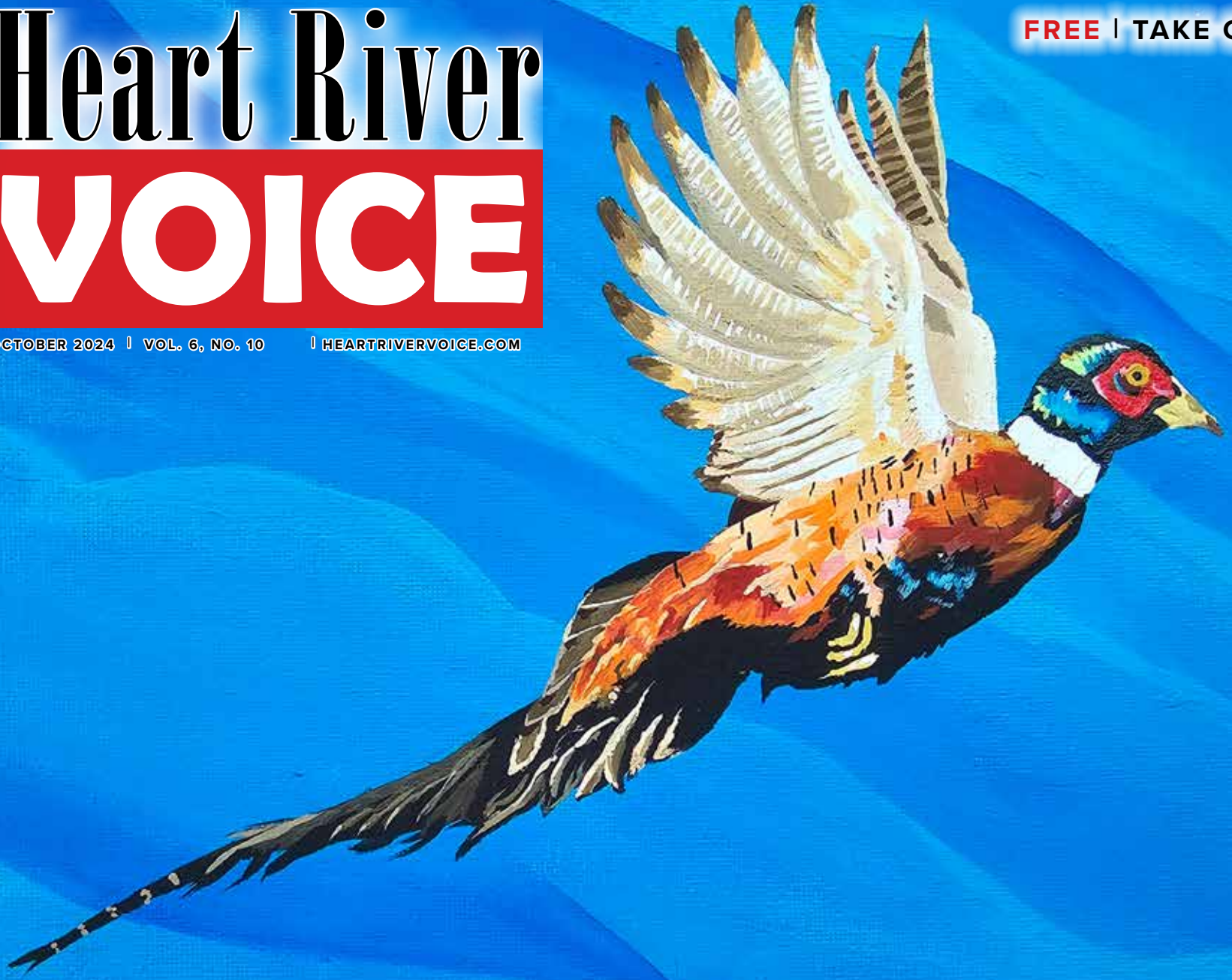


Heart River VOICE

OCTOBER 2024 | VOL. 6, NO. 10 | HEARTRIVERVOICE.COM

FREE | TAKE ONE



SEE PAGE 22

CALENDAR *of*
LOCAL EVENTS

The GREAT PUMPKIN HUNT!



October 28th-31st

Find the GREAT PUMPKIN,
win the Grand Prize!

Consolidated
Reach the World, from here.

Great Pumpkin hotline: 483-HUNT (483-4868)
consolidatednd.com/pumpkin2024



1661 I94 Business Loop East
Dickinson ND
701-227-0601
bluhavenspasp.com



**Your Local
Therapy Dealer**

VETERAN OWNED



- Interior Painting
- Exterior Painting
- Faux Finishing
- 3D Murals
- Marbleizing
- Antiquing
- Wood Graining
- Pressure Cleaning
- Gold Leafing

Anthony Jones
774.236.0262

AGC GENERAL CONTRACTOR PAINTING SCHOOL 3.5 YEARS • LICENSED AND INSURED • 40 YEARS EXPERIENCE

**CONNECT
MEDICAL CLINIC**

Join us at our

Grand Re-Opening

Saturday, October 12 11am-2pm

683 State Avenue, Suites E & F • Dickinson, ND

OPEN TO THE PUBLIC! Enjoy us for food and games

ConnectMedicalClinic.com



Heart River VOICE

Publisher
Kelley Jilek

Advisory Board
Tammie Braun
Irene Schafer
Amy Graves
Lorri Stoltz

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

Web Developers
Ben Hapip
Tina Hapip

Graphic Designer
Sophia Larson

**Photographers/
Feature Writers**
Our Community

**Published Monthly by
Heart River Voice, Inc.**
PO Box 2117
Dickinson, ND 58602

© Copyright 2024 Heart River
Voice, Inc. All rights reserved. For
usage and submission
information, contact us at
kelley@thejileks.com

A note to our readers

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

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

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

Kelley Jilek
Publisher

On the cover

Pheasant by Rainey Zettel. For more information about the artist, see page 5.



KYLE KLEIN
BUSINESS BANKER

GO WITH
TEAMWORK.

DACOTAH BANK

BANKING • INSURANCE • MORTGAGE • TRUST

kyle.klein@dacotahbank.com (701) 225-1200

MEMBER FDIC Insurance and Trust not FDIC Insured.



Mammo & DEXA Day

Saturday

October 19

8:00am - 12:00pm

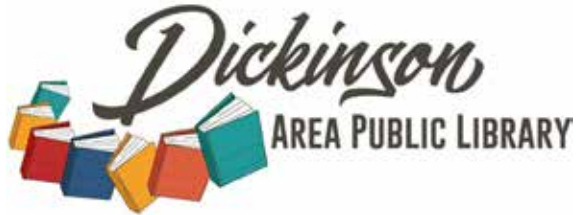
Let us *Squeeze* you in

Call 701-456-4509 to schedule
your appointment

 **CHI St. Alexius Health.**
Dickinson

#BOOKWORM

Fall-themed and spooky fun!



By Cindy Thronburg

It's already October, which means plenty of crisp fall air, cozy reads, and library programming full of fall-themed and spooky fun!

We have programs for all ages this month, even the littlest of littles. There will be a Little Tykes Dance Party on Friday, October 25th at 10:00am. We will have scarves and balloons at this dance party for ages 0-5 and their grown-ups. We will also have a Tiny Tots Playtime

for ages 0-2 and their grown-ups on Monday, October 28th at 10:00am. Stop in and play and meet other families. All play supplies are provided. We will also host Music Together by Pitter Patter Club on Wednesday, October 30th at 5:30pm for ages 0-5. Sign-up is required for this event.

There will be a Café & Play on Thursday, October 17th at 10:00am. Meet other families at this play-based program for ages 3-5 and their grown-

ups! We are providing play areas for the kids and coffee for the adults. This will be an hour in length.

We will be having R.U.F.F. Readers again on Monday, October 14th for ages 6-12. Registration is required for this program. Reading Unjudged to Furry Friends! Come and read a story of your choosing to a pure-bred German Shepard that has been trained as a therapy dog. A parent/guardian must be present to sign a waiver for the reading session.

There are lots of fun programs for those ages 13+ this month. October's Saturday Craft Club will be doing Spooky Rock Painting on the 12th at 1:00pm. This month's How to Art session will be Color Like an Artist. This will be on Monday, October 14th at 6:00pm. The following evening at 6:00pm we will have Halloween Trivia Night (sign-up required). We also have a special event this month for ages 13+. On Tuesday, October 22nd at 6:00pm we will have Crack the Case: Murder at the Movie Theater. Test your detective skills! A movie theater owner was found dead in his office—murdered! Look through a file of suspect profiles, police reports, phone/text records, witness statements, photographs, and other evidence for this fake cold case and work to solve the murder!

We will be having a Senior Social Hour for ages 55+ on Thursday, October 24th at 11:00am. Coffee, treats, and activities will be available. While this is geared for ages 55+, all ages are welcome.

We also have some events that all ages can attend this month. On Thursday, October 10th at 6:00pm we will have Pokémon Club. Come trade, battle, and talk about your favorites! On Thursday, October 24th we will have an Interactive

Movie Night at 6:00pm. This month we will be showing Hocus Pocus. Don't just watch the movie, be a part of it! Viewers will be given a bag of props and an activity script to follow along with the action in the movie. No unattended children under 12 at this event. We will also have a Halloween Puzzle Race on Saturday the 26th at 1:00pm. Sign-up is required. Put together a team of 4-6 people (at least one adult is needed per team) and compete to be the first to complete a 500-piece puzzle. Costumes are welcome!

The Friends of the Library will be having their annual book sale on Saturday, October 19th from 10:00am to 2:00pm. Come see what treasures you can find!

Thursday, October 31st is the main event! We will be hosting our annual Kids Halloween Party all around the library. Stop by from 2:30pm to 4:30pm for games, a "ghost" hunt, and prizes! Costumes are not required, but are encouraged! This event is geared for ages 2 and up.

That same day the library's bookmobile will be participating in Downtown Dickinson's Trick-or-Trunk event. We will be there from 4:00pm to 6:00pm. Come check out our spooky and booky bookmobile!

We will have a closure this month for staff training. We will be closed on Friday, October 11th. Regular hours will resume the next day.

We hope you are able to join us for some of these fun events this October. Check out our website and Facebook page for even more events! ■

Advertise With Us!

CONTACT KELLEY JILEK
AT 701-290-2063 OR
EMAIL KELLEY@THEJILEKS.COM



COVER ARTIST

Rainey Zettel

Rainey Zettel is a junior at Dickinson High School. She's active in Band, FCCLA, Student Council, NHS, and Drama. She volunteers at her church and is a barista at Serendipity Coffee Shop.

Rainey has been creating art since she was old enough to hold a crayon and enjoys drawing, painting, and digital art mediums. Families of loved ones have commissioned her to do likenesses in honorarium, and she even captured her family for their annual Christmas card two years ago.

Rainey also enjoys writing and playing music; she plays guitar, piano, ukulele, and percussion. She is interested in studying psychology and helping people after high school.

The cover art is a cherished present for her father. ■



Rainey Zettel



Family Christmas card

**DEVELOP
DICKINSON**



2nd Annual **WOMEN'S
LEADERSHIP
SUMMIT**

Fri, October 25

8:15AM-3PM MT August House

Panelists that include:
**State and Local
Women Leaders**

**KEYNOTE SPEAKER
Renee Rongen**

International Speaker and Best-Selling
Author of *Fundamentally Female*



**SCAN QR
TO REGISTER!**



**DICKINSON AREA
CHAMBER OF COMMERCE**



701.225.5115



dickinsonchamber.org

COMMUNITY

Buster's Color Run

We are thrilled to share an exciting opportunity for you to make a difference in our community! In partnership with the Dickinson Running Club, and mental health and recovery organizations, we proudly present the Buster's Color Run/Colors of Recovery 5K Color Run/Walk on October 13th, 2024, at DSU. This vibrant event is not just a race—it's a powerful movement to raise awareness about addiction, break down stigmas, and support vital causes close to our hearts.

Imagine a day where we come together, not just to run or walk, but to celebrate recovery and hope. As participants, you will experience the thrill of racing through a course splashed with colorful, eco-friendly powders, symbolizing the joy and unity that recovery brings. This event is designed to be family-friendly, inclusive, and most importantly, impactful.

Our goals are ambitious and vital:

Raise Awareness: Help us shine a spotlight on addiction and recovery, fostering understanding and compassion in our community.

Support Essential Services: All funds raised will benefit the Amen Food Pantry and the Scholarship Program through the Dickinson Running Club. Your

participation directly supports individuals and families in need, providing crucial resources and opportunities for success.

Build Community: Join us as we unite in a celebration of health, hope, and togetherness and kick off DSU Homecoming week. We aim to gather 200 participants and families, all committed to making a difference.

The event will kick off with inspiring guest speakers who will set the tone for an unforgettable day of energy and positivity. We believe in the power of community action to create lasting change, and your involvement is key to achieving our shared vision.

We invite you to be part of this transformative experience. Whether you're running, walking, or cheering from the sidelines, your support will contribute to a brighter future for those affected by

addiction and the students striving for academic excellence.

Let's come together to turn our enthusiasm into action and our steps into change. Join us in making the Buster's Color Run/Colors of Recovery a landmark event for our community! Register at [Eventbrite.com](https://www.eventbrite.com) and check us out on Facebook at Buster's Color Run/Colors of Recovery 5k Run Walk

For sponsorship opportunities, contact Emily Gran -O'Handly at 605-641-7249



PAUL MEYERS TRACTOR SALVAGE

Good Buys and Service

1000+ Tractors & Combines

400+ Reground Crankshafts

500+ Tractor Tires

300+ Radiators, Rebuilt

*Large Line of Swather, Baler,
Cutter & Plow Parts*

WANT TO BUY TRACTORS &
COMBINES FOR SALVAGE

Phone (605) 225-0185

Aberdeen, South Dakota

Open Monday-Friday 8am-5pm

Saturdays 8am-3pm

5 miles east of Junction of
Hwy. N 281 & 128th St

EDUCATION

Dickinson Public Schools Foundation: Empowering education, building futures

The DPS Foundation is known for its grant programs that support the innovation and professional growth of educators and the academic success of students. In 2023 alone, the Foundation provided over \$100,000 in grant funding for various classroom projects. These grants were aimed at enhancing STEM education, improving literacy programs, and supporting creative arts in all grade levels.

One notable program is *Family Code Night*, an initiative that introduces elementary students and their families to the world of computer science and coding. During the events held in September, families learned the "Big Ideas" of computer science by completing

fun, self-paced coding puzzles, aligning with North Dakota's Computer Science and Cybersecurity (CSCS) program. The Night not only fostered interest in STEM subjects but also strengthened the home-school connection by involving parents in their child's learning journey while preparing young learners for future career paths.

As a result of the success of the program in Dickinson, *Family Code Night* events have been funded by the state to take place in 50 elementary schools across North Dakota, reaching hundreds of families and helping to build a strong foundation for the state's computer science and cybersecurity education standards. The goal is to expand the pilot

program to offer the family engagement event to all 350 public elementary schools based on the strong outcomes in Dickinson.

Programs such as *Family Code Night* demonstrates the Foundation's dedication to ensuring that Dickinson's students have access to the tools and opportunities they need to succeed. The Foundation's Grant Program was created specifically for this purpose. October marks the opening of the 2024-25 Annual Grant and Mini-Grant Program, and all DPS staff are eligible to apply.

For more information, please visit the



Dickinson Public Schools Foundation website (www.dickinsonpsf.org) or contact the Foundation directly. Together, we can continue to make a difference in the lives of our students and the future of our community. ■

COMMUNITY

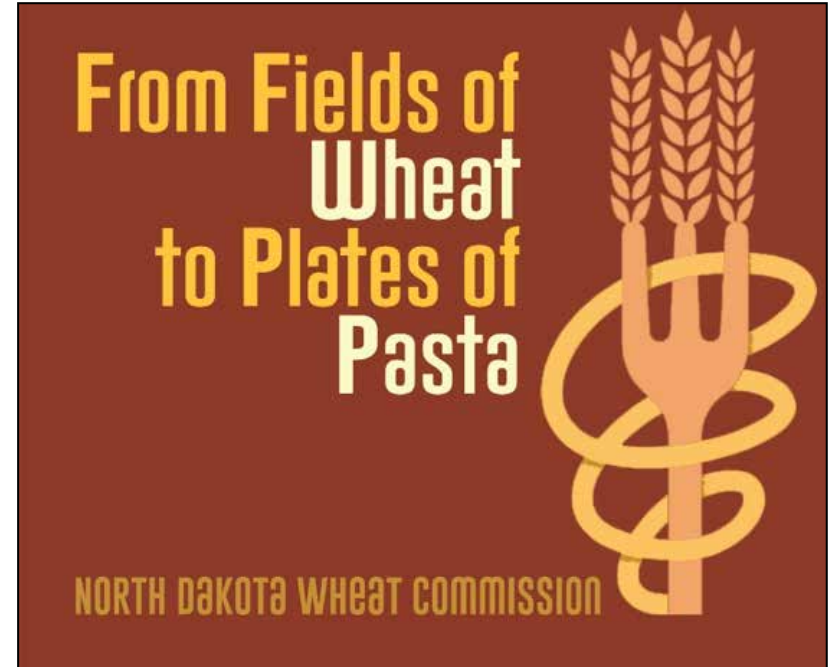
From fields of wheat to plates of pasta - Celebrate Pasta Month!

The North Dakota Wheat Commission is celebrating National Pasta Month in October as a way to recognize the state's durum producers, mills, and pasta manufacturers and the role they play in putting pasta on the plates of consumers. Each year, a new theme is developed to celebrate the occasion. This year's theme is "From Fields of Wheat to Plates of Pasta," a way to recognize the fact that the durum produced in our state ends up as pasta on the plates of consumers here and around the world.

North Dakota remains the largest durum producing state in the country with average production of 40 million bushels, enough to produce 1.7 billion boxes of pasta! The state also boasts numerous processing facilities including Minot Milling (a division of Philadelphia Macaroni), Dakota Growers Pasta (8th Avenue Pasta) and the North Dakota

Mill, in addition to some smaller facilities. While the bulk of the state's durum production is processed in country, the U.S. exports about 20 million bushels of durum to countries such as Algeria, Italy, Morocco and Venezuela. Here at home, we definitely enjoy our plates of pasta, with the U.S. as a whole consuming almost 6 billion pounds of pasta each year!

To help celebrate Pasta Month, the Commission is partnering with statewide media to provide durum and pasta facts and trivia. Readers have a chance to win a pasta prize package, so see page 30 for our Pasta Puzzle and a chance to win! Thank you to our prize sponsors: Dakota Growers Pasta, Philadelphia Macaroni, North Dakota Mill, and the U.S. Durum Growers Association. For great pasta cooking tips and recipes, visit www.sharethepasta.org and for more information on pasta month, visit www.ndwheat.com ■



OCTOBER 10, 2024

8-9 AM | STARK COUNTY VETERANS PAVILION



SPEAKER



REECE ANDERSON
NORTHWIND TAXIDERMY



REFRESHMENT SPONSOR

Edward Jones

Marlene Bradbury

VENUE SPONSOR



EVENTS OFFER OPPORTUNITIES FOR CURRENT AND ASPIRING ENTREPRENEURS AND OUR AREA'S ENTREPRENEURIAL RESOURCES TO COME TOGETHER TO NETWORK.

EVENT BROUGHT TO YOU BY





Circle of Security
INTERNATIONAL
Early Intervention Program for Parents & Children

HOSTED BY



WEST DAKOTA
PARENT & FAMILY
RESOURCE CENTER

Parents striving to do **everything right**, could we miss what children really need for emotional security?

Do you feel like you need an instruction manual to understand your child?

**YOU HAVE ONE!
It's Your Child!**

Advance registration is necessary.
Call: (701)-456-0007
Email: parentresource@dpsnd.org
or scan for easy registration




Starts: October 14, 21, 28,
Nov. 4, 11, 18, 2024
Free childcare for stress free attendance
Time: 6:00 - 7:30 pm
Call to get your spot TODAY!

JOIN US®

- Use the Circle of Security to see a need - see through the behavior
- Recognize a need for your child's secure base
- Parental "shark music"
- Follow your child's need when possible, take charge when necessary
- BSWK

Bigger Stronger
Wiser Kind





Filling Your Child's Emotional Cup



COMMUNITY

Roger Follmer estate gifts another \$40,000 to WRHS Foundation

By Ted Uecker, WRHS Foundation
The Roger Follmer Estate, administered by Roger's longtime friend Dr. Mark Nelson, made another legacy gift of \$40,000 to the West River Health Services Foundation this past week. With this gift, the cumulative total gifted to the WRHS Foundation over the last two years from the Follmer Estate, is an amazing sum of \$555,000! "We are so grateful for Roger's legacy gifts to our WRHS Foundation. This could really make an impact for our patients and staff here," said Ted Uecker, WRHS Foundation Director.



Roger Follmer

Our WRHS Foundation Board of Directors and Administrative Team have been pondering the best use of these funds over the past two years. So far, these funds have been invested in a separate account and have built more interest. These funds have not been restricted to purpose or time. Hopefully soon, or when the time is right, we will have a needed project to pursue, thereby utilizing Roger's thoughtful legacy gift for our future. Rest assured that we will report to the local area public our intentions as soon as we know them.

Roger Follmer was a lifelong Hettinger resident and an extremely successful farmer. Roger attended Hettinger Public School, where he graduated in 1967. He worked on the family farm his entire life. As a young boy, Roger loved building model cars. This passion eventually led to his love of driving fast cars and motorcycles. He'd often share crazy stories of driving fast cars and motorcycles with members of the local Redliners Car Club. Although Roger never actually hunted himself, he was an avid participant, shooting clay pigeons with friends at the Hettinger Rod & Gun Club and guiding pheasant hunters on his property each fall. Roger passed away unexpectedly at the age of 72 from surgery complications at St. Alexius Hospital on January 9, 2021. Roger left 25% of his estate to the West River Health Services Foundation.

"Our WRHS Foundation is always open to visiting with area organizations, businesses, families and individuals about the impact we can have together. We want everyone to consider us their healthcare partners," said Uecker. "After all, we believe everyone wants and needs this top-quality rural healthcare,

close to home."

If you would ever like to visit about your estate planning, please don't hesitate to contact Ted Uecker, Fund Development Officer, West River Health Services Foundation, directly at 701-567-3666. He will make himself available whenever it's convenient for you.

Although many estates are handed off to the next generation, some leave a percentage toward a local entity that influenced their lives or could influence their community. Or, in the case of West River Health Services, a place where most everyone can potentially utilize our services via our healthcare facilities, equipment and staff - from newborn babies to the elderly and everyone in between. You never know, we all might need an Ambulance, a hospital stay, a clinic visit someday - maybe even surgery. We provide comprehensive care right here, close to home. Let's keep it this way.

Ask yourself a few questions -- Do I have my estate in order? Where do I want to leave my legacy? West River Health Services Foundation is one of the few local, 501 (c) 3 nonprofits that provides services for almost everyone in our service area, including visitors to our region. Being an important pillar of the Western Dakotas, it might just be the place to consider giving. TOGETHER we can make a difference for the future of our rural top-notch healthcare, "close to home." And once again, thank you Roger. Onward! ■

11TH ANNUAL

Trick or GRUNK

OCTOBER 31

VOICING SOME THOUGHTS

Breaking bread

By Nancy Hoff

I am an impatient cook. I will turn up the heat to hurry things along while I multi-task.

When they were growing up, my kids' mantra was "Smoke's cleared! Let's eat." Many years ago, my five-year-old niece told her mom, "Mama, let's buy Nancy a new stove. The one she has burns everything."

Once, I was grilling on my deck which faces my neighbors' kitchen window. When I came out to retrieve my burgers, my neighbor was at his window watching the flames in horror. I am sure he was already dialing the fire department. I threatened to open my own restaurant "Burnt Offerings."

Nothing makes me happier than a houseful of people coming to visit. So, for their safety, I had to get better. It has improved, with time.

When my Nature Guy and I married, we modeled our union after his aunt who married late in life also. Her husband maintained his farm and she kept her house in town. This seemed like a good solution for us. We rotate between Justin's farm house (without television, originally) near Richardton, and my house in Dickinson (with a dishwasher). It is a match made in Heaven!

We both love company and have invited guests to supper – one weekend at his place, the next at mine.

Justin is happiest when everything on his table is grown in his garden or wild game he hunted. His specialty is a pheasant dish which he calls Fast Chicken Parmesan... 'cause the pheasant is fast! My table isn't as exciting as his – and I haven't burnt much lately.

The very best part of these suppers is the comradery. Countless stories have been told (if our tables could talk!) – early days of rodeo, farming, raising cattle, sheep, and a passel of kids from his parents, aunts and uncles, my siblings, nephews and nieces reminiscing of the farm, and my parents over meals of chicken noodle soup; the nights when my kids and grandkids complete a happy day; tales from my husband and his friends of early days working on the oil rigs in the 70's and 80's. Amazing any of them are still here. And varied conversations with friends from all stations in life.

Stories of going off to war, travels to exotic places, appreciation of our homespun prairie nature, eking a living from Depression-scarred land; close calls and miracles, low times and elation. One of the most memorable times was when a lunar eclipse occurred and we all gathered on the porch to witness the cosmic wonder. Shared times and laughter – the great connector. There is something about common ground that simply soothes the soul.

One of the ills of the world is we have forgotten to relate, communicate, share and break bread with each other. I remember as a child, going to visit and playing with all the other kids while the adults played cards, cooked and gossiped. How many of you would fall asleep among all the coats laid on a bed and be carried home asleep by your parents? I wonder if anyone ever took the wrong kid home. That would explain a lot of things!

After our company leaves, we relive the evening as we clean up. We remember those who used to sit at our table and are now long gone...and miss them. And we treasure each and every one who has graced our table. ■



COMMUNITY

Halloween safety tips

Halloween is an exciting time for children, filled with costumes, candy, and fun. However, it's important for parents and kids to keep safety in mind while trick-or-treating. By following a few simple precautions, families can ensure a safe and enjoyable night.

1. Trick-or-treating in your neighborhood can be fun, but consider attending a Halloween event put on by your school, faith institution, or local community groups for a safer option.

2. If older children are trick-or-treating alone, plan a safe route and means of communication.

3. Decorate costumes and bags with reflective tape or stickers, especially if costumes are dark colors.

4. Watch out for cars that are turning or backing up and teach kids to always use cross-walks.

5. Visit well-lit homes and make sure you can always see your child when they approach a front door.

6. If possible, use face paint instead of



masks on children so it's easier for them to see.

7. Check all treats collected for tampered wrapping. As a parent, sampling the candy is always encouraged.

8. Make sure kids are never in an isolated, one-on-one situation with other adults or youth.

As your little ghosts and goblins hit the streets for a spook-tacular night, remember that the best way to keep the scares at bay is with safety in mind. Happy haunting, and may your night be more treat than trick! ■

the real
estate co.

real estate made simple.

701.483.0111

353 19th street west

dickinson, nd 58601

www.therealestateco.co



Call me. let's talk
Real Estate.

TAMMIE BRAUN
Realtor



701.590.1091

email: tammiebraun@gmail.com



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 kelley@thejileks.com and be part of this exciting showcase. ■



Stay warm this winter
with a Lennox Furnace!

LENNOX

FIRE & ICE
REFRIGERATION
HEATING & AIR
LLC

701-483-4753
www.fireandicend.com
612 8th St. SE, Dickinson, ND 58601

FINANCIAL FOCUS®

Watch out for investment scams

When you invest, you'll find that knowledge is power. The more you know about your investment choices, and who is offering them, the better prepared you'll be to make good decisions. And this diligence can also help protect you against investment scams.

How widespread is this activity? Consider this: -Investment fraud losses totaled more than \$4.5 billion in 2023, according to the FBI's Internet Crime Report.

Here are some common types of scams:

- Cryptocurrency – Not all cryptocurrency offers are scams, but many are. The scammers will contact you via social media, claiming they've made a lot of money in crypto and are willing to help you do the same. They may direct you to a website or app to invest, but the "company" taking your money may not even exist, and, after taking your money, may disappear.

- Investment programs – These programs claim to have "proven" strategies that can enable you to get rich by investing in financial products. But these strategies are dubious at best and can cost you thousands of dollars that could otherwise go into an investment plan based on your goals, risk tolerance and time horizon.

- Real estate – Typically, a real estate scam tries to get you to invest in a "world-class" or "luxury" property development, but these properties may take years to build, if they're built at all.

Also, various real estate "seminars" claim they can teach you how to get wealthy by buying and selling real estate, but these programs are expensive and usually worthless.

- Gold and other precious metals – Scammers who call themselves "rare coins" merchants may try to sell you gold coins, bullion or other types of precious metals, claiming that these assets will always go up in value (which isn't true) and that "now is the best time to act." You can find legitimate ways to invest in precious metals, possibly through mutual funds, but you'll need to determine whether these assets can be an appropriate part of your investment portfolio.

So, how can you avoid these scams? Here are some suggestions from the Federal Trade Commission:

- Don't be pushed into snap decisions. Scammers will pressure you to act quickly because "space is limited" in an investment offering or a "special deal" won't last long. If someone won't give you time to consider an offer, it's not worth considering.

- Be suspicious of "risk-free" claims. All investments carry risk,

and no variable investments can claim to provide "guaranteed returns." If an individual or organization downplays the risk of an investment and doesn't want to provide risk disclosures, just walk away.

- Ask about licensing or registration. Legitimate investment professionals must be registered with the Financial Industry Regulatory Authority (FINRA) and be licensed by your state's securities regulator before they can sell you any investment product. You can check the status of an individual or firm by using FINRA's BrokerCheck tool at brokercheck.fina.org.

- Do some research. You can search online for the name of the company or

individual offering you an investment opportunity. By entering terms such as "review," "scam," "fraud" or "complaint," you may well find that other people have experienced problems or been victimized.

To achieve your financial goals, you'll likely need to invest for decades — so, be wary of scammers who claim to offer a shortcut to success.

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

Edward Jones®



Marlene Bradbury
Financial Advisor

1166 3rd Ave West
Dickinson, ND 58601
701-225-1077

MKT-5894N-A

> [edwardjones.com](https://www.edwardjones.com)



BAIT AVAILABLE

Wine Ice
 Beer Mixers
 Liquor Snacks

100 Alkali Way Killdeer, ND 58640

701-764-7363

Hours: Monday - Saturday 8:00am - 9:00pm
Sunday 11:00am - 7:00pm

COMMERCIAL, FARM & HOME WIRING & LIGHTING
ELECTRICAL SUPPLIES

Electric Sales & Service Inc.
EST. 1944

701.483.2171

730 EAST VILLARD • DICKINSON, ND 58601
ESS@NDSUPERNET.COM

LESSONS IN BUSINESS

So...What's your story?

Why women aren't telling their own stories and how it's quietly hurting their careers

By Debora Dragseth, Ph.D

Sure, you're a great listener — most women are. But when was the last time you raised your hand to share your own story? Last week? Last year? Or maybe, never?

The inability to express who you are, how you got here, and where you want to go can be a serious detriment to career advancement. It may be the reason you didn't get the job of your dreams, were passed over for a promotion, or didn't secure the loan for your new business



venture. The good news is that effective storytelling is a skill that can be learned. Let's take a closer look at the ancient art of storytelling or, in this case, an important subset of storytelling: the personal narrative.

At a recent women's leadership event, a budding entrepreneur who was hosting the evening at her place of business, was on the program to "tell her story." She owned a decorating company that

had only been open for a few weeks. The property was filled with room after room of dazzling and dramatic décor. The attendees were eager to hear how the mother of five had accomplished this miracle in such a short time. "Carol" had actually been in business for five months at a previous location, but her landlord had unexpectedly given her one month to move out as he had found a renter willing to pay far more than her struggling new company could afford. Carol found a new location and, with the help of her mother and kids, packed up the entire store and over the course of a weekend relocated it three miles away.

Carol stood in front of the group and told us that she had been "lucky." She simply seemed to have a "knack for decorating." That was it. Story over. Clearly, the audience was expecting more, much more. Carol was the hero of her own story, and she didn't even realize it.

Her first mistake? Not recognizing the power of her own story and how it could influence and inspire others. Her second mistake was one too many women (and

men) make, which is to attribute credit or blame to external forces. Psychologists call this an external locus of control. People with this tendency say things like, "I was lucky," "I was in the right place at the right time," or "the boss didn't like me," "this company has always been unfair to women." Carol had missed an opportunity to share her truly heroic and compelling story which would have set her apart and inspired others in the room. According to the Women in the Workplace 2023 Report by global management consulting firm McKinsey & Company, many women downplay their accomplishments by attributing their success to luck rather than skill, reinforcing a narrative that limits their professional growth.

Like Carol, when women fail to recognize and share their achievements effectively, they miss valuable opportunities for advancement.

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. ■

DAN PORTER MOTORS
WE WANT YOUR BUSINESS!

HONDA
TOYOTA

FREE CAR WASHES FOR LIFE
FREE ALIGNMENT CHECKS
*WITH YOUR CAR OR TRUCK PURCHASE

WILL TRADE CAR, TRUCK, CAMPER, MOTORHOME, BOAT, JET SKI, WHATEVER!
701.227.1272 DANP@DPMOTORS.COM 2391 1-94 BUSINESS LOOP EAST, DICKINSON ND 58601
DPMOTORS.COM

Specializing in body repair and refinishing for:

- ✓ Autos
- ✓ Heavy Trucks
- ✓ Heavy Truck and Trailer Frame Straightening

JAY R'S
AUTOBODY & TRUCK COLLISION
Since 1994

701.483.6778
North Highway 22 • Dickinson, ND
jayrs@ndsupernet.com

701.483.DOOR (3667)
501 21st Ave E
Dickinson, ND 58601

\$5.00
Insulated Used
Garage Door Panels
For Windbreaks
Any Size
Call for Details

MIDWEST DOORS
OF DICKINSON, INC.

KUDOS

Rachael Marshall



"The real us is pure light, pure love." - Miguel Ruiz

When you meet Rachael Marshall, you feel as if you are standing at the edge of the clearest lake: calm, inspired, and content.

Rachael's genuine and caring nature shines through, much like the clear water that allows you to see through to its depths. Her love is transparent in every word and action, as she leads her life heart-first, open, amicable, and welcoming.

She chose to become a nurse, and later a Nurse Practitioner, for one simple reason:

she wanted to provide compassionate care to those in need.

"I've always had a nurturing nature and a strong instinct to care for people," says Rachael. "Nursing felt like the perfect way to channel those attributes."

Over the past 3 years, Rachael has established her practice and expanded Connect Medical Clinic's holistic services by placing a greater emphasis on prevention and wellness.

"I practice in a way that aligns with my morals and values," says Rachael. "I believe that the best way to make a difference and give back to this community is to prioritize being honest, compassionate, and transparent, and to ensure that patients are involved in decision-making at every step of their care."

Aside from her dedicated professional life, Rachael will tell you that her greatest joy comes from spending time with her family. Being a present and engaged wife, mother, daughter, sister, and friend is incredibly meaningful to her and has a profound impact on her life. Rachael values connection and invests in quality time with those she is with, and her laughter can brighten anyone's day.

"I love people, and I believe everyone deserves to be nurtured and cherished," says Rachael. "I want to be remembered as someone who cared deeply, listened well, was honest, and acted with integrity and respect."

Encountering someone so authentic, being listened to by someone genuinely interested in what you have to say, and receiving care from someone who loves deeply from their soul's depths is a truly special experience.

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. 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

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



Rachael Marshall

lives. They are an inspiration and deserve to be recognized for their efforts and impact.

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

Dunn County Historical Museum

Dunn Center



Fall 2024

Open Sundays 1 to 5PM MT

Family Friendly! Free Admission!

DCHS Annual Meeting Sun. Nov. 3, 2PM MT

New members always welcome! See our website for details.

dunncountymuseum.org

701-548-8111

WE'RE HIRING
Join our team!

Competitive wages, full benefits package, paid training, flexible scheduling and more! Scan the QR code for current job listings and to apply.

RN/LPN | CNA | Care Assistant
Culinary | Maintenance



Benedictine

LIVING COMMUNITY | DICKINSON

Scan here, call (701) 456-7242
or visit BenedictineDickinson.org



CHAMBER OF COMMERCE

Chamber prepares for membership renewal and fall events



By Carter Fong, Executive Director

We often think of the spring season as a time of renewal, but at the Dickinson Area Chamber of Commerce, it's the fall that brings a new cycle of membership renewals along with some of our favorite events. Beginning the week of October 1st, we'll be inviting more than 450 business members to invest in the Chamber for another year, and we're grateful for the continued partnership with so many local businesses.

Among the many perks of membership, we offer free or discounted participation in more than 30 annual community events, and several of those are upcoming. Our October 8th Business After Hours will be hosted at Evergreen from 4 to 6PM, and it is free to attend. Our second annual Women's Leadership Summit will be held Friday, October 25th at August House and will feature keynote speaker Renee Rongen along with a jam packed agenda. And on October 31st and November

1st, we will host back-to-back events, as Trick or Trunk and Ladies Night Out are set to draw families and local shopping enthusiasts to the heart of Downtown Dickinson. We're always looking for more help, and we're grateful for those who support the Chamber through their sponsorship and their service.

Along those lines, the Chamber extends its gratitude to five individuals whose employers have allowed them all to serve the maximum of six years on our Board of Directors. They include Danielle Kick of Innovative Energy Alliance Cooperative, Kevin Krohn of Dickinson Ready Mix, Pete Morowski of the Stark County State Attorney's office, John Odermann of CHI, and Brandi Ollerman of The Medicine Shoppe. As we thank them for their service, we also welcome Amy Anton of Dakota Community Bank, Caleb Burgard of the Dickinson Parks and Recreation, Brian Dukart of Dacotah Bank, and Shannon Halvorson of Onyx and Ivory as our newest board members. They are all set to join us in October.

The Chamber staff includes Executive Director Carter Fong, Marketing and Communications Manager Alicia Erickson, Community Connector Iuliia Kravchuk, and Administrative Assistant Avery Belland. For more information regarding membership and events, give us a call at (701) 225-5115, or visit our website at www.dickinsonchamber.org. ■

Coffee (AND MORE) Crawl

A fundraiser for: **Forever Full Pet Food Bank**

Cups sponsored by: **H.J. Erdman Inc.** and **BJK**

STOP AT THESE PARTICIPATING SHOPS FOR YOUR FREE SAMPLE AND GET YOUR PASSPORT STAMPED

- BACKYARD play area
- THE CLEAN HOME SHOP & REFILLERY
- CONSCIOUS CAFE
- CORE NUTRITION
- Faithful Blend est. 2023
- THE CLEAN HOME SHOP & REFILLERY
- FRESH SIPS
- JAVA JUNCTION
- JOY
- POPS SODA SHACK
- POPPY'S COFFEE SHOP
- Serendipity Coffee
- THE COFFEE BOX
- THE RAVEN BAKERY
- THE CLEAN HOME SHOP & REFILLERY

*located in New England *466 1st Ave W, downtown location *located in Belfield

\$20 PER PASSPORT

9AM-2PM **OCTOBER 12, 2024**

ONLY 200 PASSPORTS SOLD!

PASSPORTS CAN BE PURCHASED AT: JAVA JUNCTION, POPPY'S COFFEE SHOP, THE CLEAN HOME SHOP & REFILLERY, FAITHFUL BLEND, TWIST'N SODAS, CBK SWEET SHOPPE & COFFEE, FRESH SIPS (DOWNTOWN), OR MESSAGE FOREVER FULL ON FACEBOOK.

NOW ACCEPTING NEW CLIENTS

- + Haircuts +
- + Colors +
- + Hair Styles +
- + Makeup +
- + Wedding +



PEACH PARLOUR
HAIR + MAKEUP + STYLE

Contact
Cassandra

Instagram or Facebook
@peachparlour

509.768.4414

By appointment only

HEALTH

Immune support



By Steve Irsfeld

Fall is here and kids are back in school. Cough and cold season is also here and that means it's time to bolster our immune systems so that we can overcome any nasty virus's that come our way.

The immune system is the body's natural defense against infections, illnesses, and diseases. It acts like a shield, constantly working to protect us from harmful invaders such as viruses, bacteria, and other pathogens. Keeping our immune system strong and healthy is crucial, especially in times when new diseases emerge.

It's important to know what the immune system is and how it works. The immune system is made up of various cells, tissues, and organs that work together to defend the body against foreign invaders. It includes white blood cells, antibodies, the spleen, thymus, bone marrow, and more. When the immune system detects something harmful, like a virus, it triggers a response to fight it off.

Supporting the immune system is essential for maintaining good health. A strong immune system can prevent infections and help you recover faster if you do get sick. Conversely, a weak immune system can leave you vulnerable to frequent infections and make it harder for your body to fight off illnesses.

Key Nutrients for Immune Support

Vitamin D3 is crucial for immune function. It helps regulate the immune response, reduces inflammation, and enhances the pathogen-fighting effects of monocytes and macrophages—white blood cells that are important for immune defense.

Vitamin C is a powerful antioxidant that supports various cellular functions of the immune system. It helps protect against oxidative stress and aids in the production of white blood cells.

Zinc is essential for immune cell development and communication. It also plays a role in inflammatory responses and helps prevent the replication of viruses.

Quercetin is a plant pigment (flavonoid)

with antioxidant and anti-inflammatory properties. It helps enhance the immune response and works synergistically with zinc to prevent viral entry into cells.

Melatonin is a hormone that regulates sleep, but it also has antioxidant and anti-inflammatory effects. It supports immune function by enhancing the ability of the immune system to respond to infections.

Beyond taking the right nutrients, making healthy lifestyle choices is key to maintaining a strong immune system.

Quality sleep is essential for immune function. Lack of sleep can weaken the immune response, making you more susceptible to infections. Aim for 7-9 hours of sleep each night to give your body the rest it needs.

A diet rich in fruits, vegetables, whole grains, and lean proteins provides the vitamins and minerals necessary for immune health. Avoid processed foods and excessive sugar, which can suppress immune function.

Physical activity boosts circulation and helps immune cells move through the body more effectively. Regular exercise also reduces stress, which can weaken the immune system. Aim for at least 30 minutes of moderate exercise most days of the week.

Chronic stress can negatively impact the immune system. Practice stress-reducing techniques such as deep breathing, meditation or yoga to keep stress levels in check.

Drinking plenty of water helps keep your body functioning properly, including your immune system. Water supports the production of lymph, which carries white blood cells and other immune system cells throughout your body.

Avoiding harmful substances such as smoking, excessive alcohol, and processed foods.

Supporting your immune system is about more than just taking supplements; it involves a holistic approach to health. Remember, a healthy immune system is your body's best defense, so take care of it with these simple yet effective strategies.

Stop by the pharmacy if you want more information or help to choose quality supplements for immune support. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

LADBURY
Funeral Service

701-264-7195
1133 I-94 Business Loop East • Dickinson, ND 58601
www.ladburyfuneralservice.com

LORRIE NANTT
Broker/Owner

Office: (701) 483-9851
Cell: (701) 290-7824
Email: Lnantt@remax.net
www.dickinsonintegrity.com

669 12th St. W.
Dickinson, ND 58601

RE/MAX
Integrity Realty

Each Office Independently
Owned and Operated

Fisher Industries

3020 Energy Drive - Dickinson, ND 58601
701.456.9184 | 800.932.8740
www.fisherind.com

General Highway Construction ♦ Heavy Civil Construction
Commercial Crushing ♦ Aggregate Products ♦ Steel Service Center
Aggregate Equipment Fabrication

WE'RE HIRING

JOIN OUR TEAM

WELDERS

EQUAL EMPLOYMENT OPPORTUNITY

EQUIPMENT OPERATORS

DICKINSON MUSEUM CENTER

The German Mercantile Company, Part 1

By Bob Fuhrman

By 1907 German immigrants and ethnic Germans immigrating from Russia were well established in North Dakota. Many who settled in Dickinson gravitated to the city's south side, an area also favored by various other ethnicities. 'South Dickinson,' literally on the 'other side of the tracks' from the original town site, was actually the first addition to Dickinson which was platted in 1886. This five-block area essentially became the south side's initial business district and later home to its most notable religious edifice, St. Joseph's Catholic Church.

Despite there being the occasional newspaper references to people living in 'South Dickinson' there were no actual reports of building or development in the addition until October 1887 when the Dickinson Press reported that Dr. J.B. McDonald and Charles F. Merry had secured an interest in the new addition "and expect to boom things on the south side." The next newspaper coverage occurred in the March 17, 1888 edition of the Press which reported that "Attorney Edgerley, of Bismarck, and Geo. Peoples of Mandan, attended the sale of South Dickinson lots last Tuesday." This item was followed by, "Dr. J.B. McDonald purchased the McDonough lots in South Dickinson at Sheriff's sale last Tuesday. Fifteen lots were sold and brought \$391." The Sheriff's sale, it turns out, was the result of a lawsuit (exact nature unknown) in which Michael Latty was awarded \$292.19 in damages from John McDonough. Latty's attorney M.J. Edgerley published the notice for the sale which was overseen by Stark County Sheriff M.A. Sebastian.

The next October John Morrissey erected "an elegant residence" in South Dickinson but with no specific location it becomes difficult to tell if the several

such references that begin to accumulate around this time point to the South Dickinson addition of 1886 or just locations on the 'south side of the tracks.' Whatever the case, articles mentioning 'South Dickinson' steadily increased as the years passed and a second addition (Stow's) was platted in 1894; that same year the desire for a south side school started to gain traction, finally coming to fruition in 1897.

Throughout the 1890s and into the first decade of the new century real estate, construction and business activity in South Dickinson steadily increased. In March of 1907 a short item appeared in several state newspapers reporting the issuance of charters to two new corporations, both located in South Dickinson – the German American Savings Company with a capital stock of \$250,000 and the German Mercantile Company backed by \$10,000 in capital stock.

Although the incorporation notice for the Savings Company was its' first (and only) mention in the Dickinson Press, the Fargo Forum had carried a brief notice the previous month stating that the company had been organized in South Dickinson and would "do a general land business." Ominously, directly below the incorporation report in the Press were two notices, J.A. Wiech posting "I wish to state that I have withdrawn from the German American Savings Co. and will have nothing more to do with it," and Stephen Fisher's notice stating "For reasons best known to myself I have severed my connections with the German American Savings Co. April 1 1907." Whatever red flags warned off Wiech and Fisher are likely lost to posterity, but less than a year after incorporation the German American Savings Company had its certificate of



South Dickinson, area #2, platted in 1886.

An 1887 *Dickinson Press* article also referred to it as 'McDonough's Addition' but it was not until 1897 that a properly named McDonough's Addition was platted.

From *Centennial Roundup: A History of Dickinson, North Dakota*

Continued, next page

Continued from page 16



Mr. and Mrs. Peter Braun and Katherine

Peter Braun was one of the original stockholders/incorporators of the German Mercantile Company – and sold the firm lots for a warehouse in 1907.

From *Pioneers and Their Sons*, Vol. 1

authority canceled by North Dakota's Secretary of State, thus losing its right to do business. This notice was only carried in the Bismarck Daily Tribune.

Happily, the failure of the German American Savings Company did not seem to infect other German business development in South Dickinson and the German Mercantile Company (GMC) who shared column space with the Savings Company's incorporation notice soon seemed to find its feet, though specific information is somewhat sketchy as to their early operations. The incorporators of the GMC were as follows: Frank X. Wanner, Daniel Heidt, H. Froelich, John B. Fisher, Lucius Walter, Joseph Jager, Rudolph Frank, J.M. Ehli, Peter Braun, Jacob Kipp and Daniel Deeker. (Of these, so far Wanner, Heidt, Fisher, Jager and Braun have been identified as being Germans from Russia.)

As one would suppose, the GMC was a general merchandise retailer with clothing, household goods, foodstuffs and smaller home furnishings. Also, as befits a firm located in an up-and-coming town like Dickinson, located in

a rapidly developing homestead region, GMC also represented a line of agricultural implements with, we can assume, a small warehouse stock on hand. The initial operations of GMC following incorporation are largely unknown but a brief mention in the April 13th Press infers that business, if not already in progress must have been due to start shortly as Leo Walter, lately an employee of A.T. Crowl's department store, had left earlier that week on a trip to St. Paul and Duluth "where he will purchase goods for the German Mercantile Co. and will have charge of

the company's store on his return."

Though there were no advertisements or mentions of the new store opening, the Press reported that lots costing \$1000 were purchased by GMC from R.J. Craig in July 1907 "for warehouse purposes." Two months later the Press carried a 'Notice to Contractors' soliciting sealed bids for the erection of a store building "in the City of Dickinson, according to plans and specifications now on exhibition at the office of the German Mercantile Co." (address not stated). Bids were due no later than noon of Saturday September 28 pursuant to a 1 PM opening. On that day the Press carried a piece on the proposed store:

This is the day the German Mercantile Co. are to award bids for their new building. The contract will be a big one.

The proposed new brick store building is to be 60 by 80 feet, full basement, 14-foot ceiling for the first floor and 10 feet for the second. The site selected is the fine corner on Broadway just east of the livery stable recently purchased by Geo. Ott. There will be an entrance on both streets, the German Mercantile Co. occupying the entire first floor,

excepting possibly the corner rooms, which are arranged with a view to bank quarters.

The German Mercantile Co. has been doing a very large business since its doors opened in the spring and the stockholders feel they must have larger quarters and a permanent home as soon as possible. If the structure is carried out according to drawings, it will be the largest and best store building in Dickinson.

GMC's shareholders quickly came to a decision and awarded the \$14,700 contract to the Northwestern Building Co. whose draftsman C.A. Bloom prepared the plans ('draftsman' was how Bloom was identified when he joined Northwestern in June of 1907 – by March of 1908 his employer referred to him as "an expert architect"). The structure was to be fitted with iron girders and columns with hardwood floors and hardwood finish throughout. The Broadway façade would be plate glass and the ceilings would be steel according to the Press. This article also announced that Northwestern's "Manager K.A. Kalman left Monday for St. Paul to buy material for the building which is to be completed December 1." Later that month

GMC board secretary Frank Wanner traveled to Chicago, Duluth and the Twin Cities on behalf of the store, it is assumed he was on a buying trip for the firm. The next month the GMC's board expressed its confidence in the venture by increasing its capital stock from \$10,000 to \$30,000.

If a store's success is measured in satisfied buyers and confident stock holders the Wednesday before Thanksgiving brought one un-sought for endorsement. Young brothers John and Jake Fisher of Cleveland, North Dakota arrived in Dickinson that morning, footloose and fancy-free, and apparently of a mind

to do a little shopping. Visiting the GMC the two boys apparently liked what they saw as they "were caught in the act of helping themselves to several articles of clothing (and) were placed in custody by Chief of Police Corbett... (they) are at present awaiting a reply from their parents. The boys seem quite contented in their present quarters in jail." There the story might have ended except Chief Corbett's letter to the boy's father, also named Jake Fisher, was returned. The younger of the two boys was then questioned a second time and admitted that their last name was actually Miller and they hailed from Edina. With that information the Chief fired off a telegram which brought the boy's father to Dickinson, from whence he took his wayward progeny home after paying their board and 'small costs' (a fine, perhaps?). Apparently, Mr. and Mrs. Miller had been searching for their sons for 9 days and, we assume, must have been relieved to have retrieved them. There being no information on what punishment awaited them in Medina, we'll just assume they were footloose no more.

Next Month – Part 2 ■



Mr. and Mrs. Frank X. Wanner

Frank Wanner served as Secretary of the German Mercantile Company upon its formation.

From *Pioneers and Their Sons*, Vol. 2



Whitney Leuenberger and Whiskey

The story of this first horse starts with Whitney's father, Wayne, purchasing Whiskey as a horse to ride, move cattle, and take hunting. Together, they forged an unbreakable bond, side by side in their prime, working chores or going on the occasional adventure. But as Whiskey aged, fate had a gentler plan in store, one far from the dust and toil of the ranch.

Wayne passed down his love for the land, guiding his children, Whitney and Garrett, through the corrals and teaching them the secrets of the Western way, where grit and heart are learned through experience. No greater lessons can be passed from generation to generation.

Whitney Leuenberger has her father to thank for these memories of her first horse, Whiskey, which serve as the cornerstone of what she recalls as an amazing childhood. Photos of that time show how her proud father placed her on Whiskey's back when she was just a baby, trusting the old sorrel with a white blaze and three white socks to be gentle. With his calm nature and easy spirit from years of the two working together, Whiskey eventually became more than a horse—he became Whitney's steadfast companion in those early years of her life.

Whiskey wasn't just a horse to ride—he was a piece of the family's heart. After branding cattle or tending to chores, Whitney and her brother, cousins, or a few friends would clamber onto his back, two or three of them at a time. Whitney spent most of her time with Whiskey but occasionally rode a buckskin gelding owned by her grandfather, Ted Leuenberger, named Buck. Buck was the more stubborn horse and was usually reserved for solo rides by her brother or his friends. These moments weren't filled with rodeo thrills or fast-paced excitement—they were quiet, simple pleasures.

As a family, they participated in parades, the highlight being the Wolf Point Wild Horse Stampede, where they'd ride proudly through the streets. But it wasn't the crowds or the noise that lingered in Whitney's memory—it was the clack of hooves on the pavement, the shared glances, and the feeling of being part of something timeless, especially with her father.

One of her favorite memories is riding with her grandpa Ted, the two of them winding their way from Hubbard Road back home. It wasn't about the destination; it was about the ride itself, the shared silence or stories between them, and the way the land seemed to stretch on forever beneath the endless sky. In those moments, the world felt simple and pure, untouched by the chaos that would come with growing up elsewhere.

Whitney's childhood home in Vida, Montana, was just up the road from her grandparents on the family ranch, where she spent most of her time bottle-feeding calves and riding horses. Life on that land—life in McCone County—was beautifully typical. It was marked by quiet routines and golden sunsets, by days that slipped by in a haze of innocence. The vast prairies, the crisp air, and the

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.



weight of tradition anchored her family to the land, making every ride and every chore feel like a piece of something larger.

Occasionally, there were unexpected moments, like surprise encounters with skunks, which brought a bit of laughter and commotion. But even those moments felt like they were just a routine part of ranch life. Every experience, whether mundane or wild, was steeped in the simplicity and honesty of living off the land. There was nothing more peaceful than the Eastern Montana sunset at the end of an honest day's work.

Horses were in Whitney's blood, running through her family line. Her great-grandfather, Herman Leuenberger, and her grandfather, Ted Leuenberger, had raised racehorses, crafting a legacy that lasted through generations. Their history with horses wasn't just about breeding and racing; it was about a deep understanding of the animals—an unspoken bond that passed from father to son, and eventually to Whitney herself through her father. It was that same legacy that found its way into Whitney's heart, turning Whiskey into more than just her first horse but a continuation of the life her family built.

As time passed, Whiskey and Buck grew old and eventually moved into retirement. Whitney and her brother found themselves pulled toward other pursuits—sports and activities that took them away from the weekend rides up gravel roads. Life, as it does, moved on. The family would relocate to Sidney, away from the ranch lifestyle. Only memories now hold them to that time and place.

But even now, when Whitney thinks back, it's the time with Whiskey she remembers most. The old, calm soul who carried her through those early years of childhood. A "good ole pony" who holds a special place in her heart, a symbol of the simpler days when the world felt pure, and the land stretched on forever beneath the biggest sky she's ever known.



Holly and Dixie

DR. HOLLY GRUHLKE

Farm Kid
Horse Enthusiast
DSU Vice President

DICKINSON
STATE UNIVERSITY



IRSFELD
Pharmacy PC *More than just prescriptions.*

Compounding - Nutrition - Alternative Health
33 9th St. W. • 701-483-4858 • www.irsfeldpharmacy.com

20% OFF

IMMUNE SUPPLEMENTS FOR THE MONTH OF OCTOBER 2024

COMMUNITY

13th Annual Pancake Karnival

The 13th Annual Pancake Karnival will be held on Sunday, October 20, from 8 a.m. to noon at the Dickinson Eagles Club. The Dickinson Rotary Club will take over the Eagles kitchen and dining room to flip and serve pancakes, sausage, juice and coffee – all for a good cause: the worldwide eradication of polio.

Polio is a highly infectious disease that most commonly affects children under the age of 5, although anyone can be affected. Polio was once one of the most feared diseases in the United States, with paralysis and death its worst results. In 1988 when Rotary and its partners formed its polio initiative to immunize all children in the world, there were 350,000 polio cases that killed or disabled children worldwide. Last year there were just 12 cases in the world – all were in Pakistan and Afghanistan. Thanks to the polio vaccine, the United States was declared polio-free many years ago, in 1979.

Tickets for the Pancake Karnival cost \$6 in advance and \$10 at the door. Preschoolers are free. Purchase tickets from any Rotarian or by emailing dickinsonrotary@gmail.com. Proceeds will be matched two to one by the Gates Foundation.

Besides pancakes, the Rotary Club will display more than a dozen quality raffle baskets and items in a silent auction. ■

33,000 ROTARY CLUBS. AN ARMY OF VOLUNTEERS.
TWO BILLION DOSES OF VACCINE.
WE NEED JUST ONE MORE THING
TO END POLIO FOREVER. YOU.

**13TH ANNUAL
DICKINSON ROTARY
PANCAKE KARNIVAL**

**Sunday,
October 20, 2024
8:00am-12:30pm
Eagles Club, 31 1st Ave E**

Pancakes, sausage, juice and coffee will be served
\$6 IN ADVANCE / \$10 AT THE DOOR / PRESCHOOLERS FREE

TICKETS ARE AVAILABLE AT
The Dickinson Press, Chairman of Commerce,
or any Rotary Member

HELP ERADICATE POLIO
www.facebook.com/dickinsonrotary

COMMUNITY

An announcement and invitation from the Connect Care Team

By Tara Zettel, RN, CEO



Tara Zettel

Connect Medical Clinic has reached an exciting milestone with the completion of our recent expansion, which has transformed the facility and broadened the range of services we offer.

This journey began in October 2023 and culminated in the addition of 2,000 square feet, incorporating two new exam rooms, a spacious community room, expanded staff offices, and a cutting-

edge laboratory. This expansion is a reflection of our ongoing commitment to delivering exceptional care to an ever-growing patient community.

As part of our growth, we're excited to announce expanded services from our trusted providers. Rachael Marshall, FNP-C, has been with us since 2021, helping to establish the clinic's holistic and dignity-centered care. Her integration of traditional and functional health practices has set a high standard for comprehensive, compassionate care.

Dr. Thomas Arnold, MD, OBGYN, a beloved physician in the community, has been at our helm since 2015, and initiated his practice at Connect in February. Bringing advanced expertise in women's health, our provider's expanded services reinforce our dedication to meeting the diverse needs of our patients.

To celebrate this exciting new chapter, we invite you to an Open House on Saturday, October 12, from 11 a.m. to 2 p.m. Join us for lunch, games and a tour of the new space, and learn more about how we can help you Connect With Your Health. ■

Advertise With Us!

**CONTACT KELLEY JILEK
AT 701-290-2063 OR
EMAIL [KELLEY@THEJILEKS.COM](mailto:kelley@thejileks.com)**



COMMUNITY

Let's Swap: A community event



In the fall of 2021, a little over a year after Covid, many families were still struggling. Sarah Moe (Moe Events LLC) saw this and decided to act. Let's Swap was then conceived during a conversation with Branta Mar, Communications owner to start the first "Let's Swap" event. The vision of this event has always been to help families, caregivers, and individuals acquire quality clothing during changes of

seasons, through kid's growth spurts, or for someone they care for.

Let's Swap started with infant & children's clothing but has now grown to include many sizes of men's and women's clothing too! The first swap event received about 50 bags of clothing and has exploded to nearly 300 bags of donated clothing last spring at the 6th Semi-Annual Let's Swap event. We are pleased to say that The Swap now has something for everyone!

Families, caregivers, and individuals will have an opportunity to donate clothes prior to the event and receive credit for FREE bag(s) of clothes based on how many they donate. Registered swappers get first dibs on clothes with a shopping hour reserved just for them! Those who did not donate can just shop by monetary donation. We can't forget to mention we will have over 15 local vendors for people to shop and get Christmas shopping done early. So don't miss out, attend this amazing community event; Saturday, October 5th at Hillside Baptist Church from 10 am to 3pm. ■



CHECK OUT OUR NEWLY REMODELED SHOWROOM!

Carpet

Ceramic Tile

Hardwood

Custom Cabinets



Luxury Vinyl Tile

Granite & Quartz Counter Tops

We offer **INSTALLATION** on all of our products as well as **FREE ESTIMATES!**

We make floor shopping easy with the SelectAFloor system and completely worry free with the Beautiful Guarantee. Call 701-483-0173 today for a free in-home estimate.

Store hours: 9am - 5:30pm Mon, Tue, Wed, & Fri | 9am - 7pm Thurs | 9am-4pm Sat
Address: 1516 I-94 Business Loop East, Dickinson, ND • Phone: 701-483-0173

JOIN US!!

MFG DAY

OCTOBER 2, 2024

8:15AM - 3:30PM (MDT)
BIESIOT ACTIVITIES CENTER
DICKINSON, ND

JOIN US!!

NSCS
THE SCIENCE OF SUCCESS
North Dakota State College of Science

BSC BISMARCK STATE COLLEGE
North Dakota's Polytechnic Institution

DICKINSON STATE UNIVERSITY

NDSU NORTH DAKOTA STATE UNIVERSITY

Fisher Industries

GENERAL
EQUIPMENT & SUPPLIES, INC.

Butler CAT

Wallwork
TRUCK CENTER

STEFFES

Baker Boy

LWT
Lynnes Welding Training

KMM
Killdeer Mountain Mfg. Inc.

IMPACT DAKOTA
People - Purpose - Progress - Performance

GNDC
Greater North Dakota Chamber

TMI

TOIVOA

A prayer for the new school year

By Michelle Massie

Hi Toivoa Readers! This one was written a few years back (the senior student is now a senior in college), but it still applies to me today. Hugs moms to seniors, enjoy the moments!

Dear Heavenly Father,
Today is the last first day of school for my baby. Today she starts her senior year, full of college courses, track and field, friends and fun. She's always been a go getter, God.

So be with her today as she is out there, doing all the things that seniors do. Be with her as she learns all the lessons that the last year of high school and life university bring her. Be with her as she applies for colleges and makes choices regarding her future. Keep her safe, okay Lord?

And, be with this momma too. Be with me, as I reflect on the feeling of just yesterday taking her "first day of HeadStart picture". Be with me as I reflect on all the years, and all the choices that I made as her mom. Bring grace and not guilt Lord. Teach me humility as I honor



all the lessons that life university has brought me as her parent.

And then, after reflection, let me be "in the moments" with her this year. Let me see her smile as she's leaving for a football game with friends. Let me offer her wise words as she learns through ups and downs this last year of high school. Let me notice when she needs comfort or a listening ear as she plans her next nervous steps towards whatever path you have for her.

Be with us both, Lord, on this last first day of high school. Be with us, and bring us together separately, closer together... and closer to you, in it all.

In your name, I pray. Amen.
~ A mom to a senior ■

THE ARTS

Ukrainian Bandurist Chorus of North America

By Stephen Szyzka

The Ukrainian Bandurist Chorus of North America (UBC) is proud to bring its "Ukraine Lives!" Concert series to the Dickinson Community on Thursday, October 3rd in the Dorothy Stickney Auditorium, Dickinson State University starting at 7pm. The UBC is a Ukrainian male ensemble composed of musicians from across the U.S.A. and Canada.

The Ukrainian Bandurist Chorus originated in Kyiv, Ukraine in 1918, led by Vasyl Yemetz. The "Ukraine Lives!" concert series is an inspiring and heartfelt program that pays tribute to the resilience, strength, and spirit of the Ukrainian people. This captivating musical journey features a collection of newly arranged songs imbued with profound patriotic significance, highlighting the enduring cultural heritage of Ukraine. The series not only honors the past struggles and

triumph of the Ukrainian people but also looks forward to a hopeful and vibrant future. This past spring the ensemble premiered this program in Toronto and Montreal. As ambassadors of the Ukrainian musical tradition, The Ukrainian Bandurist Chorus is dedicated to preserving and sharing Ukrainian culture and history through music and education.

Tickets for the October 3rd concert can be purchased on-line by visiting bandura.org. This performance is more than just music—it's a celebration of Ukraine's cultural heritage and resilience. By attending, you'll not only enjoy an evening of captivating music but also support important causes. Proceeds from the concert will support humanitarian aid for Ukrainian wounded warriors and the Bandura Education Fund. ■



STARK

DEVELOPMENT CORPORATION

Your Economic Development office for Dickinson, Stark County and the Surrounding Area

BUILDING REVITALIZATION GRANT

The Building Revitalization Grant assists property owners bringing commercial buildings into compliance with local and national building codes to provide new commercial, retail and restaurant opportunities in Stark County!



WITH THE HELP OF SDC YOU CAN BE OPEN FOR BUSINESS!

RECEIVE UP TO \$50,000 IN MATCHING FUNDS

MATCHING FUNDS are available through a competitive application process.

PROGRAM PRIORITIES:

- Historical Preservation
- Rehab Vacant or Unused Properties
- Creation of New Revenue Streams
- New Commercial Restaurant/Retail
- Not Tenant Specific

CONTACT SDC TO DISCUSS YOUR PROJECT

www.starkdev.com • team@starkdev.com • (701) 225-5997

103 1st Ave West, Suite 101 • Dickinson, ND 58601

WHERE BUSINESS GOES TO GROW

HEART RIVER VOICE | OCTOBER 2024

Calendar

SEND YOUR EVENTS TO EDITOR@HEARTRIVERVOICE.COM OR
VISIT US ONLINE AT HEARTRIVERVOICE.COM

PUMPKINS in the PATCH

11TH ANNUAL

FRI, OCT 4 3pm-6pm
SAT, OCT 5 10am-5pm

GAMES, HAYRIDES, BARREL TRAIN, VENDORS, FOOD, PUMPKIN ROLLS, PUMPKINS AND MORE!

DAILY ADMISSION \$5 PER PERSON (AGES 2 AND UP)
ADMISSION INCLUDES GAMES & ACTIVITIES

LOCATION: HOPE CHRISTIAN ACADEMY
2891 5TH AVE W, DICKINSON, ND

Check out our Facebook page!

Sponsored by:

LADBURY Funeral Service
Consolidated Bank the World, your best.
The Connection
KMM
ROYALS

Selle Family Dental
Badlands Dental
Badlands Eye Clinic
MIDCO

Fisher Industries

Presented by HOPE CHRISTIAN ACADEMY
2891 5th Avenue West, Dickinson, ND 58601 / Phone: 701-225-3919 / Website: hcadickinson.org

ONGOING IN OCTOBER DICKINSON AREA PUBLIC LIBRARY Lots of library events happening throughout the month. See their article on page 4 for more information. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups.

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

DUNN COUNTY MUSEUM Fall & Winter schedule. Open Sundays 1PM to 5PM. Other times/days by appointment. More info, dunncountymuseum.org or call 701-548-8111. Dunn County Museum, Dunn Center

EVERY TUESDAY THROUGH OCTOBER SENIOR BINGO 11AM Don't miss out on the excitement! Senior ages encouraged. Dickinson Legacy Square

WEDNESDAY OCTOBER 2 MANUFACTURING DAY 8:15AM-3:30PM See article, page 28, for more information. Biesiot Activities Center

VOTING 101 6PM Presented by ND League of Women Voters. Ages 16+ Dickinson Public Library Community Room

BOUNTIFUL BASKETS BINGO 6:30-9PM The Dorcas Society, a charitable organization in Dickinson, will be hosting bingo for charity with prizes. Tickets are \$1.00 per card. Dickinson Eagles Club, 31 1st Ave East

THURSDAY OCTOBER 3 DICKINSON AREA CONCERT ASSOCIATION PRESENTS JARED FREIBURG & THE VAGABONDS 7PM Presenting a time capsule to the golden era of American music – Rock & Roll, Blues, Country and Jazz hits from the 1950s. St. John's Lutheran Church

UKRAINIAN BANDURIST CHORUS OF NORTH AMERICA PRESENTS "UKRAINE LIVES!" 7PM This performance is more than just music—it's a celebration of Ukraine's cultural heritage and resilience. Tickets can be purchased online by visiting bandura.org. See article, page 21, for more information. Dorothy Stickney Auditorium, Dickinson State University

OCTOBER 4-5 11TH ANNUAL PUMPKINS IN THE PATCH Friday 3-6PM Saturday 10AM-5PM Games, hayrides, barrel train, vendors, food and more! Daily admission \$5 per person (ages 2 and up), which includes games and activities. See ad, this page, for more info. Hope Christian Academy, 2891 5th Ave W

SATURDAY OCTOBER 5 7TH ANNUAL LET'S SWAP CLOTHING SWAP AND VENDOR SHOP 10AM-3PM Shop for clothing for the whole family and browse 15 local vendors to get Christmas shopping done early. First attendees win swag bags. See article, page 20, and ad, page 26,

FRIENDS OF THE DICKINSON PUBLIC LIBRARY

Fall
BOOK SALE

FRIDAY, OCT 18: 12-2PM
SATURDAY, OCT 19: 10AM-2PM
LIBRARY COMMUNITY ROOM

The bookstore will also be open 10-2 on Saturday with all books half price!

for more info. Hillside Baptist Church

**MONDAY OCTOBER 7
ADULT CRAFT CLUB 6PM**
Crafty people unite! Come make Wine Cork Pumpkins. All supplies and instruction provided. All skill levels and abilities welcome. Ages 18+ -Dickinson Library Community Room

**THURSDAY OCTOBER 10
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 ad, page 7, for more information. Stark County Veterans Pavilion.

**FRIDAY OCTOBER 11
OUTDOOR MOVIE NIGHT 6-9PM**
Join us for a FREE movie night - Hocus Pocus 2 - with your family and friends. Enjoy s'mores, popcorn, drinks and more. Dickinson Legacy Square

**SATURDAY OCTOBER 12
FUREVER FULL COFFEE CRAWL 9AM-2PM**
Spend the day trying different coffees in Dickinson and the surrounding areas. See page 14 for more info.

CONNECT MEDICAL CLINIC COMMUNITY OPEN HOUSE 11AM-2PM
We invite you to an Open House to celebrate an exciting new chapter. Join us for lunch, games and a tour of the new space and learn more about how we can help you

Connect With Your Health. See article, page 19, for more info. 683 State Ave

FALL GALA 2024 Enjoy Fall Gala 2024 at Trinity Junior High & High School. Holy Mass at 4:30pm followed by a Social, Dinner & Live Auction. Online silent auction is available the entire week prior! For tickets, call 701-483-6085 or go to www.trinitycatholicschools.com.

**SUNDAY OCTOBER 13
BUSTER'S COLOR RUN/
WALK** A community run in partnership with the Dickinson Running Club and mental health and recovery organizations. See article, page 6, for more information. Dickinson State University

**THURSDAY OCTOBER 17
EQUISCHOLARS 9AM-4PM**
Does your child love horses? EquiScholars is the ultimate crash course for horse enthusiasts! Our ground-based program unravels the mysteries of our equine pals, shaping today's horse enthusiasts into future horse stewards. Register now at www.happyrocknd.com

**OCTOBER 18-19
FALL BOOK SALE** Friday 12-2PM Saturday 10AM-2PM. The Friends of the Library bookstore will also be open Saturday 10AM-2PM with all books 1/2 price! Dickinson Public Library Community Room

**SUNDAY OCTOBER 20
13TH ANNUAL PANCAKE KARNIVAL 8AM-12PM**
Dickinson Rotary Club will be serving pancakes, sausage, juice and coffee for a good cause. See article, page 19, for more info. Dickinson Eagles Club, 31 1st Ave East

**TUESDAY OCTOBER 22
CRACK THE CASE: MURDER AT THE MOVIE THEATER 6PM**
Test your detective skills at the to solve this murder

mystery. Ages 13+. See ad, page 25, for more info. Dickinson Public Library

**FRIDAY OCTOBER 25
2ND ANNUAL WOMEN'S LEADERSHIP SUMMIT 8:15AM-3PM**
Join Develop Dickinson and Women Empowering Women for a day of networking with colleagues and state and local women leaders. Keynote Speaker, Renee Rongen, international speaker and best-selling author. See ad, page 5, for more info. August House

**MONDAY OCTOBER 28
POWER OF 100 WOMEN GENERAL MEMBERSHIP MEETING 5:30PM**
Guests always welcome! Eagles Club, 31 1st Ave East

ADULT BOOK CLUB: THE SUN DOWN MOTEL 6PM
Read the book and come discuss it with other adults. The next month's selection will be announced at the monthly meeting. Book Club books are available at the Main Level Circulation desk. Dickinson Public Library Community Room

**OCTOBER 28-31
THE GREAT PUMPKIN HUNT!**
Find the Great Pumpkin and win the Grand Prize! See ad, page 2, for more info.

**THURSDAY OCTOBER 31
KIDS' HALLOWEEN PARTY 2:30-4:30PM**
Bring your kids to the library for an afternoon of games, candy and prizes. Geared for ages 2-12. See ad, page 9, for more info. Dickinson Public Library

11TH ANNUAL TRICK OR TRUNK 4-6PM
Bring your kids downtown Dickinson for some Halloween fun and treats.

CONVENTION AND VISITORS BUREAU

The colorful ringneck pheasant

Fall brings not only colors and cool weather, it brings orange hunting vests and dogs out to the fields walking the rows of harvested corn, sunflowers, and grasslands

Here's a few pheasant facts that you may not be aware of. Rarely, if ever, does a pheasant die of old age. In fact, the average life span is less than 1 year.

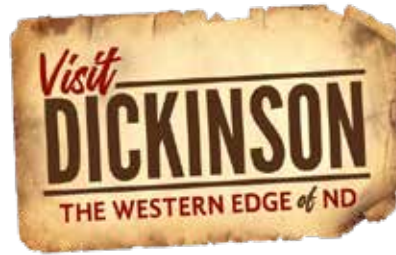
Other facts:

- Pheasants are in the Phasianidae family and are cousins of Quail and Partridge

- There are over 50 different species of pheasants throughout the world
- Flight Speed: 38-48 mph (but can reach up to 60 mph when chased)
- Favorite Foods: Corn, seeds, insects
- Length of Incubation: 23 days
- Average First Hatch: Mid-June
- Average Clutch Size: 12 eggs
- Average Rate of Chick Survival: 50%
- Major Nest Predators: Fox, raccoon, skunk, feral cats
- Major Adult Predators: Human, fox, hawk, owl
- Pheasants can swim

Attempts to bring pheasants to America started in the late 1700s. However, the true establishment of a sustained pheasant population did not occur until the 1880s, when Owen Denny was appointed as consul general to China.

In January 1881, he purchased 60 pheasants and crossed the Pacific Ocean to return home to Oregon. Most of the birds survived the long journey across the ocean, but the subsequent trip in trains and small boats scared the birds, causing many to go into a frenzy and injure themselves seriously. As a result, only a fraction of the



birds made it to the Portland area.

He tried again in 1882. This time he chartered a ship to go directly to Portland. Mr. Denny's brother, John, released the colorful birds on the family farm and within a year, the birds spread to neighboring counties, and in later years across many states.

The 2024 ND pheasant hunting season is October 12 – January 5, 2025. The CVB has information on hunting that includes license information, services needed at VisitDickinson.com/Hunting.com. We also have ND PLOTS Guides available at the office at 72 E. Museum Dr. and would be happy to provide one for you.

Enjoy the fall hunting season by going out in the countryside with friends and family. ■



Photo credit: Craig Armstrong

PAWSITIVELY POPPY

Pumpkin Spice Muffins

By Miranda Kuhn

A few years ago I shared with you that Poppy is one of those basic dogs that loves a good pumpkin spice latte to sip (or slurp furiously in her case) while she's scrolling her social media (I mean sniffing the yard) in the morning. Since then, she has been experimenting with other pumpkin spice treats and she's come up with a pumpkin spice muffin that pairs nicely with her lattes. Who doesn't love a nice muffin on a cool fall morning?

These muffins are perfect for basic dogs, and are even a delicious and very healthy option for us humans as well because of the pumpkin puree and less sugar. Keep your eyes open this fall, you might just see Poppy and I strolling downtown with our muffins and lattes, wearing flannel shirts with beanies while window shopping (probably stopping at Paw and Claw Pet Palace for a pint of Hoggin Dogs or a cookie). If you see us be sure to say hi!



Pumpkin Spice Muffins

- 2 ½ cups flour
- ¼ cup vegetable oil
- 1 tsp vanilla
- 1 tsp baking soda
- 1 tsp baking powder
- ¾ cup unsweetened applesauce
- 1 egg
- 1 cup pumpkin puree
- ¼ cup honey

Preheat oven to 375. Line muffin tin with paper liners and grease with cooking spray. In a large bowl, mix all ingredients until well blended. Spoon batter into muffin cups until about two thirds full and bake 25 minutes. Turn out onto cooling rack and once cool, enjoy! Store in airtight container 3 days or freeze up to 1 month. ■



FLUFFY FIELDS
VINEYARD & WINERY

We've made it our mission to strive to produce excellent wines that celebrate the lands and fruits of North Dakota, with a relaxing atmosphere for our guests to explore their personal wine tastes.

Visit us for a wine tasting. Our vineyard provides varietals of cold climate grapes to create a unique selection of wines.

- Petite Pearl
- Marquette
- Frontenac Gris
- Sweet Bree

Our orchard and gardens provide fresh fruits and vegetables for unique and memorable alternative to grape wines.

- Apple
- Haskap
- Sipping Sunshine
- Cherry

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

Get Fluffy!

Ask Alfie

Dear Alfie,

With fall upon us and winter just around the corner, I am excited to break out all my favorite candles to burn cozily around the house. Scents like pumpkin spice, apple cinnamon, and sugar cookie. However, someone told me that stuff like this is dangerous for my pets. Is that true?

Sincerely, Candle Enthusiast

Dear Candle Enthusiast,

I'm afraid I have bad news. While scented candles, air fresheners, and essential oil diffusers may help mask unpleasant scents in your home, they could be posing a danger to your pets (and honestly even yourself) with their use.

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

fragrances and carcinogenic soot from paraffin candles, a petroleum product, can cause or worsen respiratory conditions such as asthma in humans and pets.

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

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

oils, as they lack a specific enzyme which metabolizes and eliminates toxins from essential oils.

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

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



All hope is not lost, however, as there may be safer options you can use for freshening the air in your home! Soy or beeswax candles that do not use artificial scents are considered to be much safer than paraffin candles. There are also non-toxic sprays from companies such as Mrs. Meyers, and some essential oils may also be safe to diffuse once you have researched them properly.

Sincerely, Alfie ■

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

Connect with your community

HEARTRIVERVOICE.COM

Heart River
VOICE

Dickinson
AREA PUBLIC LIBRARY

Crack the Case:

MURDER AT THE MOVIE THEATER

Test your detective skills!

A movie theater owner was found dead in his office. Murdered!



Look through a file of suspect profiles, police reports, phone/text records, witness statements, photographs and other evidence to solve this fake cold case!

6pm

October 22nd

13+



First Attendees win Swag Bags

Let's Swap
Clothing Swap & Vendor Shop Event
Men, Women, Children, and Infant Clothes

ORGANIZED BY:
Miss EVENTS LLC
WWW.LETSSWAPND.COM

7TH SEMI ANNUAL CLOTHING SWAP & VENDOR SHOP
MEN'S, WOMEN'S, AND CHILDREN'S CLOTHING

SAT. OCTOBER 5TH
HILLSIDE BAPTIST CHURCH 123 10TH ST E, DICKINSON ND
NO DROP OFF'S ACCEPTED THE DAY OF THE EVENT
9 AM TO 10 AM REGISTERED SWAPPERS ONLY! SWAPPERS-FILLED OUT A REGISTRATION CARD AT DROP OFF SITE
10 AM TO 3 PM SWAPPERS AND SHOPPERS
SWAPPERS AND/OR SHOPPERS-(MAKE A MONETARY DONATION) TO SHOP THE SWAP)

LEFT OVER CLOTHES DONATED TO:
F5 PROJECT, DEJA VU TOTS, DVRCC, THE ARC DICKINSON,
THANK YOU TO OUR EVENT SPONSORS!




Pizza Hut



**NO ONE OUT
PIZZAS THE HUT**
Delivery/Carry-Out
22 South State Ave.
701-225-8000
Order online @ pizzahut.com

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 Shop
Joy Inspired Gifting
Fresh Sips
Family Fare - West
Players Sports Bar & Grill
Stark Development
Corporation
Dickinson City Hall
Holiday Inn Express
TownPlace Suites
Microtel Inn & Suites
AmericInn

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
Hebron Public Library

BELFIELD

Trappers Kettle

MEDORA

Chateau de Mores
Roughriders Hotel
AmericInn

BISMARCK

Bismarck Art & Galleries
Assoc.

DUNN CENTER

Dunn County Historical
Museum

NOTES FROM THE BADLANDS

Burning Hills singer Felicity Jemo soars as June Carter Cash in Ring of Fire

By Joe Wiegand



One could say that 2024 has been a watershed for Burning Hills Singer

Felicity Jemo. The New Year found Felicity in New York City, performing at dozens of auditions and working fulltime at a local gym. This daughter of the Midwest – Algonquin, Illinois – Dayton, Ohio – Kent State – has a work ethic equal to her personality.

“In January, I went to the open call auditions and received the invitation to be in the Medora Musical workshop, which would debut in New York in March for an audience visiting from North Dakota and beyond. I had no idea what to expect with this western musical from North Dakota, but it ended up being the light in the darkness for me. I remember the genuine joy I felt doing the show in that little studio, and I knew I had to experience the full wonder of dancing on that beautiful Burning Hills Amphitheater Stage,” writes Ms. Jemo.

Felicity Jemo dazzled a summer’s worth of Medora Musical audiences and performed many afternoons on the Town

Square Patio Stage, accompanied by a trio of Coal Diggers Band members.

“I’m so immensely grateful God placed me here to meet so many amazing new friends, to see some of the most beautiful landscapes, and to learn and grow,” continued Jemo.

Felicity Jemo extended her stay in Medora to star with a talented cast of musical performers in Ring of Fire, a Johnny Cash tribute show running through October 27 at the Old Town Hall Theater.

About her female roles in a tribute to the Man in Black, Jemo notes, “It’s been so much fun performing Ring of Fire and getting to know the different voices I portray. As Johnny’s mother, I get to let my “oldest sibling” energy shine through. The real treat is playing June Carter. I love how I get to be my silly, quirky self as June; it doesn’t feel like hard work or acting. June’s songs and jokes just

feel right.”

Ring of Fire, starring Felicity Jemo, Chad Harris, Jack Hopewell, Thomas McFerran, Evan Raines, and Luke Surrentsky runs through October 27, every Wednesday through Saturday at 7:30PM and Sunday at 2:00PM at Medora’s Old Town Hall Theater. Tickets at www.medora.com or 1-800-Medora1 ■



COMMUNITY

DAHBA awards nine scholarships

The Dickinson Area Home Builders Association (DAHBA) is proud to be of service to the Dickinson community. DAHBA is a non-profit association whose members consist of professional builders and associates in the home building industry. The Dickinson builders association is in partnership with and chartered by the North Dakota Association of Builders (NDAB) and the National Association of Home Builders (NAHB).

Through strong public relations and governmental affairs, the Dickinson Area Home Builders Association works to promote the most favorable environment in our Dickinson community.

DAHBA works as a link between our local building industry and state legislature, allowing our members to communicate their needs in regard to bills and regulations affecting their industry. DAHBA also provides important information and education to its members as well as the community, including local updates.

Recently, DAHBA has reached out to the young adults in the community with a scholarship opportunity for high school graduates and college students. The Irene Schafer Scholarship of \$500 was granted to 9 individuals this year. Congratulations to Aiden Dahmus, Carter Henke, James Penny, Josiah Simmioniw, Naomi Lefor, Nevaeh Muckle, Shayna Pond, Taya Hopfau, and Taytum Stuhr. In addition, DAHBA would like to thank Irene Schafer for her generous donation to the scholarship fund.

DAHBA is always looking for new professionals in the home building industry (or related industries) to join the association in

effort to continue strengthening our impact on the community. For more information on how to join and what a DAHBA membership fully entails, please see the contact information below. ■



Fall Savings!

MS 261, MS 271,

MS 291, MSA 300C

Each saw comes with
STIHL carrying case,
chain and hat!



Steffan Saw & Bike

701.225.5075

121 3rd Ave E, Dickinson, ND

WHERE BUSINESS GOES TO GROW

Manufacturing Day 2024



The Southwest ND Manufacturer's Solutions group is hosting its annual Manufacturing Day Event on Wednesday, October 2nd, 2024, at the Biesiot Activities Center on Dickinson State University's campus from 8:15am - 3:30pm MDT. Stark County Commissioner and the City of Dickinson Commissioners have proclaimed October 2nd as Manufacturing Day in the county and city.

Manufacturing Day, an initiative of the Manufacturing Institute, the workforce development and education affiliate of the National Association of Manufacturers (NAM), empowers manufacturers to come together and address the collective challenges and build excitement about manufacturing careers to help their communities

and future generations thrive.

The SW ND Manufacturer's Solutions group includes Dickinson's "BIG 5" manufacturing companies; Fisher Industries, Baker Boy, Steffes, TMI, and Killdeer Mountain Manufacturing (KMM). The event is open to area junior high and high school students for them to explore the World of Manufacturing. Each of the "BIG 5" companies along with General Equipment, Butler Machinery, and Wallwork Truck Center will have exhibits on display highlighting their company. North Dakota State College of Science, Bismarck State College, North Dakota State University, Dickinson State University, and Lynnes Welding Training will also be exhibiting, offering hands-on manufacturing activities for the students to engage in. The Greater North Dakota Chamber, Impact Dakota, and Job Service ND also participate in the annual event. In 2023, the event hosted roughly 800 students from 11 different schools.

The SW ND Manufacturer's Solutions group developed the "Dream

It Do It" program back in 2016 in affiliation with the National Association of Manufacturers, The Manufacturing Institute, and the Greater North Dakota Chamber. The "Dream It Do It" program consists of young professionals from each of Dickinson's "BIG 5" manufacturing companies. Each year, young professionals are selected from Sr. Management to represent their company in the "Dream It Do It" program. The program was developed to engage with the area youth and promote the different career opportunities the manufacturing sector presents. From the "dirty jobs" of welding and bakery line operators to the office staff of human resources and accounting, the "Dream It Do It" program advocates for them all. Through classroom presentations, assisting with resume writing and mock interviews, company tours, and hosting an annual Manufacturing Day event the "Dream It Do It" program continues to focus on the manufacturing sector as a whole and not the individual promotion of our "BIG 5" companies.

Today, manufacturers in the United States need to fill 4 million jobs by 2030, according to a workforce study by The



Manufacturing Institute and Deloitte. More than half of those jobs could be left unfilled because of two issues: a skills gap and misperceptions about modern manufacturing. The SW ND Manufacturer's Solutions group's "Dream It Do It" program strives to bridge those skills gaps and misperceptions of manufacturing amongst Southwest North Dakota youth. There are several great manufacturing career opportunities right outside your door! ■

Lumenis Optima IPL

Relief from dry, itchy eyes caused by skin and eyelid inflammation*

701-225-7886

EYEWEAR CONCEPTS
Optical • Eyecare • Contact Lenses

Call us for a consultation to see if Lumenis Optima IPL is for you!
 Dr. Melanie Miller O.D. and Dr. Nate Shilman O.D.

COMMUNITY

Alcoholics Anonymous fellowship

Preamble

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

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

For local meeting schedule, see our website: aanorthdakota.org

All inquiries are confidential. **AA Hotline 701.264.7552** ■

Advertise With Us!

CONTACT KELLEY JILEK
 AT 701-290-2063 OR
 EMAIL [KELLEY@THEJILEKS.COM](mailto:kelley@thejileks.com)

Heart River VOICE

WEST DAKOTA PARENT & FAMILY RESOURCE CENTER

- 📍 402 4TH STREET WEST DICKINSON, ND 58601
- ☎ CALL: (701) 456-0007
- ☎ TOLL FREE: 1-877-264-1142
- ✉ EMAIL: SKILWEIN@DPSND.ORG
- 📍 WEST DAKOTA PARENT & FAMILY RESOURCE CENTER



The Center is Your Partner in Parenting

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



VISIT US ON
OUR WEBSITE!



NDSU | EXTENSION



351 24th St. East, Dickinson ND 58601

Rob Clemow

Branch Manager

701-483-3184

Cell: 701-300-2062

robc@bierschbach.com

WE RENT:

- Telescopic Forklifts
- Skid Steer Loaders
- Mini Excavators
- Scissor Lifts
- Telescopic Boom Lifts
- Air Compressors
- Light Towers
- Lawn and Garden Equipment
- Trench Boxes
- Compaction Equipment
- Power Trowels
- Wall Forms
- Plus Many More items



WE SELL:

- Concrete Tools
- Diamond Saw Blades
- Safety Equipment
- Electric Tools
- Anchors
- Geotextile Fabric
- Trench Drain Systems
- Traffic Control Devices
- Measuring Equipment
- Personal Fall Protection
- Marking Paint
- Plus Many More Items

COOKING CRAVE

Hearty eats

Tune into Consolidated's channel 18 to cook along with Laverne and Rhonda. You can watch their show Wednesday evenings at 6pm and 9pm or Thursday afternoons at 2pm or 5pm (replay of Wednesday'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!

Beef Stroganoff Sandwich

- 2 lbs. ground beef
- ½ cup chopped onion
- 1 tsp. salt
- ½ tsp. garlic powder
- ½ tsp .pepper
- 1 loaf French bread
- Butter or margarine softened
- 2 cups sour cream
- 2 tomatoes seeded & diced
- 1 large green pepper diced
- 3 cups shredded cheddar cheese

In a skillet, brown ground beef & onion, drain any excess juices. Add salt, garlic powder & pepper to meat mixture and mix well. Cut bread lengthwise in half and butter both halves & place on baking sheet. Remove meat mixture from heat and stir in sour cream then spread on bread. Sprinkle the tomatoes, green peppers & cheese on top of meat. Bake @ 350 degrees for 20 minutes or until cheese is melted. (Note - may bake up to 25 minutes if you want a crispier bread) Yield: 8-10 servings.

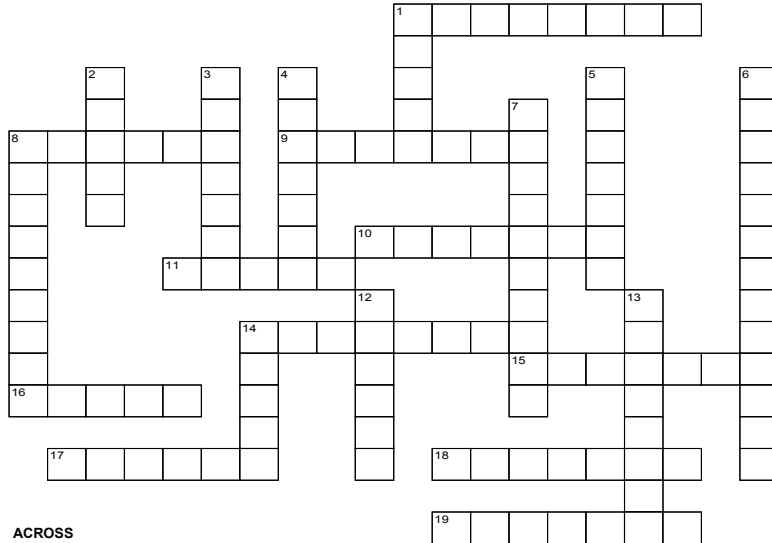


CONSOLIDATED
CHANNEL 18

COOKING
CRAVE

IT'S PASTA TIME!

Celebrate National Pasta Month by solving the "It's Pasta Time" crossword puzzle. Send in your completed puzzle for a chance to win a pasta prize package!



ACROSS

- 1 In 1789, Thomas Jefferson brought the first _____ machine to America.
- 8 Durum in North Dakota is planted during this season.
- 9 While North Dakota is the largest durum producing state, this state is number two in production.
- 10 As a country, the U.S. consumes about six _____ pounds of pasta each year.
- 11 Pasta is made of two simple ingredients: semolina and _____.
- 14 This shape of pasta is popular with children and often used in soups.
- 15 National Pasta Month is always celebrated in _____.
- 16 This country has the largest per capital pasta consumption in the world.
- 17 One bushel of durum will make about 42 _____ of pasta.
- 18 The average durum yield in North Dakota is about 40 _____ per acre.
- 19 A _____ of cooked pasta is one cup.

DOWN

- 1 Philadelphia Macaroni has a mill in this ND town.
- 2 Class of wheat grown in North Dakota used primarily to make pasta.
- 3 The past two years, this country has been the top importer of U.S. durum.
- 4 What piece of farm machinery is used to harvest durum?
- 5 This noodle is used to make a layered pasta dish.
- 6 Largest class of wheat grown in North Dakota, typically used for premium breads and rolls, but is sometimes used in pasta.
- 7 Dakota Growers Pasta has their production facility in this ND town.
- 8 One of the most popular pasta dishes in the U.S.
- 12 There are around 600 different pasta _____.
- 13 This city boasts the claim to fame for the first pasta factory located in the United States.
- 14 Durum is planted on about two million _____ in the U.S.

WORD BANK: acres, Algeria, alphabet, billion, Brooklyn, bushels, Carrington, combine, durum, hard red spring, Italy, lasagna, macaroni, Minot, Montana, October, pounds, serving, shapes, spaghetti, spring, water.

Proudly sponsored by:



Heart River Voice,
Dakota Growers Pasta Co.,
Philadelphia Macaroni,
ND State Mill and
U.S. Durum Growers Association

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Email address: _____

**FOR A CHANCE TO WIN A FABULOUS PASTA PRIZE PACKAGE,
SEND YOUR COMPLETED CROSSWORD BY OCTOBER 25, 2024 TO:**

**IRENE SCHAFER
P.O. BOX 1697, DICKINSON, ND 58602**

ANSWERS WILL BE PUBLISHED IN THE NOVEMBER 2024 ISSUE OF HEART RIVER VOICE!

THE ARTS

Jared Freiburg and the Vagabonds

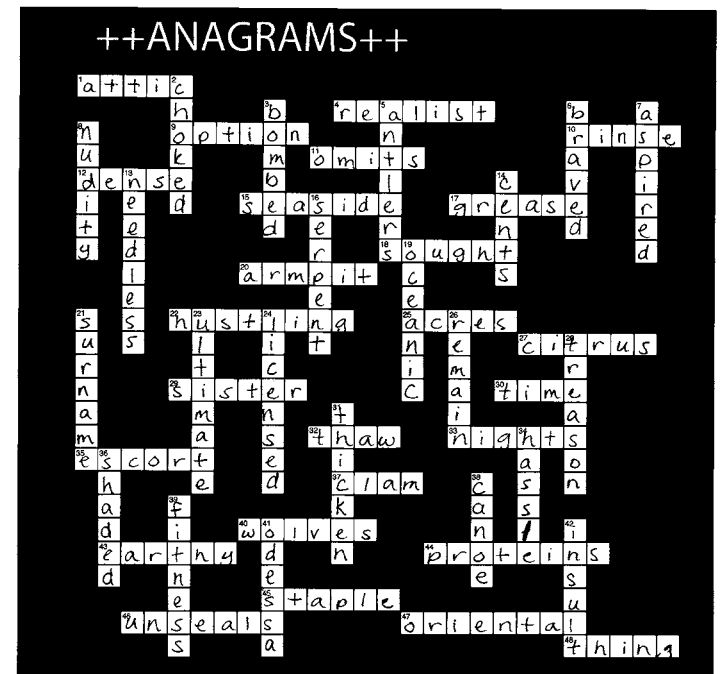


Prepare to enter a time capsule to the golden era of American music featuring an electric lineup of your favorite Rock & Roll, Blues, Country and Jazz hits from the 1950's. Piano maestro Jared Freiburg and his Vagabonds will be serving a healthy helping of memorable tunes by



artists spanning anywhere from Elvis to Frank Sinatra. Jared was born and raised in Des Moines, Iowa, and began playing piano at the age of five. Jared portrayed Jerry Lee Lewis in the touring production of Million Dollar Quartet. ■

LAST MONTH'S PUZZLE SOLUTION



GOING POSTAL

Hank Aaron

The U.S. Postal Service will honor Henry "Hank" Aaron with a commemorative Forever stamp.

A giant both on and off the field, Hank Aaron (1934-2021) rose from humble beginnings to rewrite the record books while prevailing in the face of racism. The stamp art features a portrait of Aaron as a member of the Atlanta Braves, based on a 1968 photo, showing Aaron's famous right-handed stance from the waist up.

Greg Breeding, an art director for USPS, designed the stamp and pane with original art by Chuck Styles and typography by Kevin Cantrell.

The Hank Aaron stamp is being issued in panes of 20. The Forever stamp will always be equal in value to the current First-Class Mail one-ounce price.

Customers may purchase stamps and other philatelic products at their local post office or through the Postal Store at usps.com/shopstamps. Additional information on stamps, first-day-of-issue ceremonies and stamp-inspired products can be found at Stamps-Forever.com. ■



Do you like bluegrass?



Looking to start a bluegrass jam in the Dickinson area. Guitar, mandolin, double bass, fiddle, harmonica, banjo and other musicians are all welcome.

IF INTERESTED, PLEASE CONTACT
Amy @ 307-371-1866.



701-483-GRIN (4746)

669 12th St. W | Dickinson, ND
www.highplainsdentalpc.com

Thank you to our advertisers!

Tammie Braun -
The Real Estate Co.
Consolidated
Dan Porter Motors
High Plains Dental
CHI St. Alexius Health
Stark Development Corp.
Dickinson Public Library
Blu Haven Spas
Irsfeld Pharmacy
Steffan Saw & Bike
Dacotah Bank
Advanced Collision Center
Benedictine Living
Ladbury Funeral Service
Floor to Ceiling
Big George's Liquor
Marlene Bradbury -
Edward Jones
The Connection 103.7
Fire & Ice
Lorrie Nantt -
Re/Max Integrity Realty

Jay R's Auto Body
Susie Lefor -
Infinity Real Estate
Bierschbach Equipment &
Supply
Fisher Industries
Fluffy Fields Winery
Eyewear Concepts
Midwest Doors
Electric Sales and Service
Paul Meyers Tractor Salvage
Pizza Hut
Rainbow Painting
Peach Parlour
Dunn Co. Historical Museum
Moe Events, LLC
Rattle and Roll
Baby Boutique
Amy Brandvik
Dickinson Area Concert
Association
Connect Medical Clinic
Chamber of Commerce

Heart River
VOICE

Thank you to all
our advertisers for
supporting us and
our community!





Advertise with us!

Contact Kelley Jilek
At 701.290.2063 or email
kelly@heartrivervoices.com

Heart River VOICE