

Heart River VOICE

MARCH 2020 | VOL. 2, NO.3 | HEARTRIVERVOICE.COM

Adventure on a Dime
Spring walks and hikes
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A note to our readers

As we "spring" into March, we'll lose an hour but gain longer days and more sunshine for all the fun springtime activities in Stark County and surrounding areas.

Enjoy reading through the March issue of Heart River Voice, choose your favorite activities and mark your calendar.

Don't miss out!

Kelley Jilek
Publisher

"Natalia and Everaldo" a 24x30 acrylic painting by Linda Donlin. The musicians on the painting are Everaldo Martinez and Natalia Vacarciuc, music instructors at the University of Mary and members of the Bismarck-Mandan Symphony Orchestra. This painting was commissioned by the Symphony as a gift to them. For more information about the artist, see page 5.

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#BOOKWORM

Friends of the Library

By Cindy Thronburg

A library is run by more than just the people that work within its building. There is a whole network of people who strive to make a library successful, as it is an essential part of any community. The Dickinson Area Public Library has the library board, the foundation board, and the Friends of the Dickinson Area Public Library to help make the library what it is. Many people do not know about the Friends of the Library or how they can become involved with the group.

The Friends are an important component to the functionality of the library. Recently celebrating its 35th anniversary, the Friends of the Dickinson Area Public Library was created in 1984. The group's mission is to raise money and public awareness in the community to support the services and programs of the library. They promote the library and its programs in various ways. They help at library events, including the annual Summer Reading Program Kickoff Carnival and the free pizza Mondays in the summer. Most importantly, they own and operate the Friends bookstore: Twice Sold Tales.

Located to the south of the library at 128 2nd Street West, Twice Sold Tales is open from 11:00am to 5:00pm, Monday through Friday. They offer quality used books for very reasonable prices. They have a wide variety of genres, everything from popular fiction, romance, westerns, mystery, nonfiction, and children's and young adult books. All of the books for sale were either given as donations or are items that were withdrawn from the library. In fact, in January they received an estate donation of over 800 books. Many were like-new hardcover books

from popular authors like John Grisham, Janet Evanovich, Lee Child, and David Baldacci.

Proceeds from sales are used to improve resources and services of the Dickinson Area Public Library. If you have books, movies, magazines, audiobooks, or music CDs you would like to donate, please feel free to drop them off at the library.

If you would like to become a volunteer for Friends, please contact Twice Sold Tales or the Dickinson Area Public Library. You can also become a member of Friends or serve on their board. To learn more about them, you can find them on Facebook and Instagram. No matter how you become involved, it is a great opportunity to help out in the community.

New titles added to the collection:

- **Adult Fiction:** The Revisioners by Margaret Wilkerson Sexton; Nothing to See Here by Kevin Wilson; The Old Success by Martha Grimes; The Deserter by Nelson DeMille; Ghost Fire by Wilbur Smith; Grand Union: Stories by Zadie Smith; To the Land of Long Lost Friends by Alexander McCall Smith

- **Adult Nonfiction:** Audience of One: Donald Trump, Television, and the Fracturing of America; On the Plain of Snakes: A Mexican Journey; The Infinite Game; Clean Mama's Guide to a Healthy Home; Martha Stewart's Cookie Perfection

- **Adult DVDs:** Jane the Virgin: Season 4; Midsommar; The Peanut Butter Falcon; Annabelle Comes Home; The Farewell; The Big Bang Theory: Season 12; Yellowstone: Season 2; Good Omens

- **Children's DVDs:** Little Einsteins;



Friends of the Dickinson Area Public Library's book store - Twice Sold Tales

Fire Truck Rocket's Blastoff; Adventures of Dally & Spanky; The Backyardigans: Surf's Up; Tall Tales from the Magical Garden of Antoon Krings; Nella the Princess Knight; Descendants 3

- **Children's Easy Books:** Llama Llama Mess, Mess Mess; The Proudest Blue; Just Because; Elbow Grease vs. Motosilla; The Piano Recital; A Big Bed for Little Snow; Our Favorite Day; Bear Came Along

- **Children's and Teens' Fiction:** Tangled in Time: The Burning Queen; Beverly, Right Here; All the Impossible Things; The Last True Poets of the Sea;

Fireborne; I Love You So Mochi; Diary of a Wimpy Kid #14: Wrecking Ball

- **Children's Nonfiction:** The Big Book of Monsters: The Creepiest Creatures from Classic Literature; Born to Fly: The First Women's Air Race across America; The Great and Only Barnum: The Tremendous, Stupendous Life of Showman P. T. Barnum; Cardboard Creations: Open-Ended Exploration with Recycled Materials; Gross as a Snot Otter: Discovering the World's Most Disgusting Animals ■

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COVER ARTIST

Linda Donlin

Linda Donlin, Bismarck, enjoyed a busy, rewarding career in public relations that allowed her no time to paint. While recovering from minor surgery, she dug out her paints after a 15-year hiatus, and a new calling to become a full-time artist emerged. Her style is impressionistic, and her paintings are richly textured, as she layers color on her canvas with a palette knife.



Linda Donlin



Linda as Artist in Residence in Medora, ND.



Dancing Her Heart Out

She paints in oils and acrylics and particularly enjoys paintings that express her passion for the performing arts. She sings in the Bismarck-Mandan Civic Chorus, and her family members are active in the arts. Linda is represented by The Capital Gallery in Bismarck, recently completing a two-person show and an art residency in Medora. Her symphony series

permanently resides with the Bismarck-Mandan Symphony Orchestra, and her painting "Dancing Her Heart Out" was chosen to be part of "Her Voice Resounds," a musical and visual celebration of women's suffrage, presented by Minot State University. Her painting of a ballerina on a butte in the Badlands entitled "Wild and Free" was a finalist in South Dakota Tourism's State of Create competition.

Always looking for a new challenge, Donlin is currently exploring live wedding painting. "I came across it online, and I believe that is in my wheelhouse. What a wonderful keepsake it would be for the couple."



Zachary Leighton and Linda Donlin with the two art pieces used for Dance+.

For the love of art: Dance+, a partnership in beauty

Donlin most recently collaborated with choreographer Zachary Leighton from Northern Plains Dance on two paintings for the February production Dance+, a salute to music, dance and art, performed at the Belle Mehus in Bismarck. "This developed into a wonderful collaboration," Leighton says. "Linda sent me photos of the paintings in progress, and it gave me ideas for things to add in the next rehearsals. I sent her clips of the rehearsals, and that helped her fine tune the paintings. She was able to incorporate everything we talked about. They turned our better than I could have dreamed."

Donlin and Leighton met in January to discuss the concept behind the performance and the desired look and feel for the staging. They decided two paintings should be created for the piece, which were projected as backdrops. The first painting has

a palatial feel that suggests a continuation of the Belle Mehus' architecture behind the dancers. This one, entitled Belle of the Ball, was projected during the first and third movements of the piece. The second movement's painting, Solo



Madalyn's Fall Walk

Snowscape, took the audience outdoors in the moonlight, suggesting a more somber, reflective mood. The pieces complement each other, with the placement of the columns and the chandelier in the indoor piece gently echoing the placement of the trees and the moon in the outdoor piece.

Linda loves to paint ballet because of the beauty and grace of the art form. Dance+ was a unique combination of styles that allowed audience members to use their imaginations and gain a new perspective.

"Zach was wonderful to work with on this project – so creative and able to communicate his vision clearly," she says. "I'm excited about these paintings. They work well as stand-alone pieces of art, but I can also see adding dancers to them to create a meaningful piece for someone to have forever. I know I would have treasured something like that when my daughter was dancing."

You may view Linda's work at Lindadonlinfineart.com. ■



Medora Finale

COMMUNITY

Sober St. Patty's Celebration

Come one! Come all! Hope's Landing's third annual "Sober St. Patty's Celebration" and dinner is March 20 beginning at 5:00pm at the Roosevelt Grand Dakota Hotel. This year's speaker, Judith Roberts, will share insights on sober living from her 'up close and personal' perspective as one in recovery and the president of the National Sober Living Association. We are so pleased to have such a knowledgeable and dynamic speaker.



atmosphere. The caring support, growth in life skills, and the decisions reached and practiced at our homes have enabled our men and women residents to enter society confidently with job skills, finances for their own apartments, and confidence in their sobriety. Our residents

have contributed much to the work force of our community, proving themselves to be talented and dependable employees. As our

residents leave our homes, they also become great advocates and support for those in need of recovery. We feel Hope's Landing is truly a win-win blessing to our area.

The Hope's Landing's board and our former and current residents sincerely invite you to join us at our Sober St. Patty's Celebration fund raising event. As a charity, all donations are tax deductible. Tickets are \$35.00, with tables for \$400 and are available at the Chamber of Commerce and from any of our board members. For more information, call 701-290-5884 or 701-290-3644. We invite you to check us out on our Facebook page: Hopes Landing WEM or our website hopeslandingwem.org. ■



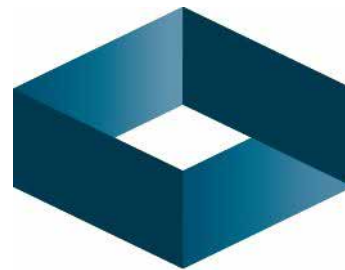
The generosity of SW North Dakota, local Dickinson merchants and caring individuals have again contributed to some phenomenal items for our Silent Auction and Chinese Auctions. This year there will also be a Live Auction featuring some outstanding donations. Up for auction are original paintings, a patriotic metal art piece, a rifle with scope, a pistol and holster, and a number of other unique offerings. Al Schoch will be our auctioneer, and we believe this is going to be a fun and exciting event.

Hope's Landing WEM is a charitable organization whose mission is to stop the cycle of addiction to drugs and alcohol in a safe, sober and accountable



HUMANITIES ND

Think & Drink



HUMANITIES
NORTH DAKOTA

Think & Drink is a Humanities happy hour series that combines brave conversation and great beer. Join our content experts for a dynamic dialogue set in a great local bar, The Rock, on Sunday, March 29. The discussion will be led by Brittany Hirth and Gavin Hurley and moderated by Steven Doherty.

Dr. Brittany Hirth joined the English faculty at Dickinson State University in 2018. Prior to joining DSU, she taught literature and writing courses for ten years for universities in Rhode Island and Connecticut. She specializes in American literature and has taught a wide array of survey and theme-based literature courses in addition to introductory and research-focused writing courses. Dr. Hirth has published on the fiction of Philip Roth, Jonathan Safran Foer, and the television series, The Walking Dead. She also published two personal interviews

with Vietnam War writer, Tim O'Brien.

Gavin F. Hurley has taught writing, rhetoric, and communication for 10 years. He is currently an Assistant Professor of English at the University of Providence (Great Falls, MT) where he teaches introductory composition, advanced persuasive writing, and writing strategies. He earned his Ph.D. in Writing and Rhetoric from University of Rhode Island (RI) and an M.A. in the Writing Arts from Rowan University (NJ). He publishes on the rhetorical arts for academic journals, essay collections, magazines, and online platforms. In 2018, he published his book *The Playbook of Persuasive Reasoning* with Vernon Press.

Tickets are \$20 - cash only. All tickets include one drink and snacks. All participants must be 21+. Doors open at 1 PM. Program begins at 2 PM. ■



Brittany Hirth



Gavin Hurley

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HEART RIVER GEMS

Jessica DeLange

By Kaylee Garling

There's a quaint hometown restaurant we like to frequent, especially on chilly winter evenings for a bowl of soup to warm our weary souls. But it's not just the soup, but also the familiar, always smiling faces that meet us there. Our waitress at Jack's Family Restaurant, Jessica DeLange, greets us by name, remembers our favorite items on the menu, and will always ask about something from our last visit, whether it was an achievement worth mentioning or the latest update on our kids. A few years ago, she faced her hardest trial when her oldest daughter, Nadia, contracted Rocky Mountain Spotted Fever. We'd visited for a meal and slice of pie when she mentioned her daughter not doing well. She had taken her daughter to the ER, but they didn't know what was wrong, guessing that it was hand, foot, and mouth disease. But Jessica felt like it had to be something else, as Nadia's fever stayed extremely high for 8 days, with a rash breaking out across her entire body. "She would just shake. Her joints swelled. She lost weight. Her hair fell out." Not knowing what to do, Jessica called the doctor crying, hoping for answers. She was ready to take Nadia to the Fargo hospital when the doctor called back and prescribed some antibiotics that ultimately saved Nadia's life. "Nadia was the strong one. She told me I needed to trust in God, telling me everything would be okay." Thankfully, it was. Rocky Mountain Spotted Fever comes from a tick bite, but they never found the bite. "It's something that we will now have to deal with, because it can come back. You do get over it, but the symptoms can return within 6 months to



Jessica's daughters with their grandmother

a year. She lost a lot of hair, but luckily, it's growing back. The spots are broken blood vessels, so you can still see the spots when she works out." It's a moment I will never forget, seeing her be as strong as she could for her family when life's uncertainties threatened her daughter.

Jessica hasn't always been a waitress. She worked in banking for nineteen years, starting out as a teller, then moving to accounts and loan officer, though she longed for a job that was not behind the desk, where she could meet people. When I asked about future plans, her smile softened. "To be a good mom. I hope to be a grandma someday, but not too fast though. I'm excited to see what the future holds. We moved from Colorado to here, looking for a good place to raise my girls, kind of seeing what would happen, and I'm still kind of seeing what happens." Between working long hours at Jack's, being a devoted mom, and keeping up with chores on their ranch, she doesn't really have time to make 'plans'.

Her favorite memories growing up was their family's annual vacations around the country. "We would always go to an amusement park or stadium somewhere. We went to California, Florida, Texas, Ohio. I played volleyball and basketball, which kept me busy with trips for tournaments. We played other private schools, which meant we had to travel more, but my dad and mom never missed a game" which was quite the feat, since they both worked. "My brothers played football, so we were always at the school practicing one thing or another. My mom would drive 30 miles every day, taking us to school and back. She was tired because she worked hard, so I don't know how she stayed awake."

When Jessica moved to Dickinson about 6 years ago, her mother came too. "Mom takes care of the girls while I'm at work. I don't know what I would do without her. She's an amazing mom and grandma." Though life hasn't always been easy, Jessica has stayed positive, with her famous smile leading the way. "Happiness comes from within. I have God on my side, and I can feel His power working through me." While at work, Jessica met an amazing man, who is now a part of her family. "I feel like I am meant to be with Craig (Wandler). I didn't think I would find anyone else after my divorce, but I found him. When I was still married, I always thought that I needed to find a good woman for



Jessica, Craig, and Jessica's daughters

Craig, though I didn't really talk to him, because he was so quiet and serious. But after I got divorced, he really helped me get through. It's strange how things work out," she said with a twinkle in her



Jessica and her daughters

eye. "I kept Craig a secret from the girls for a while. My daughter actually found out through a text message, and she was like, Mom? Craig? It took me 8 months of

dating before I told the girls. They love him so much, he's so good to them." Her smile shines a little brighter.

Jessica lives for her daughters, Nadia and Natalie. You can tell by how her eyes light up when she talks about them. "I'd be lost without Craig, my mom, and my girls." And we'd be lost without Jessica. We were surprised to not find her familiar smile greeting us as we walked through Jack's door one night. Every table that was seated after us also asked where she was. She was dearly missed by those, like us, who love taking a night out to enjoy Jessica's company. She truly makes Dickinson feel like home and is a wonderful addition to the list of Heart River Gems. Though every person I have interviewed for this article feels like they are not worthy of being written about, they each have a unique story to tell. From business owners to one of our oldest residents in Dickinson, we hope you've enjoyed learning a little more about our town's hidden gems, and take the chance, if you haven't already, to meet this month's Heart River Gem, Jessica DeLange. ■

Heart River Gems is proudly sponsored by

EDUCATION

ALBA Institute offers educational opportunity

Friday, April 17 (6-8 pm), Beck Auditorium (in Klinefelter) at DSU

Documentary screening of *Militiawomen: The Women Who Fought the Spanish Civil War or Milicianas* (2018)

Saturday, April 18 (8-5 pm), Beck Auditorium

"An ALBA Institute. Why the Spanish Civil War Still Matters: Intercultural Connections, History, and Human Rights," organized by Cheri Robinson, Assistant Professor of Spanish at DSU, will explore the Spanish Civil War (SCW), its connections to the US and the fight against fascism, and other international and intercultural ties that link the SCW to human rights issues. The Institute will be offered for credit, as a professional development course through West River Teacher Center, or not for credit (for those who simply want to participate and learn). The event is interdisciplinary in nature and should appeal to teachers/lovers of history, world literature, languages, social studies, librarians, and others interested in intercultural perspectives. Students, future teachers, and community members are welcome! The Institute will serve as a forum for local teachers, DSU faculty, and students or future teachers to meet and

collaborate while learning about the international implications of the Spanish Civil War, Human Rights, and why teaching/learning about the SCW still matters. Participants will benefit from a lecture by experts in the field, primary and secondary materials, and a hands-on lesson-planning workshop.

ALBA Institute Faculty

Juli Highfill, Professor of Spanish Literature & Culture in the Department of Romance Languages and Literatures, University of Michigan

Aaron Retish, Professor of History, Department of History, Wayne State University

The Abraham Lincoln Brigade Archives (ALBA, www.alba-valb.org) is an educational non-profit dedicated to promoting social activism and the defense of human rights. ALBA's work is inspired by the American volunteers of the Abraham Lincoln Brigade who fought and died fighting fascism in the Spanish Civil War (1936-39).

Registration required (both for credit and not for credit): https://epayment.ndus.nodak.edu/C22800_ustores/web/classic/store_main.jsp?STOREID=31&SINGLESTORE=true OR www.dickinsonstate.edu/wrtc ■

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COMMUNITY

Everlasting Hope to offer wellness retreat

Infertility is the fourth most traumatic life event a woman can go through. Unfortunately, 61% of women going through infertility don't tell their family or friends about this struggle. The stigma that comes with the diagnosis of infertility is far reaching. Individuals are approached with questions and comments that feel like a punch to the gut and weigh like a ton of bricks. "When are you going to have a baby?" Or, "Don't wait too long, your biological clock is ticking." Or, "Do you not want kids?"

It seems to be an expectation in our

society that a couple will procreate. Often it may be perceived as unnatural if it does not happen after a certain amount



of time. If these couples do choose to open it up about their struggle, they are often met with comments that are unproductive and hurtful. "Just relax, it will happen when you least expect it."

Or, "You're trying too hard." Or, "Just have more sex!" Or, "Go on vacation and relax it will happen." If only it was this easy!

The stigma of infertility is hard to bear and lonely. Infertility is not a choice. One mission of Everlasting Hope is to be a source of support for those diagnosed with infertility. We are excited to announce our first annual wellness retreat for patients. The goal of the day is for each person to feel refreshed, inspired, and motivated to care for themselves physically, mentally, and spiritually. Overall, this day should leave each participant feeling more connected to others going through infertility. Each person will leave with actionable tips and ideas for how they can move forward into a more vibrant, healthy lifestyle. We want each person to feel calm, confident,

and more in control of their fertility journey. Blooming in Everlasting Hope will take place May 2nd from 9am-4pm in Bismarck and April 25th 9am- 4pm in Fargo.

For more information on becoming a sponsor, please email beatndinfertility@gmail.com. Information on event and registration will be available at raisingeverlastinghope.org and all social media outlets. ■

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TRINITY CATHOLIC SCHOOLS

Know your faith

Article Contributors: Father Jordan Dosch, Trinity High School Chaplain
 Patti Armstrong, Dakota Catholic Action Writer
 Kelli R. Schneider, TCS Marketing Coordinator

Catholic Schools Week 2020: a week of celebrating – nationwide – the foundation of Catholic education – the Catholic faith. Trinity Catholic Schools joins in this national celebration year after year with fun dress days; nationally-known speakers addressing the student body and parents; fundraisers; special prayer opportunities; – and in North Dakota – the Regional Know Your Faith Competition.

What started in 2005 at St. Mary's Central High School in Bismarck by Monsignor James Shea, President of the University of Mary (who was chaplain at St. Mary's Central High School at that time); and Jerome Richter, Executive Vice President and Chief of Staff at the University of Mary (who was a religion teacher at St. Mary's Central High School at that time) as a Catholic trivia contest between the high school classes of St. Mary's, has grown into a competition of epic proportions with six Catholic high schools (Bismarck St. Mary's, Minot Bishop Ryan, Fargo Shanley, East Grand Forks Sacred Heart, and Dickinson Trinity) bringing busloads of students



to cheer on their respective team in the jeopardy-style game. This yearly competition is broadcast live on the Real Presence Radio Network – through the airwaves, and through the radio station's website and Facebook page.

Bishop David Kagan, Bishop of the Diocese of Bismarck, has been part of the contest for the last several years, both as an audience member and as the writer of the final trivia question. Throughout the competition, teams answer questions in various categories of knowledge of the Catholic faith – saints, church councils, popes, doctrine, etc. Through three rounds, teams answer five questions and each question has a point value. At the end of the three rounds, teams prepare for the final round by first putting forth a wager of points – just like the famous television Jeopardy game show.

The entertainment between question rounds brings the high energy that surrounds this competition. The between-round-entertainment changes from year to year, and recent years have included everything from priests playing guitars and singing Bon Jovi to



Trinity's Know Your Faith Championship Team with the traveling trophy. Pictured L-R: Adelyn Emter, Cody Hirschfeld, Morgan Ehlis and Trinity High School Chaplain, Father Jordan Dosch.

games of dodgeball. The host school coordinates the action between rounds and they "set the stage" for an exciting contest with everything from strobe lights and smoke machines to balloons and spaceships. Know Your Faith has evolved into a student-driven event that enlivens the way they practice their Catholic faith.

Trinity High School won the 2020 Know Your Faith Competition with a team of three seniors: Adelyn Emter, Morgan Ehlis and Cody Hirschfeld. The team felt a collective excitement at being the team to capture the trophy

for the second time in school history. Father Jordan Dosch, Trinity High School Chaplain said, "Although our team is three individuals, the entire student body receives the victory and it becomes a real source of school pride for all of them."

Father Dosch continued, "...winning the competition is awesome, but what is incredible is seeing young people gathered in a school gym and excited about what they know of their Catholic faith. They take that excitement into the world around them – just as Christ calls us to do." ■

Spring into Summer **WINE WALK**

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COMMUNITY ACTION

Your feedback needed

Community Action Partnership of North Dakota and North Dakota State University invite your feedback through a community needs assessment survey. The survey should take no more than 10 minutes to complete.

Community Action Partnership, Region 8 includes the eight southwestern North Dakota counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope and Stark, with the main office in Dickinson.

This survey will help us to better understand the needs our specific geographic regions related to employment, income and asset-building, education, housing, health and social/behavior development, civic engagement and other supports.

The survey is available on the Community Action Partnership website

at www.dickinsoncap.org or scanning the QR Code below:



North Dakota's Community Services Block Grant program supports community-based, anti-poverty programs. Local Community Action

agencies receive CSBG funding to develop local action plans based on assessment of needs, currently available services and locally available public and private resources. Action plans target one or more of three main themes: 1) Individuals and families with low incomes are stable and achieve economic security; 2) Communities where people with low incomes live are healthy and offer economic opportunity; and 3) People with low incomes are engaged and active in building opportunities in communities.



If you live in southwest North Dakota, we want to hear from you! If you're a provider, client, Board member, a community member, advocate, or just want to chime in, please complete our short survey! Thank you! ■

CONVENTION AND VISITORS BUREAU

Local outdoor exercise and exploring

We've had some snow, no snow, and probably more snow on the way before the crocuses are popping out of the ground. But soon the sun will be drawing the green blades up stretching their arms up to the sky. So, what about the options to get out and get yourself in shape with outside scenery? There's one right here in Dickinson, or nearby. Cross country skiing. Depending on the snow of course, but the Dickinson Parks & Recreation has a professionally maintained trail that follows the back nine of the Heart River Golf Course. The trailhead begins at the Heart River Retreat at 2475 Broadway West, where the public parking and signage will direct you to the ski trail.



streams of the Heart River Course. The trail will be open for the season when the snow depth is adequate to groom.

The trail closes in the spring when conditions are no longer favorable for skiing.

Theodore Roosevelt National Park. The park does not groom any trails for cross-country skiing. Skiers blaze their own trails through the snow.

The best places to cross-country ski are on the frozen Little Missouri River and on closed park roads.

Skiing on park trails can be somewhat difficult. The trails are narrow and many cross the creek bottoms. These creek bottoms are like little canyons and may be too steep for safe skiing. They, and all coulees and draws, may also fill up with blowing snow hiding their true depth.

Snowshoeing is also a great option if you don't want to cross country ski. Either way, the air is cool, crisp, and the scenery is great. Get out and enjoy our local options! ■



DICKINSON AREA CONCERT ASSOCIATION

Double Double Duo



The Dickinson Area Concert Association is pleased to announce its upcoming show DOUBLE DOUBLE DUO. Regular members are reminded to mark your calendar for Thursday, March 26, 2020 at 7:30 PM in DSU's Dorothy Stickney Auditorium.

Double Double Duo is an exciting musical team whose performance will surprise and energize all who attend. Featuring virtuoso musicians Kornel Wolak (clarinet/piano) and Michael Bridge (accordions/piano) this unique and eclectic team has been playing together since 2011 and have built a program that is rooted in their classical training and interests, but is ranging and extremely entertaining and approachable for all musical tastes. By using comedy, virtuosity, and sensitivity, they bring their broad repertoire to life.

Actively touring Poland, France, Ecuador, across Canada and now the

United States, Double Double Duo performs their arrangements of classical show pieces, sensitive jazz ballads and fiery folk music from around the world. Some of these program highlights include Hungarian Dance No. 5 by Brahms, Summer, from The Four Seasons by Vivaldi and the Baroque Suite by Handel. By adding popular works such as Bach to Rock, Boogie Wonders, and a mashup of Polka Grandpa and Rhapsody in Blue, Double Double Duo expands the entertainment aspects.

Then there are the comedic aspects that are always part of each piece. Kornel and Michael are consummate entertainers and love to engage heavily with the audience and are always having fun on stage.

Double Double Duo will surprise and entertain beyond all expectations. For ticket info please contact the Dickinson Area Concert Association at 227-1673. ■

MUSIC CORNER

Why music?

By George Seror III

What will you do with a degree in music? That was the question from my family. I replied that I would likely put it in a nice frame and hang it on my wall, because the fact is, I didn't know. All I knew was that I wanted to study the guitar and that is what motivated

me to go to college. While in college, I noticed a distinct comradery among students in the music department. We were all experiencing similar doubts, insecurities, and especially performance anxiety. There is something about the arts that brings people together like nothing else. As I advanced through college, I also broadened my appreciation for literature, history, and science among other things.

Then in my junior year of college something unexpected happened. After years of training in singing, piano, and dictation exercises ad nauseam, I noticed that I heard music differently. I could hear more details and separate melodies than I ever used to. It seemed unlikely that my hearing was getting better. So, what was it? Had formal studying of music changed the way my brain processes sound? This question fascinated me to the extent that I spent a few extra semesters in school to get a second major in psychology.

In graduate school I decided to focus on the psychology of music - a field known as music cognition. During my graduate work I came upon hundreds of research studies which confirmed my suspicions: that studying music does indeed change the brain in very specific ways. Learning anything new changes the brain, but music training is distinct in that it changes the whole brain and the auditory system in particular. Reading



music while playing an instrument engages the visual, auditory, motor, and tactile systems all at once. Playing in an ensemble situation also requires both selective and divided attention. The musician must focus carefully on his or her part while at the same time listening to the piece of music as a whole, listening to other performers, and following the conductor. How does this translate outside of music? Children trained in music are better able to separate speech from background noise. Sustained and controlled attention are particularly important for learning and it seems music training helps with these too. Cooperation, and I would even go as far as to say empathy, are strengthened when playing music with others. Finally, trained musicians show cognitive advantages in older age similar to those seen in bilinguals.

The thing I have enjoyed the most about being in Dickinson is seeing the way the community supports the arts at both the high school and college levels. If it weren't for music I may not have gone to college. So, what will I do with a degree in music? I will encourage support for the arts and spread the word about the power of music to enrich lives and stimulate learning. Incidentally, the degree itself is in a nice frame on the wall of my office at DSU. ■

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MISS BEA'S KITCHEN

Cozy up!

By Laura Beth Walters

Who doesn't love being cozy! It's the best. Especially in these colder months that seem to drag on and on and on. I recently read an article entitled "9 Tips for Achieving Maximum Coziness". The article talked about lighting candles, wearing cozy sweaters and fuzzy socks, baking, and all sorts of things but number six was to perfect your hot drink game and I agree. I'm one of those people who prefers to drink hot coffee and cocoa all year round - no matter the weather. I just love the cozy feel of a hot beverage in my hands!

Some of my favorite ways to up my game when it comes to hot drinks include crushing candy canes or peppermints to a fine powder and sprinkling them over my cocoa, using flavored honey instead of plain honey or sugar to sweeten my tea, or making a slow cooker full of spicy wassail for a crowd. No matter what your

specific tastes, there are always plenty of options when you want a steaming hot beverage.

Awhile back, my husband and I were on a major Snickerdoodle kick. Literally, everything Snickerdoodle. During that time, I came up with this easy, at-home recipe for a Snickerdoodle Latte. Now, if you're not a coffee person, you could easily do something similar with a cup of hot cocoa..... man, now that sounds yummy. This recipe can be made with or without espresso, so if you don't have an espresso machine, have no fear. Simply make a very strong pot of coffee and use that as the base. If you want a thicker, creamier drink then you can use heavy cream instead of milk. So good!

If you enjoy this recipe, please share a picture on my Facebook page! I would love to hear your thoughts and see your cozy cup photos! ■

Snickerdoodle Latte

Ingredients:

- ½ c espresso, or really strong coffee
- 1 ½ c milk
- 2 TBS brown sugar
- ¼ tsp cinnamon
- 2 tsp vanilla
- Cinnamon & sugar, mixed

If you have an espresso machine, you can make 2-4 shots of espresso and steam the milk with froth to spoon atop the latte. If you haven't got a frother or steamer for the milk, you can heat milk on the stove just until boiling and whisk briskly until frothy or use an immersion blender to create froth. Sprinkle with cinnamon and sugar. ■



YOUR HEALTH

Low Dose Naltrexone - The new wonder drug?

By Steve Irsfeld

I wish I could say that more people knew about our compounding lab in the basement of the pharmacy but because of its location, most do not know that it exists. 22 years ago, we began compounding specialized, patient-specific medications at our pharmacy. Compounding consists of making medications for patients when there is not a commercially available product to meet their healthcare needs. In this time frame, we, which includes pharmacists, technicians, a chemist and a registered nurse, have compounded myriad medications.

One of the products we have been compounding is low dose naltrexone (LDN), however it is not since the last 2-3 years that we have realized its capabilities for treating patients. We have had some amazing successes with many of our compounded formulations, but naltrexone has possibly been the most beneficial and life changing compound we have available for our patients.

That is a bold statement but it couldn't be truer. We have helped men and women achieve hormone balance, worked with hospice patients on pain and nausea and helped many get pain relief from chronic conditions but this one compound has helped so many of our patients with only a small percentage of treatment failures. Bold but true.

Naltrexone was first made in 1964 and approved for medical use in the US in 1985. It is an opioid receptor blocker which means that it blocks the same receptors that drugs like morphine,

oxycodone, hydrocodone and fentanyl stimulate to exert a pain-relieving effect. Historically it has been used in high doses of 50-150mg per day to block the opioid receptor and to help patients addicted to heroin, alcohol and opioids.

Many patients don't want anything to do with the medications. The difference between the commercially available product and what we compound is that we are making low dose naltrexone. The opioid receptor is still blocked but it is for only a short period of time, 4 to 6 hours. In simple terms, I would simply say that LDN stimulates your body to produce its own pain reliever and it also decreases inflammation by its effect on the immune system.

Often times, the conventional options have been exhausted and we are left with a compounded alternative where the benefit easily exceeds any risk. That is often the case with LDN. As good as LDN is, in many cases it does not address the underlying cause of the illness, but in many patients, they could spend their entire lives looking for the source or trigger for the out-of-control inflammation ravaging their bodies.

LDN is safe treatment option, has few side effects, and it is extremely affordable for most patients.

Stop by the pharmacy or call to schedule a free consultation to see if LDN might be an option for you or a loved one. 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! ■

HEALTH

Summit on behavioral health in energy country



Today many in local government, private business and in families must deal with behavioral health issues – addiction, stress, depression, etc. The energy growth in western North Dakota has brought the issue to the forefront, and

City police and Sheriff's departments, emergency services, States Attorney's Offices, Social Services, and our private business work force are facing these issues with greater intensity.

Registration is now open for the Summit on Behavioral Health in Energy Country, scheduled for April 28-30 at the Rough Rider Center in Watford City. Vision West ND is sponsoring the Summit in partnership with USDA-Rural Development. The Mountain Plains Addiction Technology Transfer Center out of UND and the ND Division of Behavioral Health are assisting.

This conference will bring together professionals and community leaders who work with or are impacted by youth and adults who suffer from mental and behavioral health issues surrounding the use of illegal drugs, opioids and alcohol.

Two pre-conference workshops are scheduled on April 28. "Mental Health First Aid" is a fast-growing program that trains people to understand and respond to people in distress. "Cognitive Behavior Therapy," addresses coping skills for children, adolescents and young adults.

The Summit concentrates on the issues surrounding behavioral health – stigma,

crime, health, etc. Participants will learn about evidence-based programs that participants may consider taking to their own communities.

Registration information, the agenda, awards, and sponsorship opportunities can be found at www.visionwestnd.com. Click on the Summit on Behavioral Health icon.

If you have any question, please contact the Vision West ND office at DLN Consulting by calling 701.483.2801 or sending a message to Vision West ND's administrator at dnelson@dlnconsulting.com. ■

PIPER'S PALS

Pet Name Match

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

- A: Lexi (#___)
- B: Maggie (#___)
- C: Ziva (#___)
- D: Josie (#___)
- E: Hachi (#___)
- F: Neena (#___)

(Answers in our April issue!)

WOULD YOUR PET (dog or cat) LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!
Email kelley@heartrivervoiced.com

Last month's answers:

- A: #3 Chicky
- B: #5 Sarabi
- C: #2 Diggs
- D: #6 Kramer
- E: #4 Zani
- F: #1 Toby



Dr. Henry Springer passed away in 1988.

In 2019, he helped 48 Dickinson kids go to college.



Before he died, Dr. Springer established a permanent scholarship fund at the North Dakota Community Foundation. The fund he created gives out thousands of dollars in scholarships every year. His last gift will last forever.

What will YOUR Legacy be?

Call John Heinen of the North Dakota Community Foundation at 701-590-4614 for a free, confidential, no obligation conversation about the legacy you would like to leave in your hometown.
www.NDCF.net



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Health Unit
Stark Development Corporation
Chamber of Commerce
Convention and Visitors Bureau
Downtown Dickinson Association
Dickinson Museum Center
West River Community Center
Dickinson Public Schools
Trinity Catholic Schools
Edgewood Hawks Point Consolidated
Dan Porter Motors
Sunset Senior Center
City Hall
High Plains Dental
DePorres House of Barbering and Lounge
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Sanford Health East Clinic
Ukrainian Cultural Institute
West Plains Realty
Eyewear Concepts

SOUTH HEART

I Don't Know Bar
South Heart Public School

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy
Richardton-Taylor High School

BELFIELD

Trappers Kettle
City Hall
Belfield Public School

MUSIC

Prairie Rose Chorus invites new members

With the winter doldrums set to trail out, you just might be looking for a new and exciting opportunity. And we have just the answer for you...The Prairie Rose Women's Barbershop Chorus: A chorus of fabulous women who love to sing, and this is a great time to come and give us a try.

we work to sing as a complete unit to produce a sound that is blended and beautiful to hear.

Currently the chorus is working on their annual fall show to be held on October 9th at the Belfield Theater. The show, "Pitchpipes and Popcorn" will feature songs from movies, Broadway,



The Prairie Rose Chorus has been around town for just over 25 years. It started out as dream for a couple that had just moved to town. He had been active in men's barbershop before coming to Dickinson and joined the men's chorus shortly after arriving in Dickinson. His wife thought it would be great to start a women's chorus, and with the help of Norm Iverson, the Prairie Rose Chorus was born. Now, here we are in 2020 and still going strong, and looking for women to come and experience what we love so much.

Young women as young as 12 can be a part of our chorus and there isn't an upper age limit. We have had women with us into their mid 80s as a part of the chorus. It's a new way to sing harmony, as it is acapella singing with very interesting and beautiful harmonies. Prairie Rose Chorus is a member of Sweet Adelines International and provides education that exceeds most other singing groups. We focus on singing posture as well as breath support, voice placement and how to correctly sing vowels. Together

Disney and more. Checking out the chorus now will allow you to learn these songs with us and be ready to hit the stage in October. We will also be having a salad and sandwich lunch on Saturday, May 2nd to raise funds for the chorus as they continue to attend educational events, purchase music and costumes. Included with the lunch will be music provided by the chorus. Watch for more information on both of these fun events in future publications.

The Prairie Rose Chorus is also available to entertain at any of your events. We are happy to do singing telegrams for birthdays and anniversaries as well as providing longer programs for meetings and conferences.

Now is the time to check out the Prairie Rose Chorus. We meet each Tuesday from 6-8:30pm in the basement at St. Johns Lutheran church. If you would like more information regarding the chorus, please call Robyn Nadvornik, director, at 701-690-8958. We would love to see you at our next rehearsal! ■

WHERE BUSINESS GOES TO GROW

I Count! - Census 2020

By Stark Development Corporation

The 2020 U.S. Census launches on March 12! For those of you who don't think the Census sounds interesting or important, consider this:

- Since Census 2010, the state of North Dakota has grown by nearly 83,000 individuals. Nearly 50,000 of that growth has been as a result of net migration (more individuals moving into the state than leaving).
- The occupations of those who work and move to North Dakota are wide ranging and include everything from nurses to plumbers to truck drivers. Employees of construction-related firms constituted about one in eight employed new arrivals to the state. Other industries highly represented among new arrivals include health care, educational services, agriculture and mining.
- Hundreds of billions of dollars in federal money is distributed every year across the country based on the results of the decennial Census. (Yes, decennial means it only happens every 10 years, so we don't want to wait until 2030 to get our state's fair share!)
- The state Census Task Force estimates that for every person who is not counted, North Dakota misses out on \$19,100 in federal money. That means less money for roads, bridges, schools, healthcare facilities, emergency services and many other things that make our way of life better.



\$19,100
Federal dollars lost for EVERY person not counted in North Dakota

Here a couple of important things to know and some answers to questions that we get:

IS THE CENSUS STILL HIRING?

Yes! The Census still needs folks to join its field operations. Pay starts at \$19 per hour and may be higher depending on your county. The jobs and hours are flexible with a minimum of only 10 hours a week being asked. Visit 2020census.gov/jobs.

AS WE APPROACH MARCH 12...

- Most households will receive an invitation to

respond to the Census starting March 12. That letter will include an ID number that is tied to the physical address. People are then encouraged to go online with the ID number to respond to the Census. They can also respond over the phone or wait for a paper form to arrive in a few weeks.

- The Census Bureau does not mail to post office boxes. Instead, census takers deliver paper questionnaires to each home in such areas, along with information about options to respond by phone or online, and confirm/record the physical location of the home. In-person follow-ups are made if no response is received.
- If the household has not self-responded to the Census after a series of reminder mailings, enumerators (census takers) will go door to door to collect responses.

WHAT IF I DON'T LIVE HERE ALL YEAR?

This is a common question we get from workers who are only here on a part-time or seasonal basis. We know our workers come from a lot of awesome places and everyone wants their home to get those federal funds. The answer about whether you should fill out the Census is simple: If you spend 6 months or more each year in North Dakota, fill out the Census here! If you split your time evenly between North Dakota and another state, fill out the Census wherever you are on April 1.

Counting yourself in North Dakota will NOT affect what state your driver's license is from, where you draw an in-state hunting license, or where you vote.

If you have more questions about the Census, visit www.2020census.gov. This is very important for our state! ■

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WHERE BUSINESS GOES TO GROW

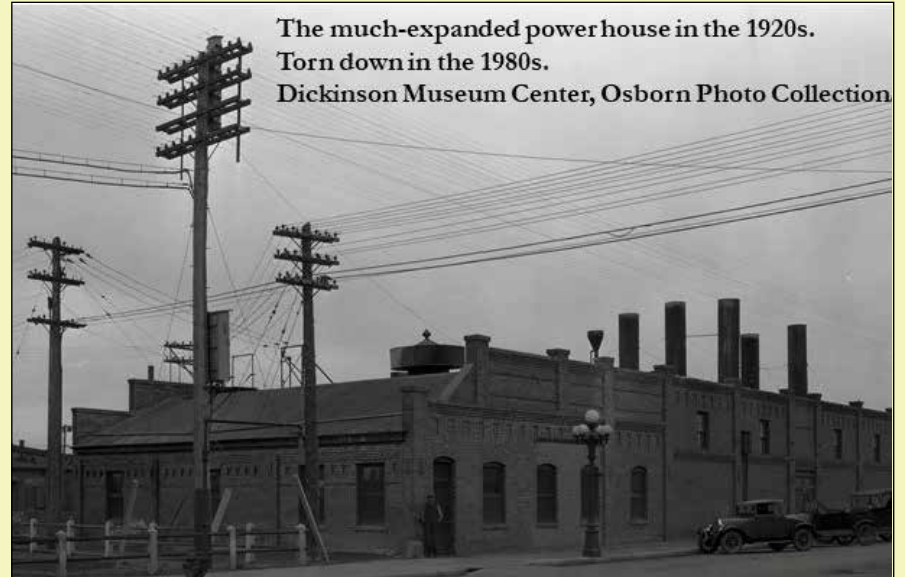
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Hughes & Deiter power house and telephone exchange, south side of West Villard.



Next month we'll chronicle Dickinson's early telephone history. Dickinson Museum Center, Osborn Photo Collection.



The much-expanded power house in the 1920s. Torn down in the 1980s. Dickinson Museum Center, Osborn Photo Collection

THEN... and Now: Dickinson's Modernization

Part 1 - Electricity

By Bob Furhman

The era that saw Dickinson grow from an unincorporated settlement, to a brief stint as a village and then assuming the status of city-hood was about so much more than its identity. Becoming a municipality allowed Dickinson to grow in many ways – as a village it could enact ordinances to promote the safety and well-being of the community and grant franchises for public utilities; as a city it could issue bonds for civic improvements rather than go into debt. The ability to undertake these functions set the stage for growth that would make the first two decades of the 20th Century a whirlwind of activity and the speed with which some (relatively) new technologies took hold in Dickinson probably reflected people's desire for progress as much as it reflected the entrepreneur's desire for success.

The first hint of this activity came in July of 1899 when Alexander Hughes visited town "looking over ground with a view to putting in an electric light plant." Canadian-born Alexander Hughes grew up in Wisconsin and served over three years in the Civil War before returning home to read law and enter the bar. Eventually moving to the Dakota Territory he engaged in politics and served for a time as North Dakota's Attorney-General and later as the state's first Adjutant-General (hence he is often referred to as 'General' Hughes). Besides his political work he represented the Northern Pacific Railway for 16 years and in his later years concentrated on business, particularly electric power via

his Hughes Electric Company.

By fall of 1899 Hughes was meeting with local investors in Dickinson which seemingly spurred a November incorporation of the Dickinson Electric Light and Power Co. (with a capitalization goal of \$10,000), just in time for the passing of Village Ordinance No. 11 which granted a license and franchise to DEL&P on December 1st. Shortly thereafter in a meeting at the Village offices the new franchise elected Alphonse Hilliard president, Dr. Stickney vice-president/treasurer and Oliver Whaley secretary, with Whaley charged with purchasing a carload of poles to be set for wiring while Stickney was tasked to discuss a plant location with NPR officials so as to guarantee coal delivery access via the railroad. Why Hughes was not involved directly in the company at this time is open to question although he certainly must have been working behind the scenes as none of the locals had experience in erecting a power plant or distribution system.

Nonetheless DEL&P moved forward and had a carload of 10" diameter poles on hand directly after the organizational meeting (the invisible hand of Hughes helping move things along?) and Charlie Thompson was hired to dig the holes, the first pole being set at the southeast corner of the First National Bank building (where Hilliard was president), Thompson reportedly working through about 12 inches of frozen ground to set the first carload by mid-January, the

remainder on-hand before the end of the month.

While this work was proceeding it was announced that Hughes had sold his Fargo plant but that "Hughes & Son still retain a large interest in the new company." This was quickly followed by the Bismarck Tribune reporting that John Masters of Jamestown was negotiating to buy the DEL&P plant, a rumor squelched in April 1900 by the announcement that General Hughes had bought the stock of the Dickinson plant, along with its franchise "on terms that are satisfactory to the stockholders," the corporation to continue under the present name.

If anyone doubted Hughes' behind the scenes involvement prior to the purchase, it is worth noting the sale announcement said Hughes would take immediate steps to secure the necessary machinery for the power plant and that workers would be on site in two weeks to commence wiring. Given that the only work heretofore reported was the setting of poles, the lack of progress of the original stockholders to procure a plant site, build a plant and buy generating equipment might infer that they were waiting for Hughes to get his ducks in a row, or that Hughes was waiting for the Village board to grant DEL&P its franchise to distribute electric power.

Whatever the situation, the May 5th Dickinson Press reported that Hughes was in town arranging details and that a site just west of the Western Union

telegraph office on the south side of Villard had been selected. One week later the contract for construction of the 35' x 50' building was let to Glineburg & Lovin with work starting in mid-May, local masons Connolly & Bakke on the brickwork which was supplied by the Dickinson Fire & Pressed Brick Works. As work on the building started linesmen began to string wires around town, the first building to be connected being Dan Burkholder's cigar store on Villard, two lots east of Sims. Also noted was the appointment of George A. Hughes (the General's son) as resident manager of the new plant.

On May 23rd the plant's 10 ton boiler was placed in position and the masons pushed their brickwork through June. On July 24 the plant's steam whistle was sounded for the first time (probably signaling a test firing of the boiler), but factory delays pushed back the anticipated mid-August operational start as the generator and other machinery did not arrive until August 22nd. George Hughes and his staff quickly set-up the new equipment and the Press reported, "For the first time Dickinson was lighted by electricity Saturday night, August 25, and as a result everybody is high in their praise of the Hughes Electric Light Co. who have put in the model and up to date plant that the city now boasts."

To Grace Crowl, daughter of Alderman (and store owner) A.T. Crowl, was

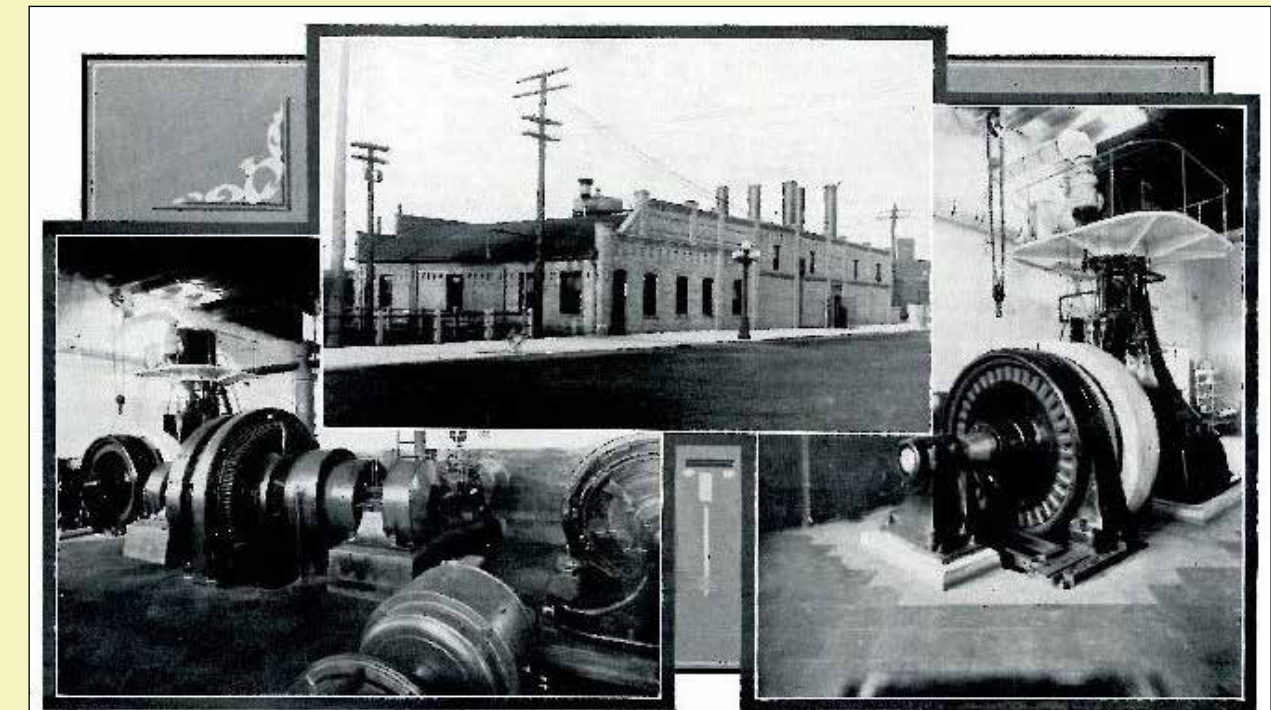
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Continued from page 16

accorded the honor of “manipulating the switch” for that initial illumination, that ceremony followed by a parade through the streets led by the Dickinson Band, local dignitaries trailing in their carriages with the steam fire engine and the hook and ladder truck bringing up the rear. After touring the downtown’s principal streets the procession stopped at the First National Bank (on the NW corner of Villard and Barnes (1st Ave. W) “in the glare of one of the city’s beautiful arc lamps” (one of ten installed on the streets) where a large crowd gathered to listen to speeches by Mayor Dan Manning, City Attorney Simpson and power plant Manager George Hughes.

Another person present at that initial illumination was J.F. Brodie of the Consolidated Coal Company at Lehigh (located east of Dickinson along the Heart River) whose mine would service the electric plant, providing 2 tons of lignite coal for each day’s operation. Brodie, who had traveled extensively in the state “declares that there is nothing in N.D. that will compare with the Dickinson plant: but he is firm in the belief that the great success of the Hughes Electric Light Co. is partly due to the burning of Lehigh coal.” A few weeks after the initiation of Dickinson’s electric service it was announced that Brodie’s company had secured the contract to provide coal to the Hughes Electric plant in Fargo as well.

Thereafter Press notices of who was installing electric lighting in their homes and businesses came thick and fast with the Stark County Commission opting



Exterior and interior view of machinery at Hughes & Deiters, 1915 for the promotional booklet *Queen City of the Prairies*. Dickinson Museum Center, archival collection.

to equip the Court House in October, agreeing to a charge of \$145 - \$25 for wiring and fixtures and \$120 per year for electricity (also in October it was announced that arrangements had been made to use the plant’s steam whistle as an alarm to call out the fire department volunteers). In December Oscar Skeen’s barbershop, the Western Union office

and the NPR offices and Station Agent’s living quarters were wired with plans to install at the Depot on tap. In January 1901 it was noted that the new City Hall building had been wired and that “by means of switches any room or every room in the building can be lighted in an instant. In case of a night fire, this will be of great advantage to the firemen.”

By all accounts the addition of electric lighting was well received, so much so that within a year plans to enlarge and improve the plant were announced. In June 1902 the Press reported that the plant (or at least an interest in it) had been purchased by ‘Fargo capitalists’ who had also bought the Hughes plant in Eveleth, MN. These ‘capitalists’ may have included Ed Hughes (another son of the General) as he was identified in 1903 as selling a half interest in the Dickinson plant to August Deiters, an experienced electrical engineer who took on management of the plant at the end of June under the moniker Hughes & Deiters.

Deiter’ supervised the installation of a new boiler (“the biggest in the city”) to augment the original and in 1905/06 substantially enlarged the plant, instituting 24 hour electric service for the first time, a sign of the public’s appetite for the convenience of electric power. The growth of the industry from small local power plants into the sophisticated power grid of today took Dickinson’s electrical providers through a labyrinth of acquisitions and mergers -in 1925 Hughes & Deiters and the Mandan Electric Company merged with Hughes Electric (later known as North Dakota Power & Light) which then merged with Northern Power and Light in 1939 to become the Dakota Public Service Company which was purchased by Montana-Dakota Utilities in 1945. ■



General A. Hughes
1846-1907



George Hughes
1871-1944
George left Hughes Electric, invented the electric stove, and became president of Hotpoint.



August H. Deiters
1869-1966

ADVENTURE ON A DIME

Looking forward to spring walks and hikes

By Laura Beth Walters



To some, Winter is a beautiful time of year when the rolling hills are covered in a heavy blanket of sparkling white snow that crunches beneath their feet and inspires them to go exploring. To others, it's a time that turns North Dakota into a gray, barren wasteland where the air freezes their face and their nose hairs and their feelings. I'm kind of somewhere in between all of that. I don't always enjoy being outside when it's super cold but I love to sit inside with a hot cup of coffee and watch the glittering snow float lazily down from the sky. In climates such as ours it's easy to get cabin fever and some even fight depression during the colder months due to the lack of sunshine and feelings of isolation.

Thankfully, we are quickly coming to the end of this eternal Winter and life as we know it will resume with all the Spring and Summertime activities we so enjoy. With that in mind, I wanted to share a few of our favorite places to walk or hike.

1. Rocky Butte Park - If you don't have a ton of time for a walk but want to get the old heart rate going, this is the walk for you. The trees offer great shade if it's a hot day and even if it's gloomy out, it's a beautiful park and a nice paved trail. Keep in mind, if you walk one direction, it isn't so taxing but if you turn around and go the other way... be prepared. I would tell you which was which but I never remember until I'm halfway around, so good luck and may the odds be ever in your favor.

2. NDSU Dickinson Research Extension Center - I absolutely LOVE walking here! The flowers are so gorgeous and there's actually a ton of different options for walking. You can

stay on the trail and just stick to the main area where the flowers are or you can go off into the trees and walk on paths covered in pine needles. If you go beyond the first section of trees you'll find a more "enchanted" feel with winding pathways and overgrown underbrush. We always enjoy walking through when the sunlight is trickling through the trees. One time, I thought I heard a really big squirrel in the bushes but it was actually a photographer hiding

and waiting to take surprise engagement photos for a couple walking a distance away! It was really sweet and the perfect evening for love amidst the flowers.

3. Petrified Forest - This one is a bit of a drive but if you go just past Medora and follow the signs, you'll come to a small parking lot where you can stop and hike. It's a bit of a climb over the rocks, but the view is totally worth it and the exercise is great. Bring water and be sure to leave early. It can take a bit to hike all the way

out and make your way back. I was sure we were going to be eaten by buffalo by the time we made it back to our car!

I could go on and on and tell you about Patterson Lake, Dickinson Dike and Turtle Park, Lake Ilo, and so many other places but I'll leave you with these three for now. We are so looking forward to getting out and enjoying these spots again. Maybe we'll see you there! ■



Rocky Butte Park



Petrified Forest

SAVE THE DATE

Leadership Dickinson's



DVRCC

DOMESTIC VIOLENCE AND RAPE CRISIS CENTER

Where: Patterson Lake, Dickinson, ND

When: May 3rd, 2020

Cost: \$25 before 4/15, \$30 after 4/15 and the day-of



Highlights of March Programming

- **March 5th** — *Books & Brew* will be discussing *The Boy in the Striped Pajamas* by John Boyne. 7pm at De Porres House of Barbering and Lounge.
- **March 7th** — *Women's Voices Writer's Workshop*. 2pm in the Community Room.
- **March 12th** — Author visit with children's author John Steven Gurney at 6:30pm in the Community Room.
- **March 13th** — *Teen All Night Lock-In*. Check in at 5:45pm.
- **March 14th** — *Genealogy Programming*: topic to be announced at 2pm in the Community Room.
- **March 21st** — *Free film showing of The Goldfinch* at 2pm in the Community Room.
- **March 24th** — *Women's Voices film showing of The Danish Girl* at 6pm in the Community Room.
- **March 28th** — *Adult Craft Club* featuring *Coffee & Coloring*. 2pm in the Community Room.
- **March 30th** — *The Library Adult Book Club*: will meet to discuss the book: *An American Marriage* by Tayari Jones. 6pm in the Community Room.



WHO KIDNAPPED THE EASTER BUNNY?!
March 4th—April 4th
Interactive Display in the Children's Area



NDSU Dickinson Research Extension Center

DICKINSON PUBLIC SCHOOLS

Houston, we have a problem

By **Mary Jane Jeske**

"Houston, we have a problem." Well, I guess having five hundred plus educators invade your city for the Space Exploration Educators' Conference or SEEC, isn't a problem! I was one of the six educators from North Dakota selected to attend the conference after submitting a lengthy application to the North Dakota Space Consortium out of the University of North Dakota. It was held February 6-8th in Houston, Texas, at the Johnson Space Center.

The experience was incredible, and getting my head wrapped around everything I learned is challenging. While at the conference, we heard three keynote speakers; NASA astronaut Joe Acaba, NASA Johnson Space Center deputy program manager for the Gateway Program Lara Kearney, and the chief flight director for NASA

first woman in this position, challenged educators with inspiring our students/classrooms with a passion for space.

Following each keynote, we excitedly attended sessions with NASA scientists and engineers for six to eight hours daily. I was involved in some amazing sessions; Target Mars, Human Body Experience, Invention and Diffusion of Neutral Buoyancy, Tour-Neutral Buoyancy Lab, Space Helmets, History of Manned Flight, Tour-Planetary Analog Test Site, Tour-Space Vehicle Mockup Facility, Saturn V Rocket-Tour and more! I also had the opportunity along with my North Dakota associates and other educators to have lunch with astronaut Tom Jones. He wowed us with stories and patiently answered lots of questions.

The North Dakota Space Consortium gifted me with an experience of a



Johnson Space Center Holly Ridings. The information these three leaders shared with educators was astounding. I remember sitting in the auditorium feeling so privileged to be in this audience hearing the latest updates on where our country heads with space.

Joe Acaba dramatically announced, "We are going to the moon and then to Mars!" This new endeavor by our country is known as Artemis. The following day, Kearney laid out the details for the 2022-2023 Gateway Program. Gateway will be an orbiting platform that will dock with Orion as it carries humans to the moon in 2024. Our final keynote speaker, Holly Ridings, the 62nd chief flight director and the

lifetime, and now I will say thank you by paying it back to my students and my community. It was an honor to do this for our city, our state, and our country. I haven't even been home a week, but I am already sharing new space ideas with my students. I have also begun to prepare a program for outreach in Dickinson and outlying towns, brainstorming for a 'Girls in STEM Conference', and STEM space lessons in my classroom are all part of my plan for paying it forward. Continuing to learn is important to me, and I am excited to share my NASA experience with young and old. Let's get started...if you're interested in visiting with me, my email is mjeske@dpsnd.org. ■

LIVE RIGHT

Sugar: How much is too much?

By **Gabrielle K. Hartze, RD, LRD**

As modern consumers, we try to be knowledgeable about nutrition. From fat to sugar, the movement is on for regaining control of what we bring home to our families. There's a lot of confusing and conflicting information to wade through. With a plethora of information, (factual or not) in the palm of our hands, it's easy to become confused.

On average, American adults consume nearly a ½ cup of sugar per day compiling to 300 non-nutritive, empty calories. The amount is even higher for children with most coming from beverages alone. The leading category source of added sugars is beverages. Topping the list is soft drinks followed by fruit drinks, sport or energy drinks and coffees. The next biggest contributor- snacks.

Ever glance at the nutrition facts label or ingredients list? If not, it's a good starting point. The updated nutrition facts label now lists the added sugars for consumers reference. Added sugars is defined as the sugars added during processing whereas total sugars includes the added and naturally occurring sugars. Products made with pure maple syrup, turbinado sugar, cane sugar and honey (just to name a few) are perceived as a more healthful choice. Although, don't be fooled because the

body does not differentiate between added or naturally occurring. Sugar is sugar, no matter where it came from.

How the body reacts to sugar boils down to absorption. The sugar found within an apple takes longer to digest and absorb due to the fiber content within its peel and as blood glucose begins to rise it mimics the pace of absorption. On the contrary, the added sugar of an energy drink arrives in our system all at once. The influx of sugar spikes blood glucose levels like no tomorrow which is not so good for our system.

The Bottom Line

The desire of striving for less added sugar is making a breakthrough. Starting mid 2021 all food manufacturers are required to list added sugars on the nutrition facts label. The search of sugar aliases within ingredients list will no longer be necessary. The American Heart Association recommends men consume no more than 9 teaspoons (36 grams) of added sugars per day. While for women it is even lower with consumption of no more than 6 teaspoons (25 grams) per day. If pop is part of the daily routine, one 12-ounce can contains 8 teaspoons of added sugar - a whole day's allotment in only one beverage. ■

KUDOS

Hodel receives DAISY award

CHI St. Alexius Health Dickinson recently honored Kayla Hodel, RN, Obstetrics, as the recipient of its quarterly DAISY Award for Nursing. Kayla received several nominations from patients detailing her compassionate care and excellence in nursing. As this quarter's winner, Kayla receives The Healer's Touch Sculpture, the DAISY Award pin, and cinnamon rolls for her department.

The DAISY Award for Exceptional Nurses is an award in honor of Patrick Barnes who died of complications from the auto-immune disease ITP. The DAISY foundation was established in 1999 by members of Patrick's family. The name DAISY stands for "Diseases Attacking the Immune SYstem." Patrick's family was impressed by the clinical care but overwhelmed by the compassion and kindness of his nurses. This award is to recognize and say *Thank You* to nurses



for the extraordinary care they provide patients and families every day. ■

NDSU EXTENSION

Healthy winter skin

By Holly Johnson



March is National Nutrition Month. Nutrition is a very broad topic, but let's focus on nutrition and how it impacts our skin health. Skin is the largest organ in the human body and acts as a barrier to keep harmful substances from entering the body. Winter months, especially in North Dakota, are extremely hard on our skin. If the frigid temperatures don't dry out and damage our skin, the constant washing of our hands to fight the cold and flu season will. Therefore, we should take steps to nourish our skin.

According to Dr. Julie Garden-Robinson, NDSU Extension Food and Nutrition Specialist and Registered Dietician, "Drinking plenty of water and fluids is essential for healthy skin." Try keeping a water bottle nearby to remind you to stay hydrated. We also get water from the food we

eat, especially from fresh fruits and vegetables.

We can also nourish our skin by eating foods rich in antioxidants. Here are some antioxidant-rich foods, according to Julie Garden-Robinson:

Red, kidney, pinto, and black beans
Blueberries, cranberries, blackberries, raspberries, and strawberries

Red delicious, granny smith, and gala apples

Red cherries, prunes, and black plums

Artichokes and potatoes

Pecans and other tree nuts such as pistachios, walnuts, and almonds

Another skin protection tip – wear sunscreen! Wintertime may not seem like sunscreen weather, but sunburn can happen any time of year. Where there is sunburn, there is skin damage, and where there is skin damage, there is increased risk for skin cancer. Do your skin a much-appreciated favor



by moisturizing often and wearing sunscreen whenever you go outside for long periods of time.

For more information on food, nutrition, and health information, contact NDSU Extension Stark/Billings County at 701-456-7665 or visit <https://www.ag.ndsu.edu/starkcountyextension>. ■

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Heart River VOICE Events

Send your events to
kelley@heartrivervoicedotcom
to list your events for
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MARCH 2-30

STUDENT ART SHOW 9AM-5PM Monday – Saturday, with paid admission. View art by students from around the state. More info, dickinsonmuseumcenter.com or call 701.456.6225. Dickinson Museum Center.

MARCH 4-APRIL 4

WHO KIDNAPPED THE EASTER BUNNY? Ongoing interactive display in the children's area of the Dickinson Area Public Library.

MARCH 16-MAY 9

HALF MARATHON TRAINING PROGRAM Register by March 13 at dickinsonparks.org. Must be 18+ to participate. \$30 WRCC members/\$100 nonmembers. West River Community Center.

MONDAY MARCH 2

LITTLE ARTISTS YOUTH ART CLASS 4-5PM Challenge your child's creativity! Your child will have the opportunity to create their own masterpiece to take home! For ages 2-6 (Must have adult present). \$12 walk-ins. West River Community Center – Room #1.

WEDNESDAY MARCH 4

BIG ARTISTS YOUTH ART CLASS 4:30-6:30PM Challenge your child's creativity! Your child will have the opportunity to create their own masterpiece to take home! For grades 1-6. \$12 walk-ins. West River Community Center – Room #1.

THURSDAY MARCH 5

7-8:30PM. Books & Brew – The Boy in the Striped Pajamas. A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month we will discuss a

book while enjoying a beverage or 2. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

FRIDAY MARCH 6 COOKIES & COCOA SOCIAL

3-5PM Drop in for a cup of hot cocoa and a cookie while finding out the Winter Reading Program grand prize and coloring contest winners. (Need not be present to win!) Dickinson Area Public Library, 139 3rd St West.

SATURDAY MARCH 7 MAKE & TAKE CRAFTS

10:15-11AM Craft stations will be set up for participants to explore making seasonal themed crafts and increase their fine motor skills. Ages 2-5. Children must be accompanied by an adult. \$6 walk-ins. Register at dickinsonparks.org. West River Community Center, Room #1.

POLAR PLUNGE 11AM-

1:30PM Freezin' for a Reason is back! No registration fee but Plungers are required to raise a minimum \$75 in donations. Register at <https://www.firstgiving.com/event/sond/2020-Polar-Plunge-Dickinson>. You can register online until 11:59pm on March 6th or in person at Prairie Hills Mall parking lot on March 7th at 11AM-12:30PM.

WOMEN'S VOICES WRITER'S WORKSHOP 2PM Dickinson Area Public Library Community Room.

INNER GRACE CLASS

2-4PM Connect to your inner grace through this class.

\$60 per person (pre-paid). More info, contact Salt of the Earth, 701.590.5005. 44 West Villard St.

TEDDY BEAR'S PAJAMA AND DONUTS PARTY 3PM

Join us for a super fun pajama and donuts party! Families with children all ages are welcome. Family music, story time, a book of your own and donuts! Wear your pajamas and bring your favorite stuffie. For tickets: email pitterpatterclub@yahoo.com or message us on Facebook @pitterpatterclubDickinson.

WINE & CHEESECAKE SHINDIG 7-11PM

5th annual fundraiser for Domestic Violence and Rape Crisis Center. Fun Pianos is back for the 4th year in a row by popular demand! More info, call 701.225.4506 or email dvrc@ndsupernet.com. Roosevelt Grand Dakota Hotel, 532 15th St W.

TUESDAY MARCH 10

PARENT CAFE 6-7PM Parent Cafe. These are designed for and open to any caregiver of children - parents, grandparents, foster parents, etc. They are free to everyone and always include a meal and childcare. West Dakota Parent and Family Resource Center, 402 4th St. West.

WEDNESDAY MARCH 11 UNCOVERING LEADERSHIP BLIND SPOTS: DISCOVERING PATHWAYS TO MOTIVATING YOUR EMPLOYEES

9:30-11:30AM More info, Michelle Wall 701.540.4278. Fees/Admission: \$49/person. Register Online at www.northdakota.dalecarnegie.com. Towne Place Suites By

Marriott, 240 29th St W.

MAKE & TAKE CRAFTS

10:15-11AM Craft stations will be set up for participants to explore making seasonal themed crafts and increase their fine motor skills. Ages 2-5. Children must be accompanied by an adult. \$6 walk-ins. Register at dickinsonparks.org. West River Community Center, Room #1.

WEDNESDAY NIGHT WINE CLUB 6-9PM

The Brickhouse Grille along with Liquor Warehouse invite you to join them for a casual monthly wine enthusiast gathering with special guest hosts as they present featured wines and knowledge as you sip and snack on Chef Collin Wehner's appetizer pairings. Event cost will vary slightly from month-to-month depending on featured wine. Space is limited, so call ahead to reserve your spot! 701.483.9900.

THURSDAY MARCH 12

CHILDREN'S AUTHOR VISIT 6:30PM Come meet children's author John Steven Gurney. Dickinson Area Public Library Community Room.

FRIDAY MARCH 13

TEEN LOCK-IN 5:45PM Check-in. Come have fun with your friends at the Teen All Night Lock-in. Dickinson Area Public Library Community Room.

SATURDAY MARCH 14 GENEALOGY PROGRAMMING 2PM

Topic to be announced. Dickinson Area Public Library Community Room.

DIVINE WINE AND DINE

5:30-9:30PM Trinity Catholic Schools Fine Arts Boosters' Annual Divine Wine and Dine. Enjoy a 7-course meal, complete with wine pairings. There will be a raffle, and plenty of good company and entertainment. More info, contact 701.483.6081. Dickinson Catholic Schools, 810 Empire Road.

ST PATTYS DAY SPECTACULAR 7PM

It's 2020 so let's blow the roof off! Free corned beef, \$5 car bombs, \$3 Guinness, all Irish whiskeys \$3, Shot specials all night (Jameson, proper 12, Paddy's, Bushmills and many more!). Heated patio, blackjack, pulltabs, darts and pool. I Don't Know Bar, 207 4th St NW, South Heart.

TUESDAY MARCH 17 MULTI-INDUSTRY JOB FAIR 1-5PM

Stop by and visit with representatives from a variety of employment options. More information, 701.227.3119. Biesiot Activities Center.

WEDNESDAY MARCH 18 COFFEE CHAT 9-10AM

Wednesday Morning Coffee Chats. Presented by Analena Lunde. Join us in the unit across the hall from Creative Cards and Gifts as we learn about: Collaborating to Fight Trafficking and Violence in North Dakota. Event is FREE and open to the public. Prairie Hills Mall.

FRIDAY MARCH 20

SOBER ST PATTYS CELEBRATION 5PM Dinner, guest speaker, Judith Roberts, Founder & Director of Hope Manor, silent and Chinese auction. Tickets \$35 or sponsor a table for \$400. Tickets available for purchase.

chase at Dickinson Chamber of Commerce. For more information, contact Kayleen Wardner 701.290.3644 or Pam Roller 701.290.5884 or email pccroller@icloud.com. Roosevelt Grand Dakota Lodge.

SATURDAY MARCH 21

FILM SHOWING 2PM Free showing of the movie The Goldfinch. Dickinson Area Public Library Community Room.

INNER GRACE CLASS 2-4PM

Connect to your inner grace through this class. \$60 per person (pre-paid). More info, contact Salt of the Earth, 701.590.5005. 44 West Villard St.

INFINITY ON ICE 4-5:30PM

Support Make A Wish! Guest Appearance by Toy Story characters: Buzz, Woody and more...Free Admission & Skate Rental Sponsored by Infinity Real Estate Group LLC. West River Ice Center.

MAKE-A-WISH BENEFIT

2020 4PM Social/5-7PM Meal/8PM Live auction/9PM Music by Josh Kehr & Dance. Jumping castles, free ice skating (4-5:30PM), face painting, taco bar, beer garden, and much more! Admission \$10/Adults, \$5 children (ages 6-12), 5 and under - Free! More info, 701-590-0665. West River Ice Center, 1865 Empire Road.

TUESDAY MARCH 24

FILM SHOWING 6PM Women's Voices will be showing The Danish Girl. Dickinson Area Public Library Community Room.

WEDNESDAY MARCH 25

START UP YOUR NIGHT 5-7PM Social and Pitch Night. First Pitch gives aspiring entrepreneurs a chance to pitch their business idea and network with people who can accelerate their success. Hosted by Stark Development Corporation and ND Small Business Development Center. See Facebook: Stark Development Corporation for more information. Held at DePorres House of

Barbering and Lounge, 17 2nd Ave W.

THURSDAY MARCH 26 DICKINSON AREA CON- CERT ASSOCIATION PRE- SENTS DOUBLE DOUBLE DUO 7:30PM

Each of these musicians is a "double threat," playing two instruments apiece (piano is each man's second). Polish Kornel Wolak and Canadian Michael Bridge are classically trained but use comedy along with their virtuosity to bring their classical repertoire to life. Tickets available at the door. Stickney Auditorium, May Hall, Dickinson State University.

MARCH 27-29

IAM EMPOWERED EXPE- RIENTIAL LEADERSHIP TRAINING

More info, call Darcy Fossum 701.290.1558. Also see ad, p. 13, for more info.

SATURDAY MARCH 28

CHAKRA CLASS 1:30-3:30PM Connect with your chakras and intuition. Must prepay (\$60). More info, contact Salt of the Earth, 701.590.5005. 44 West Villard St.

ADULT CRAFT CLUB 2PM

Adult craft club featuring coffee and coloring. Dickinson Area Public Library Community Room.

23RD ANNUAL API GUMBO

COOK OFF 6:30PM Public Taste Testing/8:30PM Live music (Must be 21 after 8:30PM) Admission \$10 and proceeds go to local charities and college scholarships. For more information, contact: apidickinson@gmail.com. West River Ice Center, 1865 Empire Road.

SUNDAY MARCH 29

THINK & DRINK 1PM Doors open, 2-4PM Program Freedom, Empowerment, Communication Bias! Ticket purchase includes one drink and snacks. Tickets are \$20 at the door, cash only. The Rock's Corner Bar, on the corner of 1st St W and 1st Ave W.



Saturday March 7

WINE & CHEESECAKE SHINDIG 7-11PM 5th annual fundraiser for Domestic Violence and Rape Crisis Center. Fun Pianos is back for the 4th year in a row by popular demand! More info, call 701.225.4506 or email dvrcc@ndsupernet.com. Roosevelt Grand Dakota Hotel, 532 15th St W.

MONDAY MARCH 30

ADULT BOOK CLUB 6PM Will be discussing the book An American Marriage. Dickinson Area Public Library Community Room.

TUESDAY MARCH 31 113TH ANNUAL CHAMBER OF COMMERCE BANQUET AND CHAMBER CHOICE AWARDS 5-8PM

Join the Chamber for a night to thank members for their patronage, give out prestigious awards, and celebrate the chamber community. Registration deadline, March 17. Register at dickinson-chamber.org. More info, call 701.225.5115.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS

LENTEN LUNCHESES 11AM-1PM Fridays during Lent Contact 701.483.1486. Enjoy traditional Ukrainian cuisine at the Ukrainian Cultural Institute in Dickinson during Lenten season.

ST ANTHONY CLUB Thursdays 6PM BINGO. Dinner served at 7PM following Bingo. \$10/person, \$11/to go. More info, 701.225.3879.

THE ROCK Tuesdays 7PM Brushes & Booze. Thursdays Karaoke 9PM; doors open at 8PM. No cover! Friday Night Trivia-Starts at 6PM. FREE to play. 113 1st St West. More information, 701.483.7625.

THE EAGLES CLUB 5:45PM Wednesdays and Fridays Stop in and play Bingo. Games played in succession. 5-9PM Thursdays Beer and Wings. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

I DON'T KNOW BAR 11AM-3PM Lunch specials Monday-Friday. Mondays Pizza and a pitcher \$11. Tuesdays \$2 Long Island Teas. Wednesdays 2-4-1's wells and domestics 6-10PM. Thursdays \$2 pints. Friday prime rib 5-9PM and \$6 pitchers. Saturdays \$15 beer buckets. Ladies night free wells and domestics 8-9PM then 9PM-close only \$1. Sundays \$5 Bloody Mary bar

11AM-3PM and \$3 pounders 5PM-close.

FAMILY FUN

DICKINSON AREA PUBLIC LIBRARY 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 4-5PM Tuesdays Teen Fun (11-17). See dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups.

DICKINSON MUSEUM CENTER 9-10AM Toddler Tuesdays. Join us at the Museum Center to enjoy songs, crafts and stories. FREE and open to the public. Ages 2-4. More info, 701.456.6225. 188 Museum Drive East.

SUPPORT GROUPS

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

Continued on page 24

Continued from page 23

FOOD KITCHENS

WELCOME TABLE 6PM Tuesdays Free to the public. Garvin Hall St. Patrick's Catholic Church 310 2nd St. West.

ANGEL 37 KITCHEN 6-7PM Tuesdays Free food to everyone. Nourish your body and soul. Queen of Peace Catholic Church 725 12th St. West.

CLUBS/GROUPS

BOOKS & BREW

7-8:30PM 1st Thursday of the month. A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month we will discuss a book while enjoying a beverage or 2. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

AARP WALKING GROUP 8-9AM M, W, F through the end of March. A walking group for senior adults. Attendees walk around the outside of the basketball court at their own pace. Free and open to the public. For more information, contact Betsy Murphy at betsy.murphy@dickinsonstate.edu. Scott Gymnasium, 1100 2nd St West.

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

SOCIETY OF ST. VINCENT DE PAUL 6:30PM 2nd and 4th Wednesday of the month. St. Patrick's Church Parish Center, 229 3rd Ave W.

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

PRAIRIE ROSE CHORUS 6PM-8PM Tuesdays St. John Lutheran Church. Come

sing your heart out with the Dickinson chapter of Sweet Adelines International. Ages 12+ welcome! For more information, contact Robyn Nadvornik 690.8958 or MaryAnn Brauhn 290.4013.

DICKINSON CITY BAND Mondays 7-8:30PM in DSU band room (basement of May Hall). 291 Campus Dr. More info, contact Robyn Nadvornik 690.8958.

DICKINSON STRINGS Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 290.9145.

BADLANDS ART ASSOCIATION 7PM 1st Tuesday of each month. All community artists welcome! Location to be determined. More info, contact janelles@ndsUPERnet.com.

WEIGHT WATCHERS 12:15PM OR 5:30PM (Weigh-ins start 15 min prior) EVERY Monday. 46 1st Ave E (Sunset Center).

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at 1967.toastmasters-clubs.org. Held at SWDHU, 227 16th St W. More info, contact Teresa Buck 701-880-0374.

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

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

BELFIELD PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Thursday of each month at 7PM at Belfield

High School, 308 3rd St NE, Belfield. More information, call 575.4275.

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

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

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

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club, 31 1st Ave East.

DICKINSON PUBLIC SCHOOLS SCHOOL BOARD MEETING Regular monthly meetings are held the second Monday of each month at 5 p.m. either at the Professional Learning Lab located at 266 3rd Ave West, or in the Board room of the Dickinson Public Schools Central Administration Office located at 444 4th St. West (use the east or west door), or unless otherwise noted. For more information on Board meetings, contact the Central Administration Office at 701-456-0002, ext. 2203.

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

RICHARDTON-TAYLOR PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 6PM in the RTPS Board Room, 320 Raider Road, Richardton. More information, call 974.2111.

COMMUNITY OFFERINGS AARP TAX AIDE 1-4PM

Mondays and Wednesdays. AARP will provide limited tax help. AARP volunteers are meeting at the Dickinson Public Library to help seniors with their tax forms. DAPL, 139 3rd St West.

START UP YOUR DAY 8-9AM 2nd Thursdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info, visit startupyourday.com.

SAVE THE DATE

THURSDAY APRIL 23 10TH ANNUAL KIDS HEALTH AND SAFETY FAIR 3-6PM The SWDHU invites you to a fun afternoon for the kids! Free to attend. Check out the April edition of Heart River Voice available at the beginning of April for more information. West River Ice Center.

Parenting with Purpose

GOD'S PICTURE FOR PARENTING



March 20-21, 2020
at Evangelical Bible Church
in Dickinson, ND

Free event!

Register online at www.dickinsonebc.com.

Special Guest Speakers
Steve and Debbie Wilson of
Marriage Matters Now
www.marriagemattersnow.org



Back by popular demand!

Friday March 20 - Saturday March 21
Parenting with Purpose: God's Picture for Parenting Free event featuring Special guest speakers, Steve and Debbie Wilson, of Marriage Matters Now. Register online at www.dickinsonebc.com.

BEST FRIENDS

Seeing each other's lives a little differently

By Mark Billings

While Forbes Magazine ranked Casper Wyoming as one of the best small cities to raise a family in 2010, close-knit relationships were elusive there for Shauna Sprague.

As the daughter of alcoholic parents, Sprague grew up low-income in Casper, sometimes feeling like she was raising herself.

"My mom had a traumatic incident when I was young and never fully recovered," said Sprague, now a Dickinson resident and mother of Zachary Sprague, a Dickinson High School senior and mentor with the Best Friends Mentoring Program (BFMP). "She had a hard life, and ever since I could remember, I generally took care of myself, making my own meals, sometimes not knowing where I was staying and moving from couch to couch."

Shortly after her 12th birthday, Sprague moved in with her grandparents and stayed with them for four years, stabilizing her life and moving toward greater independence. "Looking back, I was trying to survive – just to function day to day," she reflected.

While decades now separate Sprague from her formative years, the experience has seared her outlook on life, and how she is just one generation away from poverty. It is a backdrop she has used to

encourage two of her children to become BFMP mentors, including Zachary Sprague and an older daughter Clarissa Roberds, active 10 years ago and now married with children of her own.

"When I was younger, it wasn't the people who provided hand-outs who influenced me, it was the people who dropped into my life with a sense of normalcy who made the biggest impact," she said. "My grandmother cleaned offices, and I'd go with her and see peoples' desks, and how neat their pens and pencils were organized, and how successful they were. Every bit of normalcy like this shows you how life can be and how life can be better."

Sprague used those experiences to set down deep roots building her family and earning a University Studies Degree with a minor in Geographical Information Systems from Dickinson State University in 2018. She works for MBI Energy Services. Meanwhile, hearing his mom's stories and how one person can make a difference prompted Zachary Sprague to sign up for BFMP last fall as a DHS junior. He was paired with Christopher Pete, a new fifth-grade student at Roosevelt. Teacher Mary Ann Reisenauer referred Pete, originally from central Montana, to BFMP to help him connect with a positive

role-model. The pairing was more than what Pete's parents, Josh and Kate Pete expected.

"Christopher is the oldest of our five kids and he shoulders a lot of responsibility," said Josh Pete, an Army veteran and "stay-out-home" dad. "Being new at Roosevelt, he felt isolated. It meant a lot to have Zachary almost as an older brother looking out for him."

Towering at more than six-feet tall, Sprague, a former Roosevelt student himself, indeed looked out over Pete, one of the shorter students in his class. At first, their conversations were labored as they searched for commonality. Soon, however, they connected on sports and other topics, and Sprague became known to Pete's inner-circle as the student who has a "DHS hockey player as a friend." Their bond continued into the 2019-20 school year when Pete endured several transitions, first to the Dickinson Middle School and then to the New England Public Schools, where Pete is now a sixth grader.

Sprague invited Pete to his final home hockey game of the season, where the seniors received recognition in front of parents, friends and spectators. While Pete physically stood just above Sprague's elbow in the pictures which

ensued, in many ways he had grown beyond his years through his association with Sprague, who plans to major in bio-engineering at either Montana State or the South Dakota School of Mines.

In turn, Sprague felt he had grown through his friendship with Pete, said Shauna Sprague.

"A lot of times Zachary would say, 'You don't know what these kids go through,' and how they pick on one another," she said. "I think their Best Friends match gave both Zachary and Chris something to look forward to – for each of them to see their lives a little differently, with more perspective."

Note: The Best Friends Mentoring Program acknowledges the hundreds if not thousands of parents and guardians who have encouraged and supported their high school and college-aged children to become mentors during the organization's nearly 25-year history. Through your positive role-modeling, thousands of local youth have received positive guidance, empathetic listening and friendship when they need it the most. For more information about becoming a mentor, contact Mark Billings at (701) 483-8615 or by email at mark@bestfriendsnd.org. ■



Christopher Pete with his Best Friend mentor, Zachary Sprague

WHEN: April 14, 2020
WHERE: Biesiot Activity Center (BAC)
 398 State Avenue
 Dickinson, ND 58601

7:00 am to 7:45am	Registration and Networking
7:45 am to 8:00 am	Welcome Stacy Kilwein, West Dakota Parent & Family Resource Center, Dickinson Public Schools
8:00 am to 9:00 am	Hidden in Plain Sight Brandon Stockie, School Resource Officer Karen Goynes, Southwest District Health Unit
9:00 am to 10:00 pm	The Cop & The Criminal: An Unlikely Friendship Dan Donlin and Tyler Auck
10:00 pm to 12:00 pm	Reaching Zero Suicide in North Dakota Alison Traynor, ND Suicide Prevention Program Administrator Kora Dockter, ND Suicide Prevention Coalition Chair
12:00 pm to 1:00 pm	Lunch and Networking
1:00 pm to 3:00 pm	Addiction & its Management Dr. Melissa Henke, Heartview Foundation
3:00 pm to 4:30 pm	ACES (Adverse Childhood Experiences) Robin Lange, Director of Safe & Healthy Schools
4:30 pm to 5:00 pm	Summary and Wrap Up

CEU credit approval pending for Licensed Addiction Counselors and Counselor Examiner (LPC, LPCC, LAPC), Nursing and Social Work

One—day training session: \$55 Registration Fee by March 30, 2020. Registration fee after March 30, 2020 is \$65.
Registration fee includes: Lunch, educational materials and CEUs.

Registration options: Make checks payable to **Community Action Partnership**.
 Mail registration & check to: **West Dakota Parent & Family Resource Center**, 444 4th Street West, Dickinson, ND 58601
 or register thru our **EventBrite** page.

For additional information call **West Dakota Parent & Family Resource Center**—(701) 456-0007.



BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Cassandra Gleese and her children smile while working a booth at Trinity Catholic School's Mardi Gras.



Giving Hearts Day TV featured the 12 southwest ND participating charities, represented by Jolene Obrigewitch.



Best Friends Mentoring Program recently welcomed junior Griffin Obrigewitch, a three-sport athlete and honor student at Dickinson High School, as a volunteer mentor!



Dickinson State University's Jazz Ensemble performs at the If Music Be the Food Benefit Recital, at which non-perishable food items were collected for the Amen Food Pantry.



Creative Cards & Gifts recently presented the Best Friends Mentoring Program, represented by Kris Fehr, center, with a generous donation from the store's 10 Days of Giving holiday promotion.



Members of VUK Multimedia, L-R: Ariel Dembele, Jelena Cesljarac, and Vladimir Dasic, attended Stark Development's Start Up Your Day. Vlad spoke about his venture into videography.



A young community member explores the sensory sand table at West River Community Center's Beat the Winter Blues event.



A miniature horse was brought into The Rock during Humanities ND "The Relational Power of Animals" Happy Hour Series.



Danita Tysver, Charlie Wyman, Kat Perkins, Darlene Wyman, Marshall Tysver and Shelbbie Tysver at the Kat Perkins concert held at Trinity Catholic School's Mardi Gras.



Walter Hadley was counted as a Giving Heart at JD's BBQ on Giving Hearts Day. JD's BBQ hosted a free lunch with a minimum donation to Best Friends Mentoring Program on Feb.13.

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701.483.3760

Call for Artists

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

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

We'd love to show off your talents!



Email to:
kelley@heartrivervoiced.com

DICKINSON STATE UNIVERSITY Alumni Spotlight: Loretta Marshik '16

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

Our family moved to the area about three years before I attended DSU. Our free time was predominantly spent supporting our daughter at various competitions or enjoying trail riding trips with friends. We met a lot of great kids, incredible people and wonderful families along the way.

Why did you choose to become a Blue Hawk?

I think I was already a Blue Hawk before I decided to go back to college. I had attended most of the DSU rodeos, home and away; joined the DSU Rodeo Council and supported the hometown team at various events. Choosing DSU was not a difficult decision; I already knew the



an even better mathematics guru. Her love of math was easy to feel when you listened and were part of her lectures. I loved attending her courses.

What is a favorite memory you have of your time as an undergraduate?

Connecting with other students, especially those few minutes before a class when you get to hear a funny little story about the previous weekend or quick discussions over a problem, doing a bit of mentoring and making some friendships along the way.

What are you most proud of when you

look back at your time at Dickinson State?

Having my parents, family and friends join me for my nomination as an Outstanding Graduate and my graduation.

What would you tell someone who is considering attending Dickinson State?

Courses are personal, you have a lot of opportunity to participate and grow as a person.

How do you stay involved in your community or with DSU?

I have been a member of the DSU Rodeo Council for about seven years, a leader in 4-H for about 17 years, a member of the Power of 100 Women Who Care - Dickinson Chapter, a member of Queen of Peace Church, and I am looking forward to joining the Dickinson P.E.O. Chapter AD in March.

What are you doing now?

I am currently the Assistant City Engineer for the city of Dickinson; this includes working as our cities Floodplain Manager. I like the work I do immensely, but the people I work with make it something I truly enjoy. I am very blessed.

Do you have any plans for the future you would like to share?

I am toying with the idea of learning to compete with my new pup in stock dog trials. I am confident of his abilities, not so much about mine, but that's what makes it exciting for me. ■



Loretta Marshik

kids and staff I had met and worked with were awesome people.

In what year did you graduate and what degree did you earn?

I graduated in 2016 with a bachelor's degree in mathematics with a minor in geographic information systems (GIS).

Was there a certain professor who made a big impact on your life?

Assistant Professor Reba Olson was such a fun person to have class with and

May you be touched by a
bit of Irish luck



Happy
St. Patrick's
Day!

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**in the
month of March!**

WOMEN EMPOWERING WOMEN

Assessing gaps in the system: Girls careers and the transition to adulthood

Are young women prepared with the skills, knowledge, and resources necessary to succeed in the workforce? Do they have the tools to enter post-secondary

education and to contribute positively in their communities? Women Empowering Women is kicking off a study to assess if young women in Dickinson feel prepared for success and ready for adulthood.

Young women have new opportunities in this economically rich region. Whether it is multiple career choices, entrepreneurial choices, or where to live, this study intends to better understand how young women are transitioning into adulthood. This study will research available resources, opportunities, networks of support, and experiences. In focusing on post-high school readiness, the study will assess if there are gaps in community efforts to prepare young women for success.

The overarching ideal driving this study is to identify structural or systemic gaps that may be attributed to socioeconomic factors, such as poverty or factors such as limited access to cultural capital. This study will also observe if there are opportunity gaps related to race, ethnicity, gender, and sexual identity.



With generous funding from Change Network, an initiative of the Bush Foundation, our study focuses on understanding the current systems directly influencing and informing

high school-aged girls. Interviews are structured to capture an understanding of contemporary issues, what is working, where gaps exist, and to generate solutions-based ideas.

Change Network, which is awarding a \$5,000 grant to implement the study, provides North Dakotans, South Dakotans and the region's 12 Native Nations with a supportive learning environment to lead more equitable and inclusive change within their organizations and communities. Leading the project is Women Empowering Women President Ray Ann Kilen, a member of the 2019-2020 North Dakota Change Network.

Women Empowering Women is a non-profit volunteer organization of individuals organized to support women as they strive for excellence in life, encourage the betterment of women, build stronger communities, as well as foster women's needs in the community. To learn more about Women Empowering Women go to www.wewnetwork.org. ■

PIECE BY PIECE

St. Patrick's Day and quilting

March welcomes spring but since we live in ND, spring has a mind of its own. Luckily, we have a holiday in March - St. Patrick's Day. I married a man who is part Irish, so I finally get to celebrate like a true Irishman or at least Irish at heart. When I was younger, I wore green so I wouldn't get pinched, but also figured I was safe since I had Green in my last name - Greenshields. It didn't work but I still tried.

It seems St. Patrick's Day is a valid excuse to wear green and drink and spout Irish toasts, but it was not originally celebrated that way. It was actually a religious occasion and became a symbolic way of celebrating the Irish in the 18th century when the Irish immigrants arrived in the USA. St. Patrick was British but was kidnapped to Ireland when he was 16. He escaped but had a vision of God that compelled him to go back and preach Christianity to the Irish. The traditional shamrock represents the Holy Trinity, and the original theme color was blue (surprise!).

Quick guide to quilting: There are four basic types of quilting which are Pieced, Applique, Paper Piece and English Paper Piece. Numerous patterns use one or more of these techniques. The Pieced quilt is the main one that most people think of when they

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Heart River VOICE

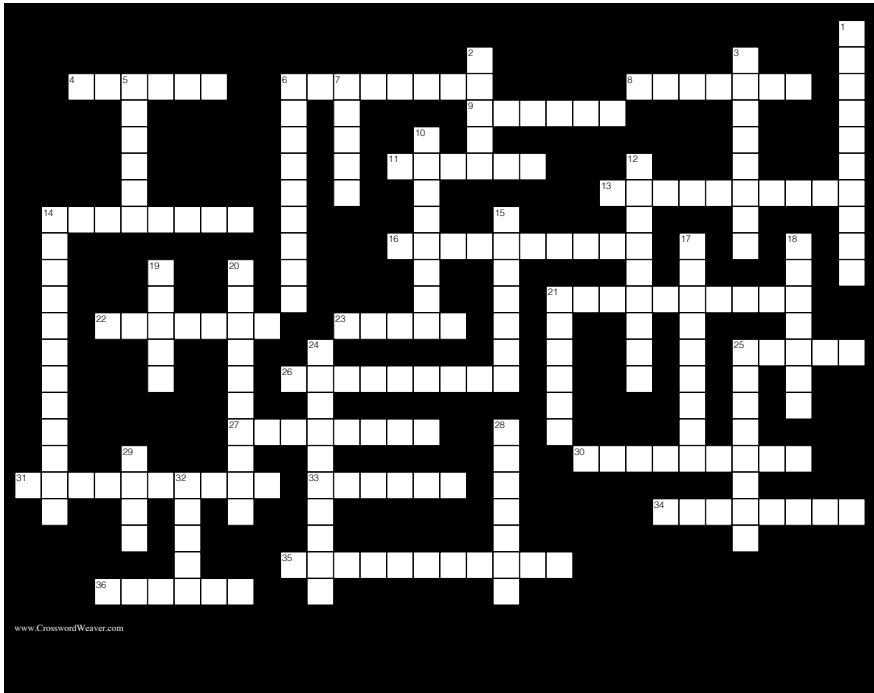


hear the term quilting. Blocks are made and sewn together, made into rows and or columns and typically quilted by hand or machine. Applique involves stitching a small piece of fabric onto a larger one to create a design. Paper Piecing is a method that uses a printed paper for stitch lines, and English Paper Piecing is typically a hand sewing technique that uses template pieces that wrap the fabric around and baste.

All of them are great ways to quilt and can be done by any beginner. Come visit us at Suzy's Stash in Richardton, and we'll help you find the pattern and level of expertise for you! ■

Heart River PASTIMES

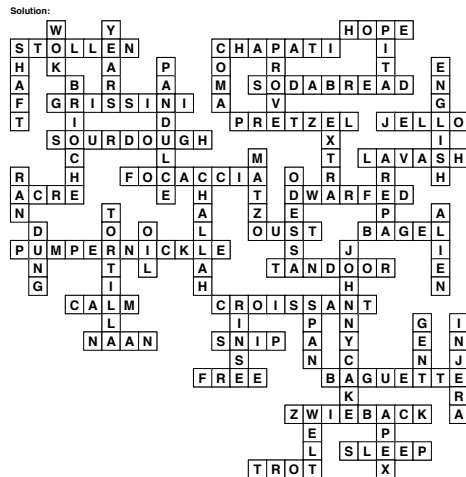
VOICE BLUE By Carlinka



- ACROSS**
- 4 Mr. Jetson
 - 6 ++"It's all over now __". Dylan
 - 8 ++Birthplace of the Blues, Tenn.
 - 9 ++Talk a blue __
 - 11 ++_Prison Blues
 - 13 ++Working class folk
 - 14 ++A sound stock option
 - 16 ++Miles Davis tune and album
 - 21 ++Roses are red, __blue
 - 22 ++Old Blue Eyes
 - 23 ++_Blue Ribbon beverage
 - 25 Pickling solution
 - 26 ++"__Hill", Fat's Domino
 - 27 ++One fish, two fish, red fish, __
 - 30 Huffed and puffed and blew the __
 - 31 ++Elvis has some blue ones
 - 33 Port city in Russia
 - 34 ++"__I saw you standing alone..."
 - 35 ++Down in the dumps
- DOWN**
- 1 ++1980's cop show" __ Blues"
 - 2 Mexico City cash
 - 3 ++Gershwin's " __ in Blue"
 - 5 Delphic prophet
 - 6 ++From nobility?
 - 7 ++Ronstadt's "Blue __"
 - 10 ++Even __ Get the Blues by Tom Robbins
 - 12 ++A low priced special of the day
 - 14 ++A bad bruise
 - 15 ++Billie __, "Lady Sings the Blues"
 - 17 ++You can scream till you're blue __
 - 18 Bacteria-free
 - 19 Bluegrass staple
 - 20 ++Chicken stuffed with ham and cheese
 - 21 ++David Lynch's Blue __
 - 24 ++Into the wild __
 - 25 ++Old, new, __ and blue
 - 28 Fill a nail hole
 - 29 Gas in signs
 - 32 Authority in cards

Last month's puzzle solution

++Knead Bread++



HOROSCOPE MARCH 2020 by Hilda De Anza



ARIES
March 21- April 20
This is a time when hard work

and ambition are rewarded by victory and professional success, so you can expect something very special to take place in your career. The new moon in your sign on March 24th really sets the ball rolling. You should not be afraid of letting something go if it has outlived its usefulness. If you play your cards right, you can transform your situation and together with a partner generate riches.



TAURUS
April 21- May 21
March 5th your ruler Venus moves into Taurus, and this feels like coming home after a period of exile. Now you are in control of things, and you focus on your own agenda, which is freedom, space and experimentation. During the whole of 2020 there is an intense focus on expanding your horizons. This is an excellent time for partnerships and the single Taurus could meet a magnetic and powerful individual. A robust union of equals could be formed.

for creative career initiatives, and you have my access resources and people you have previously worked with. Mercury moves direct on the 10th and this is a turning point, so that by mid-March, you are ready to pursue a project with renewed zeal. Behind the scenes there are powerful people who have the influence to give you tremendous backing and support. March is a time when you have access to great insights and the meaning of things.



GEMINI
May 22- June 21
It is an important time

early March and this brings a change of mood and a time to extricate yourself from exhausting trials in connection with family and partnerships. What is important for you in March is the new spirit of independence and space. You are willing to be open and generous, both physically and emotionally. End March brings exciting new developments in relationships when everyone is in a much stronger position.



CANCER
June 22- July 22
The full moon is a key period for

laying down the plans you need in partnerships with others. It's an excellent month for alliances, everyone is operating from a position of strength. There is both determination and a deep well of resources that makes the impossible possible. The moon moon on the 24th marks a moment when career initiatives pay off, and there is a sense of important transition in the air. Projects move into the next phase.



LEO
July 23- August 22
There is a lot of focus

on your working life for most the month, and this is an area undergoing change and transformation during 2020. There is a considerable change of emphasis at the time of the new moon, and you sense a major reorientation in the important relationships in your life. You expand your horizons and meet impressive people from a different background. Initiatives you take bring powerful partnerships at the end of the month.



VIRGO
August 23- September 22
The people you meet in

March may be very creative and imaginative. It is best to go with the flow in relation to them, as they have a mission or a dream. The full moon highlights the challenge of finding a balance between practicality and idealism, if you are constructive and organized you will be surprised what can be achieved. The more you prepare, the more you will learn from others, the less the risk will be.



LIBRA
September 23- October 22
Venus moves into Taurus

early March and this brings a change of mood and a time to extricate yourself from exhausting trials in connection with family and partnerships. What is important for you in March is the new spirit of independence and space. You are willing to be open and generous, both physically and emotionally. End March brings exciting new developments in relationships when everyone is in a much stronger position.



SCORPIO
October 23- November 21
There is an emphasis on

learning and communication in March. There is nothing less than victory demanded from you. You will soon discover you possess superhuman powers. You will find that you have the backing and support of very competent people. A long-term shift in circumstances takes place at the end March. The focus moves to your home environment, probably because you are determined to make some fundamental changes yourself.



SAGITTARIUS
November 22- December 21
You can expect

the month to be intense and extremely dynamic. There will be a focus on organization and planning. The more you master the details, the less chaos there will be. Changes take place in your working life, probably because of new arrivals and innovative ideas. If you overcome doubt and are prepared to make a big effort, then there can be great success and a financial transformation. You have energy and drive to succeed.



CAPRICORN
December 22- January 20
March is going to

be a big month for you, and now you are super-strong. The adjustments you have made in your life are now going to be consolidated, and you are going to earn good money. Of course, this happens slowly, success will kick in at the end of the year! Meanwhile the month is going to be intense. This is the time when heavy artillery is brought up to the front. This is the time to win at all costs.



AQUARIUS
January 21- February 19
This is the

month you have been waiting for, and it signals a transitional period when you get a glimpse of what life is going to be like next year. And life is going to be good. You have been going through an intense period of inner reorientation for 2 years. What is about to purge is the ghosts of the past, so that you can start a bright new future. End March, early April is a period of intense drive and you have a duty to yourself to realize your potential.



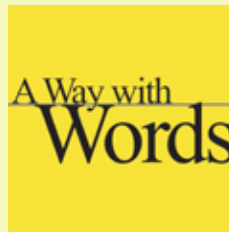
PISCES
February 20- March 20
March is an excellent time

for powerfully engaging with groups and organizations that you share ideals. Life gets more and more intense during the course of the month, and you might find yourself way out of your comfort zone. This is the time to learn the way of the samurai warrior. Your duty is to fight for your beliefs. During the last 10 days of the month you need to join forces with ambitious people who know how to achieve a goal.



A Way with Words

A Way with Words is an upbeat podcast about language examined through history, culture, and family. Each week, author/journalist Martha Barnette and lexicographer/linguist Grant Barrett talk with callers about slang, old sayings, new words, grammar, word origins, regional dialects, family expressions, and speaking and writing well. Learn more at <https://www.waywordradio.org/>



Sleeping with David Baddiel

Comedian, writer, one of three lions: David Baddiel's got a lot done for a man who suffered with insomnia for many years, and his new podcast with sleep guru Dr. Guy Leschziner is intended to make sure even those who don't have it appreciate how important sleep is. It goes in deep on the science of sleep, why it matters, and how you can improve the quality of your sleep. Sleep evangelists can get a bit wearing, but given the range of health benefits you're probably missing out on, this might be a decent investment of your time.



Chegg Books

Every college student is familiar with handing over several 100-dollar bills and lugging many pounds of textbooks from the campus store. Chegg's goal is to take some of the pain out of that process. The app lets you rent, buy, or sell books. The company offers study apps, too.



CamScanner

CamScanner is a mobile scanner which makes it easy to scan and share. Named one of the 50 Best iPhone Apps by TIME, CamScanner allows users to use auto-enhance image quality, OCR so that there is no more typing, and the ability to send scanned docs anywhere. <https://www.camscanner.com/user/download>



What's App?

Apps are small software programs available for your mobile device, smartphone, and tablet. You can usually find them in a dedicated "store" on your device.

GOING POSTAL

Like a burst of colorful confetti, Let's Celebrate! will add an extra dash of fun and happiness to celebratory greeting cards, invitations, and gift-bearing envelopes and packages.

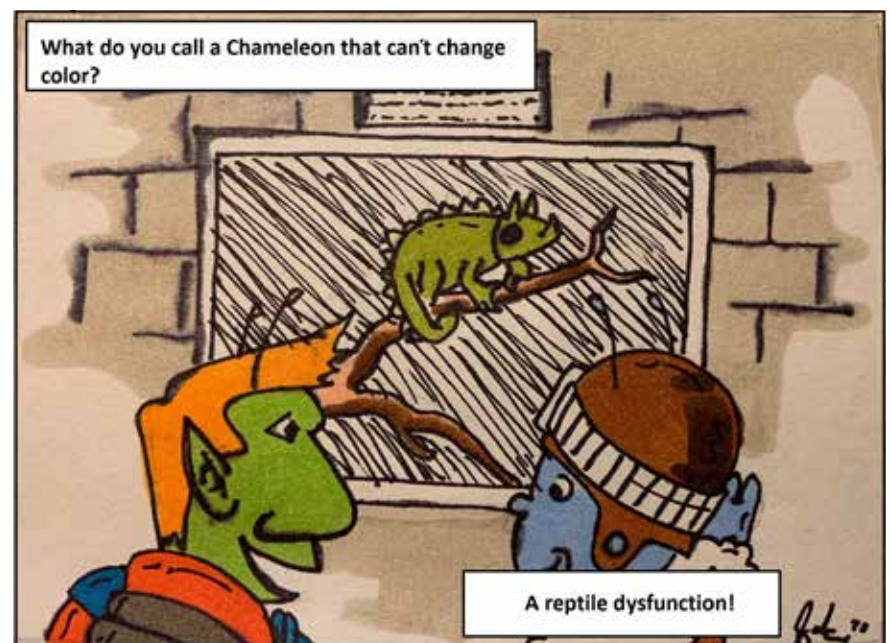
This new Celebrate stamp will help send cheer to those deserving of well wishes, no matter the occasion. Available at our local post office.



This stamp was designed by Antonio Alcalá. ■

Source: store.usps.com

RINGO



At the young age of 9, John Garig was in his first art show which sprouted him into the artist currently living in Dickinson, ND. He finds inspiration in his dog, Astrid and Cat, Nytro. When he's not working on commissioned projects, he is teaching and encouraging the residents of Dickinson to paint their own masterpieces at a weekly Brushes and Booze class. With a varied history in all things art and a love for cartoons and animation, John continues to surprise the community with colorful artwork for all onlookers.

CENSUS 101: WHAT YOU NEED TO KNOW

READ MORE
PAGE 15

The 2020 Census is closer than you think!
Here's a quick refresher of what it is and why it's essential that everyone is counted.

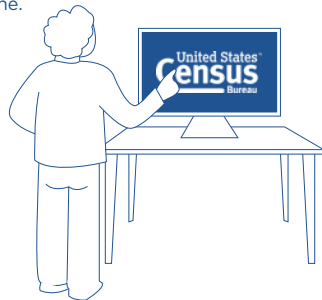
Everyone counts.

The census counts every person living in the United States once, only once, and in the right place.

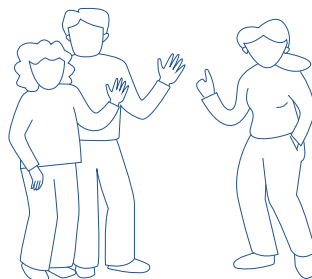


2020 will be easier than ever.

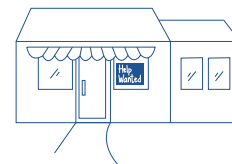
In 2020, you will be able to respond to the census online.



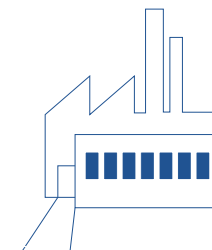
Census data are being used all around you.



Residents use the census to support community initiatives involving legislation, quality-of-life, and consumer advocacy.



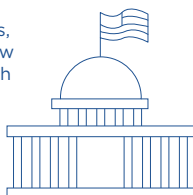
Local governments use the census for public safety and emergency preparedness.



Businesses use census data to decide where to build factories, offices, and stores, which create jobs.

It's about fair representation.

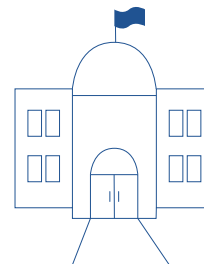
Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.



Your privacy is protected.

It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household.

By law, your responses cannot be used against you and can only be used to produce statistics.

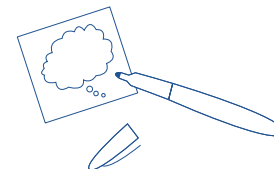


Real estate developers use the census to build new homes and revitalize old neighborhoods.



You can help.

You are the expert—we need your ideas on the best way to make sure everyone in your community gets counted.



It's about \$675 billion.



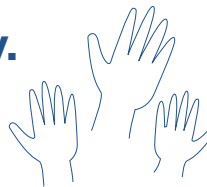
The distribution of more than \$675 billion in federal funds, grants, and support to states, counties, and communities are based on census data.

That money is spent on schools, hospitals, roads, public works, and other vital programs.



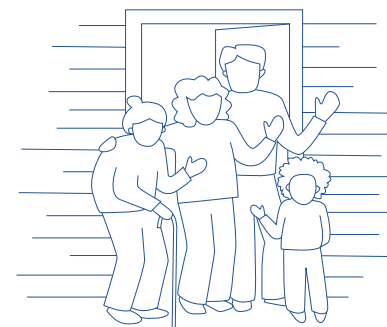
Taking part is your civic duty.

Completing the census is mandatory: it's a way to participate in our democracy and say "I COUNT!"



It's about redistricting.

After each decade's census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.



It's in the Constitution.

The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.

United States®
Census
2020

FIND OUT MORE AT
[2020CENSUS.GOV](https://2020census.gov)

CONTACT YOUR LOCAL CENSUS COMMITTEE AT 701.225.5997 OR TEAM@STARKDEV.COM

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