

# IN KEVIN'S WORDS

## How to be a hero



Kevin Holten

Do you believe in superheroes? They do exist, you know. But not in the way you think they do.

You see, true superheroes are not recognizable, because they look just like you and me. And for the most part, they don't seek attention. Instead, they try to avoid it.

True superheroes don't wear capes or leotards. They don't fly or jump from skyscrapers. Nor do they lift an automobile with one hand.

I've met a lot of superheroes in my life and so have you. My parents, for example, meet superhero specifications, and so can you even if you do only one thing: Show your children that they are the most important thing in your life. If you do that, you not only become a superhero, but you create superheroes.

At the Music City Rodeo in Nashville, Tennessee last May I interviewed, among others, world champion

bull rider Cody Custer. He told me about a guy (let's call him Bill) that he had some issues with, having to do with something that he'd sold to him. And Cody could have been angry but instead he sensed that Bill had some personal problems.

So, one day something prompted Cody to call Bill, and they had a friendly discussion with Cody revealing that he just wanted to make sure that he was okay. Later, Bill told Cody that when Cody had called him, he'd just put a gun to his head and Cody's call saved his life.

That's what heroes do. They sense things and act on them.

My mom used to make fresh buns and bread every Saturday morning. And she'd always make an extra loaf to give to someone and often she'd have us deliver it. That's what heroes do.

Yesterday a lady at the grocery store with a full shopping cart parked suggested I go ahead of her at the cashier since I only had a couple of items. That's an example of a superhero. And if you've done that before, you are one too.

In 2015, the Journal of Personality & Social Psychology suggested that heroes have 12 cen-

tral traits. Those traits are bravery, conviction, courage, determination, helpfulness, honesty, inspiration, moral integrity, they are protective, self-sacrificing, selfless and strong.

In other words, according to this, they are mostly perfect. So, because of that, I must respectfully disagree.

You don't have to be perfect to be a superhero. So, don't wait until you are, especially since you never will be. Instead, take advantage of the situations that you are put in.

Of course, "they" say in life that there are two things that are certain: Death & taxes. But they left out something that is much more important. And that is this: You are going to have an opportunity to be a superhero almost every day. That's just how life is.

The question is, are you too busy to recognize the opportunities. And when you do, will you act on them? Because when you do, it's going to require something from you, whether it's time, patience, money, bravery or something else. After all, you must give, for them to receive.

We all justify our "missing out" on opportunities for a variety of reasons. So don't beat yourself up too badly for doing so. Just take advantage of the next opportunity.

# PARKER'S PERSPECTIVE

## The connection between practice and performance is intertwined



Gaylon Wm. Parker

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Sociologists, biologists, and anthropologists have always been fascinated by natural development—either human or animal—and how the step-by-step processes of interaction, play, adult guidance, and failure help all creatures grow. In nature, for example, all mammals play; they're constantly wrestling, climbing, running, leaping, and horsing around in some form or fashion as they interact with one another as pups, kittens, or whatever.

It's funny that we don't notice this dynamic when we are young—it's just something we do reflexively. Strangely enough, another component of these activities centers on competition.

For young adults, this is especially true, and all wise coaches will let their athletes interact for a few minutes before they show up and start barking to get practice started. That's another thing we don't notice when we're kids; instead of wondering where the coach is, they appreciate a temporary reprieve from the barking. But after a little while, they start wondering, "What's taking coach so long?"

Having shifted into the role of a mere observer, this is always fun to watch and overhear.

Their conversations revolve around the goofiest things, but it's entertaining to listen in from time to time. Likewise, when the chance presents itself to watch them from a distance as they challenge or chat, it brings back a lot of memories one doesn't know we're building in the first place.

Another intriguing facet of athletic growth is watching how people practice and prepare for competition. For most, there is this underlying intensity and concentration in their eyes; for others, there is a sort of loosey-goosey, gadabout quality to their pregame motions. In the same way that all people—especially young adults—have different personalities (including some that will be completely different in 10 years' time), these steps all have their own signatures.

It's pretty easy to get bogged down in the results for any sportswriter: times, batting averages, fielding percentages, runs, points, rebounds, RBIs, or whatever. But the wise person sits back and takes in the whole process: How does the team get along? Are they encouraging? Is batting practice a chore or a pitch-by-pitch effort toward progress? These signs present themselves in a variety of ways, and you can bet the coaches are watching these subtleties as well.

From afar (roughly 40 years), these are the things I reflect upon when recalling what it was like to be out there. I've been blessed with the ability to do a "job" that has always kept me close not only to the action, but also to my passions. That role offers a way to encapsulate their efforts and give them something to remember, and perhaps a summary of a particular

outing that stands out as an important moment in their lives.

Almost always, an outside observer is necessary to relay the descriptions anyway, because who has ever told a reliable fishing story about the one that got away from the boat or the distance a ball was hit over the fence in 1986? Naw, I hear enough "Paul Bunyanesque" stories every 10 years at my reunions (which reminds me I have a 40th coming up in 2027), so it's important to be accurate in these endeavors.

But in the meantime, if you wonder why you see me arrive at games about 45 minutes or an hour beforehand, it's because I like to get my feet underneath me and get settled in first. Second, I appreciate watching these preparations—pitch and catch, practices, and dialogue—to get a better feel for how the team is progressing. Third, I like watching them goof off; adulthood is a drag.

I'm sure I'm not alone, and for every proud grandma in the stands or sitting in a lawn chair just watching, there's a grandpa reflecting on his coaching or playing days while appreciating the flood of memories these simple moments offer. Looking down the road, the growth of female athletics will most likely stir the same memories in an ever-increasing group of young women—that much I can guarantee—and how awesome is that?

Yeah, we can learn a great deal about a team by the standings. Yet, it's even more enlightening to see how they work and strive together—and roughhouse—before the whistle or the words: "Play ball!"



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IN THE DISTRICT COURT OF BILLINGS COUNTY, STATE OF NORTH DAKOTA

In the Matter of the Estate of ROGER MYERS, deceased.

### NOTICE TO CREDITORS

NOTICE IS HEREBY GIVEN That the undersigned has been appointed Personal Representative of the above estate. All persons having claims against the said deceased are required to present their claims within three months after the date of the first publication of this notice or said claims will be forever barred. Claims must either be presented to Lori A. Elliott, Personal Representative of the estate of Roger Myers, at P.O. Box 1173, Dickinson, North Dakota 58602-1173, or filed with the Court.

Dated this 12<sup>th</sup> day of January, 2026.  
/s/ Lori A. Elliott  
Lori A. Elliott,  
Personal Representative

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