

Heart River VOICE

JANUARY 2020 | VOL. 2, NO.1 | HEARTRIVERVOIC

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CALENDAR of LOCAL EVENTS



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A note to our readers

HAPPY NEW YEAR TO EVERYONE! May you all enjoy a healthy, happy and prosperous year of 2020.

This issue begins our New Year's resolution to continually strive to make Heart River Voice the best it can be for our community.

We've met some pretty amazing, interesting and very good people this past year, and we are looking forward to meeting more and sharing your stories and events with our community.

We did it - we are one year old, and we couldn't have done it without all of your support.

Thank you from the bottom, top and middle of our hearts!

Kelley Jilek
Publisher

Collage on canvas by Janelle Stoneking entitled "Sunday Morning." For more information about the artist, see page 5.

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YOUR HEALTH

Heart disease and cold weather

Marlys Walter, RN, SWDHU Community Health Coordinator

Southwestern District Health Unit has a Community Health program which covers hypertension, heart attack and stroke. It is important for everyone to Know Your Numbers and adopt healthy lifestyle habits and goals to reduce risk of heart disease in adults. Some of these healthy habits and goals include stop smoking, vaping or using smokeless tobacco. Be physically active on a regular basis, eat a well-balanced diet and limit sodium. Schedule regular appointments and take medications as directed by your healthcare provider. Also, adopt sun-safe behaviors, as sun safety is never out of season. Blood pressure screenings are offered at the health unit and throughout the community.

As we venture out into the cold weather to shovel the driveway or sidewalk, we must keep in mind that cold temperatures cause blood vessels to constrict. This may reduce blood flow to the heart, which leads to an increase in blood pressure. Shoveling snow can increase your risk of having a heart attack, especially for high risk individuals. When the temperature outside drops, the heart also has to work harder to help maintain your body's core temperature. According to the American Heart Association, heart failure is the cause of most deaths from hypothermia - a dangerous condition in which the body's temperature falls below normal. Hypothermia and a heart attack are both medical emergencies, and if you suspect

you are having symptoms of either, dial 9-1-1 immediately.

Common symptoms to watch for:

HEART ATTACK: (may not be sudden and intense, but rather start slow, with mild pain or discomfort)

- Chest discomfort or discomfort in other areas of the upper body (Remember: not all people with heart

attacks have chest pain.)

- Pain or discomfort in one or both arms, back, neck, jaw or stomach
- Shortness of breath with or without chest discomfort
- Breaking out in a cold sweat or feeling nauseated or lightheaded

HYPOTHERMIA:

- Exhaustion or drowsiness
- Shivering
- Confusion
- Memory loss
- Fumbling hands
- Slurred speech

STROKE: Act **FAST** at the first sign of a stroke

- Face droops on one side
- Arm weakness
- Speech difficulty
- Time to call 9-1-1

If you already have a heart condition or are not active, consult your physician before you decide to shovel the driveway or sidewalk. Even if you are not aware of any heart problems, shovel with caution. Dress in warm layers, stay hydrated and rest periodically during activity. ■



LIVE RIGHT

The New Year's resolution contradiction

By Gabrielle K. Hartzke, RD, LRD



Can you believe January 1st is here? You better believe it, it's that time of year again - a brand new year, a brand new you, right? But what's really motivating you to set a resolution this year? Is it friends, family, media, society? If the real reason behind setting a resolution is any of those listed, the incentive to achieve that resolution is likely to fizzle out rather quickly. Resolutions fail for three reasons:

Intrinsic vs. Extrinsic Goals - Intrinsic reflects true aspirations, something we set our minds to achieve. Extrinsic are those driven by influence of others (society, parents, spouses). Too often resolutions are chosen based on trends. Set yourself up for success and avoid jumping on the bandwagon. Ask yourself, am I setting this goal for me because I truly want this change or because of influence from others?

Impracticality - At the start of the new year, enthusiasm is high for this "life changing" event which can make a resolution overwhelming. Expectations are heightened and timelines shortened (lose 20 lbs. in 1 month) making it nearly impossible to achieve. As February comes around, so many have lost sight of their resolution due to lack of preparation. Take flying for example - you don't arrive at the airport and hope a flight to Chicago is available, do you? Of course not, a vacation takes planning, no different than a resolution requiring dedication and effort. Take small steps and reward yourself along the way.

Consistency & Commitment - Trying to achieve a resolution that holds no value

to you is hopeless. The lack of meaning and relevance runs it right into the ground. It's so important to have a valued resolution because that motivation will last. Be consistent and don't let yourself skip a day for an excuse. Get friends and family involved to hold you accountable.

Achieve Your Resolution - Plan the old-fashioned way. Get out a pen and paper and write your resolution down with the reasons behind it. Ask who, what, when, where, why and how. What is that number one thing deep down inside that is the reason for this resolution? When and why do you want to achieve it? Where do you see yourself and how do you envision your life after achieving the resolution? Set yourself up for success by dividing goals into short and long-term stages. Make sure you have the skillset to achieve the resolution or learn necessary skills to do so. Ensure your resolution is congruent. For example, let's say your resolution is to start your own business, but you'd also like to vacation and spend time with family more often. Of the two, only one resolution will succeed. Think about the time commitment and effort required to accomplish the resolution and measure your ability accordingly.

Bottom Line: Besides January 1st, there are 364 days of the year to set a resolution. Prior to initiation of your goal, plan a success outline, ask for help along the way and be consistent. Most important of all, be patient. Behavior changes and lifestyle modifications take time and a great deal of effort to achieve. ■

COVER ARTIST

Janelle (Carlson) Stoneking

Janelle (Carlson) Stoneking is a visual artist residing in Dickinson, ND. She enjoys expressing herself through mixed media art because

it unifies people by conveying the emotions that we all share no matter our differences. She is supported by her husband Bobby Stoneking, sons, Jackson (15) and Grayson (4). Her latest work is a 40"x30" collage piece on canvas titled "Sunday Morning" which was awarded Best of Show for the Professional Division at the



recent Badlands Art Association show along with 1st place in the Mixed Media category. When asked about the painting, Janelle shared the following:

"I literally saw this art piece in one of my dreams. In the dream, I walked into an art gallery, and it was hanging on the wall, titled and created by me, featuring my father reading the Sunday comics. It felt so real and after I woke up, I had to try to recreate it. Some of my favorite memories as a child are of my dad as he would read the Sunday paper, pointing out his favorites and sharing them with me. This art piece is more than a representation of him; it's

symbolic of what we must all strive for. In a world where we are surrounded by headlines and information that is often negative, black and white, we must

search within ourselves to bring the color. Just as the words on his left shoulder proclaim, "find yourself in the funnies," this art piece represents the importance of finding joy in the little moments that connect us all through the irony and humor of how life transpires. The entire piece was created through piecing together

newspaper with his body made of comic strip and details added in acrylic paint, pastel, colored pencil and charcoal. The most challenging part of the artwork was poring through over 6 months of local newspapers to find enough positive words in headlines to create the messages woven into the newspaper he's reading and the box (foundation) that he's sitting on. I'm grateful that this piece has resonated with so many people, and I hope that it continues to bring memories to all of comforting Sunday Mornings when family is together and laughter is plentiful." ■



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Kelley Jilek at 701.290.2063 or email kelley@hearttrivervoiced.com

KUDOS

CHI St. Alexius Health Dickinson Medical Center receives 2019 ND Acute Stroke Ready Hospital Quality Excellence Award



Dickinson Medical Center

CHI St. Alexius Health Dickinson Medical Center has received a 2019 ND Acute Stroke Ready Hospital Quality Excellence Award from The North Dakota Stroke Taskforce. This award recognizes the hospital's commitment to ensuring stroke patients receive the most appropriate treatment according to nationally recognized, research-based guidelines based on the latest scientific evidence.

CHI St. Alexius Health Dickinson earned the award by reporting data through the GWTG registry to the ND Stroke Program and demonstrating care excellence from January to December of 2018 in Time to IV Alteplase < 60 minutes from arrival. The ND Stroke Taskforce recognizes this hospital for success in utilizing the GWTG Stroke Program and demonstrating 100% adherence from January-December 2018 in the highest number of eligible ischemic stroke patients among ND ASRH who receive IV alteplase within 60 minutes of hospital arrival.

"CHI St. Alexius Health Dickinson Medical Center is dedicated to improving the quality of care for our stroke patients by implementing the American Heart Association's Get with the Guidelines-

Stroke initiative and reporting the data to the North Dakota Department of Health's stroke program," said DeeAnna Opstedahl, Vice President for Patient Care Services. "The tools and resources provided help us track and measure our success in meeting evidenced-based clinical guidelines developed to improve patient outcomes."

"We are pleased to recognize CHI St. Alexius Health Dickinson for their commitment to up-to-date stroke care," said Christine Brondyk, BSN, RN State Stroke and Cardiac System Coordinator. "Their commitment to providing high quality care for stroke patients is essential to the mission of the stroke system of care in North Dakota".

According to the American Heart Association/American Stroke Association, stroke is the No. 5 cause of death and is a leading cause of adult disability in the United States. On average, someone in the U.S. suffers a stroke every 40 seconds, and nearly 795,000 people suffer a new or recurrent stroke each year. Each year, about 795,000 persons experience stroke; about 690,000 are new acute ischemic strokes (AIS) and about 140,000 deaths can be attributed to stroke per year. ■

MUSIC CORNER

Highbrow/lowbrow

By Brent Rogers

What kind of music do you think of as being high class, refined, or snobbish? What kind of music would you think of as music for the average Joe? Would it surprise you to know that, until about 150 years ago, most people didn't think that there was a difference between the two?

In his 1988 book *Highbrow/Lowbrow: The Emergence of Cultural Hierarchy in America*, Lawrence W. Levine outlines how, in the late 1700s and early 1800s, Americans of all classes and



backgrounds seem to have had a taste for Shakespeare. He quotes John Bernard, an English actor and comedian from this period as saying, "If an actor [in America] were unemployed...he had merely to visit some town in the interior where no theatre existed... [and] his pockets in a night or two were amply replenished." (p. 17) Similarly, in the early- and mid-1800s, Italian opera was so popular among Americans of all classes that, when a Rossini opera was performed in a shortened version in New Orleans in 1837, the audience rioted because they knew they had not been given the entire opera. However, over the course of the 19th century, art forms like Shakespeare and opera became more and more associated with the wealthy upper classes and came to be seen as something not for the "average Joe"—an attitude that in many ways persists to this day.

Think about it: how flexible is your concept of what constitutes "your"

music? Would you ever consider listening to, say, rap music? Country music? Opera? As a school teacher it was very interesting to me to see how rigidly the students clung to "their" music. Kids that listened to R&B did not listen to Country, and vice versa, almost as if by listening to something other than "their" music

they risked losing their sense of self. It's fascinating, and some of us continue the pattern well into adulthood—myself included. I tend to think that classical music is all I should listen to, but the more I'm willing to

try out new kinds of music, the more I'm surprised to find that I like a wider variety of music than I would have expected. I've even found some rap music that speaks to me!

I recognize that this article risks coming across as preachy, but that's the opposite of what I'm shooting for. I just want to encourage you to try something new. I'll admit that my motivations are slightly selfish: I wonder often if people see advertisements for DSU concerts and don't even think about going because they don't think of it as being "their" music. But more than that, I hope that by encouraging you to try new kinds of music you might find something that enriches your life in new ways. Specifically, I dare you to come to a choir concert and find out why a lunatic like me would dedicate my career to it. Who knows? You might find that it speaks to you a lot more than you'd expect. ■

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WHERE BUSINESS GOES TO GROW

Meet our intern, Pit Mueller

By Stark Development Corporation

2020 will surely be another exciting year for Stark Development Corporation. With a new year comes a new face to SDC. We would like to introduce and welcome Pit Mueller, an international exchange student from Germany, to our office and community. Pit will be working with many of our programs at SDC while he works to gain a better understanding of American culture, business and community development.

As a participant of the Congress-Bundestag Youth Exchange for Young Professionals (CBYX), Pit arrived in Dickinson at the beginning of August 2019. The CBYX Program gives young professionals from Germany, and also from the United States, the chance to spend one year in each other's countries. The CBYX Program is funded by the German Bundestag and the U.S. Department of State in honor of the anniversary of the first German immigrants, which settled in the U.S. more than 300 years ago. It exists for the experience of studying, interning and living with a host family in a different culture. Pit attended Dickinson State University during the fall semester 2019 to study international business. Also, part of the program is spending several hours doing community service. Pit is volunteering for the International Club at Dickinson State University, Rotary Club Dickinson, and as a Mentor at Best Friends Mentoring Program. We asked Pit a few questions to give you further insight into our new intern.

What motivated you to work for Stark Development?

Stark Development provides a great opportunity to expand my horizons in the area of entrepreneurship and start-up businesses. I am very interested in this area of business. This is just a small part of what I can learn at Stark Development. Another aspect I am looking forward to is working with the communities in Stark County to attract new workforce. Stark County has great communities, and this motivates me to help start

new businesses and attract new people to build stronger communities.

Why did you choose Dickinson, North Dakota?

To be honest, I didn't have a choice. With the CBYX Program, we talk about our favorite places, but this has no influence on our final destination. I feel very

comfortable in the community, and I am very thankful that I can live here. My host family provides a lot of support, encouragement and the experiences unique to life in America and their culture. I also appreciate the support from the International Club at Dickinson State University and my new employer, Stark Development Corporation.

What are your goals in your exchange year?

I have a lot of goals here in the U.S. and especially in North Dakota. Some of my goals are already completed - studying at Dickinson State University and doing community service in Dickinson. I just started my next goal, to work for an American company, which is very exciting, and I am very happy about this opportunity. Furthermore, I would like to learn as much as I can about American culture and the "American way of life", which also includes community and political systems and getting in touch with politics in the U.S. ■



FAMILY

Parent Cafés

What Are Parent Cafés?
Parent Cafés are conversations where you can:

- Meet new people & friends
- Share your hopes and dreams for your family
- Get new ideas
- Engage in positive conversation
- Share ideas
- Learn about community resources

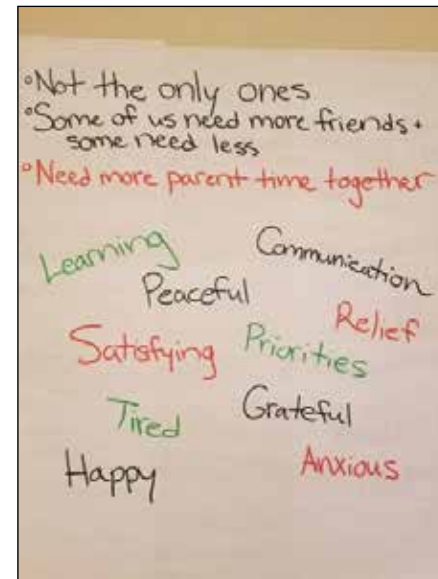


Are Parent Cafés For Me?
Are you a parent, grandparent, or other person who is actively involved in raising a child? If so, the answer is "yes"!

***Parent Cafés are FREE to all participants

Great conversations, a delicious meal and free childcare. Impossible, right? It's not! It's what Parent Cafés are all about.

In 2019, Healthy Families of North Dakota (a program of Lutheran Social Services) recognized the need for more opportunities for parents to connect in ways that support family strengths. Parent Cafés are safe spaces where parents and caregivers share about the challenges and victories of raising a family. The cafes provide a relaxed environment that allows parents and caregivers to get together to share stories, build friendships, learn how to improve communication with their children, learn how to better cope with stress, and much more. Parents often



see it is an opportunity to take care of themselves while their children are also having fun.

"It was nice to have a break and know my children were well taken care of," one parent shares after attending her first Parent Café.

"I enjoyed learning how to take a breath, regroup, tackle a problem, all while experiencing a fun social opportunity," another says.

The focus of the conversations is referred to as protective factors: parental

resilience, social connections, knowledge of parenting and child development, social and emotional competence of children, and concrete support in times of need.

Through individual self-reflection and peer-to-peer learning, participants explore their strengths, learn about protective factors, and create strategies from their own wisdom and experiences to help strengthen their families.

Participants leave Parent Cafés feeling inspired, energized, and excited to put into practice what they have learned.

Starting January 14th, 2020, Parent Café will be offered every second Tuesday of the month in Dickinson at the West Dakota Parent and Family Resource Center, 402 4th St. West, Dickinson, with dinner at 5:30pm

and the Café beginning at 6:00pm. They are designed for any caregiver of children — parents, grandparents, foster parents, etc. and are open to parents and caregivers of children of all ages.

They are free for everyone and always include a meal and childcare.

Dinner 5:30pm, Parent Café 6-7pm
Dates: January 14, February 11, March 10, April 14, May 12

For additional information on Parent Cafés in Dickinson, contact Emily Gran at 701-390-3012 or Emilygran@lssnd.org. ■

#BOOKWORM

Finding your family history

By Paul Amberg, Outreach Librarian

The new big thing in genealogy or family history research is DNA. Well it's not so new anymore, but how many people truly know how to interpret or use their results? I think the library can help you with that. Every month, I host a genealogy program at the library. The next will be on January 4th at 2pm. Each month has a different theme and January's will be the use of DNA in genealogy.

When you see the commercials on TV, it seems to many like you spit in a tube or swab your cheek and several weeks later they send you your heritage and a family tree. You find out that the heritage turns out to be an estimate and there is no tree. You find out that if you really want to make use of your DNA results that you need to start building a tree yourself. Yet, the data doesn't necessarily make sense to you. Your nationalities didn't come back exactly the way you were expecting them to. You wonder why if your parents were both 50% German and 50% French, how did your results come back 65% German, 25% French and 10% Ashkenazi Jewish? Shouldn't you have been 50/50 as well, and where did the Ashkenazi Jewish come from? There are explanations for these questions, and that will be part of what I cover in January's genealogy presentation. I will walk you through what DNA is, what the

different types of DNA are and how it's passed on to you. We will discuss which test or sites might be best for you. We will talk about how to use your DNA results to help build your tree and much more.

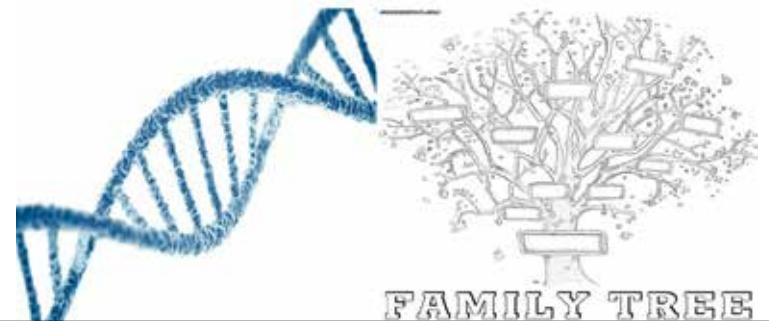
Also, the library will be holding its Winter Reading Program once again in 2020, beginning on January 6th and running through February 29th. Children, teens and adults are all invited to participate. There will then be a wrap-up party on March 6th from 3 to 5pm with cookies and hot cocoa for our guests to consume while eagerly waiting for the prize winners to be announced. Being leap year, you will even have an extra day to complete your reading! It's going to be cold out, so you might as well grab a good book and join in. It will still be cold out but at least you will have that good book to read.

The DAPL is always adding new materials and they are listed below. The list is a little lighter than usual because we migrated to a new program for cataloging and circulating. We should be back up to our normal pace by next month.

New titles added to the collection:

•**Adult Fiction:** Ellie and the Harpmaker by Hazel Prior; Gravity Is the Thing by Jaclyn Moriarty; The Lager Queen of Minnesota by J. Ryan Stradal; What the Wind Knows by Amy Harmon;

HOW DO I USE DNA WITH MY FAMILY TREE?



The Never Game by Jeffery Deaver; The Girl Behind the Red Rope by Ted Dekker and Rachelle Dekker

•**Adult Nonfiction:** The Last Stone; Trick Mirror: Reflections on Self-Delusion; Unfreedom of the Press

•**Adult DVDs:** Homeland: The Complete 7th Season; Criminal Minds: Season 14; True Detective: Season Three; The Biggest Little Farm; John Wick: Chapter 3 – Parabellum; Booksmart; The Dead Don't Die; Ma; Rocketman

•**Children's DVDs:** The Backyardigans: The Snow Fort; Avenger Dogs; Shimmer and Shine: Legend of the Dragon Treasure; LEGO Batman: Family Matters; Blaze and the Monster Machines: Ninja Blaze

•**Children's Easy Books:** Pete the Cat

and the perfect Pizza Party; I Got Next; Everyone Counts; Ball & Balloon; Bruce's Big Storm

•**Children's and Teens' Fiction:** Ashes by Laurie Halse Anderson; Messenger by Carol Lynch Williams; Black Enough: Stories of Being Young & Black in America; Unbroken: 13 Stories Starring Disabled Teens; The Real McCoys: Two's a Crowd by Matthew Swanson; Life According to Og the Frog by Betty Birney

•**Children's Nonfiction:** Spark Story Bible Psalm Book: Prayers and Poems for Kids; Dr. Seuss's Horse Museum; The Key from Spain: Flory Jagoda and Her Music; Mythologica: An Encyclopedia of Gods, Monsters and Mortals from Ancient Greece ■

WEST RIVER COMMUNITY CENTER

Meet our dietitian, Kailah Haag

Every day we see and hear countless bits of diet "advise" from various sources such as social media, family, friends, news and radio. We are also faced with countless choices on what to eat and when to eat. It quickly becomes difficult to distinguish what is to be trusted. This is where a Registered Dietitian Nutritionist can be a big help. A RDN is a health professional who has at least a Bachelor's of Science degree, has completed internship hours, and passed the qualifying registration exam. Dietitians are also required to stay up to date on current diet research and guidelines through continuing education.

Dietitians are often seen in the

healthcare setting, but can also benefit healthy people, not just those who are ill. Anyone looking to stay healthy can benefit from having their diet looked at or "tuned up." I work with clients who are already exercising, but have questions about their diet. It's nice to sit down and go over what the client is currently doing, and from there I can give suggestions on things to maximize the results they're looking for. Did you know that diet makes up about 75% of the weight loss/maintenance equation? So even if you're working hard in the gym to lose weight, or working to keep from gaining weight, you will have a hard time doing so if your diet isn't in check. As they say, "you can't

out run a bad diet". Diet and nutrition is not just about weight loss. Many clients just want to have someone look over their diet and see if there is anything that should be changed, or where they can add in some more nutrition and variety. I've helped people with things such as: Weight loss, digestive problems and allergies, pregnancy/breastfeeding nutrition, family meal planning, looking through different diets (i.e. Keto, Paleo, Whole 30, Vegan, etc.), training for athletic events, and of course helping with managing medical conditions such as diabetes, high blood pressure, high cholesterol, etc. A dietitian can help build these meal plans to achieve your



personal goals.

As you look forward to the New Year think about your overall health and wellbeing and make it a priority to look at your diet. There are multiple resources in our community that can help you get on the right track. ■

TRINITY CATHOLIC SCHOOLS

Trinity's commitment to life

By Kelli R. Schneider, Marketing Coordinator

The year 2010 was a first at Trinity High School. It marked the start of a now 10-year old Titan Tradition – taking high school students to the National March for Life in Washington, D.C. What started as a group of about 10-15 students in the early years of this pilgrimage has grown to a full bus of Titans (30-40 students) making the 24-hour trip to our nation's capitol every January.

This year, 2020, finds 39 students in grades 10 through 12 committed to the National March for Life Pilgrimage. For the first time in the history of the pilgrimage, 9th grade students are not able to go because the bus (with chaperones and students) is at capacity. Each year's pilgrimage has a similar itinerary. "Generally the pilgrimage is a six-day/five-night timeline. We spend a night on the bus on the way out and on the way back, then three nights in a hotel in the D.C. area," said Amanda Ellerkamp, March for Life Pilgrimage Coordinator and religion teacher at Trinity High School. Ellerkamp continued, "While we are in our nation's capital, in the days leading up to the National March for Life, we tour both religiously significant and historically



significant sites – the National Basilica of the Immaculate Conception, the Holocaust Museum, Arlington National Cemetery, and a few other places."

Part of the student experience of the National March for Life is participating in events surrounding the March. The night before the March for Life the students of Trinity, along with thousands

of young people from across the United States, attend the Life Is Very Good Conference/Rally on the campus of George Mason University, sponsored by the Diocese of Arlington. "The Life Is Very Good Rally is thousands of young people having fun, singing, laughing in that arena. And then they bring out Jesus, exposed in the Holy Eucharist and the whole arena falls on their knees in silence," said Ellerkamp. She added, "That whole experience gives me goosebumps each and every year. The faith of the young: it's amazing!"

Amanda Brusseau, senior at Trinity High School, is attending the National March for Life for the first time this year. "I'm really looking forward to this pilgrimage – to be a part of something and witness something bigger than myself. It's an opportunity to show support and solidarity with expectant mothers who don't want an abortion but don't know what else to do," said Brusseau.

The trip is a pilgrimage, not a vacation, so the schedule is fairly

rigorous: long days, short nights and lots of walking. Because it is a pilgrimage, however, students have daily Mass, multiple group prayer opportunities, and the opportunity for confession. What the National March for Life gives the students of Trinity is the fervent hope that our country can be a country of life. "Time and time again I have seen the Holy Spirit work in our students through this pilgrimage: conversions happen and lives are changed," said Ellerkamp. ■



National March for Life Pilgrims, representing Trinity High School, January 2019.

PIECE BY PIECE

Lessons to begin quilting

By Suzy Rummel

The year 2020 is here. Time for a fresh start, resolutions, winter to continue and quilting! I do sometimes love a good blizzard when everyone is safe and we can huddle down and work on projects. It seems like the craziness of the world stops for a moment when the wind is howling, snow is flying and I'm huddled in warm clothes and fuzzy socks drinking coffee and sewing.

Here are five lessons for beginning a quilt, swiped in part from the good ol' World Wide Web; with some of my own.

1. Nelson Mandela stated that "It always seems impossible until it is done". How true when you are beginning to quilt.

2. Don't get in a hurry and for sure don't let your sewing machine know you are. It will break a thread, get jammed up and become belligerent just because you want to get done fast.

3. Make sure you buy enough fabric to finish the quilt or project. It is so frustrating to run out of a certain fabric you need, and you can always use the extra to make something else.

4. Decide on how perfect it has to be and what you can live with. Don't let anyone else decide for you. If it is a little crooked and that is ok with you, then don't let anyone destroy that. Also if you are a perfectionist, realize that and do the best you can and remember practice.

5. Have FUN, which is what hobbies are supposed to be.

Suzy's Stash has classes and retreats – check out our website www.SuzysStash.com or our Facebook Page [facebook.com/stashsuzy/](https://www.facebook.com/stashsuzy/). ■



HEART RIVER GEMS

Brad and Brenda Fong

By Kaylee Garling

There are so many incredible people in our community, and this month is sure to please. We met Brad and Brenda Fong at Fisher Park last spring as our kids played together on the playground. They played just as hard as the kids and carried even better conversation. Then, fate crossed our paths again as we went to the CHI Charity Ball. There were a few people ahead of us in line for the pictures, and I remember whispering to my husband that they looked like such a fun couple, I would like to sit with them. The universe must have heard because our assigned seats were at the same table. Then, from the moment I stepped foot in their door to do this interview, I felt like family, coming home. Brad ushered my three-year-old to a box of Paw Patrol toys, while Brenda wrapped up a conversation with some contractors that are working on their home to create a three-season dining room so they will be able to carry on their tradition of Sunday dinners as a family comfortably. If you can't tell already, this is a couple who puts others before themselves, and very worthy as mentioning in this month's article of Heart River Gems.

Brad was born in Beach, ND, but his family moved to Dickinson when he was two years old. His father worked on a few different used car lots, and then, when Brad was about 11 years old, his dad started his own used car dealership, giving Brad the opportunity to grow up as a lot boy, learning the car business. He went off to college after graduating high school, but he wanted to work harder than just sitting in class. So, at 21, he dropped out of college and joined his dad on the lot again, after his father had the opportunity to buy the controlling interest of Parkway Ford. Brad and his dad worked side by side for 11 years before his dad passed away at the young age of 54. When asked what the greatest challenge has been in Brad's life, he says it was having his dad pass away so young. Brad was only 32 at the time when he took over the duties of his father's business, which was a lot of responsibility, not to mention a challenge, since most of the people he worked with were older than him, with lots of experience. Being who he is, Brad didn't give up. He took on the challenge, continuing his father's legacy through hard work. "I felt if I kept my nose clean and kept a good relationship with everyone we knew from Western ND, I could make the Ford dealership go.

So, I ran the dealership for 30 years." Of course, he doesn't credit the dealership as his greatest accomplishment; he says his kids are.

Brenda grew up with three brothers on a farm 18 miles north of Dickinson, where her older brother and she helped run the family farm. Milking cows, driving a tractor by herself at the age of 10, and being a hired hand without pay was the kind of life that was expected, but one that is now treasured. She went to school in a one-room schoolhouse where there were only 13 students. She was the only one in her class. She jokes that she was always the top of her class. "We rode the school bus to school 1 1/2 hours one way, then came home, milked cows, and did chores. We never were involved in sports or anything after school. Just good work ethic, good solid faith, which was number one in our life. Faith and family. Grew up with those type of roots. My family is really close. My grandma had everyone over for Sunday dinner after church, where we hung out with all our cousins. A pretty simple, humble life." She started high school at Trinity, where she had 120 students in her class, seven class periods, with seven separate classrooms, and seven different teachers. "I didn't sleep for the first two weeks," she says. After graduation, Brenda went into fashion merchandising. First, she worked at a few shops downtown, then three stores at the mall, before she met and married Brad.

Brenda tells of how she and Brad first met. "There was a party across the street from my apartment in a trailer. Both Brad and I went to it. They ran out of ice for the drinks, so I gave Brad and one of his friends the keys to my apartment and told them they could run over and get ice. Well, it took forever, and I started getting worried. When I got to my apartment, I found out what had taken them so long. My sofas, chairs, everything was upside down, with books and magazines spread across the floor. They saw how clean I was, and decided it needed a little mixing up. He called and apologized, took me out to dinner the next week, and that's how our love story began. We've been married for 39 years this next year." Not many people can say the same. It's a good thing they both have a good sense of humor. One thing they credit to their successful marriage is that since they are both leaders in their own way, they decide who is in charge of a project



they're doing, and that person leads while the other person supports the project. Wonderful advice!

After marriage, Brad worked long hours at the dealership, believing that if he worked harder than anyone else, it would be successful, while Brenda stayed at home with the kids, raising them to be the wonderful people they are, contributing to the community in numerous ways. Brad sold the Parkway Ford dealership just two years ago and has helped the transition of the company to the new owners with much hope of success. Though life probably has slowed down for them, they keep active by participating in several community activities. Brad says, "I am one of the lucky guys, that when I go golfing, I get to take my wife with me, because she also enjoys it. We do a lot of scramble tournaments in the summer. I follow sports. I like the Twins, but I love the Yankees. If I get to watch a Yankees game, then I'm good. I still like to compete, so golfing with a handicap is something I enjoy. A friend of mine asked me to join the bowling league. So now, on Monday mornings, I go bowling. If you would've said to me 3-4 years ago I would be spending my Monday mornings bowling, I would've dropped over dead, but I do, and I like it."

Brenda enjoys sports for the social

aspect. "When our son played baseball, he would always ask me if I saw the double or home run he made, and I would tell him yes, and he would tease me that I didn't, because he didn't make them, tell me I was too busy talking. And I was." She laughs at herself. "The only thing athletic that I really like is exercising. I've been a runner since I was 18, so that's going on 47 years now. I run 3 miles most days. I go to the community center 2 two days a week and take classes there. It's such a great place, because you have this group of women you exercise with, and after class, you sit down and have coffee with them." There's the social aspect again. "I'm a jack of all trades, master of none. I like gardening, sewing, crocheting, knitting, painting, singing, decorating, finding ideas on Pinterest, then doing them. Right now, I knit and crochet baby hats for the hospital."

Brad and Brenda have four kids, and in January, nine grandkids. They dream of staying in Dickinson for the rest of their lives, in their home, as long as their good health sustains them. I am so glad to have met them, and hope you've enjoyed getting to know them a little better as well. If you bump into them at the park with your kids, you'll leave as friends, which is why this community is such a special place to live. Because of people like the Fong family. ■

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CONVENTION AND VISITORS BUREAU

Downtown Plazas – Main Street Squares

Roger Brooks has assessed and assisted many communities revitalizing their downtown districts across the nation. A few years ago, he was contracted to review and provide a comprehensive downtown development plan for Rapid City, SD.

What he learned was that visitors would typically spend the night in Rapid City, get up early, and head out to these attractions. When they returned in the evening, downtown was mostly closed, so visitors headed back to their hotels or on to their next road trip destination.

Roger gave three statistics that helped chart a new course to a “downtown plan.”

1. The number one activity of visitors, in the world – not the reason they come, but the top activity once they arrive – is shopping, dining and entertainment in a pedestrian-friendly setting. In fact, this is where eighty percent of non-lodging visitor spending takes place.

2. Seventy-percent of all retail (bricks-and-mortar) spending takes place after 6:00 pm. With tourism, people want to spend the night where there’s life and activity after they return from a day recreating in the area.

3. If locals aren’t hanging out in your downtown, neither will visitors. They go where you go.

At the top of the recommendations list was the conversion of a 65-space (one-acre) parking lot in the center of downtown to a year-round public plaza

to be programmed with at least 250 days of activity each year.

The bottom line: Where people spend time, consistently, retailers will follow. Think back a couple of generations: When people moved to the suburbs, the retail went with them in the form of suburban malls. And downtowns began a generation of declining vibrancy and increasing vacancies.

Recently Main Street Square, in the heart of downtown Rapid City, is now a reality. Young families began returning to Rapid City. Downtown became THE place to spend time. In fact, Summer Nights, every Thursday during the summer months, sees nearly 13,000 people downtown. Main Street Square’s ice rink operates 90 days a year, and the splash pad another 120 days. When you add the concerts and entertainment, vendors, Movies on the Square every Monday night (average attendance of 3,500), all this action and entertainment adds up to at least 250 days of “activity” downtown.

Make your downtown the community’s living room – the place your residents want to spend their leisure time, gathering with friends and family, having fun, eating, being active and entertained – and you are bringing your downtown to life. Merchants will open new shops and restaurants because the people are there. This is “Place Making,” and it is the lifeblood that makes YOU the destination of choice, as a place to live, invest in, and visit. ■



YOUR HEALTH

Make 2020 the Year of Change

By Steve Irsfeld



It’s hard to believe 2020 is here. There are so many things to be thankful for from health and wellness to family and friends. Being grateful and expressing that feeling can be helpful to sustain our health. A positive attitude had been proven to increase your chance of surviving certain illnesses. Here are some ways to make that happen:

- **Journal** – Buy a nice leather bound journal and just write. If you don’t want to deal with knowing where your journal is, there are many apps that are free or have a small fee that you can utilize on your computer. Write at the beginning or the end of the day about the positive things that happened in your day. I don’t do a good job of this, but often think of the articles I write as part of my journaling.

- **Prayer/meditation** – Spend some time being still and quiet. This is a great way to start your day.

- **Be Positive** – One of the things that I like to say when people ask how I am doing is “never better”. A colleague of mine actually calls me Never Better because of this. It usually stops people in their tracks and leads to great conversations.

- **Celebrate Success** – Being positive about our achievements in 2019 is something we don’t want to forget. We tend to beat ourselves up about the things we haven’t done vs. celebrating the successes we have accomplished.

Many people begin the New Year with losing weight as a goal. The holidays can be a little rough in the area of weight gain, I know personally that I have added a few pounds, and I’m pretty sure it is not all muscle. Here are some areas to look into if you are struggling shedding weight in 2020:

- **Diet** – Adequate fiber, lean protein,

healthy low glycemic sugar and carbs, good fats, plenty of clean water

- **Lifestyle** – 6-8 hours of quality sleep, appropriate exercise, manage stress, don’t be sedentary

- **Hormone Balance** – Is your thyroid and other hormones working optimally – checking the following labs (free T3, Free T4, TSH, antibodies, TSH), sex hormones (progesterone, estrogen, testosterone), Adrenal hormones (cortisol, DHEA), Leptin, Insulin – hormones out of balance can make weight loss extremely difficult

- **States of Health** – looking for inflammation, food allergies/intolerances, toxins, yeast, insulin resistance, medications

The last thing would be to consider starting a supplement regimen to fill in the gaps of nutrients that you do not get in your diet. Our Fab 5 foundational protocol consists of Vitamin D, Multivitamin, Omega 3 Fish Oil, Probiotic and Fruits and Greens. This is the foundation of building a stronger, healthier body.

The question I like to ask patients is this, “If you change nothing in your life, where do you see yourself in 20 years?” Often times the answer is not something they want to hear. The things we do today, set us up for the next 20 years and beyond. Strengthening your foundation is just one of the keys to helping you enjoy your next 20 years.

Stop by or call the pharmacy to schedule a consultation, we would love to help you work towards optimal health in 2020. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

MISS BEA'S KITCHEN

10 tips every cook should know

By Laura Beth Walters

HAPPY NEW YEAR! Are you one to make New Year's resolutions? If so, I hope that spending even more time in the kitchen is numbered amongst them...I know that's a goal of mine this year. I want to do more baking and experiment more with healthier recipes as well as stepping up my game when it comes to hosting. If your house is like ours has been the last few months, then maybe you're feeling this way too. We get so busy during the holidays going here and there for parties, concerts, and 17,000



different family Christmases that our own kitchen now seems like a stranger! This is a sad day!

Whether you've not spent enough time in your kitchen to build a relationship with anything other than your microwave, or if you've taken an extended leave of absence from your kitchen the last two months, I hope these tips will be a help to you.

1. Read the recipe through at least twice before cooking. I know, I know. This seems silly. But who hasn't skimmed a recipe and just started cooking, only to realize you don't have the right pan or there's an ingredient mentioned in the directions that wasn't listed in the ingredients. It happens! Read the thing at least twice before you start.

2. Prep & organize before you start. I don't always follow this step very well but when I do, it sure does make cooking

go a lot smoother. Before heating the pan or melting the butter or anything else even happens, you should dice those onions, mince that garlic, do all the things necessary so that every ingredient is lined up on your counter and ready to go. This step is especially helpful if you're not so great with time management. Now, go easy on yourself. You may forget to prep something or not get something out of the fridge beforehand, etc. but it's not the end of the world. I'm one of those cooks

who likes the kitchen to remain relatively clean during the entire process, so I tend to leave dairy and sauces in the fridge until I need them. Also, if you've cooked a particular recipe several times you may be able to relax a bit and do some of the dicing and prepping during the cooking process if you know you'll have a break.

3. Don't overcrowd your pan or baking dish. Food releases moisture as it cooks. If you overcrowd a pan, your food will end up steaming rather than browning. And we've all seen the amateur baking shows where the pans overflow, right? Just don't overfill the pans and do space out your cookies. Okay. Moving along.

4. Turn your pan handles to the side. Pretty self-explanatory, but you want to be sure your handles aren't sticking out toward you while you cook. In a hurry, it's easy to knock a pan off the stove if

you accidentally catch a handle on the way by. Especially if you have kids, this tip is important! We don't want anyone getting burned!

5. Purchase fresh, quality ingredients. I'm all for saving a few dollars, but when it comes to meat and produce you should look for better quality. I try to buy organic meats and when the farmers market is in town (and I remember that it's in town), I like to go there for my peppers and such. Even if you can't afford the most expensive options, try to go somewhere in the middle. You will notice a difference in the flavor, I promise you!

6. Don't leave the kitchen. Okay, this is one that I sometimes struggle with. Unless you've made a recipe before and know exactly how it's going to cook, try not to go switch that load of laundry and no commercial cooking. You know what I mean. You watch your show and jump up to check on dinner when the commercials come on? Stop it. You'll burn dinner nine times out of ten!

7. Don't put food in a cold pan. I know this is tempting, especially if you're doing all the prep before turning the stove on. But you can wait a minute or two while the pan heats. You won't die of starvation, I promise. When you put meat directly into a cold pan it will continue to release moisture as the pan heats up and will result in dry, tough meat. Why? Because it will take longer for the meat to sear and you will lose all the moisture from the meat long before it gets to that point.

8. Rest meat after cooking. This is an important step and I'll tell you why. When you cook, the moisture in the meat moves to the outer edges (remember talking about this?). If the pan is hot and you get a good sear on the meat, then you need to let the meat rest so the juices can saturate the center as well as the edges. I won't bore you with the science, but that's the gist of it. Steaks should

rest 3-5 minutes, roasts 10-20 minutes, and things like turkey can rest up to 45 minutes and still be piping hot when you carve into them. Long story short, if you don't like dry meat, LET IT REST!

9. Salt your pasta water. Mario Batali says you should salt your water "until it tastes like the sea." I don't generally put in quite that much salt, but I do agree with him. Most of the salt will go down the drain with the water, so no worries there, but it does give the pasta a great flavor. Also, don't put oil in the water! Oil will make the pasta slimy and your sauce won't stick to it. Nobody likes dry noodles! Unless you're making mac and cheese, I wouldn't recommend rinsing your pasta either. Rinsing the pasta makes it get cold faster and can also hinder the sauce from sticking to the pasta.

10. Cooking is not the time for improv! If you're a beginner, just follow the recipe. Nothing fancy. Nothing creative. Just don't. Following recipes will give you a better understanding of how ingredients work together and what each of them brings to a dish. Once you're more familiar with your spices and various ingredients, then you can have more freedom to substitute ingredients or add new ingredients to your dish.

Note: DO NOT IMPROVISE ON BAKING! Baking is an exact science and unless you're an experienced baker you should not try to be creative. Trust me.

In all of this, just remember to roll with the punches. Nothing will ever go perfectly the first time around and that's okay. If you're in the kitchen and trying, you will learn... whether from the masters or from your own mistakes.

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

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PIPER'S PALS

Pet Name Match

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

- A: Luna (#___)
- B: Fendi (#___)
- C: Bailey (#___)
- D: Bentley (#___)
- E: Patchouli (#___)
- F: Boone (#___)

(Answers in our February issue!)

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

Last month's answers:

- A: #5 Daisy
- B: #4 Lamont
- C: #6 Ernie
- D: #1 Tinker
- E: #2 Barkley
- F: #3 Candy



#1



#2



#3



#4



#5



#6

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COMMUNITY
Malanka / Маланка

Malanka, sponsored by the Ukrainian Cultural Institute, will be celebrated Saturday, Jan. 11, 2020 at the Phat Fish Brewing Co., 1031 W. Villard St., Dickinson, ND. Social hour starts at 4:00pm, with the evening meal served at 5:00pm. The meal is \$15.00 for adults and \$7.00 for 12 years and younger.

There will be good food and fun for the whole family with special activities for kids and the young at heart who wish to participate, an essay contest about Ukraine and traditions, and also a wide variety of beautiful gift baskets for all ages to bid on at the silent auction.

What is Malanka? Malanka is the Ukrainian folk holiday celebrated on January 13th, which is New Year's Eve in accordance with the Julian calendar. Malanka commemorates the feast day of St. Melania. On this night in Ukraine, carolers traditionally went from house to house playing pranks or acting out a small play (similar to "Vertep"), with a bachelor dressed in women's clothing leading the troop. Malanka caps off the festivities of the Christmas holidays, and is often the last opportunity for partying before the solemn period of Lent which precedes Easter.

But like many Ukrainian traditions, they existed long before the adoption of Christianity in 988 where Malanka was a mythical figure. The celebration of Malanka symbolizes the beginning of Spring being released from captivity and on her arrival, bringing the flowers and greenery to life again. This tale is clearly similar to that of Persephone in Greek mythology who was the daughter of Zeus and Demeter. In Latin, she was known as Proserpina. The story may indicate a cultural link between ancient Greek civilization and ancient Ukraine,



since Greek colonies flourished on the Black Sea coast 2,500 years ago. In North America, it is traditional for Ukrainian organizations such as business and professional clubs to celebrate Malanka with a banquet and a dance.

Since immigrating to southwestern North Dakota in the late 1800s to the early 1900s, the Ukrainian immigrants continued this tradition in one way or other. UCI has sponsored Malanka since 1981 for the community, and even though the ND Malanka celebration has been scaled back over the years, it is still celebrated. You don't have to be of Ukrainian descent to join in the fun of Malanka; all are welcomed.

When making plans for our Malanka celebration, the board of directors considered that many lived in the Dickinson area and are unable to make the drive to Belfield when the roads are bad, not to mention that the NFL playoffs are held on Sundays! So, it was decided to approach the new Phat Fish Brewing Company. We are excited to hold our Malanka celebration on Saturday evening in a venue with a party atmosphere - in proper style for a New Year celebration! ■

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OUT AND ABOUT

Our Town

By Laura Beth Walters

We are just emerging from another Hallmark movie season. You know the ones I'm talking about. The movies where the big city girl (or guy) leaves everything they've ever known to move to Smalltown, USA... and they absolutely hate it. After a while however, they come to see the charm of the place, meet some amazing people who change the way they see the world, and they fall in love with the only other single person in town under 40. We all know how the movie ends, yet we watch it anyway because we all love a happy ending.

Whether we realize it or not, each of us are currently playing a role in a Hallmark movie of our own, and Dickinson is the setting. Perhaps you're a newcomer (like me) struggling to find your place here and missing the "big city" thrills and attractions, or maybe you're a local in this particular movie whose part it is to welcome the newcomers and show us why you love Dickinson. Whatever part you're playing, I hope you realize how important you are to this community.

Dickinson may not be Smalltown, USA but it is smallish, and many of our locals are connected to each other either by blood or shared history. You may have been born here but others have moved here for work, to find love, for a fresh start, or for any variety of reasons. Regardless of how or why we have all come to be here together though, it's easy for any of us to feel isolated and lonely at times. In this series of articles, I would like to share ways that each of us can be involved in our community to make it a better place, to make others feel welcome, and to encourage a sense of belonging and pride in both the "born-n-breds" and the "new-in-towns".

As I started researching for this article, I was surprised that many local leaders and organizers aren't aware of all that Dickinson has to offer, and those who are more involved are people who have uprooted their lives to come here. When you grow up in a place, you tend to always do what you've always done and as generations before you have always done. There isn't necessarily anything wrong with that, but if we want to see our community grow then we have to be open to trying new things and meeting new people. Outsiders are NOT the enemy - WE COME IN PEACE!

JOIN A GROUP/CLUB

One thing I noticed right away after



moving here was how disconnected I felt. I was newly married, worked from home, and more often than not was home without a car so it was a big challenge figuring out how to meet people and create local friendships. Somewhere along the way, I was added to a Facebook group specifically for women who had moved to the Western Edge and were looking to make new friends. I decided to reach out through that page and posted a brief paragraph about myself including interests, faith, etc. I wasn't expecting anything to come of it but received a response almost immediately! This lady had moved to Dickinson from Oklahoma a few years earlier, also worked from home, and was finding herself feeling isolated and alone just like me. We chatted a bit through Facebook before setting up to meet for coffee (you gotta be smart - make sure the other person isn't a creeper) and once we met face to face we each knew we had found a kindred spirit. That was over a year ago and still to this day we get together often for long coffee dates. At the time, I felt kind of silly writing that post. But I am so glad I pushed myself outside my comfort zone and admitted that I wasn't "fine".

I'm no longer a part of that group but there are other groups here in town that would be a great place to start!

1. Dickinson Fit Moms - This is a group for women only and is a place for moms of all varieties (pregnant, postpartum, empty-nesters, grandmothers, etc) to come together and encourage health and community. They host free workout opportunities, monthly challenges, moms' night out events, and more.

For more information, find them on Facebook: DickinsonFitMoms

2. Dickinson State University Rodeo Council - This fun group is responsible for the annual "Cowboys & Candlelight" dinner coming up February 22nd at the

Ramada. They meet once a month at the DSU Heritage Foundation and work to support the DSU rodeo team through fundraising. Most of the funds raised will go toward scholarships but also help to provide the team shirts and other gear requested by the rodeo team throughout the year.

For more information, find them on Facebook: DSURodeoCouncil

Other great options for groups to check out would be the public library and the Dickinson Museum Center. The Museum Center has their 4th annual Mystery Dinner coming up January 18th as well as the Community Art Show in February. Everyone is invited to submit photos for the show; the deadline for entries is January 24th. Through the library, you can even check out everything you'd need to start your own book club (please invite me!). You can find out more about library events here: www.dickinsonlibrary.org, and more about events at the Museum Center here: www.dickinsonmuseumcenter.com or on Facebook: [dickinsonmuseumcenter](https://www.facebook.com/dickinsonmuseumcenter).

VOLUNTEER

Speaking of the Museum Center, this is a fantastic place to volunteer some of your time. If you have any interest in paleontology or history at all, the staff at the museum would love to talk to you about working together and sharing their passion and knowledge in these areas with you.

1. Dickinson Museum Center

a. Paleo Lab - In the lab, community members can be trained in preparing specimens and help with exhibit developments. Yes, that means working with ACTUAL DINOSAUR BONES! It's pretty cool. In the summer there are even opportunities to volunteer for field work!

b. History - Volunteers will help with cataloging, organizing, and conserving pieces of North Dakota history for generations to come.

c. Pioneer Machinery Building - During the summer months, volunteers are needed to man the Pioneer Machinery Building in order to keep it open to the public whenever the rest of the museum is open. If you have an interest in agriculture, this might be a good fit for you.

d. Photo Project - The Dickinson Museum Center is involved in an ongoing project to scan and preserve historical photos of the region. This is an incredible undertaking and they are always looking for people interested in local history who would be willing to help with this.

Other areas of volunteering: Security desk, maintenance, tour guides, special events, and educational services. For more information, visit their website and click the "Volunteer" tab: www.dickinsonmuseumcenter.com. You can also contact the museum with any questions regarding these and other opportunities.

2. House of Manna - I think many of us are familiar with House of Manna but did you know they are always looking for volunteers to work with their donations and with clients? House of Manna is also currently searching for individuals who may be interested in being on their Board of Directors. The board meets just once every six weeks for about an hour, so if you are looking for a way to get involved but don't have much time this may be a great fit for you!

For more information, visit their website: www.homnd.org

I can't even begin to cover all the volunteering opportunities in our community in one short article, so please be patient with me. These are just two options. In the coming months, I plan to share many more opportunities for community involvement whether it's volunteering, organizing, joining, supporting, creating, or just plain enjoying what our town has to offer. I hope this series of articles will inspire you to make a place for yourself here in Dickinson and perhaps even fan the flame of love for our community buried deep inside every one of us. The biggest hope I have in writing though is that I can somehow help bridge the gap between the locals and newcomers. Community shouldn't be based on each person's place of origin. Each of our experiences make us who we are as individuals, and who we are individually makes us who we are as a community. Let's build each other up and create a stronger, more unified community. ■

FEATURE STORY

Meet Kat Perkins

By Kaylee Garling

Kat Perkins grew up in Scranton, North Dakota surrounded by a family of musicians and quickly knew at a young age that performing is what she wanted to make her life career. After seeking as many opportunities as she could, including spending several summers as a main act on the Medora Musical stage, Kat followed her undeniable drive and passion for performing and moved to Minneapolis, Minnesota to pursue music on a more professional scale. She quickly gained the attention of the local Twin Cities music scene by taking stages in the several projects and bands she formed over the years. The most successful being her rock band, Scarlet Haze, which went to open for Bon Jovi, amongst working with some of the music industry's most

for the troops overseas, sold out venues across America with a variety of themed performances and tours, and began going into schools to speak to students about following their dreams, living a Fearless life, and making a positive impact on the world. The praise Kat received from these presentations even led her to begin a nonprofit foundation, The Rising Star Foundation, providing scholarships and opportunity for aspiring musicians while also giving back to the local community.

Kat Perkins is coming to town this month, performing at Trinity High School for Mardi Gras on January 24 (see ad on back cover). We had a chance to sneak onto her schedule when she performed her North Country Christmas concert in Killdeer, getting to find out how neat a person she is, both inside and out. Read

on for an inside look of this famous artist who comes from humble roots, right here in our very own North Dakota, as told in her own words.

Growing up in Scranton was so very special, intimate, and fun. Since I've been singing most of my life, I got to entertain at talent shows, and because my dad was the music teacher, he would bring me on stage for the recitals. I have a very special family bond, as well as friends I grew up with, whom are lifelong friends. Scranton is a huge part of my life and my heart. I love big city life for the opportunity I get to have as a performer, but I prefer small town living, not



well-known acts.

After a hiatus from performing due to vocal surgery, Kat made a musical comeback in 2014 by auditioning and appearing on season 6 of NBC's The Voice. Kat turned 3 chairs during her blind audition, charted in the top 5 on iTunes several times with her stand-out performances on the show, and sailed to the finals with help from her coach, Adam Levine. Being on The Voice brought new platforms of success and opportunities Kat's way. She's since gone on an average of two military tours per year to perform

having to navigate traffic and things like that.

I have a very small family. It's just me, my sister, and my parents. But in Scranton, I had both sets of grandparents, which made it very enjoyable as a kid. I have been performing since I was 5 years old, in kindergarten. I remember being terrified, but also wanting to do it over and over again. I had been to the Medora Musical since I was in the womb, and by the time I was a junior in high school, I figured out how to audition for the show. When I was a senior, I got cast at 18 years



old, then was in it for 5 years after that.

Every single summer, I would wield my schedule, school, and life, around the musical. Medora is one of my favorite places in North Dakota. Obviously, it's very beautiful and popular. The park, the surroundings, and the people were so nice. In the summer when you're a Burning Hills singer, you get to meet a lot of people that come through the town from different states and different towns in North Dakota. It was magical living there.

One of my best memories after The Voice revolves around my Christmas show. I love performing for the holidays and hearing stories. It's a time of year where families come together, so I get to unite families over music, which is one of the most beautiful things as a singer and performer, bringing people together and having a great time. I also perform for the troops usually around three to four times a year, going over to the Middle East and visiting our soldiers, which is one of the best things I do all year long.

Being on The Voice was such a huge deal and really catapulted me to another level, but what I learned after coming off the show was to still knock on the doors. Still hustle and work hard to make things happen in my life. Once I had The Voice on my resume, it did make it easier for those doors to open, but I stay grounded by keeping myself around family, friends, fellow band members, people who I love and keep me humble through it all, and people who give back to their community, which is really important to me.

I've release five albums since The Voice. Three of them are Christmas, because I love that time of year. I am working on a new album as we speak, which should be released in March of this coming year, so that's something to look forward to. My favorite song is probably Fearless. I released it coming right off the show, The Voice. I wanted it to capture what I felt growing up, going through the show, and it just really does that. One of the greatest lines in the song is, "What would you do if you weren't afraid?" It's a



Continued next page

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Got Talent, American Idol, and Broadway. It helps cover expenses of plane tickets, hotels, basically any expenses they might have while auditioning.

The motivation behind Rising Star foundation was, growing up in a blue-collar family, where my dad was a teacher and my mom a house cleaner, there wasn't a lot of money available for performing or education. We didn't have the means for me to go to every camp or study under musicians. Once I had a new platform from The Voice, I had a chance to make that possible for kids. Many scholarships are based on grade point average. We don't look at that. We look at what you've done in your community, musical

huge question everyone should be asking themselves every single day, to make themselves happy, and find success.

Life in general keeps me humble. Being in the music industry is not easy. It doesn't matter if you've won The Voice or if you get a record deal, there are still things that are very difficult. Every day is pretty humbling when the van breaks down, or we have to spend the night sleeping in the van or a car, or we have these long drives and people get really tired, so that keeps it real. Whenever I need a kick in the pants, I surround myself with kids. Kids in my family, kids I used to nanny, and remind myself of what really matters in life. It's about these kids, family, friends, and having a good time.

I had no idea what I was doing when we started to set up the Rising Star Foundation. I just thought the most important thing I could do was offer scholarships to kids. We have three different scholarships: one is for kids who want to go to college (2 or 4 year) conventional or non-conventional; another for kids who want to go to music camp (doesn't matter what camp, even though I have my own camp in Medora every summer); and the third one, called the Kat Perkins Scholarship, is really near and dear to my heart because it is for kids or adults who want to audition for programs like The Voice, America's

merit, all the things you've performed in, we have you sing for us, and if you have the financial need, we aren't worried about what grades you get. It's based on what my experience was, and what benefits the kids in the industry. Last year, we set out to do 15 scholarships, and we gave away 27. We almost doubled our goal. We have given away around 50 scholarships, just in the last two years of having the foundation. We did our first fundraiser last year, had 150 people show up, all donate, so there are a lot of people interested in what my premise is and how I can foster this talent I find all across the United States.

The most important person in my life is my dad. I give him a ton of credit for my success. He taught music for 40 years in Scranton, he introduced me to music, played records for me and my sister. It's why I know bands like Fleetwood Mac, Journey, Van Halen, and Peter Paul and Mary. He was a huge part of my success and drive. He was in a band, so I got to see what it was like, working hard, wanting to perform well, being nice and kind, making connections, and just being a huge mentor. He's definitely my hero.

The best advice I can give any young singer is to just keep going. Tomorrow is a new day. If you keep working hard,

you will reap the benefit of it. And start giving. See what happens when you start giving, because I promise you, it will come back to you tenfold.

Harold Schaffer is such a huge inspiration in my life. I got to meet him when I was a senior in high school. Medora is founded around him and his family. One of my favorite quotes is his: "Do the best you can, with what you have, where you are." It literally has changed my life living by that motto. No two days are the same. You literally have to roll with what you have.

Writing a song is my greatest achievement. It is very difficult, but it's been my outlet since I was about 15 years old. Anytime you can connect words, create lyrics, it's an achievement. Along with still singing and song writing, I am amping up my public speaking. I've been working with elementary kids, high

school kids, and now I'm working with the corporate world. I dabbled in it this year, but now it's really coming about. I am also publishing my first book. I got my first deal a few weeks ago and will be working on it super hard in the new year. Hopefully we will see it within a few months of the new year. It's a big deal. I never thought it would happen to me, and it just kind of came out of nowhere, but I was really open to it. The entire publishing company is out of Minnesota, women-owned, and it's a one-stop shop, where they edit and publish. It's going to be a mix between a memoir and a guide to living fearlessly, based on my song, and the motivational speaking I've been doing for the last two years.

For more information, look online for Kat Perkins Music. Check out our websites: katperkins.com and risingstarfoundation.org. ■

Dear friends:

It is an honor to welcome you to the 56th Annual Trinity Mardi Gras being held January 24-26 at Trinity Junior High and High School. When I think of the Mardi Gras many things come to my mind, and at the top of the list, is a real spirit of community and thanksgiving.



Hundreds of people from the community and the region come out to support this great family event. Without so many people giving of their time and talent this weekend would not be possible. Please know of my gratitude and appreciation to all of the volunteers as well as everyone who comes up to Trinity to enjoy a great meal, take in some national entertainment, play bingo or enjoy the many midway games.

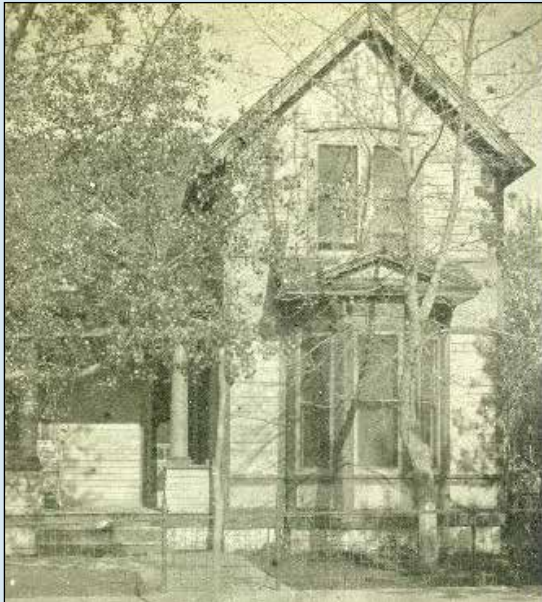
We extend a warm welcome to all who enter our doors and we hope that you truly enjoy the weekend. The Mardi Gras is a great testament to what the Trinity Catholic Schools are all about. The spirit of hospitality, camaraderie and teamwork are never more present than at the Mardi Gras.

The continued success of the Mardi Gras allows the Trinity Catholic Schools to offer a quality Christ-centered education at an affordable cost. Please know how much your support is appreciated. I look forward to seeing you at the 56th Annual Mardi Gras!

In Christ,

Steve Glasser

President, Trinity Catholic Schools



The H.L. Dickinson House on Sims Street. Purchased from Alphonso Hilliard in 1891. Substantially enlarged in 1909, it is possible that this structure was one of the 'cottages' constructed by the Dickinson Syndicate.

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Stark County Bank advertisement from the *Dickinson Press* in 1889, after Hilliard bought out Whitley.

THEN... and NOW: The Dickinson syndicate – early movers and shakers

By Bob Furhman

As frontiers opened for settlement in the late 19th Century individuals of vision and daring made their way to the new territories seeking to make or grow their fortunes. The romantic idea of such folks conjures visions of rugged frontiersmen, hardy pioneers or rough and tumble work gangs laying rails and driving spikes as the railroads drove relentlessly (well, except during financial panics) westward – all ready and willing to make their mark by the sweat of their own labor.

But along with those people were folks of some means (and an entrepreneurial spirit) who seemed to thrive on the idea of making money work and grow by their willingness to risk a fortune to make a fortune – what we might call movers and shakers. One of the earliest such efforts in the new town of Dickinson was a small group of fellows, commonly referred to as the 'Dickinson Syndicate,' who helped grow the town as they grew their own fortunes.

The roots of the Dickinson Syndicate were firmly set in Dickinson's first financial institution, the Stark County Bank (just the second bank west of the Missouri River) which was founded in 1886 by Hobart Whitley and Alphonso Hilliard. Whitley and Hilliard probably met in Bismarck about 1884 where the former was partner in several businesses – a wholesale grocery, a building syndicate, a mutual life insurance company, the Bismarck

National Bank (and other banks) – and many other ventures, all while being active in real estate speculation, a field in which Whitley excelled.

Hobart Whitley was born in Toronto, Canada in 1847 (sources vary), and immigrated with his family to Flint, Michigan at a young age. He attended Toronto Business College and, after his parents were killed in a train/buggy accident in 1865 he used his inheritance to travel to Chicago to get started in business, owning a hardware and candy store and eventually investing in the Chicago Rock Island Railroad. He also worked for the railroad as a town site agent working out of Kansas City and Minneapolis. A biography of Whitley reports that he helped develop over 100 towns during his time working for the railroads, experience which would serve him well throughout his career.

Alphonso Hilliard was a Vermont native who attended Troy Conference Academy (forerunner of Green Mountain College) before heading west to make his fortune in the early 1880s. Details of his pre-Dickinson days are somewhat scarce but he is mentioned in the Bismarck Weekly Tribune as being involved, along with Whitley, in land development in McIntosh County.

Hilliard's arrival in Dickinson isn't reported in the local paper, however, in February 1886 the Dickinson Press reported, "Mr. H.J. Whitley, president of the bank of Ellendale, is here for the purpose of engaging in the same

business. He is a man of considerable means, a firm believer in Dakota and one of her best workers." We know from the Press and the Bismarck Weekly Tribune that Whitley was back and forth to the Missouri Slope several times in 1886 but no mention of the original location of the Stark County Bank is carried, even when a large advertisement appears in April 1887. However, that same issue of the Press announced the formation of the Dickinson Syndicate, a building association.

The Syndicate consisted of Whitley and Hilliard (respectively President and Cashier of the Stark County Bank), Horace L. Dickinson (cousin to town site developer Wells Dickinson) and Nelson C. Lawrence (Stark County's first Register of Deeds). They initially planned to erect two "neat and attractive cottages on Sims Street...to be of the modern style, two stories high, with five rooms in the first and three in the second story, a bay window and veranda in front." This announcement was welcomed by townspeople as housing in the new community was in short supply and Whitley's previous involvement with the development of the Prospect Heights neighborhood in Bismarck gave expectation of well-made homes. The announcement also noted that the Syndicate intended to erect other buildings in the coming summer.

A week later lumber and foundation stone were delivered and excavation

underway. "The cry all of the past winter has been for more houses, however, this was better than to have half the buildings in town vacant and indicates a degree of prosperity which many other towns would be pleased to boast of." In May plans for more cottages, possibly on Barnes or Clough streets (1st Avenues East and West) were announced along with additional Syndicate investors: John J. Freeman (Northern Pacific Railway Station Agent and later a druggist); Frank Green (Superintendent of the Missouri Division of the NPR) and; William Ray (Roadmaster for the Missouri Division). Syndicate capital was reported as \$50,000 (\$1,345,000 today). Shortly thereafter Whitley's arrival with his wife was announced, including mention of plans to occupy one of the cottages; by June Hilliard was reportedly building his own cottage and thinking of marriage.

No details on the Barnes and Clough Street plans emerged but two more Sims Street cottages were announced and the original two completed – the second being occupied by Syndicate member Lawrence. A Press item in October 1887 reported the purchase of 25 town lots the previous summer, however, deed books do not list transactions by the 'Dickinson Syndicate,' the purchases possibly being made by individual members. In November plans were announced for a brick business block at the NW corner of Villard and Barnes

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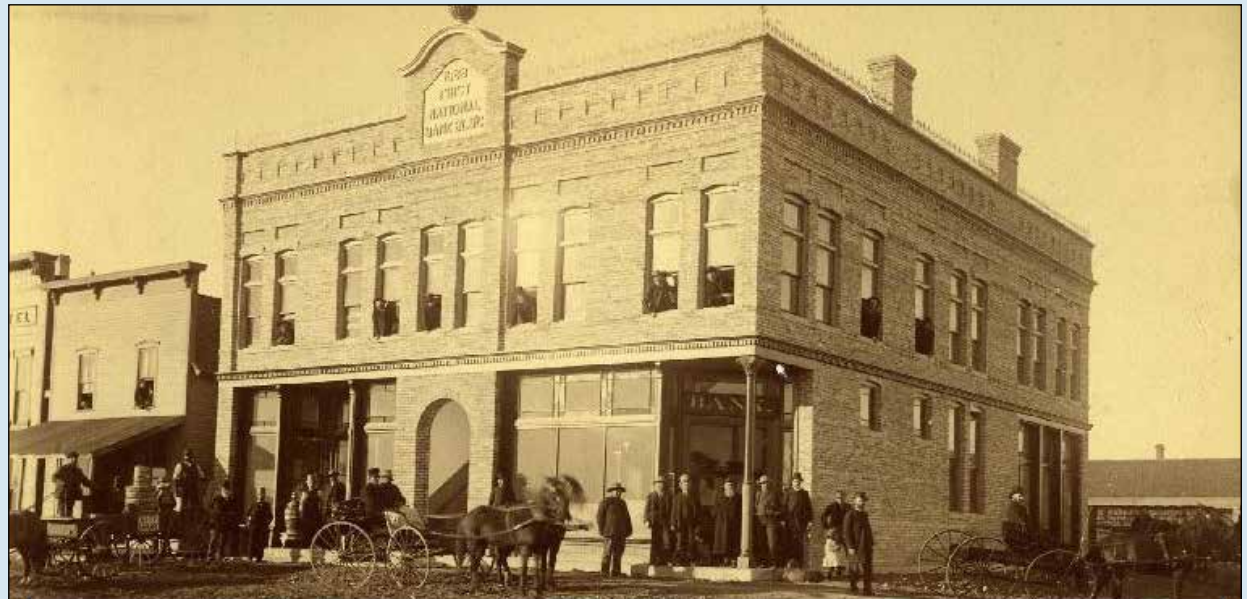
(1st Ave. W) to house the Stark County Bank with retail space and second floor offices.

In May 1888 Whitley and H. L. Dickinson traveled to the Twin Cities to consult architect James Price and sign contracts with Barnett & Record for the construction of the bank and four cottages. Details on the structures were carried in the May 26th Press; the cottages would be on Sims, of two stories and six rooms with excavation work already underway.

The cottages were finished before August with three NPR employees closing deals by the end of July. The Bank finished in fall, with Fowler's Hardware occupying a retail space on Villard and a second storefront located on Barnes. Mention of the Syndicate then disappeared from the Press although its members appeared in social notices - Hilliard and Dickinson both married (the latter to N.C. Lawrence's sister) in late fall. After a leisurely honeymoon Mr. & Mrs. Hilliard arrived in Dickinson at the end of 1888, staying at the Whitley cottage as that couple traveled to Minneapolis to visit before Hobart headed off to the West Coast with William Ray "to look up a location" - it seems Whitley was desirous of new challenges.

Concurrent to Whitley's trip it was announced that Alphonso Hilliard had bought out his bank partner and assumed the presidency. By May it was clear that Whitley had moved on, living for a time in Minneapolis and then heavily involved in the development of Guthrie, Oklahoma where he stayed for a time building the first brick block (for his new bank), leading the Chamber of Commerce and successfully lobbying Washington to make Guthrie the territorial capital.

Back in Dickinson the last Press mention of the Syndicate had the Dickinson Club (fore-runner of the



First National Bank building, NW corner of Villard and Barnes (1st Ave. W). The building opened as the Stark County Bank in 1888 but note the "1888 First National Bank Bldg" legend engraved atop the front façade - obviously Whitley & Hilliard always planned to obtain a National Bank Charter. From the collections of the Joachim Regional Museum/Dickinson Museum Center

Chamber of Commerce) closing its business with the Syndicate, probably the end of the Club's lease of a room in the bank. The building went up for sale, eventually coming into the hands of Mr. Hilliard who organized the First National Bank of Dickinson in 1890 and opened there on Villard and Barnes.

Over 21 months of activity the Dickinson Syndicate built at least 8 cottages and the first brick block in town (H.L. & L.G. Dickinson are erroneously credited with building the first brick building - Dickinson Mercantile - in 1891, although H.L. was certainly involved with the bank project, it was two years earlier). With no Syndicate business records available we are left to depend on newspaper accounts - the proposed Barnes

and Clough Street cottages are not confirmed, and the location of the Sims Street homes can only be speculated, although it seems fairly certain that Hilliard's cottage was located on lots 5, 6 & 7 on Block 17, just north of what is now The Brew coffeehouse (old St. John's Episcopal Church). Hilliard sold the house to H. L. Dickinson in April 1891, taking possession in June of that year and enlarging the structure in 1909. Without further evidence, this is the only Dickinson Syndicate building believed to still exist.

And what of these movers and shakers? William Ray (1852-1900) left the NPR in 1888 and served a term as Dickinson postmaster, speculated in property and acquired the St. Charles Hotel on Villard two years before his death. J.J. Freeman (1853-1905) went into the hotel business and died in a tragic elevator accident after moving to Grand Forks to take over a new property. N.C. Lawrence (1845-1925) went on to

serve as Dickinson's postmaster and in the North Dakota Senate. Frank Green eventually left the NPR and moved to the west coast. Horace L. Dickinson (1839-1923) who had served as one of the original Stark County Commissioners also ran the original Dickinson Farm, ranched sheep, speculated in real estate and started the Dickinson Mercantile store. Alphonso Hilliard (1863-1947) continued as president of the First National Bank; ranched sheep and moved to Florida when he retired.

And Hobart J. Whitley? After Oklahoma he eventually found his way to California where he opened a jewelry store and continued as a town developer and real estate promoter. By the time Whitley retired from banking and active development he was credited with helping found over 140 towns and cities, including many significant California communities, the most famous of which earned him the un-official title, "Father of Hollywood." ■



Hobart J Whitley



Alphonso Hilliard

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DICKINSON PUBLIC SCHOOLS

Creating community at Dickinson Middle School

By Dr. Marcus Lewton, DMS principal

Building a community takes time and compassion, something I am proud to say all our staff, retired and current, work hard to accomplish at Dickinson Middle School (DMS).

For twenty-plus years, Scott Hoffman was the technology education teacher at Hagen Junior High. When I arrived in 2012 near the end of Scott's career, he did not strike me as someone who created community. Scott was a little gruff but had high expectations for all kids. His classroom was a safe place and students thrived there.

Students today are more connected to peers and the world than any youth of the past. Students can connect with a friend halfway around the world in seconds. Why then do kids feel lonelier than previous generations? Recent research by Dr. Jean Twenge identifies a strong correlation among youth between an increase in electronic communication and digital media and an increase in multiple mental health concerns,

particularly depression and anxiety, among more serious psychological distresses.

The middle school years have always been challenging. Students are figuring out who they are and where they belong. They need a safe space to express themselves while building empathy for others who may be different from them. The DMS motto, "Growing Minds Building Community," is at the heart of everything we attempt to accomplish for our students.

Each student at DMS belongs to a specific team community, sharing the same students and teachers. It allows teachers to address specific student needs as a team. Below are a handful of community building practices at DMS.

- Students begin and end the day in advisory time with an assigned teacher whom they will see a minimum of three times per day. Mondays are set aside for Circles and Community Building Activities. During the 35-minute Circle,



students either discuss important topics such as friendship, responsibility, or careers, or they participate in games or activities that build teamwork and community.

- DMS utilizes Restorative Justice Practices to allow students to learn from their mistakes by building empathy. Students dialogue with classmates or staff when an individual has wronged another, developing interpersonal skills rather than using traditional means of removal from school.

- DMS offers over two dozen activities. From Football and Science Club to Soccer and Ubuntu (Community) Marimba, any of our students can feel a sense of belonging at DMS.

Scott Hoffman was a master at building community not only in the classroom, but on his Cross-Country Team. Students

designed and made t-shirts with nicknames on the back. He painted rocks with their nicknames and presented the rocks to them at assemblies. Scott even printed annuals with stats and pictures of each student.

One day I was warned about Mr. Hoffman taking too long to highlight our Cross-Country team during activity assemblies. Like any good principal, I addressed the concern by visiting with Scott. He politely explained he would try to speed it up, but I should consider making assemblies longer because the community of kids deserve recognition.

Building community is nothing new to DMS, and I am proud of the DMS team for working every day to make our kids feel like they have a safe place where they belong. ■

ADVERTISE WITH US

Heart River Voice is the VOICE of Dickinson, Stark County and the surrounding area. Join us in sharing our community stories. Your support in this effort is greatly appreciated.

CONTACT KELLEY JILEK AT 701.290.2063
kelley@heartrivervoice.com OR www.heartrivervoice.com

NDSU EXTENSION

Design your succession plan offered in Beach

By Ashley Ueckert, Golden Valley/Billings County Extension Agent

NDSU

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STARK/BILLINGS COUNTY

Tasks like drafting a will, working on an estate plan, and planning for retirement are easy to put off until "later." However, putting them off doesn't make them go away, and the peace of mind and sense of satisfaction that comes from saying, "I'm so glad I did," instead of, "I sure wish I would've," are priceless.

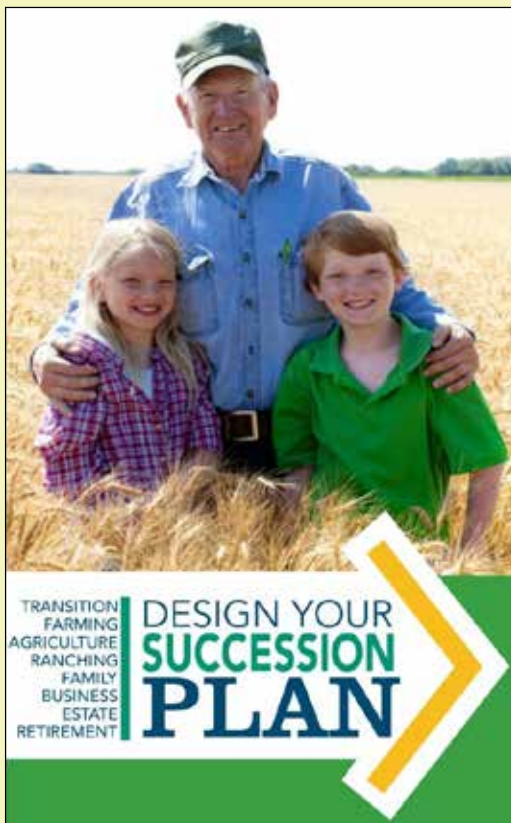
The decisions that are made when making these plans, quite often complex, need a fair amount of time to be fully implemented to complete a successful succession of a farm or ranch. One of my favorite sayings is, "The best time to plant a tree was 20 years ago. The second-best time is today." This is also true with succession planning, it is never too early to get started, but often families wait until it is too late.

To help you get started on a plan for the future of your farm/ranch and your family, NDSU Extension offers a workshop titled, "Design Your Succession Plan." This program helps you get started determining what you and your family want for retirement, who is going to take over and how to navigate fair vs. equal decisions amongst multiple heirs. The workshops will be held around the state this winter into the spring. As the new year sets in, registration for this program would make a

wonderful gift for your family farm/ranch business as a way to start the year off right.

The workshop will be held at the Beach Community Center Located at City Hall starting at 5:30 p.m. on Wednesday, January 29th. It will continue on Monday, February 3rd and conclude on Wednesday, February 5th.

Pre-registration is required. Please call 701-872-4332 or 701-456-7665 for more information. ■



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JANUARY 6-FEBRUARY 14 WINTER BADLANDS SELF- PACED TRIATHLON

Register for the division you would like to compete in, and set your own pace. You have up to 40 days to reach your personal goals. Activity miles may be completed at WRCC or outdoors. We will rely on the honor system for all competitors when recording their mileage totals. Reach your goal by the end of the event and receive a t-shirt. FEE: \$30.00/person. West River Community Center, 2004 Fairway St.

WEDNESDAY JANUARY 1 NEW YEAR'S DAY DRINKS AND BINGO 11AM-6PM

Join us New Year's Day for our famous build your own Bloody Mary Bar starting at 11AM. 12PM Members receive 2 complimentary Tom & Jerry's. Non-members \$2 each while they last. 5 games of bingo starting at 3PM with a \$1000 guaranteed blackout to start around 4:30PM. First 4 games are 3 on 1 cards for \$2 ea. Blackout is 3 on 1 cards for \$5 ea. Eagle's Club, 31 1st Ave East.

FRIDAY JANUARY 3 SIP SIP HOORAY WINE RE- LEASE PARTY AND COM- EDY HOUR 6-9PM

Help us welcome in 2020 with brand new wines, appetizers, live music and great comedy. Live music starting at 5:30 with the amazing Phil Espinoza. Wine & Appetizer Social 6pm-7pm featuring 3 new wines and appetizers. Comedy Hour starting at 7:30. Fluffy welcomes Dickinson native Brock Anderson for a perfect finish to the evening. Must be 21 to attend. \$20/person. Tickets

available on Eventbrite. See our Facebook page for more details. Fluffy Fields Winery, 2708 21st St East.

SATURDAY JANUARY 4 GENEALOGY PROGRAM

2PM Each month, we host a genealogy program. January's will be the use of DNA in genealogy. Dickinson Area Public Library.

SUNDAY JANUARY 5 THE GIANT WIENER CHALLENGE 2PM

A Sunday Funday event. Are you a big eater? For \$40 you can try to devour a 27-inch hotdog on a stadium bun topped with pulled pork and 5-cheese garlic mac served with a 25 oz. beer and half pound of French fries. 20 minute time limit! You can substitute beer for soda of your choice. YOU FINISH IT! IT'S FREE! I Don't Know Bar, 207 4th St NW, South Heart.

THURSDAY JANUARY 9 BOOKS & BREW - SCYTHE

7-8:30PM A book-club for adults set in a relaxing atmosphere. This event is for 21 and older. Each month we will discuss a book while enjoying a beverage or two. DePorres House of Barbering & Lounge, 17 2nd Ave W, next to the fire station downtown.

FRIDAY JANUARY 10 JASON GRAY CONCERT

7-10PM Evangelical Bible Church is excited to announce: JASON GRAY is coming to town. Tickets will be available at Faith Expressions. \$12 in advance. \$15 at the door. 2891 5th Ave West.

SATURDAY JANUARY 11 MALANKA 4PM

Social hour 5PM Evening meal spon-

sored by the Ukrainian Cultural Institute. The meal is \$15/adults and \$7/12 years and younger. Good food and fun for the whole family with special activities for kids and a wide variety of beautiful gift baskets for all ages to bid on at the silent auction. Phat Fish Brewing Co., 1031 W. Villard St.

ROARING 20s CELEBRATION 7-10PM Wear your 20s best and speak easy! We will have live music by Drew Millett featuring Melissa, costume contest and drink specials. JD's BBQ, 789 State Ave.

SUNDAY JANUARY 12 BUCKING SERIES 1-5PM

The DSU Ag Department and Buzzard Bait Bucking Ponies are hosting a Bucking Series this fall and winter for aspiring young rodeo athletes. \$5 for adults, \$2 for kids under 12. Chip Poland at 701-483-2185 or chip.poland@dickinsonstate.edu or Dale Diede at 701-590-5881. DSU Ag Indoor Arena 400 State Ave.

TUESDAY JANUARY 14 PARENT CAFE 5:30PM

Dinner, 6-7PM Parent Cafe. They are designed for any caregiver of children — parents, grandparents, foster parents, etc. and are open to parents and caregivers of children of all ages. They are free for everyone and always include a meal and childcare. More info, see article, p. 7. West Dakota Parent and Family Resource Center, 402 4th St. West

SATURDAY JANUARY 18 WINTERFEST 2020 11AM-

4PM Featuring winter carnival games, vendors, art/

photography silent auction, professional art/photography contest, kids' art contest (kids create art that day), and a snow man contest. There is an admission fee however, kids 0-5 are FREE. More info, contact 701-495-4480.

ANNUAL CHILI COOKOFF

6PM. Doors open at 5:30PM. Tickets can be purchased in advance from any of the benefiting fire departments or at the door for \$25/person. All proceeds will benefit Dickinson, South Heart, Taylor, and Gladstone Fire Departments. To register a booth, email hrough1@gmail.com or shirleybuckman67@gmail.com. Astoria Hotel and Event Center, 363 15th St West.

MURDER AT THE MUSEUM

The Dickinson Museum Center presents the 4th Annual Mystery Party on January 18th. The fun begins at 7:00 with a social hour, (one free drink and hors d'oeuvres are included) cash bar is provided by Ponderosa Liquor. The game starts at 8:00 sharp. Tickets must be purchased in advance for \$35.00 per person. Must be 21 to attend. Visit the Museum or call 701-456-6225, to reserve your character. Must RSVP and pay by January 10th.

SATURDAY JANUARY 25 WINTER & VALENTINE'S VENDOR SHOW 10AM-

4PM Join us for a craft and vendor show including Valentine's Day items! This event is free to attend for the public. For vendor registrations and questions, contact: Kelsey Doohen at kelseydoohen@gmail.com

or 406-489-1102. Biesiot Activities Center, 398 State Ave.

BAD PENNIES R.C. POKER RUN 5PM

The snows flying. We can't ride our bikes so let's load up and party. The poker run starts at Champs at 6pm registration 5-6pm. \$20/person, door prizes at registration. We will head towards regent to join the Road Rangers for their Christmas party. Everyone is welcome for the whole adventure or just the poker run.

SUNDAY JANUARY 26

BARREL SERIES 7AM-6PM The Blue Hawk Barrel Series is a fund raiser for the DSU Rodeo Team. Free to attend. For more information contact Eudell Larsen at 605-515-0765 or eudell.larsen@dickinsonstate.edu. DSU Indoor Arena, 400 State Ave.

THURSDAY JANUARY 30 BRYAN DRAKE SHOW - CHRISTIAN ILLUSIONIST

7-8:30PM Bryan Drake is a Christian illusionist who tours throughout the world entertaining audiences and sharing a Christ-centered message. Using illusions and mentalism, Bryan Drake gets inside of your head. Bryan not only entertains any group but presents a clear message on Truth. Free to attend. For more information, contact Neal Brown at neal.brown@cru.org. DSU Klinefelter Hall, Beck Auditorium, 233 Campus Drive.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS

THE ROCK Thursdays 1st-Open Mic Night-Brady Paulson, 3rd-Live Music, 9PM-close, no cover. Friday Night Trivia. Starts at 6:00pm FREE to play. Regular Trivia followed by Music Trivia. Come early...Seats fill up FAST! 113 1st St West. More information rockdickinson.com.

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.

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.

SUPPORT GROUPS

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

FAMILY FUN

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.

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.

CLUBS/GROUPS

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.

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

SEW SISTERS 2PM Sew Sisters, 2nd Tuesday of each month. Other classes available and info, see www.SuzysStash.com. 118 N Ave, Richardton. 974.7899.

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

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

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.

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.

BADLANDS ART ASSOCIATION 7PM 1st Tuesday of each month. All community artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

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.

MEETINGS

DICKINSON CITY COMMISSION MEETING 4:30PM Commission Room at 99 2nd St East 2nd & 4th Tuesday of the month. dickinsonsongov.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.

PLANNING AND ZONING MEETING 8:00AM Last Thursday 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.

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club.

COMMUNITY OFFERINGS

START UP YOUR DAY/ START UP YOUR NIGHT 8-9AM 2nd Thursdays/5-7PM 4th Wednesdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info, visit startupyourday.com or startupyournight.com.

SAVE THE DATE

FEBRUARY 1-27

ART SHOW The Community Art Show at the Dickinson Museum Center will be February 1-27. This year we are featuring photography. Local artists are welcome to contribute their pieces for display. Deadline to submit art is January 24th.

BEST FRIENDS

MLK Jr Day of Service expands with activities, recognition

By Mark Billings

Basketball games, a “lap challenge”, visits by local athletes and craft-making are scheduled during the Best Friends Mentoring Program’s 4th Annual Day of Service from 1-4 p.m. on Monday, Jan. 20.

The activity day, held on the Dr. Martin Luther King holiday at the West River

Community Center (WRCC), is a way for mentors and mentees to interact with one another while honoring Dr. King’s legacy of service. In an attempt to expand the event this year, mentors will also receive a #ThankYourMentor card from their mentee; youth will also contribute to a mentor recognition poster. Best Friends will post the artwork in its office and social media sites.

“Mentors play a very significant role in supporting and guiding their mentees, and we want to honor their commitment and positive role-modeling,” said Mark Billings, the Best Friends program coordinator. “We hope to capture inspiring comments and pictures on the



poster we can use to continue inspiring our mentors while attracting more volunteers to our organization.”

For nearly 25 years, Best Friends has worked to inspire an estimated 3,000 youth in the local schools by pairing them with a mentor. The trained

volunteers commit to meeting with their youth in a school or community setting once per week for at least nine months. Some matches continue for consecutive years until the youth ages out of the program at the age of 18. Among the longest matches was 10 years; the mentor drove from Dunn County to Dickinson weekly and travelled an estimated 30,000 miles during his pairing.

Best Friends is continuing to seek mentors to serve during 2020. For more information, contact Billings at (701) 483-8615 or by email at mark@bestfriendsnd.org. Applicants may also visit the Best Friends activity day in the WRCC community room. ■



COMMUNITY

A winter wish

Winterfest is the second event for Moe Event LLC. This family event will be held Saturday, January 18th from 11 am to 4 pm at Henry Biesiot Activities Center at 398 State Ave in Dickinson. Event activities will include kids’ carnival booths, art classes, a snowman making contest, a professional art/photography contest, and shopping. Tickets for the event can be pre-purchased for a discounted rate at Dickinson Convention and Visitors Bureau located at 72 Museum Drive.

A special part of the event is the art class that will be offered by artisan Cassie Fink of Fink Customs beginning at 2 pm. Kiddos and parents/caregivers get to take part in an art class and create a beautiful winter inspired mixed media painting called “A Winter Wish.” Pre-registration for the class is required, and the fee is \$35. You can find info about this on the Winterfest Facebook event page. The artist, Cassie Fink, started painting when she was sixteen years old and put her love for art into action in 2016 when she started her Finks Customs LLC business.

Save the date and attend this great family fun event! ■



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COMMUNITY

Everlasting Hope

By Tara Brandner

1 in 8 couples – more than 14,000 North Dakota residents – have trouble getting pregnant or sustaining a pregnancy.

61% of women going through infertility don't tell their family or friends about this struggle. Everlasting Hope is a newly founded North Dakota nonprofit and the only one in

the state raising awareness on infertility, connecting with infertility patients across the entire state, and awarding financial assistance to patients. It is our wish to support families experiencing infertility through resources, education, events, and support.

Infertility is recognized as a disease yet once this diagnosis is made there is no insurance coverage for care. This also includes patients seeking to preserve their fertility prior to starting cancer treatments. Currently, only 16 states have infertility insurance coverage laws, and six states have fertility preservation laws for iatrogenic (medically-induced) infertility. During the 2019 North Dakota legislative session, an infertility care and cancer preservation bill moved through committee. Senate Bill 2233 did not pass; Everlasting Hope will seek to bring back its efforts during the 2021 session.

Cost is the number one barrier to infertility medical treatment, as North Dakota's insurance law does not cover infertility treatment. The average cost of

treatments is \$10,000, and that is on the low end. Additionally, infertility patients will encounter highly inflated managed care pharmacy prices for medications, where patients with coverage can pay as much as 100% more for medications compared to prices charged to self-pay patients.



A national infertility organization, Resolve, completed a community survey that found 39% of participants used credit cards to pay for their fertility procedures, while 12.6% took out loans and 4% used their home as equity. They also found that women (25-34 years old) accrued \$30,000 of debt on average after undergoing infertility treatment.

Everlasting Hope has held community kickoffs in Fargo and Bismarck which raised over \$3000 for the patient assistance program. Event planning for 2020 is under way for fundraisers and events for patients. We are looking to expand into more communities and hold events, including wellness retreats and a state wide conference. If you or someone you know is struggling to grow their family, we would love to be a support system through your journey. To schedule a kickoff event in your community, email us at beatndinfertility@gmail.com. You can follow us on Facebook, Instagram, Twitter, and our website raisingeverlastinghope.org. ■



The author and her son, Hayden

DICKINSON STATE UNIVERSITY

Alumni Spotlight: Chantel (Hubert) Keller '13



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

Before I came to DSU, I'd consider myself a typical high school student. I worked part time at a grocery store, hung out with friends on the weekends, and it seemed that I spent every other waking moment at the bowling alley. Bowling was my passion then, and I can't say that has changed much!

Why did you choose to attend DSU?

I chose to attend DSU because I grew up in Dickinson and I liked the idea of staying close to home while getting a college education.

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

I graduated in the spring of 2013 with a Bachelor of Arts in communication and a minor in journalism.

What are you most proud of when you look back at your time at Dickinson State?

I am proud that I made the decision to go to college, earn a degree and was able to push myself to graduate with honors. In high school, I didn't apply myself as much as I should have, so when I went to college, I committed to studying so I could succeed.

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

If I would talk to someone that is considering attending Dickinson State, I would remind them of the student to teacher ratio...Dickinson State still has the small-town feel. All of your professors are approachable, knowledgeable, and

are willing to assist you in any way possible.

How do you stay involved in your community?

I stay involved in my community by volunteering for Special Olympics. Ever since my junior year in high school, I have been helping train and coach athletes in a variety of sports. I also help with fundraising, organizing events and am part of our Area Management Team.

You were recently named the 2019 North Dakota Coach of the Year in Special Olympics. Congratulations! What does it mean to you get that award?

Being recognized by Special Olympics as the coach of the year is an honor. I never thought I would be recognized for my service, but it shows that all the time and dedication volunteering for the program has made an impact. Little by little we make a difference; sometimes it takes an award such as this to realize that. I would volunteer my time over and over again just to be able to see the smiles of everyone I have coached over the years. It is a great feeling to be a part of their success.

What are you doing now?

I currently reside in Dickinson with my husband and am an administrative assistant for Braun Distributing, a beverage and wholesale distribution company...I have learned over the last few years that I love the office setting as a career. In my spare time, I continue to volunteer for Special Olympics as a coach and am an active bowler and play softball in the summers. ■

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Stark Development Corporation, Chamber of Commerce, and Convention and Visitor's Bureau hosted a Holiday Open House for community members.



Infinity Real Estate Group celebrated the holiday season with a special visit from Santa & Mrs. Claus. The team was on hand to help greet little guests and furry friends for pictures, cookies and hot cocoa.



A gathering of moms and their children at a Mommy and Me class, part of Dakota Fit Moms.



Kat Perkins shares her story with Heart River Voice at her North Country Christmas concert in Killdeer.



Members of VUK Multi Media, Trinity Mardi Gras, and Heart River Voice enjoyed the Kat Perkins (5th from left) North Country Christmas concert in Killdeer.



More than 75 kids and adults painted with Santa and Jessica Dukart-Bell at Phat Fish Brewing Company.



Christina Jorgensen, Austin Boepple, and Megan Klassen of the Chamber of Commerce celebrated in style at DSU's Yuletide event.



Joel Walters, Tanya Keller, Kenley, Tim Jokerst, and Laura Walters get into the holiday spirit at the Dickinson Downtown Association's Christmas Tree Lighting Ceremony.



Best Friends Mentoring Program welcomed three new mentors to the team in November: Brady Yoder, a junior at Dickinson High School; Heidi Jazwa, a sophomore at Dickinson State University; and Sue Mosser, possibly one of our first mentors from Billings County.



Santa and his little friend catch a few ZZZs at Breakfast with Santa event held at Roosevelt School. (Picture courtesy of 4N3 Photos)



Carter Fong, president of the board for Best Friends Mentoring Program, helped fill Best Friends' Christmas stocking with bottled water, soda and granola bars for mentor training and postage stamps.



Over 60 Trinity Junior High and High School students performed Fiddler on the Roof.

COMMUNITY

Murder at the Museum

The Dickinson Museum Center presents the 4th Annual Mystery Party on January 18th. The fun begins at 7:00 with a social hour (one free drink and hors d'oeuvres are included). Cash bar is provided by Ponderosa Liquor. The game starts at 8:00 sharp. Tickets must be purchased in advance for \$35.00 per person. Must be 21 to attend. Visit the Museum or call 701-456-6225, to reserve your character.

A little about the game. You are invited to attend a masquerade party at a local castle. Each ticketholder has a

character; their last name is a color. You will be given costume suggestions, your costume can match your character name. For example Joe Brown is a gardener, he is wearing a brown suit with packets of seeds in his pocket. You do not have to dress up, but that is part of the fun. This is not a play but a game. You will have clues to reveal, and secrets to hide. Someone is murdered and you try to figure out who did the dastardly deed. (Was it Professor Plum in the study?)

Please RSVP by January 10th. ■

FINANCES

Don't be a victim

HAPPY 2020! ...and if you will turn 65 or greater in 2020, please be aware of unscrupulous people who would like to help spend your money.

Often referred to as the "age wave," the United States is in the midst of a demographic transition as 10,000 Baby Boomers turn 65 every day until 2030

are actively working to protect seniors and combat elder financial exploitation. Banks view safeguarding older customers as not only an ethical imperative, but integral to good business. If you are asked more questions by your banker when making a cash withdrawal, it is likely because we are trying to ensure



CORNERSTONE BANK

— at which point 20% of the nation will be "retirement age." "This shift has affected industries across the nation, and the financial services industry is no exception," says Vaune Johnson, Market President of Cornerstone Bank.

Americans, primarily born before 1964, hold 70% of deposit balances in the US. This fact has enticed scam artists seeking to exploit individuals to target seniors, their identities and their financial assets. Seniors lose billions of dollars to exploitation each year. Losses from such abuse are significant and take an emotional toll on top of the financial impact. Victims often become depressed and experience intense feelings of shame as well as fear. Many lose their savings while others may also lose their homes. From the financial perspective, Baby Boomers are considered one of America's most at-risk populations.

Recognizing the challenges facing America's elderly population, banks

you will not be a victim of fraud. Talk to your banker, we are more than willing to help you make important decisions about your money. ■

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LOCAL TALENT

Norma Knapp

In a community creative writing class, a retired university professor told Norma Thorstad Knapp that she writes like Eudora Welty. When Knapp, then 56, threw her a puzzled look, the professor questioned her, "You don't even know who that is, do you?"

That class and that question were life-changing for Knapp. Thereafter, she went on to write several short stories, poems, essays, and a sermon--all award-winning. Then a few years ago, she wrote two books: *Missing My Best Friend*, a children's book about loss and grief and *Scoria Roads: Twenty Houses in*

Twenty-One Years about growing up in western North Dakota. This collection of 36 stories takes readers on a journey of her life from 1942 to 1963.

The inspiration for *Scoria Roads* was the family of her sister Evie. Knapp said, "It began after my sister died; her children and grandchildren kept asking for more and more stories about her. I later realized I needed to include the oil story in this book and how my sweet, safe, western North Dakota was changing."

Scoria Roads is multilayered; there are stories of Knapp's Scandinavian ancestors, her early history and houses,

a synopsis of Dickinson's history, and letters to her sister, describing the oil industry, its impact, and its history.

Examples of the house stories include the discovery of a rat in one house, the fear that one brother had polio, the time a landlord asked for ten months back rent, and when the welfare board inspected their home.

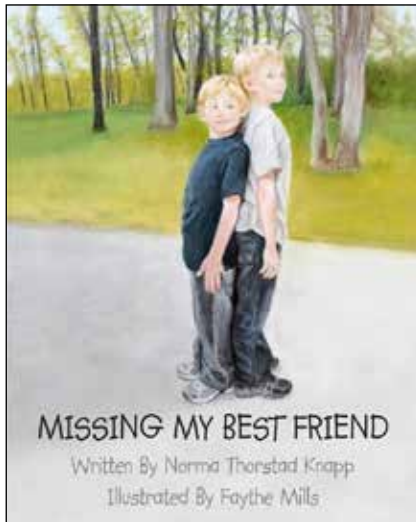
Knapp believed she was writing these stories for her sister's family. But writing this book was healing for her. It helped her heal after losing her sister.

Born in what is now the ghost town of Werner in Dunn

County, Knapp is one of seven children. After living in parts of Dunn County, the Red River Valley, Idaho, and Oregon, her family moved to Dickinson when she was nine years old. She gives credit to her teachers, especially to Agnes Oxton, a former English teacher at Dickinson High School, for her love of words.

Knapp lived in Dickinson, most years without a father, until after graduation from DHS. She received a scholarship to attend Bismarck Hospital School of Nursing. After working in North Dakota and Texas as a registered nurse, she and her family moved to Minnesota where she worked in special education and went back to college at age 49 and majored in elementary education and psychology.

"I've always been interested in human behavior--what makes people tick," Knapp said. When offered a job in disaster bereavement work, she trained as a bereavement facilitator and accepted work as an educator, crisis counselor and bereavement facilitator in the

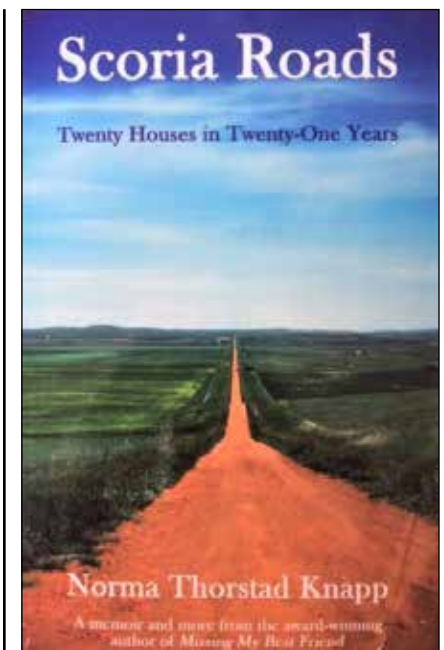


Grand Forks area after the 1996 Red River of the North flood. Today she works as a bereavement worker for her county's hospice program.

Her children's book *Missing My Best Friend* is loosely based on a personal experience. That book, published in 2011, went into second printing. It's listed on the National Bereavement Resource List and is now a collectible. Knapp donated many boxes of these books to the community in Connecticut where the Sandy Hook shootings occurred, to communities where children were victims of tornadoes and to children at various grief camps throughout our country who've suffered great loss.

Scoria Roads was nominated for a 2016 Minnesota Book Award in the Memoir and Creative Nonfiction category. It also won the U of MN Beverley Paulson Family History Award in 2016 in the Memoirs Category.

"For me," Knapp said, "Scoria is a metaphor for my life. Scoria will tear up a pickup tire until the road smooths down. I was a feisty, troubled young girl, but through the years, I became fine-tuned



like the smoothed down scoria."

Today Knapp's days are full with reading, traveling, hospice work, time with grandchildren, and writing her third book. ■

COMMUNITY

Parental alienation

HALOS Foundation, Inc is a non-profit organization located in Dickinson dedicated to promoting awareness and providing educational materials in regard to parental alienation, a severe form of child abuse.

What is parental alienation? It is a course of conduct in which one parent uses deprecation, denigration, and various degrees of criticism to alienate a child from the other parent. Consider the old expression "to poison the well". When one parent engages in disgraceful behavior against the other parent, and it seriously undermines the child, it's called parental alienation. Parental alienation, however, goes far beyond simple brainwashing or indoctrination. If left unchecked, an alienators often obsessive, never-ending message of hate can wreak psychological havoc on a child, creating problems that will last well into adulthood and possibly alienating the child from the targeted parent forever.

A recent study from Dr. Jennifer Harmon, University of Colorado and colleagues surveyed a representative

population of adults and reported that "approximately 22,211,287 adults are currently targets of parental alienation. Our results highlight the pervasive nature

of this epidemic and demonstrates the need for greater investigation of the serious problem. The sheer magnitude of parental alienation uncovered in the study indicates that much greater attention needs to be paid to this problem."

HALOS Foundation, Inc holds monthly support group meetings for those that are suffering the unbearable grief of unjustified rejection from their own children due to one parent's incapability to co-parent. We provide educational materials and discussion time at these meetings, and they are free of charge. HALOS Vision "For every child, the love and support of both parents always."

For more information, please contact Brandy Johnson, President, at 701-260-1769 or Halosfoundationinc@gmail.com. You may also visit our website www.halosfoundation.com or follow us on Facebook and Instagram. ■



HALOS FOUNDATION, INC.
BRIDGING FAMILY

HOPE FOR YOUTH**Home on the Range offers many paths to hope**

Home on the Range was founded in 1949 by Father Elwood Cassidy. He knew that spiritual guidance was something the "wayward boys" needed and that this would help them overcome life's struggles, challenges and disappointments. Spiritual development continues to be a strong asset within its programming. The difference now is the many different choices children can make to participate and grow in their faith.

Home on the Range offers traditional spiritual tract programming such as attending the Catholic, Lutheran or Evangelical Churches, or a service in the Holy Family Chapel. The children can also sign up for prayer groups, Bible study, attend presentations of guest ministers and inspirational speakers, watch family or Christian-based movies, or sing on praise night.

If children don't have a religious affiliation, they can attend Moral Development, which teaches basic core values, such as fairness, caring, trustworthiness, respect, integrity, honesty, etc. The children can also sign up for "Freedom Church."

"When we get together on Tuesdays, we are all here with no judgement and it's a free place where we are allowed to feel like we can ask any questions we want without feeling judged. Anyone is welcome on the Ranch to attend this church. You're allowed to wear what you want, you're allowed to get up and dance in worship even if you're not that great at dancing. The point of this church is to make it our own so that everyone has a

part of something great." - 17-year-old girl at HOTR

A majority of the children relate to music. HOTR scheduled its first live Christian concert on June 16, 2019. With a cross and Cassidy Hill as a backdrop, it proved to be an amazing concert, experience and ministry to everyone in attendance. The connection the band members made with the boys and girls was hard for the children to put into words. They said things like "amazing," "they understand me," "awesome," "unbelievable," "it was emotional," "it moved me," and "mysterious."

Another group to help the children on the path towards a strong faith and a relationship with God is the physical work-out group. The children lift weights, run, hike, bike, etc. The hope is the children will find they are physically-fit, which can lead to a strong spirit and healthy mindset.

There is also a cultural diversity group. Several staff show the children how to bead or teach them about other Native American crafts and traditions. It's a different type of spirituality and everyone is welcome. The time and effort the children put into beading produces beautiful designs and gives them a sense of calmness, accomplishment and pride. Home On The Range is a Q RTP (Qualified Residential Treatment Program) near Sentinel Butte. It is licensed to care for North Dakota teenage boys and girls who have experienced trauma, abuse or neglect. To learn more about Home On The Range, visit www.hotrnd.com. ■



Citizen Way Concert

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Lenae Bookhardt - Infinity Real
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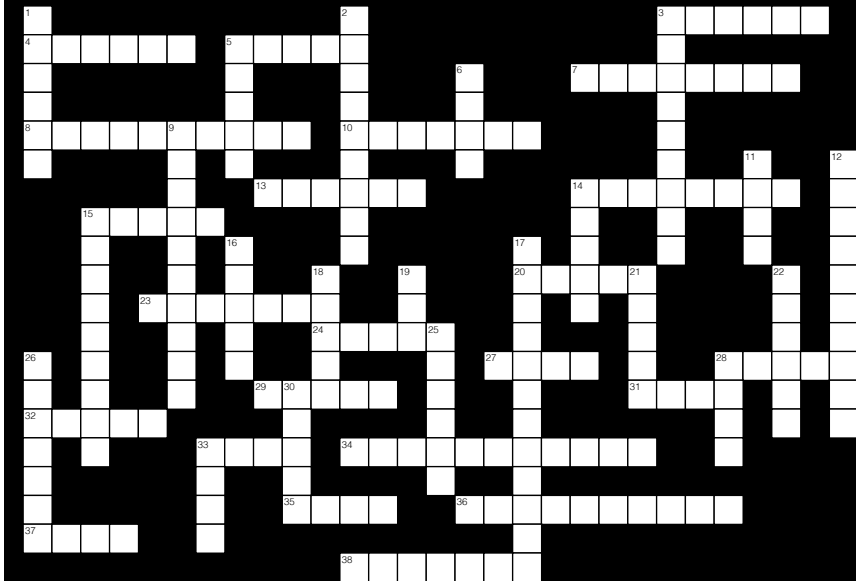
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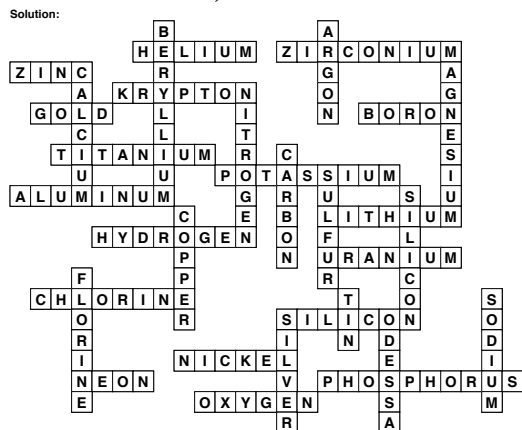
++FRUIT SALAD++



- ACROSS**
- 3 +Curious George's favorite
 - 4 +World's smelliest fruit
 - 5 Seaweed-wrapped roll
 - 7 +Great for tired eyes
 - 8 +Shortcake's mate
 - 10 +Guacamole green
 - 13 +Can be jelly or wine
 - 14 +Can be Jubileed
 - 15 + Georgia's fruit
 - 20 +An _a day...
 - 23 +Famous green pie
 - 24 +Has a hairy, large pit
 - 27 +Round and fuzzy
 - 28 Precedes code or colony
 - 29 Less bright, as the moon
 - 31 Missing from military base
 - 32 Modern storage spot for data
 - 33 Crumbly cheese
 - 34 +Didn't appear in Game of Thrones
 - 35 Coin with F.D.R.'s image
 - 36 +A mixture of all answers
- DOWN**
- 1 Port city in Ukraine
 - 2 +Some think it's good on pizza
 - 3 +Marble-like in shape
 - 5 Frodo and Bilbo's home
 - 6 +Represents a body type
 - 9 +Can stain your fingers
 - 11 Conjugated word
 - 12 +Red summer quencher
 - 14 Thin French pancake
 - 15 +Fuyu or Hachiya
 - 16 Green energy type
 - 17 +Sounds sensuous
 - 18 +Meyer, Eurekas or Lisbons
 - 19 +Base for a Newton
 - 21 Crowd scene actor
 - 22 +Made into a thick jelly
 - 25 +Peeled or squeezed
 - 26 +Mounds middle
 - 28 +Little Jack Horner's booty
 - 30 Grammy or Oscar
 - 33 Aluminum sheet
- 37 Voicemail prompt**
- 38 +A minuscule orange**

Last month's puzzle solution

+ELEMENTARY, MY DEAR WATSON+



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Tammie Braun
BROKER ASSOCIATE

701.590.1091
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Happy New Year
from all of us
at **Heart River VOICE**

JANUARY 2020

HOROSCOPE by Hilda De Anza



ARIES
March 21-
April 20
You have a
need to widen

your horizons through study and travel and to develop spiritually. 2020 is going to be a year when career ambitions culminate into something big. The lunar eclipse on January 10th and subsequent days are a key period for a reshuffle of leadership, and when major plans are formed and carried out. You can expect to encounter ultimatums and expressions of raw power.



TAURUS
April 21-
May 21
You battle to

establish your credentials under challenging conditions. 2020 is a year when you work hard in preparation for major career developments. Mid-January awakens the idealistic side of your nature; you may want to get involved in groups that are working towards some ideal. Romantically, end of January is a time of confusion regarding desires and motivations of others.



GEMINI
May 22-
June 21
The year gets
off to a powerful

start. There is an emphasis on encounters with people who have strong opinions and know a thing or two about the world and its politics. The lunar eclipse on January 10th brings an intense emotional phase connected with intimacy, finance and sharing. It's a time when you obsess about something. You have had enough, and you say so. It's a good time to talk to someone to ease the psychological pressure.



CANCER
June 22-
July 22
2020 is going to
be an intense

year for you with continued focus on both business and personal relationships. January gets off to a constructive start, and it's an excellent time for discussing business deals. The January 10th lunar eclipse brings an important matter to a head and crucial decisions must be taken. Things get less heavy and more exciting towards the end of the month, when there may be connections with friends or organizations with a social agenda.



LEO
July 23-
August 22
2020 is a
year when

pressures at work build up and culminate in an important change. January is intense, and the lunar eclipse on the 10th highlights the atmosphere at work and emotional interactions with people who are rather demanding and perhaps also inflexible. If you find yourself getting involved in intense discussions with colleagues at this time, it is best to back off.



VIRGO
August 23-
September 22
2020 gets off
to a happy

and constructive start and it's an excellent time for teaming up with a partner. This year is a time with an enormous emphasis on creativity and self-expression. The lunar eclipse on the 10th finds you firm on your convictions. The last part of the month is a key period for relationships with family, partners and colleagues. Deception may be in the air perhaps in connection with a family drama.



LIBRA
September 23-
October 22
You are still
in the mood

for fun and games and good company of friends. After the 13th the focus is on work, and the satisfaction you feel performing your daily duties. This is an epoch when you need to be strongly motivated by creativity or social ideals at work. The whole of 2020 is characterized by momentous events affecting your roots and family. By the end of the year, a great new creative period begins for you.



SCORPIO
October 23-
November 21
January is a
month when

you can be easily deuced by short cuts, so forget any get-rich-quick schemes and stay firmly grounded in what is practically achievable. The end of January can also be a very romantic time, when the single Scorpio is attracted to romantic dates which can feel like an answer to a dream. Things get intense around the lunar eclipse on the 10th, when you can expect others to be extremely demanding.



SAGITTARIUS
November 22-
December 21
During the whole
of 2020, it will feel

as if you have to laboriously climb a high mountain to attain the financial security you are striving for. And your efforts will be awarded by year end, which will see a whole new economic foundation being created. At the start of January, there are perfect conditions for an economic partnership. The end of the month is a good time for communication.



CAPRICORN
December 22-
January 20
It's going to be a
big year, a year of

struggle and attainment, which by the end of the year leads to solid and uplifting developments and new social horizons. The lunar eclipse on the 10th emphasizes the importance of relationships in your life. On January 13th, if you feel that there are structures in your life that need to go to make room for something more meaningful, then you are on the right track.



AQUARIUS
January 21-
February 19
In early to
mid-January the

focus on work is intense, and it's likely that you will be having exhausting inner discussion with yourself whether to drop something and start something else. 2020 is a transitional year, and it is at the end of the year that all the pieces of the puzzle fall into place and you can define your future trajectory. The end of the month is a time when you want to do something new and your personal freedom is important.



PISCES
February 20-
March 20
2020 is a year
when your

social life and group affiliations are of utmost importance. The lunar eclipse on the 10th brings important developments that can affect loved ones. Mid-January could herald a starry-eyed period which evokes strong ideals about love and kindness in you. The end of January can bring disappointment when other people don't live up to your ideals. Stay grounded and keep expectations realistic.



Welcome

**Dr. Richard
Thompson**
General Surgeon

to CHI St. Alexius
Health Dickinson!

As CHI's full time general surgeon, Dr. Thompson sees patients in clinic and is also a vital part of our hospital's surgical on-call team. A board-certified surgeon, he recently completed a fellowship in Advanced Gastrointestinal/Minimally Invasive Surgery at the University of North Carolina.

**For more information or scheduling,
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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.

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DIRTY SW! WORD

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Kat Perkins

and Special Guest



BRANDON JONES

Friday Jan. 24th 2020
Trinity Auditorium
Doors open 6pm.



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Friday 24th

Meal 4:30 - 7:30
Midway 5:00 - 10:00
Bingo Starting at 5:30
Concert Doors Open 6:00

Saturday 25th

Meal 3:30 - 8:30
Midway 3:00 - 10:00
FREE Movie "Addams Family" 3:00
Bingo Starting at 3:30

Sunday 26th

Meal 11:00 - 4:00
Midway 12:00 - 6:30
Bingo Starting at 12:30
Auction viewing at 11:30, bidding at 1:00
Grand Prize Raffle Drawing 8:00 - 2020 Toyota Camry

INFORMATION AND TICKETS AVAILABLE AT

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