

# Heart River **VOICE**

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JULY 2024 | VOL. 6, NO. 7 | HEARTRIVERVOICE.COM



SEE PAGE 22

CALENDAR *of*  
LOCAL EVENTS



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## A note to our readers

Summer is finally settling in. Looking for things to do with the more relaxed lifestyle?

Listen to music at the Summer Concert Series at the Bandshell on Tuesday nights and Thursday nights at Legacy Square. Each entity has great line ups!


Badlands Big Sticks are in full swing! How about some derby smashing action? July 4th offers a spectacular fireworks display! There are plenty of opportunities to take in the arts as well.

Look for these events and more in our extensive calendar.

**Kelley Jilek**  
*Publisher*

## On the cover

"Muddy River Fishing" by Annie Costrini. For more information about the artist, see page 5.



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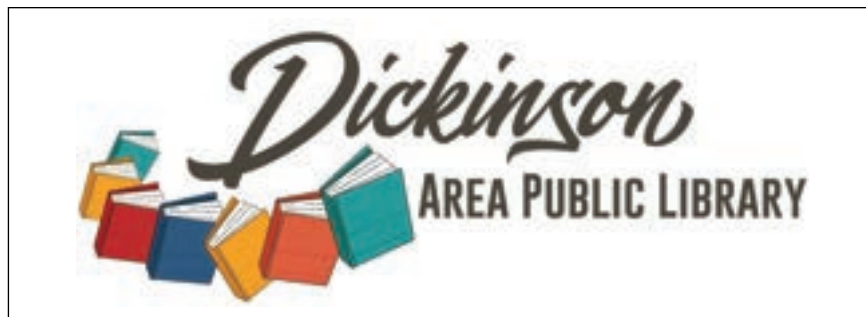
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## #BOOKWORM

# Summer reading continues at the library



By Jayda Borah

Our Summer Reading Program is in full swing at the Dickinson Area Public Library! The program will wrap up at the end of this month, but there is still plenty of time to participate and to attend some of the amazing programs we have in July. In order to participate in the Summer Reading Program, you will need to sign up on Beanstack. There is more information on our website, dickinsonlibrary.org, or stop by the library!

The library will be closed on July 4th and there will be no Storytimes or programs the first week of July. Programs will resume in full force on July 8th! This year's summer theme is "Adventure Begins at Your Library" so programs will have adventure, travel, and exploration themes! We will have our usual events like Storytimes, Little Tykes Drive-In Movies, Tween Time, Teen events, Trivia, Adult Craft Club and Book Club, weekly movies, and more! We will also be hosting weekly S.T.E.A.M. (Science. Technology. Engineering. Art. Math.) events that are for ages 6-9. Read Any Book Club will meet at Dunn Brothers where ages 16+ can talk books and get recommendations. Some events require sign-up, so be on the lookout for that. Sign-up opens two weeks before the event.

At the end of the month there will be another Bubble Party geared for ages 2-7. Join us for bubble making, chasing, popping, and of course, dancing! Also at Legacy Square, geared for 10+, we will have a Rock Painting Party on July 8th. Leave your creative mark on our town's newest gathering space! Paint Pens will be provided along with your choice of any rock(s) in the landscaping!

Our "Around the World in 7 weeks" program will continue this month, where each week, kids ages 7-10, will learn about a continent, some of the countries, famous landmarks, food, and more! Our new Anime & Manga Club will meet again and ages 10-17 will talk anime/manga, and get to know other anime lovers over a Japanese snack, participate in a themed activity, and watch a showing of an anime. All ages are welcome to Pokémon Trading Club where they can play the trading card game, trade cards or Pokémon themselves. Decks and basic instruction will be provided for play.

Some special guests will be joining us this July, starting with a presentation from the Dinosaur Museum. Learn all about a new Species of Tyrannosaur and the dinosaurs that lived alongside it. Michael Gallo will be presenting his Imagination Theater which includes puppetry, storytelling, songs, poems, and activities that will delight audiences of all ages. Later in the month, a National Parks Ranger will teach us all about the essentials for preparing for a hike using props and games.

This month will be your last chance to participate in some special programs for families! We will have another Interactive Movie Night where viewers will be given a bag of props and an activity script to follow along with the action in the movie. At specific prompts, viewers will be asked to do certain things, eat certain things, etc. All ages are welcome, but there can be no unattended children under 12. We will have another Family Fort Night, where families can build a fort together, then read or play games inside! We will provide chairs and a tablecloth, but attendees are welcome to bring additional

blankets and flashlights.

On Friday, August 2nd from 2:00pm to 4:00pm we will be having our Ice Cream Social to end the Summer Reading Program. We will be announcing winners for the program's prizes, as well as Most Read and the Coloring Contest winners. Join us for a sweet treat, but if you can't make it, don't worry. You do not need to be present to win! That will be the last event until September as August is a planning month, so there will be no story times or other programs as we plan for the fall!

Check our website and Facebook page for specific dates and times for events. You can also pick up an events calendar at the library. We hope to see you around! ■



**COVER ARTIST****Annie Costrini**

Annie Costrini is a young artist living in Manning, ND, and working hard to grow, learn, and expand her skills in creative work. Raised mostly in Rural Nebraska, a large part of her early art education came from print or online materials, or simply from what she learned by exploring on her own. She was recognized early for her attention to detail when, during a project in second grade, she was found drawing each individual scale on



Morning at the Marshland

snakes and lizards. Her love for details and wildlife art continues to this day, where she enjoys mediums such as colored pencil, graphite, charcoal, and acrylic paint which allow for small additions. Recently she has also dabbled in other mediums, trying out watercolor, pastels, and digital art (which she does using only her finger and a phone screen). Despite



Curious

being enrolled in an entirely online program for high school, Annie has also recently had a chance to attend art classes and enter gallery exhibitions around the community. Moving to North Dakota has allowed her to learn



Annie Costrini

at Killdeer High School and from a private teacher, so that she was able to attend art classes while still doing the majority of her work online. She attended a few Early Entry courses at Dickinson State, learning about design and photography.

Beyond fine art, Annie puts her creative skills to use in projects such as sewing, designing posters for events at Manning Community Church, and writing. She has authored or co-authored three middle-grade chapter books, which can be found on Amazon. She also enjoys birdwatching, hiking, and other outdoor activities. She



My Great-Grandfather

enjoys seeing the beauty that God has placed in the world, and draws heavily from that inspiration in her work. She is grateful for the opportunities He has given her to grow as an artist. ■

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## Call for artists

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

### Submission Guidelines:

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

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

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



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## VOICING SOME THOUGHTS

### The fluff dreams are made of

By Nancy Hoff

With the advent of spring, a colorful carpet is laid out with succession of crocuses, tulips, apple and cherry blossoms – and dandelions.

The following comments expressed are not necessarily the view of the writer – rather they are the whimsical meanderings of an old woman...who are one and the same.

Consider the dandelion – a counterpart of the sun, its very color screams JOY. They are social and prolific; they romp and scamper far and wide. Children love to pick them and show Mom how much they love her with a bouquet, to make dandelion chains or crowns. A hallmark of childhood and innocence. Then, when their life is done, they become a wish or a dream to scatter aloft. (Actually, to propagate their species in unfathomable numbers.)

Dandelions are here but a short time, and in that time, they remain cheerful and undaunted, standing tall to the adversity

of a lawn mower.

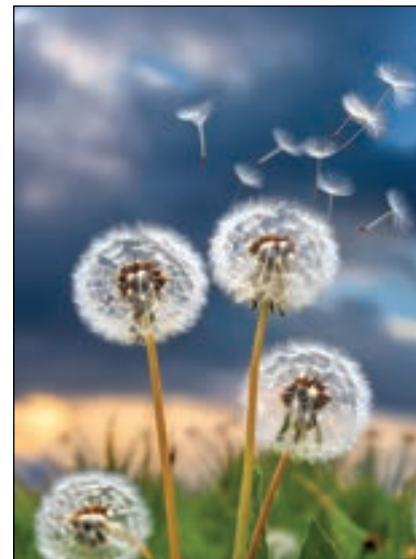
Much like us. Here for a short time. Will we bring cheer and lightness in our span? Will our fluff be that of hope? How do we stand in adversity? It changes from brightness of youth to a white-haired senior.

Enough of the whimsy.

Truth be told, dandelions are now considered a nuisance species. It was brought over in the 1600s (Possibly on the Mayflower...to become a May flower) by the Europeans for its medicinal and nutritional purposes. But they later became enemies of lawns.

Truth be told, we do have to battle against broad leaf taking over our good grasses (graces?) from blocking out the beneficial, the greater good. It IS essential to spray.

Apply this to life. We can embrace our "inner dandelion" – accept it for the sunshine in its short life. We need to prevent the invasion which may take over the good graces we strive for. Or we



can look at it in wisdom – acknowledge its place in the sun, know how we must change it to control it, but without too much stress over it. There is always a balance in all we do.

So, do you wage war over dandelions? Or, just like making lemonade out of lemons, make dandelion wine? ■

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## EDUCATION

# Celebrating our scholarship recipients: recognizing excellence and ambition

We are thrilled to announce the recipients of various prestigious scholarships, each awarded to outstanding students who have demonstrated exceptional dedication and ambition in their respective fields. These scholarships will support them as they embark on their academic journeys and pursue their dreams.

### Jack Carlson Memorial Scholarship

Owen Bittner has been awarded the Jack Carlson Memorial Scholarship. Owen will be attending North Dakota State University (NDSU) this fall, where he plans to study administration and the ministry. His commitment to leadership and service embodies the spirit of this scholarship, and we look forward to seeing his positive impact on the community.

**Michael Callahan Hockey**

### Scholarship

Kylar Blotske is the proud recipient of the Michael Callahan Hockey Scholarship. Kylar will be heading to the University of North Dakota to pursue a degree in finance. As a dedicated hockey player, Kylar has shown remarkable discipline and teamwork, qualities that will undoubtedly serve him well in his future endeavors.

### Ruth Lenz Memorial Music Scholarship

Elizabeth Goettle has been awarded the Ruth Lenz Memorial Music Scholarship. Elizabeth will be attending Concordia University, where she plans to major in music education. With a lifelong passion for music and a rich family heritage in the field, Elizabeth is poised to inspire and educate the next generation of musicians.



### Rewarding Kindness Scholarship

Britney Perez has received the Rewarding Kindness Scholarship. Britney will be attending Dickinson State University (DSU) to become an accounting technician. Known for her generosity and kindness, Britney exemplifies the values this scholarship aims to promote, and we are excited to see her continue to make a difference.

### Fong Family Trust Scholarship

Michael Sheesley has been awarded the Fong Family Trust Scholarship. Michael will be attending Dickinson State University to study diesel technology. His dedication to technical excellence and innovation promises to lead him to great success in this vital industry.

**Mrs. Jan Fields Education Scholarship**

Jaicee Vogelsang is the recipient of the Mrs. Jan Fields Education Scholarship. Jaicee will be attending Moorhead State University this fall, majoring in elementary inclusive education. This scholarship, now in its second year, supports future educators who are passionate about creating inclusive learning environments. Jaicee's dedication to education and inclusivity will undoubtedly have a profound impact on her future students.

We congratulate all our scholarship recipients on their achievements and wish them the best as they embark on their academic and professional journeys. Their hard work, dedication, and passion have earned them these well-deserved honors, and we look forward to their continued success. ■

## JULY 11, 2024

### 8-9 AM | STARK COUNTY VETERANS PAVILION



### SPEAKER



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## THE ARTS

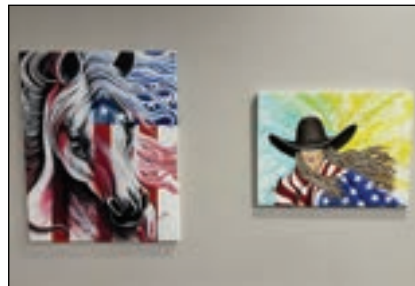
## Americana Art Show and more



The Southwest Art Gallery and Science Center (SWAGSC) is exhibiting its first “Americana Art Show” throughout the months of June and July of 2024. Showcasing North Dakota Artists who will present their version of Americana and the rich tapestry of American life and culture. “Americana” encompasses any collection of materials and things concerning or characteristic of the United States or the American people. Whether they are expressing the nostalgia of small-town main street, capturing the dynamic energy of urban landscapes, or exploring the timeless beauty of the American countryside, SWAGSC has invited artists of all skill levels and mediums to showcase their artwork.

SWAGSC will host an opening reception for the artists and the public on Thursday, July 11th, from 4 -7 pm. This opening is extra special because it is the inaugural opening of our Children’s Gallery who will be hosting their own “Americana” exhibition in conjunction with our main gallery. The Children’s Gallery is being coordinated, organized, and run by Marly Barnett of Dunn County who is building the gallery to earn the Girl Scout’s Gold Award.

The SW Art Gallery will be the location for Art classes in July. On



Tuesday, July 2nd from 2-4 pm there will be a Flag Art Class with John Martin in the art center. Children will make flags out of colorful tissue paper glued to tagboard and learn how to draw the flag from a realistic perspective. This class is geared to children ages 5 to 12. Saturdays, July 13th, 20th, and 27th from 3-5 pm, Karen Riley will provide step-by-step instructions, in a relaxing atmosphere, for participants to create an original artistic piece. At the end of the sessions attendees can take their masterpieces home.

Partnering with Dickinson Parks and Rec, Backyard Play Café, and the Academy of Dance, SWAGSC will be at Dickinson’s Legacy Square on July 10th and 24th for a Drop-in, Stay and Play sessions from 9 -11 am. There will be themed kids activity stations throughout the morning for the children to create and enjoy. Arts at the Bandshell will be on Tuesday, July 16th from 7 -9 pm at Memorial Park. Live art will be conducted by local artists to accompany Dickinson Parks and Recreation’s Concert series with live music by Clint Morgenstern.

There will be a July STEAM scheduled during the month check the SWAGSC webpage, [www.swartandscience.org](http://www.swartandscience.org) for details. ■

Badlands Art Association presents

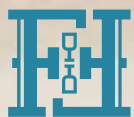
## A Lyle Bliss Retrospective: “Views of the Heartland”





Badlands Art Gallery  
Klinefelter Hall, DSU  
June 12<sup>th</sup> – July 13<sup>th</sup>  
Wednesdays through Saturdays  
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Art Gallery at  
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- Shipping Sunshine
- Cherry

Enjoy a sweet and smooth honey wine made from ND honey or try our specialty carrot wine, Naughty Bunny.

*Get Fluffy!*



COMMUNITY

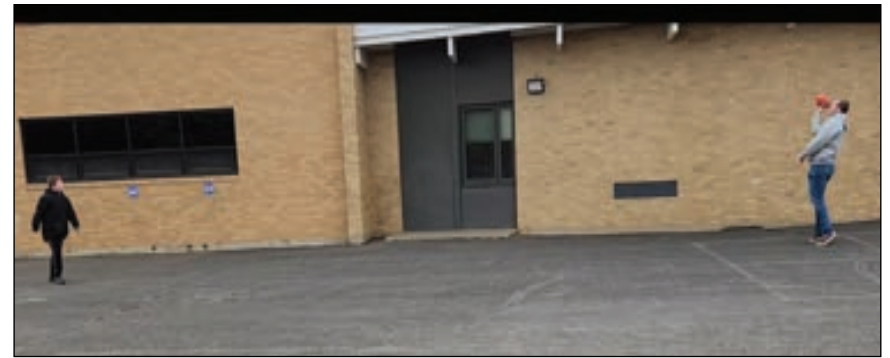
# Benefits of being a volunteer mentor



Mentoring programs, like the Best Friends Mentoring Program, often advertise the many benefits that mentoring relationships have for youth. These benefits include greater self-confidence in youth, positive socioemotional and academic changes, and new opportunities. While these are some of the greatest outcomes a mentoring program can have, did you know that there are also benefits to volunteering as a mentor?

The benefits of being a volunteer mentor include psychological, physical, and social benefits. Some of the psychological benefits are a sense of accomplishment, greater life satisfaction,

and higher self-esteem. One mentor from our group mentoring program shared, "This is such a rewarding experience. Through every challenge there is growth within me, and I enjoy being able to make a difference in someone's life." One physical benefit of volunteering is increased physical activity. In mentoring



relationships, kids often enjoy doing activities such as sports, playing outside at recess, and going for walks with their mentors. Volunteering, and mentoring especially, can give you a greater social connectedness or sense of community through connecting with the younger generation and your community.

In a recent evaluation done with our mentors at BFMP, mentors identified a strong sense of giving back to the community and helping others. One mentor stated, "My favorite part of being a mentor is providing support to

someone, and making memories with them along the way."

Making time to mentor a child is rewarding for both volunteers and youth. If you are interested in learning more about the benefits of volunteering for mentors or for youth, contact the Best Friends Mentoring Program. There is always a need for volunteers, and you have the ability to make a difference in the lives of young people by volunteering for just one hour a week! Visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org) or call us at 701-483-8615. ■

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# 2024 HOME SCHEDULE

## NORTH DAKOTA RIVALRY GAMES IN RED

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

**THE ARTS**

# Summer theatre at its best

Sleepy Hollow Theatre & Arts Park, or simply SHTAP, is a nonprofit outdoor production theatre that aims to educate young community members, highlight local talent, and enrich their community in as many ways as possible. Since 1990, SHTAP has produced educational camps, classes, and large-scale musical theatre productions entirely involving and benefiting young people. Programming includes Broadway-style productions with live orchestras and full technical support brought to life by professional directors, all set in the beauty of the outdoors.

This year, SHTAP is bringing to stage Cinderella and Jersey Boys.



The enchantment begins in July. Directed by Laura Muth, the cast brings to life Rodgers and Hammerstein's Cinderella. With breathtaking costumes, scenes, colors and sets combined with a talented cast of children and teens from the community and surrounding areas; your evening at the park is sure to be a memorable one! Enjoy this timeless fairy tale accompanied by a Live Pit Orchestra and the spectacular Sleepy Hollow views! Show runs from July 11-20.

The end of the month brings Jersey Boys to the stage. Settle in for an evening following the true story of four teens in the inspiring rags-to-riches tale of



The Four Seasons. Directed by Jeremy Lindemann, Jersey Boys is sure to keep you on the edge of your seat and a tune in your soul with smash hits that showcase some of the most iconic of The Four Seasons hits and reveals the inspiring true-tale behind the music. Show runs from July 25-August 3.



Sleepy Hollow performances attract over 10,000 audience members annually. All proceeds directly support educational programming for youth. Support Sleepy Hollow and the talented young performers by attending their upcoming events. Gate Opens at 6:30pm. Performances start at 8:00pm. Food trucks and concessions are available throughout the evening. The Park is located at 26th Street and Divide Ave in Bismarck. To purchase tickets in advance and for more info, see ad, page ?? Tickets can also be purchased at the gate (\$1 higher at the gate). ■

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## FINANCIAL FOCUS®

# Avoid these estate planning mistakes

By the time you reach retirement age, you may have accumulated a 401(k), IRA and other investment accounts, along with insurance policies and physical properties. You'll use some of these assets to support your retirement, but the rest may end up in your estate — which is why an estate plan is so important.

So, to leave a legacy for your family and those philanthropic groups you support, you need a comprehensive estate plan — and you need to avoid making mistakes. Here are some of the most common ones:

- Procrastinating – Estate planning, and its implications about our mortality, may not be a pleasant topic to think about. Yet, putting off your estate plans can be risky. If you were to pass away or become incapacitated without doing any estate planning, the results could be costly for your loved ones. One possible consequence: If you haven't at least created a basic, simple will, the courts could decide how to divide and distribute your assets, and they may do so in a way you wouldn't want.

- Not updating wills and other documents – Drafting a will and other legal documents, such as a living trust, is an important step in your estate planning. But you shouldn't just create these arrangements and forget about

them. Changes in your life and among your loved ones — deaths, divorce, remarriage, new children and more — may result in the need for you to update your estate plans, so it's a good idea to review them periodically.

- Not updating beneficiaries – Similar to updating your will to reflect changes in your life and family situation, you may also need to update the beneficiaries listed on your financial accounts and insurance policies. These designations carry a lot of weight and can even supersede instructions in your will, so you'll need to make sure they are current and accurate.

- Not properly titling assets in a trust – Depending on your situation, you may benefit from establishing a living trust, which may allow your estate to avoid the time-consuming and expensive process of probate. A living trust also helps give you control over how, and when, you want your assets distributed. However, you need to retitle your assets in the name of the trust for the trust to be effective.

- Not choosing the right executor – An executor carries out your wishes based on the instructions you've given in your will or trust documents. But fulfilling an executor's duties is not as simple as, say, following a recipe for a basic meal. Consequently, while you

might just want to pick a close family member as executor, you need to be sure this person is competent, good with details and won't be overwhelmed by the financial and legal issues involved in settling an estate. If your initial choice doesn't have these skills, you may need to find a responsible person outside the family.

Finally, here's one more mistake: going it alone. Estate planning is not a do-it-yourself activity. To help ensure your estate plan addresses all the issues involved, you'll need to work with a legal advisor, and possibly your tax and financial professionals, too.

Devoting the necessary time and effort can help you avoid many of the mistakes that threaten the effectiveness of estate plans — and the fewer mistakes you make, the better off your beneficiaries can be.

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

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## LESSONS IN BUSINESS

# Paw & Effect: The case for pets in the workplace

By Debora Dragseth, Ph.D

According to Dr. Wendy Wilson, professor of psychology at Dickinson State University, the inclusion of pets in the workplace is more than just a fun distraction—it's beneficial for employees. Wilson notes that animals at work significantly improve office morale. "Studies have measured 'happiness' chemicals and found increases in oxytocin, endorphins and serotonin following close interactions with animals such as cats, dogs, and horses; and likely other animals."

According to Wilson, work environments can be stressful due to negative interactions with colleagues or clients, authoritarian top-down management styles of bosses or leaders. Animals have a soothing and calming effect in the workplace, leading to increased morale and improved cohesion and team building. She said, "In general,

animals at work promote better physical, emotional and mental health."

Wilson pointed to innovative practices beyond the traditional dogs and cats at work. Her research focuses on equine-assisted team building, where horses help in enhancing communication and collaboration among teams.

But it's not all smooth sailing. Bringing pets into professional settings can raise concerns, such as allergies and maintaining cleanliness. However, with designated animal-free zones and regular cleaning schedules, these issues can be effectively managed.

With careful planning and consideration of all employees' needs, pets could indeed be fantastic additions to any workplace. Ready to give it a try? It might just be the change your office needs to boost both morale and productivity.

Wilson noted that Sigmund Freud, the inventor of psychoanalysis, observed

in the early 1900s that his patients were more open and relaxed in the presence of his Chow Chow, Jofi. "Since Freud's observations, many have noted the usefulness of human and animal interactions and the positive outcomes associated," she said. "A relaxed animal often signals safety and warmth to humans of all ages."

Simply being in the vicinity of an animal can have positive health benefits such as decreased blood pressure, heart rate, and stress hormones. Wilson has a miniature horse that she brings to campus to show her students a variety of activities including assisted team-building and leadership with horses that improve communication, morale, collaboration, and cooperation among colleagues.

Jasper the Accidental Office Cat

Rachel Buresh, the owner of All-American Travel, brought Jasper to work in 2020 while repairs were being made at her home. After being rescued in 2010 as an adult cat by Rachel's father, 15-year-old Jasper spent the majority of his long life as a barn cat.

Jasper's presence quickly provided a soothing counterpoint to the hectic pace of a busy travel agency. When it came



time for Jasper to go home again, the thought of the office without him was unimaginable.

Ironically, while All-American Travel specializes in helping its clients travel millions of miles a year, Jasper's own travels have been limited at best; his only notable journey was the short trip from the Buresh barn to the travel agency. For All-American Travel, Jasper has become more than just a pet; he is a cherished colleague who has traveled the most important journey of all—the one straight into people's hearts.

*Dragseth, Ph.D., is the Baker Boy Professor of Leadership and the 2024 Dickinson State University Distinguished Professor of the Year. Her monthly column offers practical solutions to common workplace issues. ■*

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## KUDOS

## Relationships: At the core of good design



*"Beauty is the harmony of purpose and form" - Alvar Aalto*

If you seek inspiration for creating a life around your passions, talents, and what you love, look no further than Krista Riesinger.

Krista lives her passion for interior design in both her entrepreneurial business and her day-to-day profession. "What drew me into this field is the personal connections," says Krista. "People invite me into their personal

spaces and ask me to design spaces that reflect their personality, routines, and style. It's an intimate experience, and I'm honored to be a part of each time a client lets me into their inner sanctums."

As the owner of Intwine Design and a designer at TMI Systems, Krista endeavors to create spaces that are not only beautiful but also functional and balanced.

"I want everything I design to reflect the person who lives there," she explains. "Each individual is unique, and everyone deserves to feel comfortable and safe in their own home. I enjoy listening to their vision, dreaming with them about what could be possible, and finding a way forward together."

In her day-to-day profession, Krista designs functional cabinet designs that allow her to grow in her expertise. "While commercial projects don't always allow for design flexibility, they still require building relationships, communication, and presentation of the vision," she says. "TMI Systems' management promotes

growth within which allows me to become a better designer every day because of my experiences."

A Dickinson native, Krista often meets clients in the community who share their joy about the spaces they created together. "A smile can turn a whole day around," she says.

In addition to her two ventures, Krista is embarking on the adventure of her life, expecting her first child this summer.

"As a career-driven woman entrepreneur, I'm a bit nervous about becoming a mom, but I believe my skills in adaptability and patience will serve me well," says Krista. "Who knows, I might be bringing the next generation's designer into the world who'll put a fresh perspective on design!"

She adds with a smile, "Designing has its challenges, but the greatest reward is the personal connections."

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



Krista Riesinger

*Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see [wewnetwork.org](http://wewnetwork.org).*



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COMMUNITY

# Connect With Your Health: New tagline reflects broader vision



By Tara Zettel, RN, Executive Director

Among significant developments to its physical location, Connect Medical Clinic is expanding its services to better meet the needs of our community. Reflecting this mission expansion, Connect is dropping the tagline "For Sexual Health and Pregnancy" and replacing it with the new tagline, "Connect With Your Health."

This change signals the clinic's commitment to offering a wider range of dignity-centered and holistic medical services, education, and support programs designed to improve health and well-being in our community.

"Connect With Your Health" welcomes individuals to an encounter with a healthcare team dedicated to treating them with honor, respect, and consideration. While still providing services in sexual and reproductive health, the new tagline reflects a broader vision. Moving forward, the clinic will offer additional medical services, education,

and support that align with our core values, ensuring that the inherent value of each person is acknowledged and upheld in all interactions and decisions.

In addition to dignity-centered care, the clinic is committed to a holistic approach. Our team considers the whole person—physical, spiritual, emotional, mental, and practical—seeking to find root causes rather than focusing solely on isolated symptoms. This comprehensive approach allows the clinic to better understand and address each individual's unique needs, promoting overall well-being and health.

By updating its tagline to "Connect With Your Health," Connect Medical underscores its commitment to providing accessible, compassionate care – beyond the scope of sexual and reproductive healthcare. This new chapter in the clinic's evolution aims to better serve patients and enhance the quality of life for all members of the community.

For more information about the clinic's expanded services and new vision, call Tara or Jillian at 483-9353. While currently closed for construction, the renovated Connect Complex is projected to reopen in July 2024. ■

CHAMBER OF COMMERCE

# Shop locally on 701 Day and beyond

By Carter Fong, Executive Director

As we turn the pages on our calendars, there are digits and days that carry greater meaning for each of us. For those in North Dakota who hold local shopping near and dear, we've adopted '701 Day' as our own. The beginning of July is the first day of the seventh month, and the digits 701 match North Dakota's one and only area code. This July and beyond, we hope that you'll join us at the Dickinson Area Chamber of Commerce in supporting the local businesses of all sizes that make our state so great! With that, our Promotions committee is always seeking ideas and

volunteers inspired to give our local businesses a boost. For more information, call 701-225-5115 or email team@dickinsonchamber.org ■



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## HEALTH

## Methylation

By Steve Irsfeld



I remember about 20 years ago, as I started on my path in the world of dietary supplements, hearing a colleague speak about methylation, a topic that was never properly addressed in pharmacy school. The focus in school was on the biochemistry of methylation, so the information seemed somewhat futuristic. The future is now and when you really look at the end results of methylation, all the metabolic factors depending on it, you realize how important it is for all of us to discover if we are properly methylating.

This analogy from Dr Andrew Rostenberg, a chiropractor from Idaho, is one of the best I have heard. Here is his explanation.

I like to describe the methylation cycle as an economy. Instead of dollars and liquid assets, we instead talk about methyl groups and vitamins. The names are different, but the concepts are the same. When there are enough dollars in circulation, people can buy what they need and save for the future, bank accounts are full, and the pace of the economy is swift. When there aren't enough dollars or assets, people don't have money to spend, savings accounts are destroyed, and economic activity slows down.

Now think of the same feast-or-famine scenario but replace dollars and assets with methyl groups and vitamins. When the methylation cycle is working well and the diet and digestion are optimized, there are plenty of methyl groups available for the body to run all its complicated processes to keep us balanced and healthy. When the methylation cycle is slowed down, either by genetics, toxins, stress, or unhealthy food consumption (or a combination of all of those), there is a deficiency of methyl groups and related vitamins. With this deficiency comes pain, suffering, chronic disease, and a general inability to feel amazing, optimized, and healthy. Hold onto this metaphor and return to it as needed throughout the book to keep reminding yourself how simple this all

can be.

The real Achilles' heel for people with methylation problems is that they cannot produce enough activated folate to meet the body's needs. Folate, Mother Nature's number one supplier of methyl groups, can impact the form of any growing tissue in the body. And to complicate the issue, our body's needs are always changing based on the demands of the environment. The environment might be sunny and warm one day, and stormy and cold the next. We might fall in love or receive a bonus for a job well done, or we might go without sleep for several nights with a sick child or suffer the grief of the unexpected loss of a loved one. To remain healthy, our bodies must be able to adapt to these changing conditions. That adaptation requires folate and methyl groups to perform the critical functions of epigenetics.

Beyond this general description, methylation plays a role in building and repairing every cell, silencing viral genes, allowing dopamine to bind to dopamine receptors, proper functioning of serotonin, changing the frequency of our brainwaves, and increasing our focus and attention.

Those who are less able to methylate are at increased risk for inflammatory conditions and more susceptible to viral infections. Disease states linked to people who cannot methylate properly include autism, multiple sclerosis, heart disease, and autoimmune conditions.

Testing and assessing genetic health revolve around what are known as SNP's, single nucleotide polymorphisms. This is when one nucleotide is substituted for another, which can alter and affect everything from hair color, behavior, nutritional needs, and opens risk factors to disease.

Since it is estimated that over one-half of the population have SNP's affecting their ability to methylate, several companies have identified the importance of methylation and the ability to enhance methylation when needed through the science of nutrigenomics.

If you are interested in testing to check your methylation status, my staff and I would like to help you with questions and solutions regarding this topic. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to view this and other health-related articles in the blog section. Until next time, be vigilant about your health! ■



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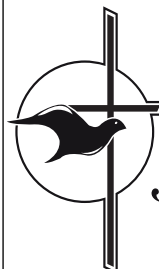


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# DICKINSON MUSEUM CENTER

## The Horse Man's hounds...and the land office A. C. Huidekoper, Part 3

By Bob Fuhrman

Arthur Huidekoper's HT Ranch and the Little Missouri Horse Company grew from modest beginnings in the 1880s to become one of the largest horse operations in the country - if not the largest. Over 60,000 acres and esteemed for its fine stock of draft horses (Percherons being a specialty) and prized polo mounts (Native American pony mares bred with quality Thoroughbred stallions), the HT Ranch was more than an investment for Huidekoper, it became one of his passions as he fell in love with North Dakota's southwestern badlands and the hardscrabble life of the cowboys who worked his herd - work he happily joined into when visiting from his home in Meadville, Pennsylvania.

A.C.'s visits were more than a chance to inspect his North Dakota holdings and 'play cowboy' (he would surely take great umbrage to be so described). Recall that his first trip to the Dakota Territory in September of 1879 with Congressman Samuel B. Dick was a hunting expedition - which began on the run from Fargo to Bismarck with shooting - from Northern Pacific train cars, encouraged by the conductor who instructed the shooters to 'pull the cord' upon a successful shot so the game might be gathered. In his short memoir of his Badlands experiences Huidekoper noted that the cord was not pulled.

Hunting was a feature of frontier life, mostly from the practical need to eat, but eventually it grew into a sport that is still hugely popular today. It was this sporting aspect that appealed to many late 19th century folks (mostly men but ladies too - like the Marquise de Morès, reputed to be more skilled with a hunting rifle than her husband

the Marquis). Excursions like the one Huidekoper made in 1879 were popular with 'Easterners' and hosting hunting parties became a regular feature of his time in the Badlands after he'd established his ranch.

In Part 1 of this series the description of the Gladstone Stables complex included mention of the large kennels attached to the rear of the 'boarding house' where stable staff were quartered. The first mention of the occupants of these kennels came in the May 29th, 1897 Dickinson Press that noted a party of men from the East, including Huidekoper's son Earl, and arrived in Gladstone, accompanied by "a pack of six stag hounds" who would "give the wolves a chase as soon as they get out to the ranch."

Later in 1897, it was reported that the pack at Gladstone had grown to 14 'wolf hounds.' Huidekoper's memoirs provide more details on the dogs, noting his first attempt at starting a pack with a Scotch Deer Hound breeding pair failed - the bitch ran away and was killed by a cowboy who mistook her for a wolf while the male "spent most of his time trying to pull cactus thorns from his feet." After that Huidekoper bought a Greyhound bitch named 'Fly' ("as game a dog as I have ever seen") who he bred to a Scotch Deer Hound named Push. The result of this pairing was the 'Red Pack' which ran to Fly's lead for six years. In 1903 the Press noted that a 'big grey wolf' had been killed within two miles of the HT Ranch, "the Huidekoper pack of hounds killed the animal after a furious fight in which four of the dogs were severely cut up."

Although this was the last newspaper



Typical notice showing the  
HT Ranch brand-  
Dickinson Press, 11/5/1898

mention of the Huidekoper hounds it seems the pack continued and was part of every day operations on the HT Ranch - and an important part of the machinery that protected the HT's precious stock - from Huidekoper's memoirs: "Timber wolves liked young colts. We had what we called the upper pasture about six miles square. This was fenced, and the

man who rode the fence used to take the pack to catch any coyotes or wolves we might see. We rode through the pasture daily, and yet an old bitch wolf lived in that pasture and raised a litter of pups for over four years...By luck we ran into a litter of pups in front of the den and dug

*Continued, next page*



*Continued from page 16*



**Pabst Brewery Loading Docks, Milwaukee, c 1900  
Prior to 1906 Pabst bought many of its draft horses  
from the HT Ranch**

them out and killed the old bitch and pups.”

Beyond hounds, Huidekoper, who was interested in several business ventures and was obviously (based on the size of his ranch and herds) was a man who appreciated the economy of scale, that is, ‘proportionate savings in costs gained by an increased level of production’ – a concept reflected in his joint operation of the Little Missouri Horse Company (LMHC) in North Dakota and the Little Missouri Stock Farm located at Conneaut Lake, Pennsylvania. Huidekoper’s horses in North Dakota numbered in the thousands (the herd was ‘only’ 4,000 strong when Huidekoper eventually sold the North Dakota operation) and the bloodlines of draft horses he developed were much sought-after.

Typically, batches of the draft horses would be shipped annually from Huidekoper’s Gladstone Stables (sometimes referred to as the ‘training stable’) to Conneaut Lake, Pennsylvania, where Huidekoper had erected another large horse facility, the Little Missouri Stock Farm. After being broken to the halter in Gladstone, the horses’ training was finished at Conneaut Lake before being sold to various firms such as the Pabst Brewing Company of Milwaukee that maintained a stable of over 800 gelding draft horses, the vast majority

Percherons.

The notion of ‘less is more’ would likely have been foreign to Huidekoper, not because one would think of him valuing quantity over quality – but, rather, maybe because his success in developing and running the HT Ranch operation demonstrated to him that quality and quantity were not mutually exclusive. At least, it might be said, up to the size the ranch grew to before events outside of the quality of his stock ran into the questioning of the legitimacy of the ranch’s quantity of acreage.

Turns out, those large pastures that Huidekoper formed were enclosed by wire fence that “was strung across thousands of acres of railroad and public lands, with minimal information and majestic unconcern” for the fact that legally, those public lands were open to homesteaders, and thus fencing off that land from settlement was illegal under the Unlawful Enclosures of Public Lands Act passed in 1885. Although the Unlawful Enclosures Act was on the books, it was fifteen years before there was any serious effort to enforce it until 1900, when a special agent of the Land Office began to investigate the LMHC’s fences.

According to research gathered by the Crawford County (Pennsylvania) Historical Society (Huidekoper’s

hometown of Meadville, PA is located in Crawford County), while investigating the agent was approached by HT Ranch Manager W.G. Clark who passed him an envelope containing \$100. Realizing he was being bribed, the agent took the envelope and turned it into his superiors before returning to order the fence be removed. In response, Huidekoper sought to bring pressure on the federal government via influential Pennsylvania Senator Boles Penrose and traveled himself to Washington, D.C. where he offered to exchange equal acreage of his lands for the pastures he had fenced. Huidekoper’s proposal was rejected and the order to remove the fences stayed in effect, though when the Land Office sent another agent to follow-up three

years later, the fences remained.

Again, directed to remove the fences, Huidekoper attempted to avoid the order. He claimed that he had permission to use drift fences to fight blowing snows, which was true, though his contention that the disputed fences only served that purpose was seen for the legal maneuvering it was. The Land Office then turned the matter over to the Justice Department leading to indictments against Huidekoper, his son Earl and Clark, the Ranch Manager, the trio finally being arraigned in June 1905 before Judge Amidon in Federal Court at Fargo. It seemed the Justice Department had fenced in the horseman.

*(Part 4 next month) ■*



**Arthur C. Huidekoper  
in later years**



## Kaylee Obrigewitch and her Baby Doll

In the serene embrace of the sprawling countryside, where the whisper of the wind dances with the rustle of leaves, there exists a tale of an extraordinary bond between a girl and a mare. Born on the Sperry Quarter Horse ranch, a foal entered the world and changed the life of girl named Kaylee.

Kaylee will tell you that she was a book nerd growing up, that is, until Baby Doll entered the world. This deep sorrel mare who came into the world in 2011 had a heart as big as the girl who would become her owner.

While her parents were not quite keen on the pairing at first out of fear for safety for Kaylee, destiny had other plans. Kaylee loved helping her aunt and uncle at Sperry Quarter Horses, as she would assist with halter training and taming down the young ones. Kaylee would lead these horses through the ring during sale days, to demonstrate their demeanor, a job she was good at.

With Baby Doll, Kaylee was quite sad at the possibility of her leaving in someone else's trailer. In a twist of fate, the little mare was selected as a "scholarship horse" at the year's auction. When scholarship horses are sold, the owner has the option to keep the horse or give it away. The money raised from auctioning a "scholarship horse" is given to local graduating high school rodeo students for a memorial scholarship.

Leading Baby Doll through the ring, the attendees must have been able to tell their bond. Shortly after the gavel fell, a man in the crowd shouted, "Donate the horse to the little girl." Kaylee's heart swelled instantly. With the rope in her hand at that moment and with the generous act of one stranger, Baby Doll was finally hers to keep. Thus began a journey of intertwining destinies as a girl with tender hands and a heart full of dreams embraced the role of nurturer to this majestic creature.

Kaylee, as a novice horse breaker, relied on the help of a horse trainer in South Dakota for the first 30 or so rides. The trainer was impressed with Baby Doll and offered to buy the filly for her own daughter. Like Kaylee, the trainer fell in love with the sorrel mare. After returning from the trainer, it was just Kaylee and Baby Doll and the freedom of some open range.

Kaylee with the help of her grandfather learned to rope off of Baby Doll, and the two became quite the pairing at brandings together. Kaylee recalls fondly that her grandfather's instructions were a time of bonding as the two share the same passion for the Western lifestyle. In the branding



## My First Horse

By Dr. Holly Gruhlke

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



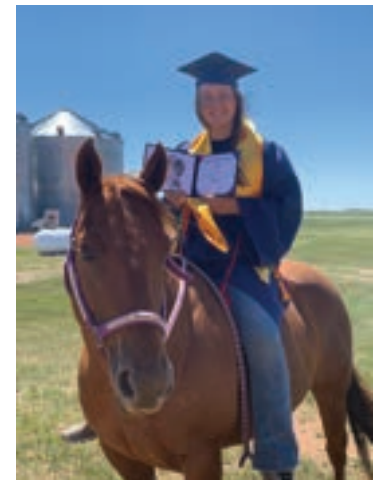
pen, people were always impressed with the skill of the Kaylee and Baby Doll and would stop and offer to buy her; the two just clicked.

Kaylee wants to make it clear, after many inquiries, that Baby Doll will never be for sale, "yeah, I could never let her go. She is like my child."

Kaylee and Baby Doll enjoyed 4H showing with her in Stark and Billings County. Mother Obrigewitch would share with you that Kaylee spent more time getting Baby Doll ready than herself. Kaylee would spend all day making sure Baby Doll was perfect for the show by washing and primping her, especially making sure her hooves were trimmed just right, a key to good showmanship. Kaylee won the overall senior award two times with Baby Doll. With some success at local events, Kaylee went to the North Dakota State Fair and recalls those as the best of times.

As time progressed, Kaylee would be bitten by the adrenaline bug, as she and Baby Doll enjoyed running in the fast-speed events more than anything. Kaylee described it as awesome, "I don't think I breathed the entire first run. It was scary and exhilarating at the same time." The two would participate at the county fair in pole bending, barrel racing, goat tying, keyhole, reining, ranch horse, and trail competitions.

While Kaylee is finishing her degree at Dickinson State University in elementary education, Baby Doll is living out her life on the Obrigewitch farm. Kaylee gets to come home to a sweet face and knickers from her favorite creature. Baby Doll shares a pasture with Kaylee's new horse, which she has proudly trained herself, as well as her grandfather's horse. At thirteen years old, the sorrel mare is still thriving as she looks forward to the next ride with Kaylee.



The First Ride - Holly's son Jaxen

**DR. HOLLY GRUHLKE**

Farm Kid  
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NOTES FROM THE BADLANDS

# Badland's Chautauqua planned for July 19-21 in Medora

By Joe Wiegand

For over a decade, dozens of Theodore Roosevelt reprints from throughout the United States have gathered in Medora for a three-day weekend of first-person living history performances, lectures, and fellowship within their craft, while delighting in the same fun and entertainment enjoyed by thousands of visitors annually.

Programs will be held at the Rough Riders Hotel and under the Chautauqua Tent at the Von Hoffman House, and this annual gathering will even join a parade led by the 88th United States Army Band which is playing in Medora throughout the weekend. Events are open to the public and free of charge.

Our 2024 Badlands Chautauqua will feature Trent Taber, the Jenks, Oklahoma talent who, in addition to singing and dancing in the Medora Musical, is also featured in the five day a week Medora Gospel Brunch. No stranger to hard work, this former two-time Oklahoma 6A championship football middle linebacker is also my understudy as Theodore Roosevelt in the Medora Musical. Prior to moving to New York City with his wife, actress Megan Taber, Trent taught choir and coached football and wrestling at his high school alma mater.

Of his time in Medora, Trent writes, "My favorite part of Medora so far has been the nature. This place is gorgeous. I loved the Point to Point hike and a few of us went on a horseback ride last week. It's been amazing to have Megan here for a couple of weeks. Feels like a second honeymoon!"

The Musical and Gospel Brunch are



Trent Taber and his wife, Megan

special to me because it is all music that I grew up listening to with my dad. Brooks & Dunn, Garth Brooks, Dolly, Reba, and the list goes on. It's been amazing to see how people have responded to the shows, especially the Gospel Brunch. It really is a moving spiritual experience. The best part of both shows for me is getting to do them with incredible people. The cast, band, and crew have been amazing, and we've grown so close so quickly. Nothing like getting to do what you love with people you love."

Trent does a great TR, and we're thankful for his being a "man in the arena" here in Medora. For more information about the July 19-21, 2024 Badlands Chautauqua call or write me at 701-955-2158 or joew@medora.com. ■

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## HEART RIVER VOICE Q &amp; A

# The magic of the Medora Musical

Heart River Voice recently had the opportunity to speak with two of the performers in the 2024 Medora Musical, Emma Lucia Murphy, who plays Alice, and Karter Dolan, a lead Burning Hills Singer.

**HRV: Karter, you had you been coming to the musical in the past?**

KD: Yes, we came when I was a kid, and then I actually performed. One year, when I was in Sleepy Hollow, we did a 30-minute pre show prior to the musical.

**And Emma, you're a city girl, first from Chicago and now New York. What drew you to this production about the West?**

ELM: Looking back, I had auditioned for RWS as sort of their general call, and wasn't initially auditioning for Medora, and they called me and said, "We think we've got something that you might be perfect for. Would you mind reading these sides?" It was actually the Alice script for the opening scene. And I fell in love with the script. And then the more I heard about Medora, and the more I heard about the history of the musical itself and what this city does, I just sort of fell in love with it. So when the offer came through to actually do the show, I jumped like, "Where do I sign right

now?"

**What about the Alice character specifically drew you to her?**

ELM: I don't know how to explain it in the right words, but there's a heart to her that I think is really accessible to anyone that's grown up in a community, and whether that's a small community or a large community, knowing what that draw feels like, and what it means to come back to family and a town that loves you and that you have history with. But she's also kind of a goofball and she's a little klutzy, and there's some real fun in her joy, the way that she looks at the world and the way she approaches following her dreams and standing up for what's right. I fell in love with her.

**How is the new production company bringing something new to the Medora story?**

KD: I think Theodore Roosevelt himself is more involved and more integrated throughout the entirety of the show than he has been in the past. His presence is felt beginning to end, and physically, he is there beginning to end as well. The opening number really encapsulates what RWS brings to it. It's high energy, it's intense. It's dance, it's singing, it's fun. It's just all these different production elements done with



The cast of the 2024 Medora Musical

excellence.

**This is a show for all ages. How do you think different age groups might connect with different aspects of the show?**

ELM: We talked a lot about this today... about the recurring theme of the way that this show will touch people's lives. There's a number for the kids. There's a number that is going to speak more to the North Dakotans that have been here for many years that are more ingrained in sort of the culture of Medora. We talked a lot today about how important this is. There will always be someone in the audience that is going to fall in love with musical theater or want to be an actor, or will just go see more shows and fall in love with the arts. And so I think that the way that we've all sort of taken ourselves and bits and pieces of us and created this version of a community. It's sort of a heightened community.

KD: And I think Monica created a script for us that really wove the human experience into the show. There's some joyful parts, there's some touching parts and everything in between, and I think people are going to really love it.

**Touch a little bit about what it means for you both to be in the setting of Medora. What have you noticed about the environment that you're in, and what does it mean to you to be here?**

KD: I mean, it's just gorgeous. Even growing up in North Dakota, Medora is such a little bubble of the state, because the rest of the state is basically prairie and flat, and then you come here and there's these gorgeous mountains and views, and

we're literally performing in nature. It's connected to nature in a way that I've really appreciated, especially having lived in the city. Now I'm like, oh, there's trees and sky!

ELM: We came into town a little over a month ago and people wanted to know our names. Coming from a big city where you're anonymous all the time, and you don't talk to strangers, and now, I walk into Hidden Springs, and people at the coffee shop and the women know my name. I pass people on the street, and they're like, "Oh, hey, Emma, how are you?" There's something so wonderfully charming and welcoming about being known in a community, and feeling like, as an outsider, that we're welcomed with such open arms and feeling the love and the warmth that is just bleeding through this community. I mean, you can feel it everywhere. You can feel the love and the history in this town, and honestly, the reverence and the respect that people have for TR and for the Schaefer's...it's phenomenal.

**What does it mean to bring the arts to a community and to an audience that is completely different every night?**

ELM: Well, I think the really wonderful thing about this musical, and even though, you know, this is RWS first year as the production head, it certainly doesn't feel like we're bringing the arts to Medora. There has been such an infusion of the arts and the love of the arts, it's already here. And so to just come and bring our love of it, and get to hopefully leave that mark behind is



Karter Dolan (far left) and Emma Lucia Murphy (second from left) listening intently to Theodore Roosevelt (portrayed by Joe Wiegand)

*Continued, next page*

Continued from page 20

really special. People always ask me what my favorite thing is about theater, and for me, it's the energy change between audience and actors. Like if we were up on stage and we had nobody, it's a whole different thing. So it feels more like we get to have a conversation with Medora and with North Dakota than it is that we're bringing anything new. We're just bringing our own special touch of it.

KD: It's such a special experience for the state, because, I mean, there are not a lot of avenues to view professional theater in North Dakota, it's few and far between. So to get to sit in a 3000-seat amphitheater and experience live professional theater with all of the production elements and all the lights and the sounds and the singing, it's really special, and something that I know I treasure having lived here, and I hope the audiences are going to treasure that as well.

ELM: It's what Medora brings to us too. I was saying earlier. I was like, you know, I'm coming from New York. We're both coming from New York, but this is still by far the largest house I've ever played in my life. So it's also what Medora is bringing to us.

KD: To perform for 3000 people, like, there's not many spaces this big, right? It's really cool. It's really special.

**Are there any specific moments or songs in the production that resonate with you personally?**

KD: I think it's because I can't do it, I love getting to watch all the dancers because it's just not my wheelhouse. All the big dance moments are just that much more impressive to me. And I'm enjoying getting to see it each night.

ELM: Honestly my favorite, is there's



Emma Lucia Murphy as "Alice"

a really wonderful trio, duet, medley of *Amazing Grace* and *Bridge Over Troubled Water* that's in Act One that I have consistently gotten a note from production. They say, "Emma, you can't cry on stage." And I'm like, "They're happy tears!" It's just the most beautiful song, I think, in the show that I've maybe ever heard ever and it's beautiful and it's hopeful, and I think people are really gonna love it.

As the medora.com website states, the Medora Musical is "... good old-fashioned family fun with thrilling variety acts, live horses on stage, a fireworks finale and new twists each summer. All while celebrating the history of Medora, Teddy Roosevelt, and the historic American West." In the heart of the rugged and beautiful Badlands of Medora, Emma and Karter, along with their fellow performers, will captivate audiences with the essence of the West and the magic of musical theater. With their heartfelt performances, they invite us to rediscover the allure and adventure of the Medora Musical, leaving a lasting impression that echoes long after the lights go down. ■



The Burning Hills Singers

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HEART RIVER VOICE | JULY 2024

# Calendar

SEND YOUR EVENTS TO [EDITOR@HEARTRIVERVOICE.COM](mailto:EDITOR@HEARTRIVERVOICE.COM) OR  
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exhibits and events:  
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701-548-8111



**ONGOING IN JULY**  
**DICKINSON AREA PUBLIC LIBRARY** Ongoing activities and events at the library. Sign

up for their Summer Reading Program! See article, page 4, for more details.

## FARMER'S MARKET

Every Saturday at 10AM until sold out and every Tuesday at 4PM until sold out. Prairie Hills Mall

## JUNE 12-JULY 15

**A LYLE BLISS RETROSPECTIVE: VIEWS OF THE HEARTLAND** Wed-Sat 2-5PM  
Badlands Art Gallery, Klinefelter Hall, DSU.

## JUNE 28-JULY 15

**BLU HAVEN SPAS HOT TUB SALE** Save up to \$1000 or 0% for 48 months. Blu Haven Spas, 1661 1-94 Business Loop

## JULY 1, 2, 5, 6, 9, 10, 11, 14, 18, 19, 20, 21, 25, 26, 27, 28, 30 AND 31

**BADLANDS BIG STICKS HOME BASEBALL GAMES** 6:35PM (4:35PM on 7/14, 7/21, and 7/28. Also an additional game at 10:05AM on 7/10) Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 9 for full schedule.

## DUNN COUNTY MUSEUM

**OPEN** July 4th Week: Special Hours: Open all week, including the 4th, 10AM-4PM, except Sundays 1-5 PM. Free admission. More info: [dunncountymuseum.org](http://dunncountymuseum.org) Dunn Center

## TUESDAY JULY 2

**FLAG ART WITH JOHN MARTIN** 2-4PM Kids make flags out of colorful tissue paper glued to tagboard and learn how to draw the flag with realistic perspective. Ages 5-12. SW Art Gallery & Science Center

## BANDSHELL CONCERT | MOUNTAIN COUNTRY

7-9PM The Bandshell Concert Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Memorial Park, 801 5th Ave W

## GLADSTONE FIREWORKS

9:30PM Enjoy the fireworks in Gladstone! Show begins at dusk with a huge display to entertain the family. Gladstone Fire Hall.

## WEDNESDAY JULY 3

**OPEN HOUSE** 10AM-4PM Goodies, coffee, lemonade. Genealogy pro available for help with family research. Free! Other activities happening in Dunn Center. More info: [dunncountymuseum.org](http://dunncountymuseum.org) Dunn County Museum, Dunn Center,

## HEADLINER CONCERT: GARY LEVOX OF RASCAL FLATTS/OPENER: MONTGOMERY GENTRY 7PM,

Doors open at 6PM Party under the stars with your friends at the Roughrider Days Concert. \$65/person. Ages 5 and under are free. Tickets available online or at the gate. Also available at Family Fare (both locations) or Dickinson Chamber of Commerce. Stark County Fairgrounds

## THURSDAY JULY 4

**DICKINSON LEGACY SQUARE SUMMER MOVIE NIGHT** 8PM Vendors, Bouncy Castles, and face painting. Plus, meet the Bigstick players, splash in the Splash Pad and enjoy a free showing of "Field of Dreams"! Dickinson Legacy Square

**41st ANNUAL PRAIRIE CRUISERS CAR CLUB DICKINSON, ND**

**JULY 12-13, 2024**

**CAR SHOW**

**FRI., JULY 12 MEET & GREET SHOW AT PLAYERS SPORTS BAR & GRILL**  
2050 1st Ave. East - 4:00-8:00 p.m.

**SATURDAY, JULY 13 SHOW & SHINE**  
**VALVE COVER DRAG RACES**  
11:00 A.M. - 2:00 P.M.  
**PRAIRIE OUTPOST PARK**  
**DICKINSON, ND**

Meet Joy Thomas  
RIDES  
9200 YOUR NEW LEADER

The poster features a collage of various classic cars, including a red coupe, a yellow sedan, a white convertible, and several muscle cars. It also includes a photo of a man in a racing suit and a photo of a crowd at a drag race.

**FIREWORKS!** 10PM We have a spectacular show planned for you. Location: The open field between the Dickinson High School and the Henry Biesiot Activities Center, Sanford Sports Complex

**SATURDAY JULY 6**  
**STOCKCAR RACES** 6PM  
Southwest Speedway, 47th St SW

**SUNDAY JULY 7**  
**KID'S FAIR** 11AM-3PM More info, contact 701-290-0293. A completely FREE Kids Fair event!

Stark County Fairgrounds

**HERSTORY** 2 PM. Sue Powers Hartman presents her doll collection with historically researched & recreated dresses of the 1800's. Refreshments follow. Free, all ages welcome. More info: dunn-countymuseum.org Dunn County Museum, Dunn Center

**TUESDAY JULY 9**  
**DICKINSON REC FIELD DAY - AGRONOMY** 8AM-12PM Meet and greet 8-9. Tours

start at 9. Join us for our Annual Field Day featuring agronomy research and the latest crop production recommendations from our experts. Free and open to the public. NDSU Dickinson Research Extension Station, 1041 State Avenue

**BANDSHELL CONCERT | BALDERDASH** 7-9PM Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Free! Memorial Park, 801 5th Ave W

**WEDNESDAY JULY 10**  
**STOCKCAR RACES** 6PM  
Southwest Speedway, 47th St SW

**SPEED DATING** Dress to impress. \$5 Glasses of Wine. Entry \$5 for ladies to join and \$10 for the men. Free apps will be served. 7pm ages 21-35. 8pm ages 36+. 9pm everyone (all ages). Final Final, 640 12th St West

**THURSDAY JULY 11**  
**START UP YOUR DAY** 8AM  
This event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. See the ad, page 7, for more information. Stark County Veterans Pavilion.

**PATTERSON LAKE FREE DAY & BEACH PARTY** 3-6PM  
Join us for some fun in the sun at Patterson Lake Recreation Area! Participate in our photo scavenger hunt, play with beach balls and water toys, sand tug-of-war and so much more!

**CONCERT SERIES: COMEDY NIGHT** 7PM Free family-friendly concert. See back cover for full summer schedule. Dickinson Legacy Square

**JULY 12 AND 13**  
**41ST ANNUAL PRAIRIE CRUISERS CAR SHOW** See ad, this page, for more info. West River Ice Center

**JULY 13 AND 14**  
**MILLER LITE SOFTBALL TOURNAMENT** Enjoy this annual USA Softball of North Dakota sanctioned tournament. Gress Softball Complex

**WET & WILD PARTY** Saturday starts at 1PM/Sunday 12-6PM We will have 3 giant water slides set up. DJ starts at 9PM for a parking lot party. Slides will be available all day and night! Final Final, 640 12th St West

**JULY 13, 20 AND 27**  
**KAREN RILEY PAINT CLASSES** 3-5PM (Saturdays)  
Enjoy a relaxing workshop painting with Karen Riley. Painting subjects vary from class to class. SW Art Gallery & Science Center

**JULY 15-17 AND 19-31**  
**SPORTS PHYSICALS** Now scheduling! \$40 now through 8/30/24. Call 701.456.4200 to schedule. CHI St. Alexius Health Dickinson Clinic

**TUESDAY JULY 16**  
**MICHAEL GALLO'S IMAGINATION THEATRE** 10:30AM  
All ages welcome! See article and ad, page 4, for more info. Dickinson Public Library

**BANDSHELL CONCERT | CLINT MORGENSTERN & ARTS AT THE BANDSHELL** 7-9PM Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Free! Tonight is also Arts at the Bandshell Night. Live Art conducted by local artists to accompany Dickinson Parks & Recreation's Bandshell Concert Series. Memorial Park, 801 5th Ave W

**THURSDAY JULY 18**  
**CONCERT SERIES: CAITLYN SMITH | SAVANNAH BENZ** 7PM Free family-friendly concert. See back cover for full summer schedule. Dickinson Legacy Square

*Continued, next page*

**SUNDAY JULY 21**

**DEMOLITION DERBY** Tickets available at the gate! Adults - \$18; Kids 6 yr - 12 yr. - \$15; 5 yr. and under - Free. Full concessions available. Derby Starts: Friday 7 pm; Saturday 12 pm Stark County Fairgrounds

**MONDAY JULY 22**

**HOW TO PREPARE FOR A HIKE** 3PM Learn the essentials from Theodore Roosevelt National Park. Open to all ages! Community Room, Dickinson Public Library

**JULY 22 - JULY 24**

**LAZY RIVER 5K** 10AM-12PM Looking for a new 5K challenge?! Complete a 5K this summer, but enjoy the refreshing experience of being in the pool. Accomplish at the West River Community Center Outdoor Pool or indoor lazy river. Complete in 5 days or less.

**TUESDAY JULY 23**

**BANDSHELL CONCERT | RYAN DART** 7-9PM Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Free! Memorial Park, 801 5th Ave W

**WEDNESDAY JULY 24**

**DROP-IN STAY & PLAY** 9-11AM Join SW Art Gallery & Science Center for themed kids activity stations for kids. Partnering with Dickinson Parks & Rec, Backyard Play Cafe and the Academy of Dance for a morning of fun! Dickinson Legacy Square

**THURSDAY JULY 25**

**WEST RIVER POOL PARTY** 12-7PM FREE day at the West River Community Center's Outdoor Pool! Music, door prizes and fresh food—don't forget your water toys and pool floaties! Bring the whole family to this fun summer event.

**CONCERT SERIES: COYOTE WILD | THE WADINGTON BROTHERS** 7PM

Free family-friendly concert. See back cover for full summer schedule. Dickinson Legacy Square

**FRIDAY JULY 26**

**DJ KNOWLEDJ RETURNS!** A crowd favorite! Coming back from Vegas to play all your favorite hits! Final Final, 640 12th St West

**JULY 26 AND JULY 27**

**SWIM UNDER THE STARS** 8-10PM Have fun swimming until 10 PM at the West River Outdoor Pool! Join us for free food, prizes, live DJ, and fun for all! Free admission with the donation of a canned food item for Amen Food Pantry.

**SATURDAY JULY 27**

**20TH ANNUAL SBMC PARTY & FUN RUN** 10AM Registration; 11AM Kickstands up. Food, Adult beverages, biker games, and music by Rocket 38. Tickets at the gate. For more info, contact Mike 701-495-8685. Stark County Fairgrounds

**SUNDAY JULY 28**

**KOTTONMOUTH KINGS** 9:30PM Final Final presents the KottonMouth Kings. Tickets go on sale July 12th. \$40 advance. Final Final, 640 12th St West

**TUESDAY JULY 30**

**BANDSHELL CONCERT | GREG HAGER** 7-9PM Bring a blanket and lawn chair, sit back and enjoy the sounds of music at its best! Free! Memorial Park, 801 5th Ave W

**WEDNESDAY JULY 31**

**MOVIE: MINIONS THE RISE OF GRU** 6PM Concessions; Dusk Movie begins. Join Consolidated for Movie Night in the Park. Richardton High School Football Field

**PAWSITIVELY POPPY****Grilling season!**

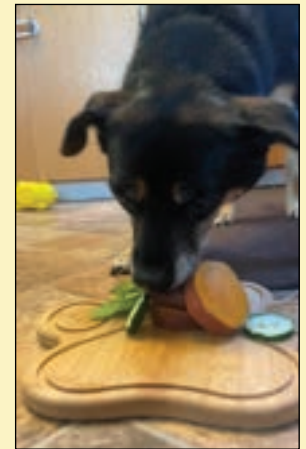
By Miranda Kuhn

Summer is officially here and so is grilling season! For several years we didn't have air conditioning in our house so when it got hot outside, the policy was we eat it cold or cook it on the grill, no stovetop or oven allowed. Out of necessity came a love for the grill and the summertime feeling that comes right along with it. Now I love nothing more than a nice juicy burger with all the veggies and of course I had to find a way to let Poppy enjoy this summertime staple! I substituted the bun for sweet potato since she doesn't need all those carbs (trying to keep her athletic figure!) and the cucumber is a cool and crunchy replacement for the overly salty pickles. The rest of the ingredients we keep around for our own burgers, so Poppy barely notices the subtle differences. Next time you fire up the grill don't forget your pooch! Happy Summer!

**Hamburgers for Dogs**

½ lb lean ground beef  
Sweet potato  
Cucumber  
Tomato  
Leaf of lettuce

Form patties out of beef and cook in pan or on grill until done. Slice sweet potato into round pieces about ¼" thick and boil about 10 minutes to soften. These will serve as the "bun". Slice cucumber into round pieces for "pickle". Slice tomato and assemble burger from bottom up beginning with "bun", burger, "pickle", tomato, lettuce, and "bun". This should serve as a meal replacement or can be divided into portions to be fed over more than one meal depending on how much your dog eats per meal or per day. ■



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## Ask Alfie

Dear Alfie,

The other day I noticed that my cat has several black spots on the underside of his chin. When I rubbed on them, bits of them flaked off. I am extremely concerned - does this mean my cat has fleas?!

Sincerely, Please No Fleas

Dear Please No Fleas,

While only your vet can make a definitive statement about the state of your pet, please take comfort in knowing that what you have described sounds very much like what we call "cat acne". Cat acne is similar to human acne, in that it can result in blackheads or swollen bumps on the skin. Often you will find it on the underside of your cat's chin, but also around their mouth and lips. Most commonly it appears as small black

specks, but can also be red or take on the appearance of swollen pimples.

While it has not been studied in depth, it is believed that cat acne is usually caused by bacteria, just like with humans. Keeping them well-groomed and their mouths and chins free of debris will be helpful. There is some information that suggests eating or drinking from plastic food bowls can also be a big culprit, as bacteria can hide in the grooves of plastic dishes. Switching your cat to ceramic, stainless steel, or glass bowls (regularly cleaned) will be helpful.

Some people believe that an issue known as "whisker fatigue" can make your cat more susceptible to cat acne. Whisker fatigue happens when your cat is fed from dishes which are too deep or too narrow, causing their sensitive whiskers to continuously make contact with the sides of the dish. Feeding them from a wide, flat dish will reduce this issue.



If the black spots are troubling you or don't seem to resolve, I encourage you to contact your veterinary professional. They may be able to prescribe an antiseptic to clean your cat's chin, and they can rule out the possibility of any other issues.

Sincerely, Alfie ■

Have a question for Alfie?  
Email [askalfiecat@gmail.com](mailto:askalfiecat@gmail.com)

**Badlands Dinosaur Museum**

188 Museum Dr, E  
Dickinson, ND  
[dickinsonmuseumcenter.com](http://dickinsonmuseumcenter.com)  
701-456-6225

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FOR BOYS & GIRLS 6-11 YEARS OLD

**PUBLIC WORKS KIDS CAMP**

FOR MORE INFORMATION OR TO REGISTER CONTACT RACHEL SHUMAKER  
[Rachel.Shumaker@dickinson.gov](mailto:Rachel.Shumaker@dickinson.gov)  
701-456-7873

Dickinson Area Public Library



Dickinson Area Public Library

NATIONAL PARK SERVICE

**10 ESSENTIALS HOW TO PREPARE FOR A HIKE**

MONDAY, JULY 22

3:00PM

**OPEN TO ALL AGES!**

Learn the essentials from the Theodore Roosevelt National Park!

Mon-Sat 9-5  
Summer Sundays Noon-5  
(Memorial Day to Labor Day)

**DICKINSON MUSEUM CENTER**

## CONVENTION AND VISITORS BUREAU

## Western North Dakota's recreational grasslands



The Dakota Prairie Grasslands in North Dakota offer a variety of recreational opportunities that cater to nature enthusiasts, adventurers, and those seeking solitude in the great outdoors.

**Hiking and Walking:** With numerous trails winding through the grasslands, hikers can explore diverse landscapes, from rolling hills to rugged badlands. One of the many trails includes the Maah Daah Hey Trail, a challenging route that stretches for over 144 miles, providing breathtaking views and unique geological features. The China Wall, Devils Pass, and the Ice Caves are just some of the signature landscape locations that are favorites to hike to.

**Wildlife Viewing and Bird Watching:** The grasslands are home to a rich array of wildlife, including bison, prairie dogs, and mule deer. Bird watchers can spot species such as the sharp-tailed grouse, burrowing owls, and various raptors. The Little Missouri National Grassland is a hotspot for birding enthusiasts.

**Camping:** Numerous campgrounds and dispersed camping sites are available, allowing visitors to immerse themselves in the natural beauty of the grasslands. Both primitive and developed sites cater to different camping preferences.

**Horseback Riding:** The expansive open spaces and designated equestrian trails make horseback riding a popular activity. The Maah Daah Hey Trail, with its scenic vistas and challenging terrain, is also a favorite among equestrians.

**Off-Roading and Mountain Biking:** Designated areas and trails accommodate off-road vehicles and mountain bikes, providing an exhilarating way to explore the rugged terrain.

**Photography and Scenic Drives:** The diverse landscapes, from vast prairies to dramatic badlands, offer excellent photography opportunities. Scenic drives,



such as the Theodore Roosevelt National Park Loop Road, allow for leisurely exploration with ample chances to capture stunning vistas.

It is highly suggested to obtain a detailed map of the grasslands because of significant portions of state-owned and privately owned land, much of it being leased by cattle owners for grazing. You may also wish to contact the US Forest Service office located at 99 23rd Avenue W. – Suite B, Dickinson, ND, or call 701-227-7800, or access online at [fs.usda.gov/dpg](https://fs.usda.gov/dpg)

The Dakota Prairie Grasslands offer a wealth of outdoor activities that highlight the natural beauty and ecological diversity of North Dakota, providing memorable experiences for all types of outdoor enthusiasts. ■



# Heart River VOICE

**STOP BY,  
SAY HI, AND  
PICK UP A COPY!**

Find Heart River Voice at the following fine establishments:

## DICKINSON

Dakota Diner  
Dan Porter Motors  
Cashwise  
Simply Flowers & Gifts  
Dunn Brothers Coffee  
High Plains Dental  
Dickinson Theodore  
Roosevelt Regional  
Airport  
Ace Hardware  
La Quinta Inn & Suites  
Country Kitchen  
Convention and Visitors  
Bureau  
Dickinson Museum Center  
Chamber of Commerce  
Consolidated  
Rosie's Food & Gas  
DePorres House of  
Barbering and Lounge  
Dickinson Area Public  
Library  
The Clean Home Store  
Joy Inspired Gifting  
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Family Fare - West  
Heritage Hills  
Players Sports Bar & Grill  
Stark Development  
Corporation  
Dickinson City Hall  
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Microtel Inn & Suites  
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Frankie's West Side Shell  
Villard Cenex  
West River  
Community Center  
Edgewood Hawks Point  
The Hub  
Fluffy Fields  
Ukrainian Cultural Institute

## SOUTH HEART

Heart Country Gas Station

## RICHARDTON

Suzy's Stash  
The Country Drug Store  
Pharmacy

## HEBRON

Bassackward Studios  
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## BELFIELD

Trappers Kettle

## MEDORA

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Roughriders Hotel  
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## BISMARCK

Bismarck Art & Galleries  
Assoc.

## DUNN CENTER

Dunn County Historical  
Museum

## TOIVOA Bloomed

By Michelle Massie



Michelle Massie

Your bedroom was the color of lilacs. That was the first thing I noticed when I opened the door to your room. The walls were covered with decorations filled with inspiring bible verses. Books lined the back wall on the book shelf, as I stood silently in the doorway wishing for time to browse them. I could smell a faint lavender candle in the distance. In the left corner, there you were, all tucked into your hospital bed. Home, after just have receiving your terminal diagnosis, as my newest hospice patient.

During the first days, my time was spent getting your pain and symptoms under control. Education was done to you and your mom on when to give the "when needed" medications. Catheters were checked, dressings were bandaged. Small talk was started. I found out that we both had the same friend, and that seemed to connect us quickly, together.

And, together is how we would spend at least an hour a day. I would do my nurse thing and we would visit. Looking back now, I wish I could remember all the meaningful conversations. To be honest, there were a couple days that I would sit in your driveway in my car and soak in your words, and then quickly jot them down- so I wouldn't forget them.

During our time, your love for Jesus was palpable. Your surrendering life, and for what it was inspiring. You would spend your energy reminding your mom and I that you were the lucky one, with an everlasting vacation trip soon leaving to heaven.



I remember asking you to share stories with me, of your past. You spent years as a missionary, living in an unsafe country for a Christian. Stories of underground churches, and hiding that you were a Jesus follower. I asked you if you ever wanted to take a break from loving God, or being a Christian then- for safety reasons. You looked at me with a crooked smile and spoke a gentle knowing "Michelle, God is so much bigger than any problem."

One day when your mom was away, you taught me fate. You shared with me that there was a special guy that had now decided he wanted to pursue a relationship. I leaned into you and asked you how you felt about that, and you replied with a soft peace- "it's okay, it must not have been meant to be".

The disease process wore on. The town heard and started praying for a miracle. You whispered to me as I was holding your hand one rainy day in the lilac room- "if God saves me from life or saves me from death, either way it's a miracle".

The time came, that I was headed out of town for a few days, and I didn't know if you had a few days, left here on this earth. Before I left that day, we prayed together. And, this my dear was big for me. This was the first time I ever have prayed out loud with any of my patients. As, I stumbled with my words and choked on my tears, you squeezed my hand a little stronger.

I came back to you, withdrawing, knowing the eternal vacation was near. Opening your eyes to smile and remind me that "it's all good". And, then falling asleep mumbling something about lavender fields.

You ran in those lavender fields and found Jesus, the next night.

Your mom called, and I got the honors to go-and be with your family after you passed. When the funeral home had left, the medications all wasted, I stood in

your doorway-and told your family the truth...

You have changed me.

It seemed as if God knew at this stage in my life, that I needed to hear all your stories. I needed a new friend. I needed to truly witness someone, who "let's go, and lets God".

You came into my life and showed me as you were dying how to live, truly surrendered to Gods will. You modeled faith, you modeled hope, you modeled how to love.

They say lilacs bloom for 3 weeks a year. I was your hospice nurse and friend for 3 weeks.

Your soul was the color of lilacs. Your words will forever live inside me.

Thank-you for teaching me how to live life, bloomed, Holly.

It's all good.

Xoxo, Michelle ■

# DICKINSON AREA CAR SHOW

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## Alcoholics Anonymous fellowship

## Preamble

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

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

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## WHERE BUSINESS GOES TO GROW

## The power of the pen



By Matt Ellerkamp,  
Business Advisor, SBDC

The ND Small Business Development Center (ND SBDC) is a big advocate of plans of all types: business, financial, marketing, expansion, succession/exit and more. Writing a plan clears the mind, improves focus, creates clarity, evaluates risk, and promotes critical thinking and reflection, all of which aid in removing analysis paralysis. [The Paper & Plan Co. (2022, June 9). The Science Behind Writing Things Down Make You More Successful. [thepaperandplanco.com](http://thepaperandplanco.com)].



One of the top reasons business fail is lack of planning. [Horton, M. (2024, January 28) The 4 Most Common Reasons Business Fails. [www.investopedia.com](http://www.investopedia.com)]. ND SBDC advises businesses at every stage of the business life cycle and its various challenges, the solutions usually include planning. Often, there is a hesitancy to produce a plan in starting, expanding, exiting, or addressing a problem in a business that needs solving. Amongst many business owners, there seems to be a natural aversion to planning, even in the face of factual information, that a plan is what is best for the business and its prospective stage. There are very good reasons to be reluctant to write a plan, “time” being number one along with other limited resources. Yet, contradictory to our very nature, a plan in its essence, is designed to provide more “return on time” and an increase limited resources within the

company.

When advising business owners and discussing plans there is a common statement, “It’s all in my head”. It is easy to think, if all the information is truly in their head, it should be simple to write a business plan. But truth be told, it’s not easy because there are also “6,000 plus other competing thoughts in a person’s day.” [Raypole, C. (2022, April 28). How Many Thoughts Do You Have Each Day? [www.healthline.com](http://www.healthline.com)], thereby making it difficult to navigate competing priorities.

Planning is challenging, it forces business owners to critically think, reflect and face reality. This is why there is natural aversion to writing ideas down. Ideas can easily be romanticized and fascinating in one’s mind. Whereas, writing out ideas and thoughts is foretelling, requiring critical thinking, action and decision making. That is the reason I state to many business owners, “Writing things down creates REALITY”. The process of organizing one’s thoughts into comprehensive statements starts the shaping of ideas into something tangible. This process causes a sequences of events in our brains by clearing the mind of clutter, focusing on the ideas at hand, clarifying intentions, seeing pros and cons and then reflecting to evaluate risk.

So why should an owner write a plan? Writing is a cognitive process that in total helps make informed choices, evaluates risk, and communicates our ideas not only to ourselves, but financial funders, employees, customers and the communities we serve. That is why those who choose to plan tend to succeed.

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

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### COOKING CRAVE

## Fun with fruit

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

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



Laverne and Rhonda

## Homemade Recipes Made Easy!

### Fruit Salsa

- 2 cups (tart) chopped apples
- 2 cups Kiwi - chopped (approx. 6 kiwi)
- 1 package frozen strawberries, thawed and chopped
- Juice of one orange plus rind
- 2 Tbsp. brown sugar
- 2 Tbsp. apply jelly
- 3 packages of largest sized tortillas
- Cinnamon & sugar

Preheat oven to 400 degrees. Brush tortillas with water and sprinkle with cinnamon and sugar. Cut tortillas with pizza gutter into chip size and bake 7-10 minutes until crisp. In a large bowl, combine salsa ingredients and mix well. Serve with cinnamon chips.

### Raspberry-Lemon Fruit Dip

- 1/2 cup raspberry cream cheese spread - softened
- 1/2 cup marshmallow cream
- 1 - 6 oz container lemon yogurt
- Assorted fresh fruit pieces or berries

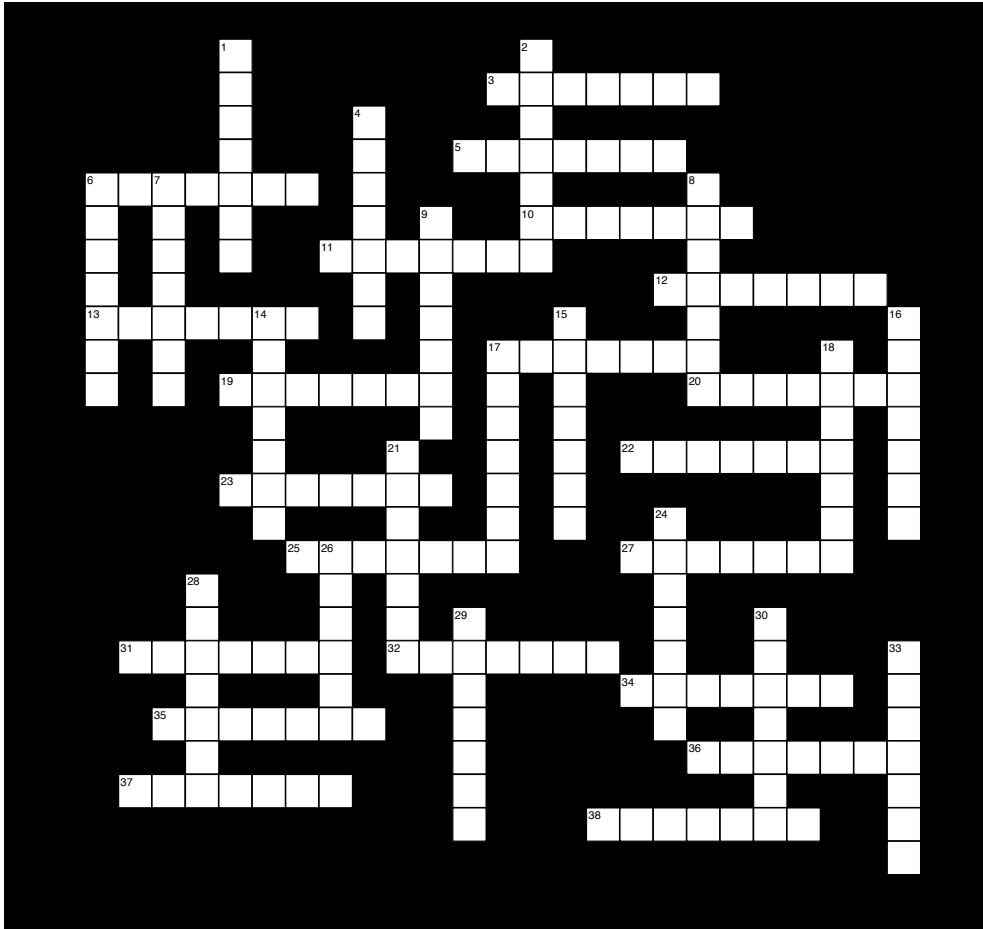
Mix cream cheese and marshmallow cream in a medium bowl with wire whisk until smooth. Stir in yogurt. Serve with fruit.



CONSOLIDATED  
CHANNEL 18

COOKING  
CRAVE

**CROSSWORD** 007 by Carlinka



**ACROSS**

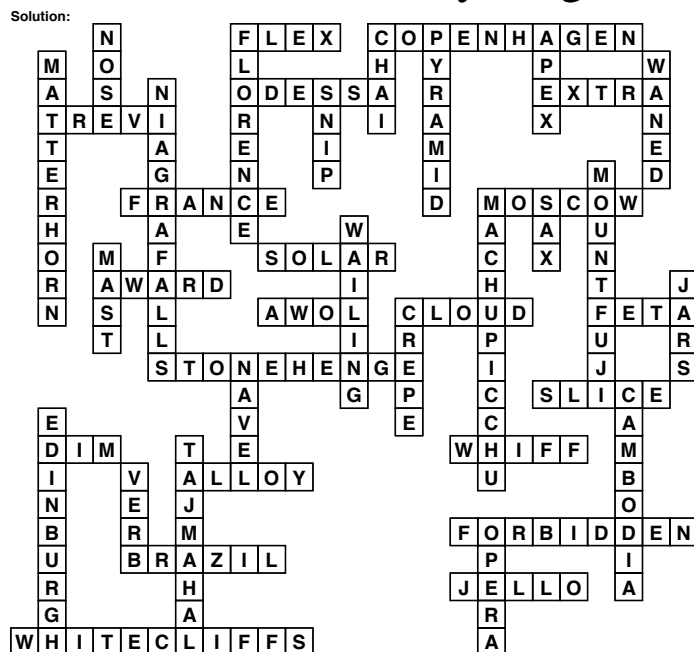
- 3 Body art
- 5 Fainted from extreme emotion
- 6 Type of primate
- 10 Soap for shiny locks
- 11 A length of film made for T.V. or movies
- 12 Left a snail trail on your pillow
- 13 Hard or soft items found in the nose
- 17 Multi-stemmed instrument for smoking
- 19 Adios
- 20 Weapon to hunt a whale
- 22 California's big trees
- 23 Another word for owies
- 25 They take your bets
- 27 Speaker parts...\_\_and tweeters
- 31 Organic sponges for showers
- 32 Sleeps
- 34 Fish, scallops...
- 35 Usually seen outside fancy hotels
- 36 Helium or air. A birthday treat
- 37 Used in the construction of buildings
- 38 A form of goodbye

**DOWN**

- 1 Where you go when it rains
- 2 Car at the end of a freight train
- 4 Masked animal
- 6 Portable radio of the 80's
- 7 Common place for a brawl
- 8 Rough and bad-mannered; coarse
- 9 Curly, Moe and Larry
- 14 Reprieve from the urban masses on high
- 15 The wet season in Asia
- 16 Retracting window in a car
- 17 Another name for zip sweatshirts
- 18 Dog breed with a flamboyant cut
- 21 Pairs great with milk
- 24 Asked for something without paying
- 26 Port city in Ukraine
- 28 Study of animal behavior
- 29 Type of relief printing technique
- 30 An informant or rat
- 33 A warm dry wind

**LAST MONTH'S PUZZLE SOLUTION**

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## COMMUNITY

### Rotary supports DAPL's summer reading program



On June 1, the Dickinson Rotary Club combined our literacy and environmental emphases by participating in the Dickinson Area Public Library's summer kick off. Organized by Rotarian Natasha Cushman, Rotarians set up, visited with the crowds and distributed free water courtesy of our Rotary Club. The Club purchased and gave away 500 bottles of water while supporting our library's summer reading programs! We are happy to include this project as part of our 'clean water for everyone' initiative and our literacy initiative.

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