. When lawn services spray your yard, they leave a flag that states to keep pets and children off the area until it is dry. Science has proven that cancer in



Grackles searching for bugs

dogs, cats, and children can be linked to these chemicals. I have also learned that these toxic chemicals do not go away. Think about your gardening practices and do what you can to keep all animals and people safe. When you water, the run off finds its way to drainage ditches, small ponds, well water and streams.

Another thing I learned about spraying Talstar for mosquitoes not only kills them and all insects but also kills the predators that hunt them. When the dragonflies, moths, and bats are killed, there are no predators to kill the next wave of mosquitoes. Did you know dandelions are the first food for the bumblebees and other small bees that need food before flowers and plants in the garden bloom? We need the bees to pollinate our gardens. The bees and all insects die from the spray. When left alone, the dandelions die, the small birds eat the seeds and take back to their nests for their young. The dandelions die on their own and the roots leave a tunnel for rain water to soak in the soil.

My next venture to help the birds is

to start planting more native varieties of plants. I, too, plant for pretty; but now I will plant the ones that attract the pollinators and the birds. ■



Black Bird enjoying a bath



Woodpecker seeking peanuts

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MISS BEA'S KITCHEN

Dinner at home

By Laura Beth Walters

Okay, so, let's share a moment of brutal honesty. Show of hands - who took the whole "support our local restaurants by ordering take-out" a little too seriously over the past month?! Both of my hands are up. I've relied too heavily on local take-out and my husband's grilling



abilities of late and it feels like ages since I actually made a legitimately home cooked meal! In the last week or so I've really been trying my best to get back in the routine of making dinner for us though and I'm starting to enjoy it again now that I'm over the hump. Maybe you're in the same boat?

To ease my way back into cooking every night I've been making very simple meals that are filling and that don't take a ton of prep or cook time. I would like to

share a recipe with you today that is one of our favorites! You can make variations of this using Cajun seasoning or something more mild like Italian if you prefer. Really, you can make it entirely your own by mixing in whatever seasonings you prefer, but those seasonings are our two favorite

ways to make this dish - especially Cajun! I am making this for dinner tonight with a side of fried green beans and garlic bread!

Laura Walters is the Owner of Miss Bea's Kitchen. She offers affordable, local menu planning for the busy family and non-chef alike. Follow her on Facebook: @MsBeasKitchen, on Instagram: @msbeaskitchen, or email her at: MissBeasKitchen@gmail.com ■

Smoked Sausage Hash

Ingredients:

- 2 TBS olive oil
- 1 TBS butter
- 3-4 potatoes, cubed (sometimes I use sweet potatoes!)
- 1 (14 oz) package smoked sausage, sliced
- 2 peppers, diced - red, green, or orange
- 1 medium onion, thinly sliced
- 2 cloves garlic, minced
- Salt & pepper to taste
- Optional seasonings: Italian or Cajun



1. Heat the olive oil and butter over medium-high heat in a large skillet or cast iron. Add the potatoes and season with salt and pepper. Cook until desired crispiness, about 10-15 minutes, stirring occasionally. Set aside using a slotted spoon.

2. Turn the heat down to medium and cook the sausage for 2-3 minutes on each side, until lightly browned.

3. Add the onions and peppers and cook, stirring frequently, until the onions are soft and translucent, and the peppers are tender. Add garlic and cook for 30 seconds. Season with salt and pepper.

4. Stir the potatoes back in and continue cooking for another minute or two. Add more salt and pepper if needed or any other seasonings as desired. ■

YOUR HEALTH

Why are my thyroid levels normal yet I don't feel well?

By Steve Irsfeld

I love that question because it presents itself as a challenge. How can everything look good on paper, and I still suffer from symptoms like low energy, fatigue, dry skin, constipation, hair loss, and feeling cold all the time? I find this as an excellent opportunity to

educate patients about their thyroid, how it works, what stress can do to it, and how diet can influence it.

The American Thyroid Association estimates that up to 12% of our population will develop thyroid disease, with up to 60% of patients not knowing they have a thyroid condition. Women are seven times more likely to develop thyroid disease than men. Hashimoto's, an auto-immune thyroid condition, affects up to 2% of the population. As you can see, the statistics indicate that this is a health concern in society today.

The primary hormones produced by the thyroid gland consist of T4 and T3. These hormones are responsible for metabolism, body temperature regulation, and growth and development throughout the body. T4 is the primary thyroid hormone but is an inactive form. T4 is the ingredient in generic levothyroxine or brand name Synthroid. T3 is the active form of thyroid which comes from the conversion of T4; it is commercially available as liothyronine or brand name Cytomel.

Here is a big takeaway from this information: Under the presence of stress, the enzyme that converts T4 to the active form of T3 does not function optimally, and T4 gets converted into reverse T3 or rT3 the inactive form. If you are stressed, and your body isn't working correctly, that could be the reason you are not feeling well.

The most common test to run to determine if you have a thyroid issue is TSH or Thyroid Stimulating Hormone. An elevated TSH can be a sign that your thyroid is not keeping up with the demand of your body. When you don't have enough circulating hormone, TSH



increases in hopes that it will stimulate the thyroid gland to produce more thyroid. High TSH most often equates to low thyroid. This is a point of confusion for some patients because it is the reverse of what you usually think.

Two other standard tests can be run to signify that a hypothyroid or low thyroid condition may be happening.

The standard treatment of thyroid includes supplementation with levothyroxine or Synthroid. This can be where many patients end up with normal values for their thyroid, yet they don't feel right.

Another option when treating hypothyroidism includes the use of desiccated porcine thyroid. The advantage of using this as a form of treatment is that you are getting an active form of T3 rather than hoping your body will make that conversion for you. If a person is under severe stress, this can make all the difference in the world.

A study was done in 2014, and it looked at patients that were stabilized on Levothyroxine alone. The patients were converted to a desiccated thyroid product, and after 4 weeks, 78% of them preferred the desiccated thyroid product over levothyroxine, an option to consider if you are not feeling well on your current levothyroxine therapy.

Another option would be a compounded T4 + T3 combination that can be formulated into any strength your practitioner chooses.

My staff and I would like to help you with questions regarding thyroid issues that you might be having, so call or stop in to schedule a consultation. 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: Maggie Mae (#___)
- B: Hannah (#___)
- C: Ezra (#___)
- D: Rex (#___)
- E: Bogart aka Bogie (#___)
- F: Molly (#___)

(Answers in our July 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: #4 Hank
- B: #1 Kali
- C: #6 Izzy
- D: #5 Wilbur
- E: #3 Murphy
- F: #2 Buddy



2020 BADLANDS BIG STICKS SCHEDULE

HOME (Red)
AWAY (Blue)

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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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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SOUTH HEART

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PARKS AND RECREATION

2020 Bandshell Concert Series

The 2020 Bandshell Concert Series kicked off this past Tuesday with a bang! Dickinson's finest Country/Rock band, Sawdust started off the series with some awesome tunes. We are excited to be able to still have our concerts this summer and we have a great line-up for the community planned. The best part is, these concerts are all free!

As a special treat this year we will be hosting the United States Navy Band all the way from Washington D.C. The United States Navy Band Country Current is the Navy's premier country-bluegrass ensemble. The group is nationally renowned for its versatility and "eye-popping" musicianship, performing a blend of

modern country music and cutting-edge bluegrass. This seven-member ensemble employs musicians from diverse backgrounds with extensive high-profile recording and touring experience in the music scenes of Nashville, New York, New Orleans and more. This special concert will take place on July 25 at 7:00 pm at the Bandshell.

The Bandshell Concert Series is a great family-friendly event and a nice way to get out and enjoy some fresh air, listen to great tunes and see a beautiful North Dakota sunset. Concerts will run every Tuesday at 7:00 pm with a final concert August 11 in corporation with our Chalk Walk event. ■



Bandshell Concert Series kicks off under beautiful blue evening skies



Sawdust headlines the first concert of the summer

WHERE BUSINESS GOES TO GROW

Census responses still needed

By Stark Development Corporation

Summer is upon us and as a result of COVID, it seems like we are all scrambling to plan our summers and cram as much into the summer months as possible. It somehow has become the North Dakota way.

It's great to see that our state has done pretty well with its pandemic response. We are blessed with many wide-open spaces. People in urban areas often do not understand the beauty that many of us see in a vast, open prairie, but I think they are all a little jealous now. We social distance naturally!

It's also good to see businesses cautiously and smartly reopening. Our economy needs our businesses, and our businesses are the backbone of that economy. We have to continue to be smart, though. The virus is still out there, and we don't want a second wave to hit anywhere. Stay home if you feel sick and social distance as much as you can. Respect and kindness are things we do well in this state. We all can be great examples of what it means to take care of our communities and the people living in them.

And you knew it was coming: Another way we can

help each other is completing the 2020 Census. Many of you probably have done it. THANK YOU! But if you have completed it, your work isn't done. Don't forget to urge your family, friends, and neighbors to complete it as well.

As our economy recovers, it's more important than ever to make sure that our area gets the federal dollars it deserves. Citizens and businesses send money in through taxes, and this is our chance to get some of it back! We need it to make sure that we have as many resources as possible as we move through this pandemic and learn more

about how to prepare for the future and 'new normal'.

The Census Update Leave operation – which delivers materials to households that do not have physical mailing addresses – finished in mid-June and the state saw its self-response rate jump almost immediately. Over a weekend, we went from 59.8 percent to 61.3 percent, which was pretty amazing.

With Update Leave completed, that means that nearly every household in the state received materials about

completing the Census. Everybody is on the same playing field now. So, if your community or county has a low self-response rate, there really isn't any excuse. Get that Census completed and help out!

If for some reason you don't remember receiving any mailings or a package left at your front door, you can still go online to www.census.gov and complete the Census. You can also call 1-844-330-2020 and someone will help you take the Census over the phone.

Finally, even if you haven't had time to do the Census, staff from the Census Bureau will be visiting non-response households starting August 11 to give those people one last chance to help out.

Remember all the important things that benefit from a thorough and complete Census count:

- Healthcare programs and services
- Emergency services including fire and rescue
- School programs like after-school and school lunch programs
- Senior centers
- Youth centers

The list could go on and on, but they are all services that are essential to making our communities strong, wonderful places to live.

Remember: The Census isn't over. If you haven't filled it out, you have until October 31. That gives you several more months to help your community. If you have filled it out, it's OK to casually ask if others have done so. If they haven't, encourage them. We haven't had any sports to cheer for, but we can all be supporters and fans of getting money for our state! That's a cause we can all believe in. ■



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 - CHILDCARE FACILITY GRANTS
 - VOCATIONAL TRAINING GRANTS
- MONTHLY ECONOMY AT A GLANCE

HEART RIVER VOICE FEATURE Q & A

Committee continues towards inclusive playground for all



By Nathan Zent

The North Dakota outdoors provides a fun and relaxing environment for people of all ages to play and create memories. The proposed Friendship Park aims to alleviate safety and accessibility barriers for individuals with disabilities and their families with a specialized playground that would have a rubber mat surface and inclusive features. This would set Friendship Park apart from the other established parks in Dickinson.

I am following up with Sarah Carlson, President of the Friendship Park Committee, to see how progress is coming along towards making Friendship Park a reality in Dickinson. The Friendship Park Committee was formed to get a park in Dickinson that is inclusive; this means the park will provide opportunities for people of all ages and abilities to play in a fun and safe environment. [Original story can be found at www.heartriver-voice.com, July 2019 issue, page 16.]

HRV/Nathan Zent: Are there plans for a ground breaking ceremony? If so, when?

Sarah: There is not a ground-breaking scheduled yet. We continue to be

committed to fundraising, and will have a ground-breaking when the project is fully funded. The last thing we want is a half-completed project because we started before we secured all of the funding.

How much of your fundraising goal has the committee secured?

We have either in donations, grants

received, or pledges, raised about 60% of our goal. We also have some current grant opportunities that we are waiting to hear back on, so we get closer every month! We will be doing some t-shirt sales soon, and hope that people purchase a t-shirt to wear for the big opening. How amazing would it be if a sea of similar, colorful t-shirts were all unified and playing together with people who might be a little different than them, but all able to access the equipment together as a community? If folks are interested in donating, buying a t-shirt, or connecting us with some businesses or grant opportunities, they are welcome to contact Sarah by cell phone at 515-450-7378.

Has the committee finalized the design for the park?

The design piece will also happen after the funding is complete as well. This will be part of the bidding process and the committee will weigh in on accommodating features of the playground.

Who comprises the Friendship Park Committee?

President: Sarah Carlson (Parent)
 Vice President: Katie Schlosser (Rehab Visions, PT)
 Secretary: Jenna Weisz (Rehab Visions, OT)
 Treasurer: Daniel Duletski (Pharmacist)
 Tracy Tooz: (Parent, Construction)
 Deb Schweitzer: (Parent, Primary Early Intervention Professional)
 Angie Skaarvold: (Parent)
 Dr. Marc Ricks: (Pediatrician)

Did the Friendship Park Committee gain any new members in the last

year? If so, who?

No new members, but we have had some people connect and support the cause.

Are you currently looking for new committee members?

We are always open to new members, but want to be sure that there is understanding that where we need the most support is with fundraising, so if someone has great skills in that area, we would welcome them. We also want to stay close to the vision, so we would be most interested in parents of kids with disabilities or people who have a disability for their valuable input and experience of play.

What is the committee most proud of in the last year?

We did more presentations and really focused our energy on fundraising and made some great progress. People are more familiar with the name, Friendship Park, now too, and what it stands for.

We can't wait to cross the finish line and connect with everyone in the community to play!

Friendship Park would be a beneficial addition to Dickinson because individuals with disabilities and their families could play together on the inclusive playground where physical barriers that limit access on traditional playgrounds would not exist. Friendship Park would allow for social interactions among people of all ages and abilities, thus fostering the building of community. If you are interested in helping to make Friendship Park a reality, feel free to contact Sarah Carlson at 515-450-7378. ■



WHAT'S YOUR STORY

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



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—author unknown

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HEART RIVER GEMS

Irene Schafer

By Kaylee Garling

"I ended up having a Sunday where I didn't have anything to do, so I headed down to the post office. I never read the Fargo Forum, but I picked one up and there was an article about these women who had started The Power of 100 Women a month or so before in Fargo. You know that little voice in the back of your head? You should always listen to it, because I thought, Oh, I should do that, but I can't do it on my own. The next day, I went to my dear friend Shirley Dukart's office, put the article on her desk, and said, 'Hey Shirley, we should do this.' And she said, 'Yeah,' quick and spontaneous, so we combined our email lists, approached our friends with this idea of women helping our community in November, and by January, we had enough goings that the Dickinson Press did a front page article. By February, we had about 100 women, and our first real meeting in April. Now, we are starting our 5th year, with just a few dollars over \$300,000 that we've given back to the community. So, this is a special thing for me. We put a lot into it and see many positive differences in people's lives as a result." The Power of 100 Women is a very unique opportunity for women to get involved, build a stronger community, and help the many charities in need in our area.

"When I was in high school and about 16 years old, we lived out in California during the war years. Teenagers were pretty much unsupervised because the parents were busy working. We lived where a Lutheran minister took us under his wing. He would organize

all kinds of things, ping pong, pool parties, and the Saturday night dances were special. Jitter bug and boogie were popular then. I mean, serious jitter bug and boogie like you see on TV. One night I was at the dance, standing back and watching, and I asked him, 'Why do you keep spending all this time with these young people?' He spent most of his waking hours supervising these kids, and he said, 'Well, I believe in building a great community, and I'm trying to. Someday, you find a great community and build that community.' At

the time, I blew it off, but after I moved to Dickinson, and lived here for a period of time, I started getting involved, and in the last few years, I have seen how this building a good community gelled for me. It's easy to build a great community with the incredible people here."

After high school, Irene returned to North Dakota. She attended DSU, where she graduated in 1983. "Going back to finish my college education as an older adult was a challenge. All my kids were grown up and moved away, so I figured I could go back and do my education. You're never too old. You never quit learning. At 2 o'clock, I would start to fall asleep and a fellow student gave great advice. He said, 'Hey, chew a little gum and it helps.' I got involved in multiple activities along the way, and they must've



From L to R: Irene's grandson, Allan, daughter-in-law, Lorna, son, Greg, Irene, and daughter, Nickie

thought that's okay, because DSU gave me their Golden Hawk Award, which is the highest award they give to their alumni. I received a Bachelor's degree in Accounting and Business, pictured myself as CPA, but after doing the exam, and getting involved in the Pennysaver business, I decided advertising is much more fun." Irene laughed, but as she described herself, she is a people person who is perfectly suited for her job at The Finder, formerly the Pennysaver. "Everything that was in the Pennysaver will now be in the Finder. It will cover all the way over to Mandan and Bismarck, which is such a bigger area. It's a win-win for everyone."

Most people heard of Irene's recent challenge of losing her home to a fire just before her 90th birthday this spring. In true Irene fashion, she has chosen to stay positive throughout this devastating trial. "I usually never answer my door day or night. On this particular Thursday night, someone pounded on my door, and I bound down the stairs in my pajamas to answer. This guy is standing there,

and he says, 'Lady, I think your house is on fire.' I went back upstairs to get jeans on, my land line was dead and I couldn't find my cell phone. By the time police got there, they moved me across the street so I could watch, and the whole roof was in flames. The smoke alarm didn't go off until we were leaving the house. I believe I had a guardian angel who prompted me to open the door in that fashion, because that was so totally not me. Thinking back about what I've lost, it can't be replaced, but I can put my life back together and still be very happy. I didn't lose the important things. I still have my health, my family, my friends." The outpouring of support from community members who know and love Irene helped her get back on her feet. She looks forward to thanking them in the appropriate fashion.

There was so much more I would love to include in this article, especially her advice. "One thing I firmly believe in is, choosing the positive over the negative. I read a book by Victor Frankl who was in the concentration camps. The only thing

Continued, next page

Heart River Gems is proudly sponsored by



Power of 100 Women presenting a check to the Stark County Veterans Memorial Association

Continued from page 18

that got him through was choosing the positive over the negative, time and time again. The choices you make, make you the person you are. You can change your life at any point. Choose positivity. Be optimistic." And to the rising generation, she recommends, "To not be so hard on themselves. These young kids are driven. They have to do this. They have to do that. I don't believe in forcing things. I think that you just do what you're supposed to do, and things will evolve. When people force an issue, they get going against what should happen. But if they just relax a little bit, let things work themselves out, doors open, doors close. The key is, to be able to recognize when a door closes, that another door will open, with a better answer."

May we all have Irene's unshakable positivity, especially in our times of struggle, and remember to allow new doors to open is my hope in writing about this incredible Heart River Gem. ■



Irene and a framed Congressional Record from Representative Kelly Armstrong recognizing her 89th birthday last year

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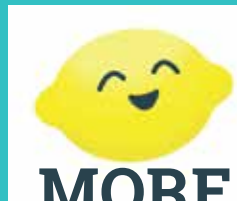
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Intermittent fasting

By Gabrielle K. Hartze, RD, LRD

Intermittent fasting may just be one of the oldest nutrition interventions around. Think back to the prehistoric days, when food was either hunted or gathered and at times, not always available. Some may believe that intermittent fasting implies starvation, but not exactly. Fasting differs from starvation in the aspect of control. Starvation is the involuntary absence of food while fasting is voluntarily withholding food and choosing not to eat it.

a dietitian for proper observation and guidance.

Intermittent fasting has shown some benefits like decreased insulin resistance and inflammation, increased cellular repair along with a reduction in belly fat. Those trying intermittent fasting are usually doing so to lose weight. If this is the case, it's particularly important to eat the same number of calories during eating periods as if they hadn't been fasting at all. Compensating by bingeing on food after a fasting period, will only pack on the pounds.



Fasting allows the body to use its stored energy by burning excess body fat. As food is digested, some energy is used immediately while the remaining is stored for later use. Carbohydrates are first broken down and stored in the liver or muscle. Due

to limited storage space, the remaining is then converted into fat. The hormone insulin is most responsible for this energy storage. Food consumption triggers insulin levels to rise sequentially signaling excess energy to be stored.

Intermittent fasting has no set length of time, leaving room for plenty of flexibility. There are five popular methods: 24-hour, 36-hour, 5:2, alternate day and extended fasting. The simplistic 24 and 36-hour fasts are consecutive time frames in which no food or beverages are consumed, other than water, of course. A typical week using the 5:2 method includes 5 regular days (eating periods) split by 2 fasting days, in which 500 calories can be consumed. Alternate day fasting switches between regular and fasting days. Extended fasting is typically greater than 48 hours.

The opposite occurs with an absence of food. During a fast, insulin levels decrease, signaling the body to burn stored energy. This is initiated by the burning broken-down carbohydrates also referred to as glucose. Once glucose stores are depleted, energy is gained from the decomposition of fat stores.

The Bottom Line: Intermittent fasting is a handy weight loss tool but isn't for everyone. Individuals with certain medical conditions or those taking certain medications should avoid intermittent fasting. Diet quality is a critical aspect of this diet as a binge of food during eating periods will not result in weight loss. Intermittent fasting demonstrates some benefits but is still controversial as more research is needed. Please visit with a doctor or dietitian prior to starting. ■

When returning from an extended fast, it's crucial to re-introduce food slowly and in a certain manner. If food is re-introduced too quickly, the body may go into a type of "shock" referred to as refeeding syndrome. This shift in cell composition can be dangerous and life threatening. This is because after fasting for an extended period, the body is no longer supplied with ample nutrients, vitamins and minerals. To lessen the risk of refeeding syndrome, work with

Intermittent fasting is a handy weight loss tool but isn't for everyone. Individuals with certain medical conditions or those taking certain medications should avoid intermittent fasting. Diet quality is a critical aspect of this diet as a binge of food during eating periods will not result in weight loss. Intermittent fasting demonstrates some benefits but is still controversial as more research is needed. Please visit with a doctor or dietitian prior to starting. ■

NDSU EXTENSION

4-H Communication Arts

By Holly Johnson



On Thursday June 11, 2020, seven 4-H'ers from Stark-Billings County participated in the Southwest District 4-H Communication Arts Contest virtually. Communication Arts is a public speaking event for 4-H youth ages 5 to 18. Youth can give readings, speeches, demonstrations, electronic presentations, and more. The event gives students the opportunity to present in front of an audience – strengthening their public speaking skills while building their confidence. The judges provided constructive feedback through one-on-one conversations after each presentation – explaining what each 4-H'er did well and where there was room for improvement.



Due to COVID-19, this was a virtual learning experience for the youth. They practiced and pre-recorded their presentations from home. The videos were played during a zoom meeting where judges and youth were present. This allowed for the constructive feedback from the judges that helps 4-H'ers learn and grow. All the youth who participated from Stark/Billings County should be very proud of their hard work and accomplishments!

During these new and foreign circumstances, these 4-H'ers put in a lot of time and effort to better themselves as young individuals.

The results from the contest are as follows:

Receiving first place medals were Phaden Schrum and Michaela Mitchell. Phaden gave an interpretive reading in the junior division. Michaela Mitchell gave a persuasive speech in the senior division. Receiving honorable mention ribbons were Layne Melchior and Michaela Mitchell. Layne did a demonstration in the junior division. Michaela gave an interpretive reading in the senior division. Receiving a blue ribbon was Desmond Cain. Desmond gave an interpretive reading in the senior division.

Kyron Schrum, Madigan Schrum, and Kenya Kilwein participated as Cloverbuds. Cloverbuds are students ages 5 to 7 who participate in 4-H events but are not quite old enough to compete. Reciting the Pledge of Allegiance or the 4-H Pledge are common presentations for Cloverbuds, but they are welcome to give more in-depth presentations if they wish. Any opportunity to have young people speak publicly is of immeasurable value, no matter the age. Kyron gave an interpretive reading, Madigan recited the Pledge of Allegiance, and Kenya did a demonstration. ■

COMMUNITY

8th Annual Bakken BBQ

Come have a Beachin' Good Time at the 8th Annual Bakken BBQ on Friday, August 21st at the West River Ice Center parking lot. Bring your flip flops, friends and family out for the night! We have lots to offer including raffle tickets with over \$20,000 in prizes for only \$10/ticket, LIVE auction, kiddy corner with face painting, jumping castles, and games!

All you can eat grub with companies cooking to compete for the much-coveted trophy (and of course, best BBQ bragging rights). Music by Powerplay DJ. The event will benefit Make-A-Wish North Dakota.

Tickets can be purchased in advance or at the event:

Adult entry fee: \$20

Children (ages 9-15): \$10

Children (ages 8 & under): Free

The Bakken BBQ was created in 2013 to bring together the community for a family-friendly fundraising event. The founders, Jackie Jenkin and Tiffany Steiner, have

been overwhelmed by the support of the community and couldn't be more proud to be a part of this life-changing event.

Since 2013, the BBQ has raised more than \$300,000 for Relay for Life and Make-A-Wish North Dakota, helping us fulfill our goals of bringing the community together by creating a family-friendly event and raising money to help make a difference in our community.

See our ad above if interested in a sponsorship or to participate. ■



Come have a Beachin' good time!

8TH ANNUAL Bakken BBQ

2020

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
It's a BBQ with a heart! Est. 2013

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

TO SPONSOR/PARTICIPATE, EMAIL:
BAKKENBBQ@HOTMAIL.COM

ALL YOU CAN EAT BBQ!

Heart River VOICE Events

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

Please note that many events are tentative, depending on state regulations at the time. Check with the event hosts or their websites in case of postponements or cancellations.

It's up to all of us to slow the spread of COVID-19. Everyone, including young and healthy people, should avoid large gatherings during this time. Stay up to date with public health guidelines from [cdc.gov](https://www.cdc.gov).

JUNE 1-JULY 31

SUMMER OF WONDER 2020 READING PROGRAM Visit dickinsonlibrary.org for more information.

JULY 2-3

SOUTHWEST SPEEDWAY RUMBLE IN THE BADLANDS 6PM Watch Wisconsin Street Stock Special cars as they rip the track up with drivers from across the region competing for the top prize. Bring the family out for an evening of fun! More info, contact 701.483.8722. 47th St SW.

JULY 2-8

BADLANDS BIG STICKS HOME GAMES All games start at 6:35PM, except Sunday's game starts at 4:35PM. See full schedule, p. 13.

SATURDAY JULY 4

CELEBRATING FREEDOM PARADE 10AM Enjoy the colorfully decorated floats representing our great American heritage. More info, contact 701.456.7610 Ext 2. Downtown Dickinson.

FIREWORKS DISPLAY

10PM End the perfect summer celebration with a boom! Experience one of the most spectacular fireworks display for miles. Watch as the skies explode with brilliant color! More info, contact 701.483.7721. Former DSU Rodeo Grounds, 400 State Ave.

JULY 6-16

DPRD SUMMER ART SESSION 12:30-1:45PM | 6-8 YRS and 2:00-3:15PM | 9-12 YRS. \$35/session. More info, contact 701.456.2074.

TUESDAY JULY 7

BANDSHELL CONCERT SERIES 7PM Queen City Band. 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 JULY 9

PATTERSON LAKE BEACH PARTY 3-6PM Free admission to Patterson Lake Recreation Area all day!

FIRST ON FIRST DICKINSON SUMMER NIGHTS 5-11PM Music starts at 6PM. Great White and Anthem. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 29.

BOOKS & BREW: HILLBILLY ELEGY BY J.D. VANCE

7-8:30PM A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month we discuss a book while enjoying a beverage or 2. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. Register at DAPL website, dickinsonlibrary.org. DePorres House of Barbering and Lounge, 17 2nd Ave W.

SATURDAY JULY 11

KIDS FAIR 11AM-4PM Bring the family for some boot stompin' fun! Many accessible & sensory-friendly games/shows to include all children! Free admission. Stark County Fairgrounds. See ad, this page.

CONNIE GJERMUNDSON PERFORMS LIVE 7-9PM Barrel Stage at Medora Uncork'd, 370 Pacific Ave, Medora.

LIVE MUSIC: LISA G & SHOW-DOWN 9PM-12AM Live music and dancing at Boots Bar and Grill. 300 Pacific Ave, Medora.

JULY 13-15

BADLANDS BIG STICKS HOME GAMES All games start at 6:35PM. See full schedule, p. 13.

TUESDAY JULY 14

BUSINESS AFTER HOURS 4-6PM Join the Chamber of Commerce for food, drinks & networking at the Elks, 501 Elks Drive.

BANDSHELL CONCERT SERIES

7PM Greg Hager. 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.

WEDNESDAY JULY 15

CONSOLIDATED'S MOVIE NIGHT IN THE PARK 6PM Concessions provided by the Dickinson High School Cheerleaders. Movie (Disney's Frozen) starts at 8PM. Dickinson Eagles Park, 428 2nd Ave SW.

SOUTHWEST SPEEDWAY

DAKOTA MODIFIED AND STOCK CAR TOUR 6PM Bring the family out for an evening of racing fun! More info, contact 701.483.8722. 47th St SW.

THURSDAY JULY 16

SWIM WITH THE BIG STICKS POOL PARTY 1-3PM WRCC Outdoor Pool. Also free admission to WRCC all day! West River Community Center, 2004 Fairway St.

FIRST ON FIRST DICKINSON

SUMMER NIGHTS 5-11PM Music starts at 6PM. Southern Drawl and Flannel. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 29.

SATURDAY JULY 18
SOUTHWEST SPEEDWAY

FREEWILL GIVEAWAY 6PM

Bring the family out for an evening of racing fun! Bring 1 non-perishable item and receive \$5 off admission! More info, contact 701.483.8722. 47th St SW.

LIVE MUSIC: EZ STREET 9PM-12AM

Live music and dancing at Boots Bar and Grill. 300 Pacific Ave, Medora.

SUNDAY JULY 19

CASEE ALLEN PERFORMS LIVE 5PM Barrel Stage at Medora Uncork'd, 370 Pacific Ave, Medora.

JULY 20-30

DPRD SUMMER ART SESSION 12:30-1:45PM | 9-12 YRS and 2:00-3:15 PM | 6-8 YRS. \$35/session. More info, contact 701.456.2074.

TUESDAY JULY 21

BANDSHELL CONCERT SERIES 7PM ND National Guard Army Band. 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.

KIDS FAIR

SATURDAY JULY 11

11AM-4PM

STARK COUNTY FAIRGROUNDS
DICKINSON, NORTH DAKOTA

FREE ADMISSION FOR ALL

CONCESSIONS ON SITE

MECHANICAL BULL

Photo Booth

Bounce n Slide

BAZZOOKA BALL

HIPPO CHOW DOWN

BALLOON ANIMALS

Messy Mania

Magic Show

DUNK TANK
FEATURING THE SHERIFF AND MANY OTHERS!

MOTOCROSS SHOW

MINI NINJA COURSE

MANY ACCESSIBLE & SENSORY FRIENDLY GAMES SHOWS TO INCLUDE ALL CHILDREN

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ROUGH RIDER

JULY 21-26

BADLANDS BIG STICKS HOME GAMES All games start at 6:35PM, except Sunday's game starts at 4:35PM. See full schedule, p. 13.

THURSDAY JULY 23

FIRST ON FIRST DICKINSON SUMMER NIGHTS 5-11PM Music starts at 6PM. Zeona Road. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 29.

SATURDAY JULY 25

3RD ANNUAL BAKKEN INFLATABLES 5K 9AM A family fun event with an inflatable bounce house and a 5K with inflatable obstacles. More info, contact Nichole 701.483.1233. See article, p. 10. Crooked Crane Trail, Patterson Lake.

SOUTHWEST SPEEDWAY

FIRST RESPONDER NIGHT 6PM Bring the family out for an evening of racing fun! More info, contact 701.483.8722. 47th St SW.

TUESDAY JULY 28

BANDSHELL CONCERT SERIES 7PM Paul Family. 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.

WEDNESDAY JULY 29

PODCAST BRUNCH CLUB 6PM Like a book club, but for podcasts! Adults only due to content and themes. Dickinson Public Library Community Room. See article, p. 4, for more information.

THURSDAY JULY 30

FREE GOLF ROUNDS AT HEART RIVER GOLF COURSE 11AM-4PM Take advantage of some free golfing fun! Heart River Golf Course, 2510 8th St SW.

OPTIMIST PARK PARTY

12-2PM Join Parks and Recreation for some family fun! Free admission. Optimist Park, 731 6th St West.

FIRST ON FIRST DICKINSON

SUMMER NIGHTS 5-11PM Music starts at 6PM. Dirty Word with Kat Perkins and Nate Botsford. Wide variety of local concessions available all evening. Downtown Dickinson. See ad, p. 29.

BOOKS & BREW: I WAS ANASTASIA BY ARIEL LAWSON

7-8:30PM A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month we discuss a book while enjoying a beverage or 2. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. Register at DAPL website, dickinsonlibrary.org. DePorres House of Barbering and Lounge, 17 2nd Ave W.

JULY 31

BADLANDS BIG STICKS HOME GAME Game starts at 6:35PM. See full schedule, p. 13.

ONGOING EVENTS**FAMILY FUN**

Museum Center Starting the Tuesday after Memorial Day, hours of operation are: Monday to Saturday, 9AM-5PM and Sunday Noon-5PM.

SUPPORT GROUPS

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

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 Na-

dvornik 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

7PM 2nd Wednesday of each month. All community artists welcome! Location to be determined. 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.

Celebrating Freedom PARADE
DICKINSON, NORTH DAKOTA
JULY 4TH 10:00 AM

Register Online & Volunteer

4th of July Parade Route - 2020

Parade starts: Village Street/1800 Ave W
Parade ends: 16 Street/1000 Ave W

Contact: 701.456.7610 ex. 2
VisitDickinson.com/parade

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 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 974.211

SAVE THE DATE**SATURDAY AUGUST 1**

LEMONADE DAY Join the Dickinson Chamber of Commerce and area young entrepreneurs for some of the best lemonade in our community! See ad, p. 19.

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.

FRIDAY AUGUST 21 8TH ANNUAL BAKKEN BBQ

See ad, p. 21.

UKRAINIAN CULTURAL INSTITUTE

Winners of UCI's 40th anniversary poster contest



1st place poster winners from left to right: Division 3, Division 2, and Division 1

To celebrate our 40th anniversary, UCI sponsored a poster contest this spring. When entries began to arrive, it became clear that the posters needed to be divided in different levels of experience. A total of 27 posters were entered ranging in ages from 4 to 18 years old.

It was intended for the public to vote for their favorite poster while attending UCI's Lenten lunches but because of COVID-19, UCI closed to the public March 16 with only a few votes entered, therefore the board of directors made the final decision. Each entry was unique,

and it was very difficult for the judges. Each participant received a ribbon and the 1st place posters are on display at UCI, 1221 West Villard, Dickinson.

Division 1, Advanced, Audrey Rodakowski, Dickinson, won 1st place with her poppies drawing and Mrs. Mansfield's Art class, New England, won 2nd place for their Ukrainian dancer with a group of early immigrants.

Division 2, Intermediate, Celina Lefor, Dickinson, won 1st place with her Ukrainian flag colors with a dancer's wreath, and Naomi Lefor, Dickinson, won 2nd place for her Ukrainian red dance boots and wreath.

Division 3, Beginners, came from the Billings County School district with students from the Demores School, Medora, and the Prairie School, Fairfield.

Jacob Evoniuk, Fairfield, won 1st place for his colored drawing of poppies and a plate of pyohy, and Rubi Johnson, Medora, won 2nd place for a heart colored with the Ukrainian flag colors of blue and yellow.

Thank you to all who entered the contest.

UCI closed their doors to the public on March 16 due to COVID-19 and reopened May 18. With the uncertainties during these trying times, UCI's board of directors made the decision to combine their summer festival with their annual meeting and Hall of Fame celebration sometime toward the end of September. One summer event UCI will continue is their meal at the Belfield Pavilion scheduled on July 15, but if need be this will also be canceled.

Last year UCI was able to secure a \$1,500 grant from Walmart to begin refurbishing their outside street sign and some of the work was done using a portion of this grant. Then in April, UCI applied through Stark Development Corporation for funds to help with refurbishing the sign. The estimated cost to finish the project is \$9,703.46. The matching forgivable loan of \$4,851.50 was approved. Donations are being accepted to help cover UCI's matching funds. Once the sign is done being refurbished later this summer it will be a great improvement and pride for UCI's members and the community.

UCI is open Monday through Friday 9:00am to 3:00pm. Updates of events can be seen on UCI's Facebook at uci.dickinson or on our website at uci.today.org. UCI is proudly sponsored by UCI's members, Ladbury Funeral Home, Dickinson CVB, and the ND Council on the Arts. ■



2nd place poster winners clockwise from left to right: Division 1, Division 2, and Division 3

BEST FRIENDS

Friday night golf scramble offers optional glow ball play

By Mark Billings

The Best Friends Mentoring Program (BFMP) is teeing off a July golf scramble with the unique option of glow ball play at sunset.

Friday Night Lights Golf Scramble, a benefit for BFMP, features a shotgun start at 4PM on Friday, July 31 at the Heart River Golf Course. It will include 15 holes of golf in daylight, followed by a grab and go dinner by Green 19 – the golf course restaurant -- around sunset, and continuing with the option to play holes 16-18 using glow ball equipment.

The day-evening golf outing is one of a handful of events of its kind in southwestern North Dakota, said organizer Carter Fong. "Glow ball golf took a hiatus at Best Friends but we

private carts are encouraged and rental carts are available. There are also prizes for the first, middle and last-place teams, as well as incentives for the best dressed and most spirited foursomes. Participants who return glow ball equipment are also eligible for prizes.

The latest scramble updates, including COVID-19 social distancing guidelines, are available on the



BFMP Facebook Page at www.facebook.com/BestFriendsMentoringProgram. Registration is nearly at capacity but several more foursomes or individual players are welcome. To register or for more information, visit www.bestfriendsnd.org, contact BFMP at (701) 483-8615 or Fong at (701) 300-2551. ■

are continuing to refine our scramble and it's fun to unite as community members in supporting our youth," he said. "Participants don't need to golf to support us. They can donate a prize or become a sponsor. There are a variety of ways to help."

Fong is also president of the Western Wellness Foundation, the umbrella nonprofit over BFMP, and is taking the lead in organizing the outing for the third consecutive year.

"We are extremely grateful for the corporate, organizational and individual support we have received for our outing over the years," said Kris Fehr, BFMP's executive director. "It is fun to meet the players and to see their enthusiasm for the game as well as supporting our mentoring services across southwest North Dakota."

For \$300 per foursome, the event includes 18 holes of golf, a dinner to go for each player, prize drawings, and glow ball equipment. Golf carts are not included;



GOING POSTAL

ENJOY THE GREAT OUTDOORS

With the release of the Enjoy the Great Outdoors Forever stamps, the Postal Service celebrates the many ways individuals experience America's abundance of natural beauty. These hand-sketched and painted designs depict five different scenes showing outdoor activities: Building a sandcastle, canoing, hiking, biking, and cross-country skiing.

Art director Derry Noyes designed the stamps with original art by Gregory Manchess. ■



Source: store.usps.com

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THEN... and Now: Signposts to growth - The Pest House: Part 2 of 2

By Bob Furhman

In the late 19th Century several communicable diseases threatened the health of Americans – scarlet fever, diphtheria, small pox, measles and whooping cough mentioned related to quarantines in issues of the Dickinson Press between 1897 and 1902. During this era there was no facility for communicable cases and quarantines generally involved the family being confined to their homes by the Board of Health.

Beginning in 1890 North Dakota state statutes required that each county establish a board of health, the states' attorney to serve as president and a resident of the county as vice-president, this 2-person board to appoint a superintendent of public health for the county, "who shall be learned in medicine and hold license to practice medicine and surgery within the State." In 1893 North Dakota cities were required to establish their own board of health which would consist of four aldermen, together with the city engineer and the health officer. The post of health officer was a two year appointment of a "competent physician in regular practice."

The statutes laid-out the duties and responsibilities of not just the county and city officials but also the requirements of citizens to follow board of health directives and orders, including the reporting to the board of health the

presence of any contagious, infectious or epidemic diseases in "any private house, inn, or hotel," along with the names of those afflicted within 24 hours of the existence of disease becoming known. All minors had to be vaccinated, their parents or guardians being identified as responsible for compliance. School principals, superintendents and teachers were required to prevent the school attendance (public or private) of infected students, or students residing in a dwelling where infection was present, until such time as the local board of health would permit their return. Also, the statutes required citizens to follow quarantine orders as issued by the county superintendent of public health or city health officer.

In January of 1898 two of the first local quarantine stories popped up in the newspaper:

- Lester Bishop of Bishop & Heart Bakery was quarantined with Scarlet Fever

- Rancher L.E. Pierce came through town on his way to visit his children at school in Bismarck and returned disappointed, discovering the school was under a Diphtheria quarantine

The next year the Stark County Board of Health appealed to "earnestly urge upon all citizens of this state the wisdom of thorough vaccination" as outbreaks of Small Pox were reported in Minnesota and Montana and two North



Segment of a St. Joseph's Hospital view from October 1952, Dickinson Museum Center, Osborn Photo Collection



Possible locations of Pest House – if it survived to 1952

Dakota counties. The appeal closed with this: "In the absence of proper vaccination the power of physicians to cure or even control this 'most terrible of all the ministers of death' is almost valueless."

In October 1900 the first mention of a pest house in the Press occurred when it was reported a very sick Hungarian child was brought to Dr. Davis' Dickinson office one night 'in a dying condition.' Only upon examination was it discovered that the child suffered from Diphtheria and Dr. Davis then searched throughout town for a suitable house which could be used to quarantine the child, finding one in the east end of town where the patient eventually recovered. Dr. Davis, who was appointed to the Stark County Board

of Health the previous year, lamented the lack of a local pest house for quarantines even as the paper reported people finding fault that the child was allowed in town in the first place, however, as there was no diagnosis until the child was brought to Davis' office after midnight their complaints were baseless.

Two months later Dickinson railroader George Waggoner was possibly exposed to Small pox while in Glendive and took it upon himself to hurry home. When it was discovered he had left Glendive the authorities at Dickinson were telegraphed to intercept Waggoner who was placed under strict quarantine upon arrival. There being no direct newspaper follow-up on his condition it should be noted that George was still alive and kicking four years later as evidenced by an item in the Press.

In 1901 and 1902 there were quarantines noted for Small Pox, Scarlet Fever and Diphtheria. One case being a team of "8 or 10" sheep shearers confined on the T.L. Beard ranch and another incident caused 'considerable

Continued, next page

Continued from page 26



Typical diphtheria quarantine notice such as those posted on houses in the early 20th Century

uneasiness' when it became known a German family on the north side had undiagnosed Diphtheria in their house for three weeks, resulting in the death of a small child and the possible exposure of their neighbors to the disease.

Then in May 1903, with no preceding fanfare (or reports in City or County meeting minutes carried by the Press), Dickinson's Alderman Lawrence "reported the Pest House completed as per (the) contract" with Bakke & Connelly, the auditor being authorized to pay the city's one-half portion of the contract price, \$345, with Stark County to pay the balance, the project obviously being a joint effort of the City and County boards of health. Charles Bakke who had the contract to erect the structure was well known for his masonry work in southwest North Dakota but the modest price of the house may indicate frame construction rather than brick. The Pest House, which was located on the same 80 acre parcel as the City dumping ground, was listed in the 1916-17 City Directory on Sims Street, near the city limits, in the vicinity of present-day 10th Street E.

Although details about the Pest House are sparse, the need for a facility beyond private dwellings is clear given

the several quarantine notifications and reports of disease carried in the Press during this era. For instance, less than a month after the House's completion the Dickinson school term was abruptly canceled on May 20th due to an outbreak of Scarlet Fever among the students.

While at-home quarantines continued for families visited by infectious disease the Pest House proved its utility numerous times with several reports of local citizens and out-of-towners being quarantined there as well as the occasional jail prisoner. In 1909 the Stark County Board of Health recommended and requested of the County Commission improvements to the Pest House including the building of a vault (probably to protect the valuables of those in quarantine), the installation of a telephone and the sinking of a well. The Commissioners replied that the telephone and vault should be added as soon as the City and County could do so, the well, however, was not favored by the Commission, the opinion being that it would not be used often enough to "keep the water good."

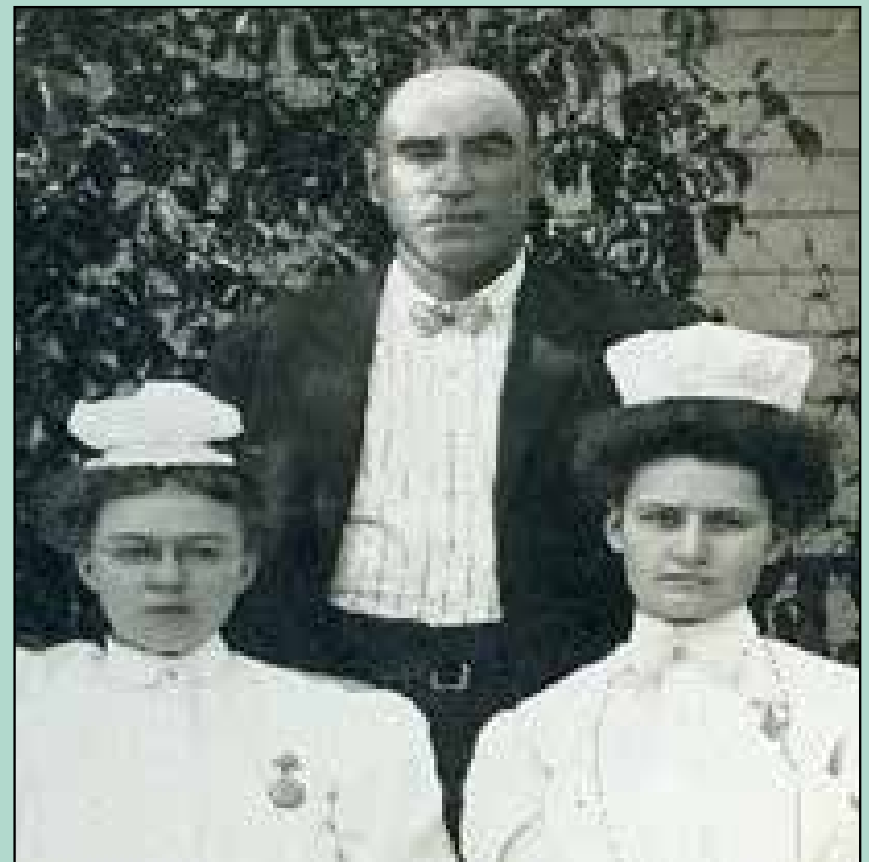
It is clear from bills submitted to the Stark County Commission for Pest House operations (mainly for provisions and medical personnel) that the facility

was not necessarily in constant use as typically only those without their own separate dwelling in which to quarantine needed its services. One by-product of the sporadic occupancy of the Pest House occurred in 1909 when "two Dickinson lads," Charlie Robinson and Guy Clarke, absconded with the Pest House stove, the house obviously being unoccupied at the time. One of the boys sold the stove to his father for \$2.00, having told him that was what he had paid for it from some unnamed person.

In a cooperative investigation Sheriff J.A. Wiech and Chief of Police Pat Corbett somehow identified the thieves and went to serve arrest warrants but found the boys had left town. Three weeks later Chief Corbett located them on a ranch about 8 miles north of Dickinson and went to bring them in. However, Robinson and Clarke got wind of the

Chief's approach and set off across the prairie on foot to escape arrest. "While Patsy sets up no claim as a sprinter he started after them and they led him a chase of two or three miles" after which he found them hidden under hay in a barn, according to the Press' account. Upon the fugitive's return to the city they were charged with petite larceny and fined \$10 and costs by Justice Folsom, amounting to \$25 each which their parents paid. No word if the stove was recovered.

The last Pest House mention in the Press was found in 1913, being a list of bills associated with a recent "small pox scare," including fumigation supplies, groceries and physician services. As the new St. Joseph's Hospital had opened just the year before it is supposed that the Pest House was considered redundant by this time and was closed or re-



The T. J. Greene residence has been under quarantine this week for scarlet fever. Both boys have it.

Typical quarantine notice from the *Dickinson Press*, Feb, 1902

purposed. When Dickinson's 1918 'Spanish' Flu outbreak overtaxed St. Joe's the old Stein Hospital was opened for overflow patients, but there was no mention of using the Pest House, it perhaps having become a private dwelling or been demolished by that time. ■

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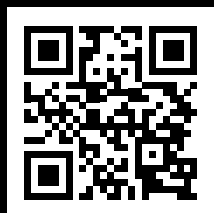
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2020

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THAT'S CHEESY

Don't sleep on the sheep cheese

Sheep cheese can be often overlooked as far as everyone's top choices go. Usually in the U.S., these are limited to the popularity of Spanish manchego and Italian pecorino - but wait, there's more! Other options to check out are the sheep cheese of the French Pyrenees, a Roquefort (a French blue cheese) or sheep-cheese feta.

If you can, try to find the 2019 winner in its class at the 2019 American Cheese Awards - Route 66 from Saguaro Creamery in Arizona. It's a cheddar made with sheep's milk from a single herd outside Phoenix. ■



Call for Artists

Are you a North Dakota artist who would like to be featured in our paper? Do you know of someone who deserves a "spotlight?"

Send a short biography (300 words or less) and some high resolution images of your artwork for consideration.

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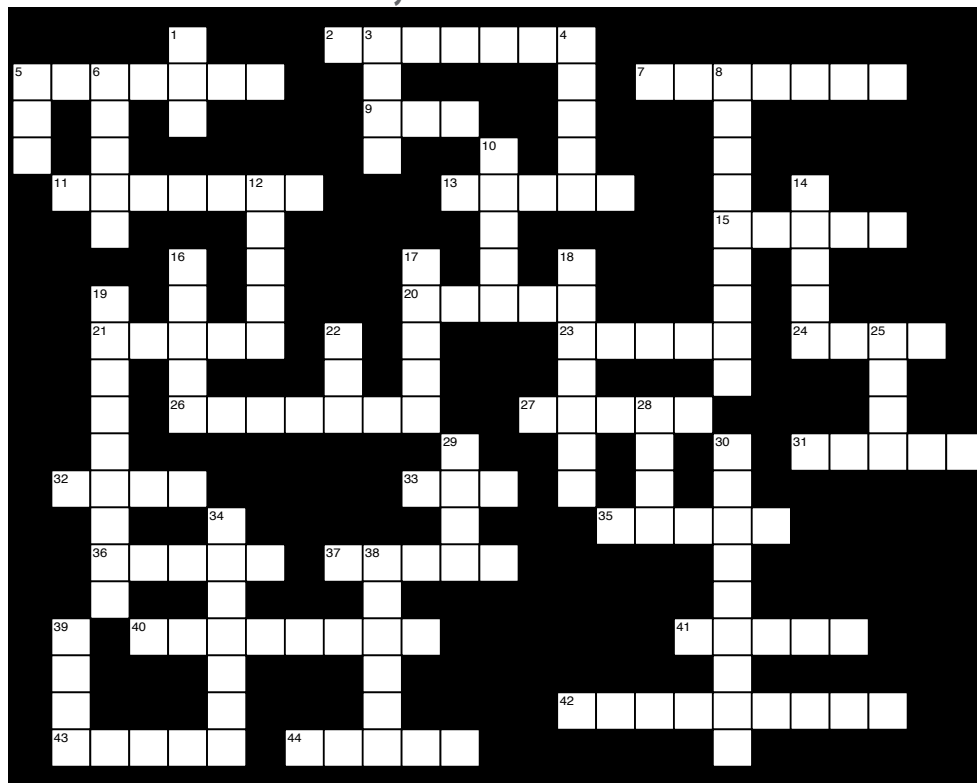
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***"You cannot control the behavior of others, but you can always choose how you respond to it."
 - Roy T. Bennett***

Heart River VOICE PASTIMES

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NO CLUE by Carlinka



ACROSS

- 3 Body art
- 2 Light particles
- 5 Ancient Egyptian ruler
- 7 Like sports at the X Games
- 9 Regret
- 11 Pressing importance
- 13 No-good
- 15 First digit
- 20 On edge
- 21 Out of dreamland
- 23 Get in a row
- 24 All over again
- 26 Bee's defense
- 27 Small bird type
- 31 Stand in a studio
- 32 Strong desires
- 33 Crayon material

- 35 T.V. series tryout
- 36 Bat poop
- 37 Night sky streaker
- 40 One in charge of drones
- 41 Zoo heavyweight
- 42 Rolling two ones
- 43 Brand of art knife
- 44 Seismograph detection

DOWN

- 1 Quaint alternative to e-mail
- 3 Basil or mint
- 4 Collection of DNA samples
- 5 Vietnamese soup
- 6 Love in Italy
- 8 Number of dots on a standard die
- 10 Like a buzzkill

- 12 Thin French pancake
- 14 Fruit with pink flesh and green skin
- 16 The T of "LGBT"
- 17 Guide the ride
- 18 Weighing more
- 19 Golf club used in a bunker
- 22 Tree that clothed Adam and Eve
- 25 Everyone sees right through them
- 28 Trendy spiced tea
- 29 24 cans of beer
- 30 Movie theater listings
- 34 Huge fire
- 38 Port city in Ukraine
- 39 Wild cat with tufted ears

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Last month's puzzle solution

007

Solution:

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HOROSCOPE**JULY 2020** by Hilda De Anza**ARIES**
March 21-
April 20
July is particularly

favorable for relationships. It is an excellent period for taking the initiative to travel and meet people, but what at first seems promising may slip through your fingers. Still, July promises to be peaceful and stimulating. Reconstruction and power games in your professional life figure strongly in the choices you make, and you may start considering new career options towards the end of the month.

**TAURUS**
April 21-
May 21
Early July, you

have some success with new ideas about how to resolve instability in your financial situation. July is an interesting time for relationships, which for the single Taurus can seem tantalizingly close. Love can be unrequited, but the poetry of love is ever-present. Meanwhile, a strong focus on intellectual attainment, education and mental outreach. If there is some education that is incomplete, now is the time to concentrate on finishing it.

**GEMINI**
May 22-
June 21
Your sign ruler Mercury

is retrograde as July begins, moving direct on the 12th, and this means that there is a powerful focus on money and resources which will last for the whole month. July is an excellent time for your social life, perhaps with a tinge of romance affecting friendships. As you near the end of the month, life gets more intense, the focus is still on financial initiatives, and perhaps you will start something that has deep-seated repercussions on your economy.

**CANCER**
June 22-
July 22
July is a time when you are

full of ideas, and the month gets off to an intense start. Experiment, innovate, and work on connections to people and organizations who have a revolutionary approach to finance on the one hand and social projects on the other. July 5th highlights emotionally-charged relationships and the responsibility you feel to other people. Remainder of 2020, there needs to be constant adjustment as the people you relate to go through change.

**LEO**
July 23-
August 22
July gets off to an intense

start, when you might discover something about the way your mind works. Mid-July, you enjoy your privacy and it's best to keep a low profile and avoid ideological conflicts with people who are concerned with their own survival. A key period for your working life, perhaps because there is a situation at work which requires extreme measures to resolve. End of July, friendships develop and there are travel opportunities.

**VIRGO**
August 23-
September 22
First of July is

intense as you confront a friend and share things you have learned and could bring the opportunity to do something really inventive. Be laser-focused on ideas and how they can revolutionize social life and learning. Mid-July, you may feel a little frustrated as you are sensitive and loyal to your friends, and it bothers you when there is aggression in the air, but this is something you need to carefully deal with.

**LIBRA**
September 23-
October 22
July's focus is

on relationships. You have been on a bit of a roller-coaster ride recently, with disappointments in relationships and quite a few setbacks, but you have consolidated your position and are ready to move forward. Expanding your horizons intellectually and through travel is a high priority. Later July, the emphasis is very much on career issues and new initiatives; you are going to have to find a balance between your ambitions and goals and family responsibilities.

**SCORPIO**
October 23-
November 21
In July you are

entering an intense phase in your life which will affect the rest of the year. Work initiatives become more important, and you are looking for something to do that both gives you some independence and some excitement. Love and romance look promising. Travel, learning and communication are highlighted, with a focus on revisiting places you have been before. You are in a determined and independent mood, but you are still motivated to do something for others and be part of a team.

**SAGITTARIUS**
November 22-
December 21
July is a

thoughtful period for you when you attempt to consolidate resources and clear up financial weaknesses. The lunar eclipse on July 5th highlights the need to work on economic frailties. The new moon on July 20th brings an even sharper focus on all areas of your life that are connected with being secure and free from anxiety. Moderation is the key right now.

**CAPRICORN**
December 22-
January 20
First of July,

relationships intensify and partners may have a sudden flash of inspiration and want to do something exciting and different. Generally speaking, this is a month when children and loved ones should be encouraged to spread their wings and experiment a bit. With the new moon on July 20th, be open to change, experimentation and excitement. You may find yourself on the opposite side of the fence to a partner. Focus on your own play, and let partners focus on theirs.

**AQUARIUS**
January 21-
February 19
First of July

could lead to some plans having to be put on hold. Old issues come up which can bring anxiety or self-doubt. Realize that any doomsday scenarios are entirely the product of your imagination. There is also a strong focus on your work relations in July, and although part of the month is ideal for fun, romance and travel, things do get intense around the new moon on the 20th. You need to get your act together at this time, take responsibility and start planning.

**PISCES**
February 20-
March 20
July starts

with a bit of a shakeup which can have a lot of repercussions in your social life; a time when your engagement with friends, groups, or society in general is particularly intense. July is a great time for family and kids, and if you are able, a great time to go on an exciting adventure. A friend, group or organization becomes accessible again. By teaming up, you can be inspired to leave exhausting duties behind and embark on a more personal quest for understanding and self-development.

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**Spyglass**

Spyglass is an essential offline GPS app for outdoors and off-road navigation. Packed with tools it serves as binoculars, heads-up display, hi-tech compass with offline maps, gyrocompass, GPS receiver, waypoint tracker, speedometer, altimeter, Sun, Moon and Polaris star finder, gyro horizon, rangefinder, sextant, inclinometer, angular calculator and camera. It saves a custom location, navigates precisely to it later, shows it on maps and using augmented reality displays detailed GPS info, measures distances, sizes, angles, and does a lot more.

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