

Heart River VOICE

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NOVEMBER 2024 | VOL. 6, NO. 11 | HEARTRIVERVOICE.COM

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CALENDAR *of*
LOCAL EVENTS

Karen Bakke



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A note to our readers

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

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

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

Kelley Jilek
Publisher

On the cover

"Flashpoint" by Karen Bakke, a 20 x 24 original - mixed medium on arches watercolor paper. (Available for \$900.) For more information about the artist, see page 5.

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Flu season can last until May. Get vaccinated now before the flu spreads in your community.

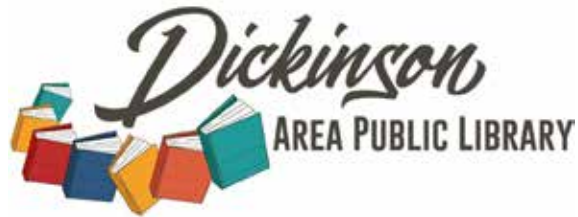
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#BOOKWORM

Dinovember, Angel Tree and more!



By Library Staff

We had a blast this October with all of our spooky events, and November is going to be just as jam-packed with fun events for all ages.

November is a time to be thankful, so to start this article we would like to extend a thank you to each and every one of our patrons that walks through our doors or uses our online resources. You make each day a joy for us as library staff. We enjoy being able to bring you quality library materials and entertaining

programs. We hope you love the library just as much as we love serving you.

That being said, we would like to highlight some events that will be happening this month. As some of you may know, each year in November we celebrate Dinovember. This means, that for the month of November, we will have dino-themed Storytimes, a dinosaur scavenger hunt in our children's area, a possible visit from the Dinosaur Museum, and...a Tea-Rex Party! The Tea-Rex Party is a new program inspired by a love

of tea parties and dinosaurs. Attendees are encouraged to dress their fanciest or like a dinosaur! This party will be geared for ages 3-12, include tea and treats, a dinosaur story and craft, and a T-Rex will be in attendance. Seats are limited at this party so be sure to watch our website for sign-up.

As always, November is also the month of our Angel Tree for United Way of Dickinson, and we are excited to be partnering again with them this year. The process is simple: take a tag from our angel tree for a boy or girl in our area who is in need of new books to read and learn. Please return your generously donated, new, unwrapped books to the library by November 30th. Do not feel limited to the tags on the tree. You may donate any kind of new books for children ages birth-17. Monetary donations for books are also accepted and appreciated!



In conjunction the Angel Tree, we will have the Scholastic Book Fair setup for the week of November 18th-23rd. The fair will be open every day 9am to closing time. All sales of books go towards library programming and books that we give out as prizes.



We have lots of fun programs this November as well. Erik's Books will be joining us from 5:30pm-7pm on November 7th for a Rare Book Roadshow! The public is invited to bring up to three books to our community room that they would like to have evaluated. Erik will give you information about your collectible books, such as its condition description, historical or cultural influence, and even an estimated current fair market value!

Put a team of 2-5 together and join us on November 12th for Trivia Night! Compete against other teams of ages 13+ by answering questions in categories such as Pop Culture, Science, and Literature. A prize will be given to the team with the most points! Sign-up on dickinsonlibrary.org!

Ages 13 and up are also invited to join us for Saturday Craft Club on November 16th. Stop by anytime between 1pm-3pm to paint wooden ornaments!

We have many more events scheduled this November. Please check our website (dickinsonlibrary.org) and our Facebook page for more. You can also stop by the library and pick up a calendar of events for a complete listing. We hope to see you soon! ■

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COVER ARTIST

Karen Bakke



Life is good ... Art is my obsession and livelihood, working as a professional artist since 1976. After 19 years in graphic arts, I shifted gears in 1995 to exclusively paint fine art, focusing on large murals and commissioned canvas paintings, plein air painting and studio work. Since that time I have finished hundreds of art murals and paintings for commercial and residential locations to include: churches/cathedrals, hospitals, living centers, schools, museums, restaurants, sport facilities and government buildings as well as private homes. I work with interior designers or directly with the client.

Approximately 90% of my work is commissioned. Working in a variety of mediums and various subject matter allows flexibility to accommodate client requests and incorporate my personal creative twist.

Artist's Statement

"Celebrating life ... people, animals and nature. Finding what is overlooked." My style is realism with a touch of impressionism, keeping my paintings accurate, fresh and interesting.

Painting from life and animals are my favorites. My goal is to capture the essence of my subject, whether it be the how the sunlight hits or expressive eyes.

Through Plein air (outdoor painting) I develop greater skills in observation

and decision making. There is no better teacher than direct observation of nature itself, getting to know your subject.

Inspiration comes easily, with persistence and the desire to learn, I always have a challenge to look forward to.

Learn more about Karen and see her artwork on her website karenbakkeart.com ■



Movin' On



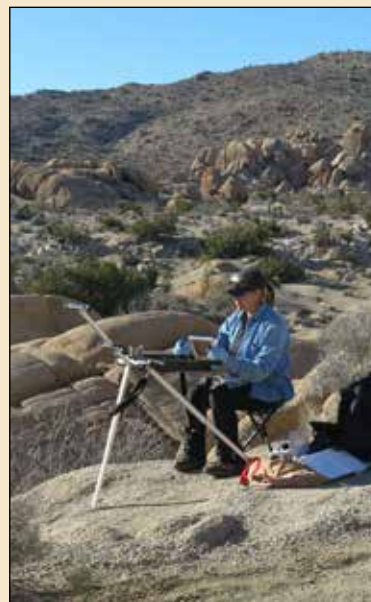
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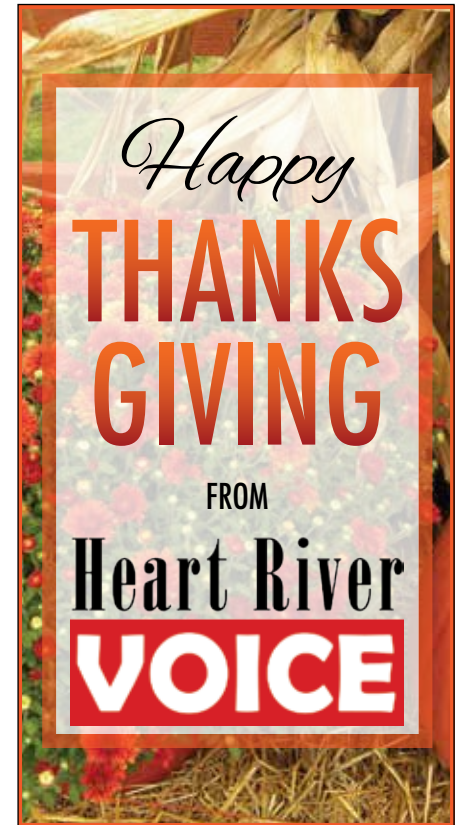
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Karen painting "plein air"



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A Strong Start for Babies, Connections for Mom

COMMUNITY

Best Friends partners with Players

The Best Friends Mentoring Program has partnered with Players Sports Bar and Grill to celebrate the academic successes of the youth involved in BFMP. Last year, all children enrolled in BFMP were able to submit report cards and receive a coupon for a small free pizza if they raised or maintained their grades throughout the year. This year will be the second year that Best Friends and Players partner to offer this incentive to the students enrolled in BFMP. Through this partnership, the program not only celebrates the students' achievements but also provides a tangible incentive for maintaining or improving their grades. This approach acknowledges the hard work of the students and encourages a positive association with educational success.

This partnership with Players is

just one way that The Best Friends Mentoring Program celebrates kid's achievements and successes. Mentors motivate and encourage their mentees, and celebrate their accomplishments along the way. Encouragement can inspire students to continue to do their best work, in the classroom or outside of school. Mentors provide a supportive environment where mentees feel safe to explore their potential, learn from their choices, and grow. By sharing their own experiences and insights, mentors help mentees navigate challenges and set realistic goals. Celebrating achievements, no matter how small, is an important part of a mentorship, as it boosts the mentees' confidence and creates a sense of accomplishment and motivation to strive for further success.

Mentors look for the strengths



their mentees already possess and encourage them to continue to grow. This encourages mentees to build on their existing capabilities, explore new opportunities, and reach their full potential. Could you be someone who encourages youth through mentorship? To become a mentor or to learn more about the role mentoring plays in our community, visit www.bestfriendsnd.org or call us at 701-483-8615. ■

THE ARTS

Fort Abraham Lincoln Foundation Pledges \$500,000 to Southwest Art Gallery + Science Center



The Fort Abraham Lincoln Foundation (FALF) pledged \$500,000 to the Southwest Art Gallery + Science Center (SWAG+SC).

The collaboration reflects a shared commitment to cultural heritage and programming and educational enrichment in southwest North Dakota. "Advancing cultural heritage through deliberate and intentional art and science is a way in which anyone can recenter themselves in an otherwise increasingly accelerating 21st century," said Dustin Young, executive director of SWAG+SC's.

Aaron Barth, FALF's executive director, echoed these sentiments. "When

we engage in a dialog with the past, we activate that past and make cultural history and cultural heritage relevant," said Barth. "Art, and the art of the sciences, remain instrumental in continued development of authenticity and love of place," added Barth.

SWAG+SC empowers lifelong explorers across diverse backgrounds to experience, understand and practice art and science. FALF, established originally in 1982, continues its long-standing tradition of investing in programs that drive historical and cultural education.

This partnership will provide the resources necessary to deliver innovative and accessible programs, exhibitions, and workshops that draw on both historical and contemporary perspectives.

For more information on Southwest Art Gallery & Science Center, please visit

www.swartandscience.org.

About Southwest Art Gallery + Science Center: The Southwest Art Gallery + Science Center is committed to advancing cultural appreciation and education through dynamic programs that engage the community with the arts and sciences. The Center's vision is to inspire a community of lifelong explorers by providing accessible and innovative educational opportunities.

About Fort Abraham Lincoln Foundation: The Fort Abraham Lincoln Foundation is dedicated to fostering an understanding and appreciation of North Dakota's rich historical and cultural heritage. Through strategic partnerships and innovative programming, FALF enhances educational and economic opportunities related to heritage tourism and cultural programming throughout the Great State of North Dakota. ■



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COMMUNITY

Invitation Hill Adventist School's 8th Annual "Let's Move with a Mission" Day

On September 26, Invitation Hill Adventist School celebrated its seventh annual "Let's Move with a Mission" Day, a beloved tradition that combines physical activity with meaningful outreach. Although the national "Let's Move" initiative concluded in 2017, our school embraced the idea, striving to "move with a mission" ever since.

Initially held around the West River Rec and Ice Centers, our first two events posed safety challenges due to traffic. Fortunately, we discovered the more secluded trail at Patterson Lake, which has since become the perfect venue for our event. The inner loop there measures close to a mile, providing a

safe space for students to participate on bicycles, striders, scooters, skateboards, tricycles, strollers, rollerblades, and on foot.

Each year, our event supports a specific mission project. Funds raised by students, staff, and families through per-lap or flat-rate pledges are directed to areas in need of physical and spiritual assistance worldwide. This year, our efforts have already generated over \$3,000, with more contributions still coming in. The chosen projects include church building efforts in South America through Adventist World Radio, missionary support through MOVE, and empowerment

initiatives through the FARM STEW organization.

Despite facing a scheduling change that moved our event from our traditional Monday (the day of the \$6 special) to a Thursday, we are grateful to YUM Ice Cream Shop for accommodating us. After an afternoon of hard work in 90-degree heat, 25 participants enjoyed their well-deserved cool treats.

This year, our enthusiastic participants completed a remarkable 352 laps, demonstrating their commitment to both fitness and service.

For those unfamiliar, Invitation Hill Adventist School offers private Christian education in a multigrade setting on the east side of Dickinson. We emphasize service to God and humanity, making quality education accessible to our community.

For more information about our school, please visit our website, check our Facebook page, or call us at 701-483-2050. ■



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EDUCATION

Dickinson High School Athletic Hall of Fame honors new inductees



The Dickinson High School Athletic Hall of Fame honors outstanding athletes, coaches, and contributors who have made significant achievements and lasting impacts on the DHS athletic program. For years, the Hall of Fame has recognized dedication and sportsmanship across generations, and this year continued the trend of excellence.

Tim Jacobsen was a standout multi-sport athlete, excelling in track, football, and basketball. He led his football team to the state semifinals in 1988 and 1989 and the quarterfinals in 1990, earning 1st team all-conference and all-state honors. In track, he contributed to back-to-back state championships in 1989 and 1990 and set a school record in the 300 hurdles in 1991. Tim continued his success at NDSU, excelling in both football and track. Over his 24-year teaching career, Tim has also earned coaching accolades, including four state championships and multiple Coach of the Year honors.

Roger Stone was a significant force in

North Dakota football, leading his team to the Class A State Runner-up position in 1984 and earning the Class A Football Coach of the Year award. His leadership saw continued success, with the team reaching the Class A State semifinals in 1987, 1988, and 1989. Roger served as president of the North Dakota High School Coaches Association, was on the NDHSAA Football Advisory and Playoff committees, and contributed to the All-State Selection Committee, leaving a lasting impact on the sport.

Sheila Amundson was an exceptional multi-sport athlete at Dickinson High School. She earned 3-time All-State and 3-time All-WDA basketball honors, twice leading the WDA in scoring and averaging 20 points per game. Sheila was named to several All-American teams and was recognized as the 1984 DHS Female Athlete of the Year. In track and field, she set records in shot put and discus, continuing her success at UND Williston and Moorhead State, where she earned

2024 DHS Athletic Hall of Fame



Tim Jacobsen



Roger Stone



Sheila Amundson



Tim Wheeler



Shelly Hegerle



Rich Wardner

All-Conference honors.

Tim Wheeler dominated North Dakota track and cross country in the late 1970s, earning multiple state championships and All-State honors. His cross-country success included a 1977 state title and national recognition with top finishes at the A.A.U. Cross Country Nationals. Tim continued his running career at Princeton University, where he earned a varsity letter and All-Ivy League First Team honors, cementing his legacy as one of the top distance runners in the state.

Shelly Hegerle excelled in both gymnastics and track, contributing to state championships in 1987 and 1988. She won individual titles, including the

1988 Regional Beam Champion and the 1990 Vault and All-Around Champion. In track, she helped secure the 1990 state championship with wins in the 4x100 and 4x200 relays. Shelly earned Dickinson High School Female Athlete of the Year in both 1989 and 1990.

Rich Wardner, recipient of the DHS Loyalty Award, made significant contributions to Dickinson High School through his coaching, leadership, and dedication to the community. His influence extended beyond the school as he became a committed public servant and state leader, improving education across North Dakota. ■

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VOICING SOME THOUGHTS

Blue Ridge Blues

By Nancy Hoff

In the last great year of 2019 BC (Before Covid), hubby and I took a trip to see an old friend in Virginia. We flew into Knoxville and rented a car. First destination was the Great Smoky Mountains. Absolutely gorgeous – a vivid green that hurts the eye, wildflowers, waterfalls. This was on my bucket list and my bucket was full!

The next day at Asheville, we entered the Blue Ridge Parkway. THIS was the stuff my dreams are made of.

The Parkway stretches 469 miles from Virginia to North Carolina, running along the Blue Ridge mountains of the Appalachian chain, the oldest mountain range on the earth at over 400 million years. A scenic masterpiece – painted by God and opened for us mere mortals by the WPA project under President Franklin Roosevelt to assuage the sting of the Depression.

As we pulled on the parkway, an immediate canopy of trees sheltered us, like the saber arch of a military wedding. It felt like a cathedral ... opening up into a vast panoramic of the Blue Ridge mountains – and they truly are look different shades of blue at late eventide. There are numerous pullouts to drink in the magnificent views and twenty-six tunnels. The summit of Mt. Mitchell is awe-inspiring at over 6000 ft, the highest point on the East Coast.

It is a meander. Time stopped and waited for us.

We stopped at many vantage points – Craggy Garden with rhododendrons in bloom, Linville Falls, Little Switzerland, delicate pink mountain laurel, orange azaleas, yellow tulip trees with actual tulips, trillium. Firs, birch, oak, dogwood, hickory trees. Old mountain homesteads, Cool Spring Baptist Church – a weather shelter where mountain people gathered to hear the circuit rider preachers. Mabry Mill, a picturesque gristmill. The cabin of Orleana Puckett who delivered 1000 babies in this remote country until she was 100 years old. Grandfather Mountain with its swinging bridge; Blowing Rock with thousands of Cherokee artifacts and Boone with its Hickory Ridge living history museum of the Revolutionary War period. We were there in the spring, and I can only image the color in the fall.

This is the High Country. It claimed its place in my heart when a dense fog rolled in, hugged the countryside, and slowly dissipated, opening a curtain to bright blue skies. In a matter of minutes.

So, it was so sad to see this ethereal ground ambushed by the ravages of Hurricane Helene. Water rushing, highways and homes swept away, lives lost, lives fractured. Leaving behind sinkholes, destruction and sorrow.

The resilience of people affected is humbling. Tragedy is a very heavy burden. Every hurricane, every tornado season. Every war, every dire conflict. With our help, hope to alleviate their circumstance is ever present.

They claim a place in my heart, those who have lost so much. In a matter of minutes. ■



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WHERE BUSINESS GOES TO GROW

Shopping locally doesn't mean anything if you do not buy local!



The 2024 Holiday season is here and Stark Development is pleased to bring to the community our fifth annual Stark Strong, Buy Local and Win campaign. Not only can you support your local businesses during this holiday season by buying local but you can enter every sales tax generating dollar spent during the three-week campaign for a chance to win a huge envelope packed full of gift cards from local businesses.

The holiday Stark Strong Campaign will run from November 29th (Black Friday) until December 26th. Five lucky winners will be awarded weekly throughout the campaign.

Shopping locally doesn't mean anything if you do not buy local! Your local merchants and businesses all take a big risk and sacrifice to remain relevant in today's economy where online shopping is a cultural norm.

Retail, commercial and dining options are very important to a community. Vibrancy is also a major consideration for those businesses looking to open their doors or plant a franchise in our community. If our local businesses thrive, other interested businesses use that as a benchmark to gauge their ability to thrive in a new location.

Buying local and supporting local actually generates more money in the community. It is called the local multiplier effect. If you buy from your neighbors' business, then they buy from their neighbors' neighbor and so on. Time magazine describes this as "enhancing the velocity of money". Pay attention to how



many Amazon sponsorships show up on the outfield signs, event programs or at school activities. The names you do see there are your local businesses. They are there to offer their support but they need your support as well.

You can make a difference in your community by intentional spending and awareness of your local businesses that are there for you. By keeping as much of your spending locally as you can, you help to create strong vibrant communities.

Stark Development Corporation sponsors the Buy Local & Win campaign and matches local merchant's and businesses' donations to the campaign. In 2023, during the four-week campaign over \$14,000 in gift cards, certificates and

prizes were given away to support local business.

To be eligible, registrants have to electronically submit receipts that includes sales tax from ANY business in Stark County. Registrants earn one entry in the weekly drawing for every dollar spent in Stark County.

We are excited to continue to build partnerships, promote shopping local and supporting the businesses that are working hard to provide local food, shopping, entertainment, serves and opportunities for Stark County and the region.

During this holiday season, Buy Local & Win! Entries will be accepted at StarkND.com for purchases made starting on Black Friday (November 29th). ■

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Succession planning

When you run your own business, your days are busy and there's always a lot on your mind — but have you also thought about the day when you'll leave the business?

In other words, have you started thinking about your exit strategy? If not, you have company: About one-third of business owners haven't prepared a business succession plan, and of these owners, slightly more than a third don't view succession planning as a priority, according to a recent survey from Morning Consult, NXT360 Partners and Edward Jones.

If you're not close to retirement age and you've only had your business a short time, you might not think that creating a succession plan is a priority — or even a necessity. After all, you've got plenty of other things to do, such as attracting new business, dealing with competition, managing a staff, and so on. So, what benefits can you gain by prioritizing a succession plan?

Here are a few to consider:

- You'll be prepared if your plans change. You might be fully engaged in running your business now, but you can't always foresee where you'll be in the future. If a new opportunity

came along, would you decide to take it? Or what if you experienced a health crisis and you could no longer run your business? If either of these situations were to occur, and you did not have a succession plan, you might be forced to act quickly and take steps — such as suddenly liquidating your business — that might not be in your best interest.

- You can help avoid family squabbles. If you have family members involved in your business or those who feel they should have a financial stake in it, you'll be doing yourself, and everyone else, a favor by developing a business succession plan and communicating it to your family. Your choice of successor may not please everyone, but if family members know far in advance what to expect when you exit your business, there's less likelihood of bitter disputes that can arise when succession plans are ill-defined or poorly communicated.

- You can develop your successor's management skills. If you've decided that you want an internal successor, whether it be a family member or a current employee, your succession plan will give you time to help develop this individual's management skills, as well as their overall knowledge of your business

and familiarity with your customers, vendors and other key parties. Of course, it's a different story if you plan to sell the business to an outsider, but even then, you'll want to be sure the new owner has the abilities needed to succeed.

- You may help improve your company's performance. As you prepare your succession plan, you may well find existing vulnerabilities in your business that you can address now. You also may find that you need to innovate in certain areas, define your long-term goals more

clearly and identify the resources you'll need — human and otherwise — to sustain the level of growth you desire.

It may seem a long time before you'll leave your business, but tempus fugit — time flies. So, put a succession plan on your to-do list.

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

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LESSONS IN BUSINESS

Starting strong: How to succeed in a new job

By Debora Dragseth, Ph.D

Starting a new job is stressful. New employees are typically concerned about two issues. Will I be able to do the job? Will my new co-workers like me?

Will I be able to do the job?

Assuming that you didn't misrepresent yourself on your resume or during the interview, you should have the ability to do the job for which you were hired. However, you may feel challenged or even overwhelmed the first few months or so. Don't be afraid to ask for help. You can say something like, "I just started last week, and I am not sure how to organize these monthly cost reports."

Don't apologize for yourself. If you use statements like, "I realize I should

know how to do this; I guess I'm just not very bright," it won't take long for your co-workers to agree with your own assessment of your ineptitude.

Avoid criticizing the company or anyone in it. Steer clear of statements like, "At my old company, these forms were easy to fill out," or, "John gave me this useless project to work on and I don't even know where to begin." These types of comments will not win you any points with your new co-workers and will likely label you as a malcontent.

Say "thank you" for any help you receive and give credit to your co-workers. If the boss compliments you on a job well done, say something like, "Kathy really helped me out by orienting

me to the file system. I couldn't have done it without her."

Reflect on your previous position and consider what you could have done to make it better. This could be your chance to begin fresh. Your new position offers a tremendous opportunity to transform yourself into the employee you've always dreamed of being: an efficient, positive, respected team player who enjoys their job.

Will my new co-workers like me?

Remember your first day of junior high? Or, when your parent got transferred and you had to move to another town as a third-grader? As adults, we experience that same panicky feeling when we leave our old, comfortable environment to move into a new, unknown one.

These feelings are completely normal. Remind yourself that each day will become more comfortable than the last, and soon you will wonder how you could have been nervous about working with such wonderful colleagues.



Every workplace has its own culture. Keep your eyes open and gather as much information as you can. Observe people's personalities. Some may be quite different from yours. But that doesn't mean you can't understand them and find a way to work together. Building positive relationships with your co-workers will lead to less stress and make the work environment more enjoyable.

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

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KUDOS

Sandy Bertelsen



"You don't have to wait to be confident. Just do it and eventually the confidence will follow." ~ Carrie Fisher

Sandy Bertelsen will tell you her family is her whole world. Her husband, four grown children, 17 grandchildren, and one great-granddaughter—"They make my world."

Then she'll tell you about her love for technology and education, and you'll see as she speaks, about both loves of her life, that she is a deeply passionate and curious person, indeed. Her great interest and love of technology in particular has led her to some remarkable endeavors

after her formal career of delivering technology support and guidance across multiple sectors. Still making an impact on young people, especially women, Sandy is an asset to our community and our girls in STEM.

While studying to become an educator, Sandy was required to take a computer class. "I was scared to death," she recalls. "That was back when you had to boot up with a floppy drive and everything."

However, she quickly became fascinated by the inner workings of computers, and that interest has never waned. With the support of her husband, Sandy has invested both time and money into this passion, making coding and computer programming an ongoing self-directed learning experience.

"It's not that I'm so very smart or intelligent," she says humbly. "I think of it as an innate gift I've been given. For whatever reason, God opened my mind to understand technology, and I've had incredible people helping me learn all along the way."

After retiring from Dickinson Public Schools, Dickinson State University, and Roughter Education Services Program,

Sandy embraced many hobbies, including her favorite: using a computerized embroidery machine.

"I had to take an art class once for a humanities credit, and I am not artistic," she remembers. "But tools like my embroidery machine let me create art in a way that makes sense to me, and I just love it!"

Sandy also joined Women Empowering Women, a local organization dedicated to helping women become the best versions of themselves. Through this group, Sandy now holds an annual coding camp for young women.

"My growing concern about the low percentage of women entering the computer science field fueled my desire to take action," she says. "Coding Camp for Girls allows me to combine my support for women at all stages of life with my advocacy for STEM."

If it's true that constant learning and a sense of purpose keep you young, Sandy may just live forever—and our girls will be all the better for her contributions to their lives and futures!

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work



Sandy Bertelsen

women do. These are women who've lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact.

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

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COMMUNITY

Home on the Range hires pastoral assistant

By Jolene Obrigewitch,
Development Director



Nathan Gentry

Home On The Range (HOTR) is pleased to announce and introduce their new pastoral assistant, Nathan Gentry. He will be working with Father Nicholas Vetter to develop a meaningful spiritual program for the children.

Nathan started in August. He is getting acquainted with employees, residents, and helping in the recreational and therapeutic groups like basketball and rock wall climbing. His overall goal is to give love and kindness to the children, and teach them about forgiveness of themselves and others. Nathan has “jumped in feet first” with his new responsibilities.

Nathan assists Father Vetter with the weekly spiritual groups with the boys and girls. He oversees other spiritual groups and activities, schedules meetings with the residents one-on-one if they ask, acts as a liaison between HOTR and other Christian organizations, collaborates with employees and individuals to bring in groups that inspire and motivate the children, and talks about positive relationships and outcomes.

Recently, the Christian group, Trampolines were here to perform for the children. Trampolines did a live concert in the Chapel. The next day, the boys and girls broke into small groups. Nathan

and the band members led the groups in reflection, discussion and goal setting. The band, boys and Nathan enjoyed an afternoon of skate boarding on the basketball court. The day ended with an inspirational message from Trampolines.

Another recent activity was taking the boys and girls to the Praise in the Badlands concert in Medora featuring Nick Hall and Sanctus Real. Nathan accompanied the boys and they all enjoyed the music and outing. Knowing the value of volunteer ministries, Nathan has been meeting with some of the local church pastors and working on different groups hosted by these churches that our youth can be involved in.

What does the future hold in the spiritual department? Time will tell. Nathan is a go-getter, enthusiastic, and full of fun ideas for the youth.

HOTR is licensed to care for 36 boys and girls who have experienced or witnessed traumatic events. It is a qualified residential treatment program and therapeutic ranch located near Sentinel Butte, North Dakota. Home on the Range is a nonprofit organization and nationally accredited by Council on Accreditation. To learn more, visit www.hotrnd.com. ■



A member of Trampolines gives message

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THE ARTS

Badlands Opera Project presents Amahl and the Night Visitors

Did you know? Dickinson is home to the region's only opera company! The Badlands Opera Project began in 2019 and was officially organized in 2022. Since then, we have hosted two operas, an opera gala, a musical, and two musical theater summer camps for local students ages 8-18! This November, we are bringing back the beloved Christmas musical Amahl and the Night Visitors, the first opera written for television. It is just under one hour long and in English – if you've never seen an opera before, let this be your first!

Amahl and the Night Visitors was written by Italian-American composer Gian Carlo Menotti for NBC and aired Christmas Eve in 1951. It tells the story of a young boy who is poor and disabled but has an unforgettable encounter with the three wise men on their journey to find the Christ child. Guest artists Elise and KC Williams—a real-life mother/son duo from Minnesota—will portray the title “Amahl” and his mother. Also joining us from Minnesota will be bass Peter Hoffman as Balthazar, but the rest of our cast will be local! DSU graduate Cole Beck will perform Kaspar, DSU piano faculty Joel Walters will sing Melchior, DHS graduate Nauta Devero

will perform the page, and a chorus of local singing and dancing shepherds will complete the show.

We are also extremely excited to present a small, live orchestra of musicians from the region, including Sandy Tibor and Jeremy Wohletz on oboe, Rebekah Janke on violin, Cheryl Hewson on piano, and others. Badlands Opera Project was honored to receive a Main Street Vibrancy grant, as well as a matching grant from St. John Lutheran Church, to make this orchestra a reality.

This family-friendly opera will be arriving in Dickinson around the same time Santa arrives at the Prairie Hills mall! Performances will be held at St. John Lutheran Church in Dickinson on Friday and Saturday, November 22 and 23 at 7:00 pm, as well as Sunday matinee at 3:00 pm on November 24. Tickets are available at the door, \$20 for individual tickets, and \$50 for family tickets. Whether you are a long-time fan of opera or have never even considered attending one, we're sure that Amahl and the Night Visitors will warm your heart and become a beloved part of your Christmas traditions! For more information, visit our website: badlandsopera.org, or email us at badlandsoperaproject@gmail.com ■

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The German Mercantile Company, Part 2

By Bob Fuhrman

Work on the construction of the German Mercantile Company's (GMC) new building in South Dickinson had been progressing nicely since GMC's board signed a contract with the Northwestern Building Co. in July 1907 for the erection of a 60 x 80-foot edifice at the corner of East Broadway and McDonough Street (1st Ave. S.E.). Despite a minor shop-lifting excursion by two wandering youths from Edina at the GMC's first, temporary retail spot (the location of which was oddly never mentioned in the Dickinson Press), business seemed to be going well. In November GMC shareholders increased their capital stock from \$10,000 to \$30,000, obviously in anticipation increased sales when the new location on East Broadway Street would open its doors.

Early December saw the Press reporting on the three major building projects in town – the Northern Pacific Depot, the Armory and the German Mercantile Company's new digs. All three were on the cusp of 'buttoning up' the building envelopes to allow for interior work to continue into the winter months. It being noted that the GMC store was 'ready for the roof.' Then, in its January 25, 1908 edition, the Press noted that a large machine shed was being erected by the GMC and that "the new store is progressing finely and the proprietors expect to commence moving the stock of goods the coming week." In the same issue it was announced that Tom Vallancey, a one-time Bismarck Grocery Company salesman and Opera House manager had "purchased a \$5000 stock of drug store supplies" with which he would open a "first-class drug store in part of the new building of the German Mercantile Co."

The next week it was announced

that a grand opening ball for the GMC would be held on Saturday February 1st with the recently formed Dickinson Military Orchestra providing music. The reception committee consisted of GMC Manager/stockholder Frank Wanner, Peter Brown and M.L. McBride who welcomed guests for the 9 pm Grand March with Tom Vallancey acting as floor manager (directing traffic, one assumes). The Press called it "The leading social event of the season in South Dickinson...Every ward and block in Dickinson was represented on the floor and every dancer seemed to be having an especially good time."

While this notice is of a complimentary nature, it bears mentioning that the Press' coverage of what it predicted to be "the largest and best store building in Dickinson" is not on par with its previous coverage of various building projects located in the city's 'downtown.' This may be due in part to the GMC likely spending their advertising budget with local German language newspapers – which in this era included *Der Volksfreund* ('The People's Friend,' published 1903-24) and *Die Deutsche Zukunft* ('The German Future,' 1908-11).

Examining the 1910 census sheets for Dickinson shows just how prevalent the German language was in the city, particularly in Ward 4 (east of the original town plat) and Ward 6 (south of the Northern Pacific tracks – what would be referred to as 'South Dickinson'). These two wards were enumerated by Ole Tollefson on 21 U.S. Census sheets, and show Ole crossed back and forth between his two wards from April 20th to May 1st, recording 1041 individuals, 632 of whom were either Russian-born or born of Russian parents after immigrating to the U.S



(these people are now commonly referred to as 'Germans from Russia'). Of the 1041 individuals enumerated 241 have 'German' listed as their spoken language, most of whom were Russian-born (there are a few non-Russians listed as speaking German as their primary language) and 166 very young children have no language of record. It is assumed that any bi- or multi-lingual individuals who had English as one of their languages would most likely have been recorded as English speaking. Regardless of such distinctions, the strong Germanic character of Wards 4 & 6 is established by the details presented on the contemporary census sheets.

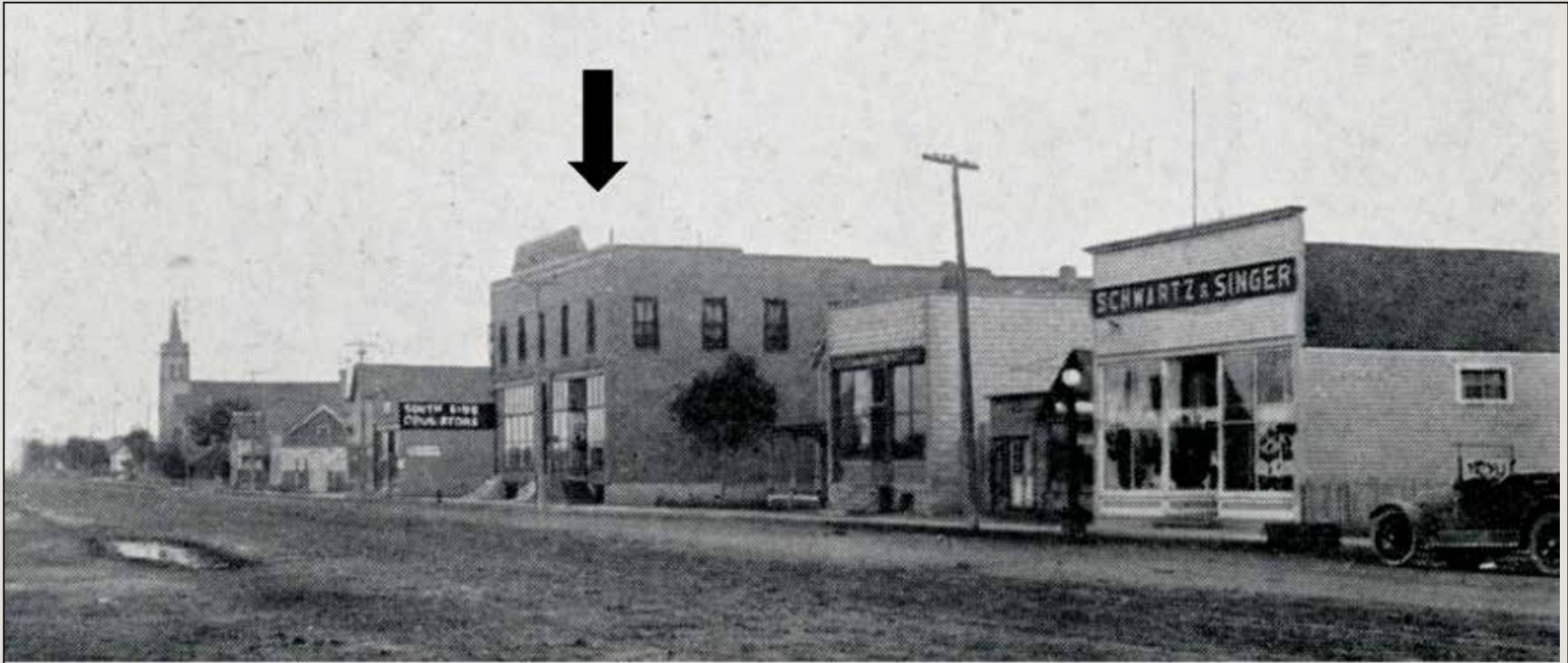
A few weeks after the grand opening ball the Press announced that Druggist William Chernensek of Minnesota had been engaged by Tom Vallancey to operate the newly christened South Side Drug Company which would be run out of the new GMC building's basement's northeast corner. Although born in Minnesota, Chernensek's parents were Austrian, allowing us to assume he was familiar with and probably fluent in the German tongue and thus able to easily serve the GMC's target customer base.

The same day that the South Side Drug Company's Notice of Government License was published in the Press the newspaper also carried a report of an almost "disastrous fire" the previous weekend at the GMC, noting that a quantity of tar being used for roof repairs was accidentally ignited. Noting that the roofing composition was "practically fire proof" and that the City's volunteer firemen "were right on hand and carried out their work in the usual good manner." Ten days later the firemen were back when fire broke out again, this time behind the prescription counter in the South Side Drug Company's basement store.

"A full force of water was thrown into the drug store and nearly all the bottles and counters were broken...the heat from the fire and force of water ruined the plate glass front, and the water did considerable damage to the stock of the German Mercantile Co. The total damage amounts to several thousand dollars...the building and contents were insured. This was the second fire at the German Mercantile during the past two

Continued, next page

Continued from page 16



View of Broadway Street, South Dickinson

**Note St. Joseph's Church in the distance and the German Mercantile Company building marked by the arrow.
From Dickinson - Queen City of the Prairies, promotional booklet printed by Publishers Feature Service,
Bismarck, ND, 1915.**

weeks. Mr. Vallancey seems to be the victim of fires, having had an automobile burn up last fall."

Unfortunately, the Press' report on the second GMC fire was somewhat prophetic – three and a half weeks later another fire broke out at the GMC on April 17th. Again, the fire originated at the prescription drug counter, described as a 'chemical explosion' that firefighters "put...out without much difficulty but the counter, cases and most of the goods were badly damaged by fire and water. Two of the large plate glass windows, which were reset last Saturday, were broken. Tom Vallancey, the proprietor of the drug store, was overcome by gas inhaled while fighting the fire and was carried to his room at J.K. Porter's. A physician was called and worked over him for some little time. Late Friday afternoon he was hardly conscious and was in a weak condition as the result of gas and nervous excitement." Apparently Vallancey had had enough as the next month he sold the South Side Drug Co.

operation to druggist Chernensek.

Also in May, the GMC building was visited with another incident, this time a burglary. Arriving at the store on Saturday morning Manager A.L. Hunkele "found all the doors unlocked and quite a quantity of goods missing, also \$6 in nickels and dimes had been taken from the cash register." Officers from Dickinson's Police Department were soon on the case and were able to apprehend local men Bert Williams and Henry Brown. The initial arrest of Williams came about as Police Chief Corbett and his officers took to the street, looking for men wearing new shoes, part of the swag that was burgled. The arrest of Williams who was found wearing stolen footwear led to a search of his quarters where several boxes of shirts, underwear, more shoes and also stockings were found, all identified by Manager Hunkele. With information from Williams and a young fellow named Roodhart (who unknowingly came into possession of some of the

stolen goods) officers arrested Brown, who was out of jail on bond for a charge of grand larceny. His bond was revoked and Henry Brown was once again a guest of Sheriff Hartung.

Interestingly, Bert Williams was also well known to the Sheriff as Hartung was manager of Dickinson's northside baseball team and was singled out by the Press the week before the burglary for his play in a practice game between the North and South side teams. Playing third base for the Southside team it was noted "Williams...was watched rather closely and has been accused of having about himself the makings of a good ball player...chances are that Williams will remain in Dickinson and become one of Manager Hartung's regulars." After the game Williams accepted an invitation from Hartung for sleeping quarters on the second floor of the Court House while he looked for work, obviously with the understanding he might play for Hartung when the season began. Needless to say, Williams remained

a boarder of the Sheriff, though in the Stark County Jail and not in the Court House.

Though seemingly an open and shut case, when Williams was tried on July 9th he was acquitted – despite "the state's evidence...and his own story." A few days later Henry Brown was tried and pleaded not guilty despite having previously confessed to the crime. During testimony he indicated that Bert Williams was with him but that "five minutes before the burglary he (Williams) had no idea of entering the store." The 21-year-old Brown was found guilty of third-degree burglary, which carried a maximum sentence of 5 years, but was sentenced to only a year in the North Dakota State Penitentiary (though he would continue to be troublesome to local authorities). Bert Williams seems to have quietly disappeared and Sheriff Hartung tapped a fellow named Kostecky to play 3rd base for Dickinson that summer. ■



Sandi Lang Frenzel and Penny

Don't mistake Sandi Lang Frenzel for just a cowgirl with fancy belt buckles. Her love for the Western life doesn't come from the glamour of the rodeo, but from the grit and sweat of hard work on a North Dakota farm. From a young age, shaped on the land near Sterling where she grew up, Sandi learned the value of effort, building a reputation as someone who could be counted on.

That farm was home to every kind of animal you can imagine—cattle, pigs, turkeys, sheep, and, most importantly to Sandi's story, horses. While her mother was an avid rider with a trusted horse named Pet, Sandi and her siblings didn't learn to ride right away.

In 1954, the farm had 26 horses, with only one broken to ride, Pet. The land was parched by drought that year. Feeding so many horses became impossible, and nearly all of them were sold—except for Pet, who remained on the farm.

Horses, as any good farmer knows, have a way of returning. After the land recovered a bit, three new steeds would make their way to the farm and into the lives of the Lang children. Sandi was 12 when her father purchased her first horse, a bay named Penny. Sandi does not recall why the name Penny, and it really didn't matter—Penny was freedom. Freedom to explore the prairie on Sundays, a break from the endless chores of farm life.

Sandi's older sister Arlene got to ride her mother's horse Pet, while the other horses bought by her dad for the kids that year, Lightning and Thunder, went to her siblings, Kay and David. There's a classic photo of the four of them, lined up proudly on horseback in front of the new barn, smiling with the unique kind of joy that horses bring.

Bareback Beginnings and Saddle Adventures

The new riders started riding bareback at first. It wasn't until Sandi graduated from grade school that she received a saddle of her own. Soon, her siblings were given saddles as well, and the four of them, fully outfitted, were ready for adventure.

Sandi remembers those rides with a certain reverence. They'd visit Grandma's house up the road or roam through pastures, not just for fun, but to help gather the cattle. Not every ride was smooth, though. Penny bucked Sandi off more than once, including one



My First Horse

By Dr. Holly Gruhlke



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

memorable time when she bolted, leaving Sandi in the dirt. That's a memory Sandi's never forgotten.

Sandi's voice softens when she talks about those days, almost as if she were back on the family farm. "You feel more alive on a horse," she says. "I remember the dampness of the evening, the way the earth readied itself for night. Especially when we rode through a dip in the ground—it felt cooler."

A New Chapter in Motherhood and Ranch Life

Years passed, and Sandi eventually left home. In 1965, while living on her ranch west of Mandan, she received another gift—Coco Boy, a striking appaloosa. Coco Boy was with her when she had her first child, a steadfast companion through the early years of motherhood.

Life changes, as it does for everyone. Like many who have lived a life of work and adventure, Sandi faced her share of trials, the kind that shape a person's character. But through it all, horses remained a constant. Each one that came into her life had a special story, weaving itself into her own.

In 1998, the Frenzels bought a sprawling and majestic ranch north of Medora. The ranch came outfitted with a horse named Stitch, who had once worked at the famous Calgary Stampede. Stitch earned his name after being gored by a bull, leaving him with a wound that required sutures. Knowing Sandi's love for appaloosas, her husband Joe bought Chief Georgey Boy, who traveled all the way from Wisconsin to join Stitch at the Frenzel Ranch.

A Love That Endures: Sandi's Lasting Bond with Horses

Sandi doesn't ride much these days, but her love for horses hasn't faded. "Until the day I die, there will always be a horse nearby," she says. "Horses tell you things. They let you know when people are coming or when predators are near."

Today her horses are never far, just a few steps away in the corral, waiting for visits and treats from their beloved friend. Sandi Frenzel calls herself a ranch hand, but she is infinitely more than that. She's a woman whose spirit runs as deep as the land she's worked and whose love for horses will never fade.



Holly and Dixie

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COMMUNITY

Meet the newest Connect Care Team members



By Tara Zettel, RN, CEO

Connect Medical Clinic has finally completed its location expansion project, celebrating Grand Re-Opening last month.

At that party in the parking lot, the whole team came together for the first time, including those who now fill brand new positions within the mission.

Kelley, Patient Experience Manager

Many of you already know Kelley if you are reading this article. Kelley Jilek, founder and editor of the Heart River Voice, joined the Care Team as our Patient Experience Manager. Kelley is crucial in creating a positive first impression for our patients while ensuring efficient clinic operations and billing accuracy. Her long-time enthusiasm for the mission and managerial experience made her a perfect fit for this newly-created role!

Janelle, Director of Administration

Janelle Willett came to Connect with education and background in office management, health care administration and a degree in Business Administration. Plus, she has a heart for serving the community and building a team. All of this is advantageous in her role as Director of Administration. Janelle oversees and manages the clinic's administrative functions, ensuring efficient operations and high-quality patient care.

Our team is in good hands with Kelley and Janelle at the helm of the Administration Department!

Christina, Advancement Manager

Already a long-time Connect volunteer of many years, Christina Hirschfeld joined Mike Kiedrowski in the Advancement department at the end of September. She served as the event coordinator at the 2024 Moving



New Connect Care Team members (back, left to right) Janelle and Kelley; (front, left to right) Madison and Christina

Forward banquet, and her experience with the mission and love for people and families makes her a dynamic addition to our Care Team!

Madison, Connect Cares Coordinator

Dickinson-native Madison Gellner is coming home and spearheading a new system of serving our patients. The Connect Cares Coordinator is the first Medical Care Team member new patients will encounter in an hour-long free consultation. Madi will support patients throughout their care journey, ensuring a seamless and positive patient encounter. The role also includes developing support systems to serve patients.

With these roles, Connect Medical is positioned to serve more patients with dignity-centered care from a holistic perspective. If you'd like more information or would like to make an appointment, please visit their website connectmedicalclinic.com ■

TOIVOA

Love, multiplying

By Michelle Massie

Hello Toivoa Readers! November is National Adoption Awareness Month, a month to raise awareness on the thousands of kids in foster care awaiting adoption and the families that have grown through adoption. That being said, I felt called to share this true story on love multiplying.

Years ago, I was working as a registered nurse on the floor at a local hospital in the Upper Peninsula of Michigan. That fall, the hospital had asked me if I was interested in becoming a SANE (sexual assault nurse examiner) nurse, which required an extensive week training in Wisconsin.

I was intrigued and felt called, so I signed up, knowing I could learn a new skill and be there for victims in their worst of times.

As I was planning to go, the government went on a shutdown, (do any of you remember this?) the other co-workers whom were signed up to go with me canceled, and I remember specifically discussing with my husband one evening all the issues coming up with the training and if I would even be going. Then my phone rang.

It was my dear cousin on the other line. She lived in Alaska, and they were due to have their second baby, so I was anxiously awaiting the “new baby news” on the other end of the phone. She quietly told me that she needed to ask me a question, and I should sit down and take a deep breath. I sat, and then she stated, “I was wondering if you wanted to adopt a baby girl that’s due next winter.”

You see, this cousin, she knows me. She knew how badly I wanted a big family and how grief filled I was when I only had 3, biologically. She knows how much I truly love kids.

She then went on to tell me the story. The birth mom was her friend and made a tough decision to give up her unborn baby girl that was due on Valentine’s day. Honestly friends, my first reaction was a heart-sinking, “Oh boy, I don’t know.” I don’t know.

Days after, I brought it up to my family, and we all didn’t know. We talked and prayed about it. I then met the birth mom, over the phone. She was so strong and sweet. I was honest with her and told her I didn’t have a clear answer and asked her for some more time to decide. She agreed.



But, truthfully as excited as we were at the possibility, I couldn’t get the “I don’t know” feeling out of my mind as my initial thought about adding a precious baby to our family.

A few days later, the government found money, my boss agreed to send me solely to SANE training, and before you know it, I was on the way out the door to another state for a week-long in-service. I remember driving on the way there and calling my husband and asking him, “What if we are supposed to be parents? I don’t want to work on-call all night long as a SANE nurse with a newborn?!” And, as I think about it today, I can still hear his words, “Shell, the stars all aligned for you to go. Go, it’s meant to be.”

So, I believed him and kept driving.

The next day I arrived at the tech college for the training. As class started and we were introducing ourselves, I saw a woman walk in. You know that feeling that you get when you look at someone and know they have a beautiful heart? Well, that was the feeling I got from the stranger walking in. As she sat down and caught me looking at her, she smiled. I was right.

I ended up sitting at the same lunch table as the sweet, beautiful-heart lady. Her name was Susan. And, as the training went on that day, my mind went back and forth from brand new babies to medical terms for charting abuse cases.

Later that night I fell asleep asking, praying, pleading to God (on my hands and knees right in front of my motel bed) for anything that could tell me what was meant for my future and the future of this sweet unborn baby girl.

The next day at lunch, I sat with Susan again. That day we talked about our families, and when it was my turn to talk about my favorite people, the unborn baby adoption story came flooding out with tears and tiredness.

Susan then shared her story of meeting her husband, and being married for a number of years. When asked how many



The Nelson Family

kids she had, she gently said, “None” with a sad look on her face. And, she vulnerably said they suffered from infertility issues.

Then it hit me.

I left class that night and called my husband telling him, shaking/scared that God was good, and he showed me the sign at the lunch table.

I then called the birth mom and cried and told her the news of Susan and God using me and cousin Jennie as messengers. Then I fell asleep, at peace.

The next day I asked Susan to lunch. As we ate, I began telling her about the unborn baby, cousin Jennie, the government possible shut down, the coworkers not coming, how I didn’t know if the training was going to happen, until it did, the “I don’t know” anxiety, the pleading to God on my hands and knees in the motel room, and then finding her, Susan, the beautiful heart, and also the sad-faced longing for a baby.

I then asked her if she wanted to be the baby girl’s mom. I can still see her rosy, full of life, tears streaming down her face, and hear her joy-filled screams now, “Yes,

yes, yes!”

The rest of SANE training passed in a blur. Susan shared that her and the birth mom talked every night after the training, and she was going to be able to get an ultrasound picture the following week. I also got to listen to the beginnings of the adoption process and give pointers on what kind of crib she should purchase.

Leaving and saying goodbye to Susan was hard. She truly became a friend that turned into family in a one-week training. A few months later, baby Briella was born with both of her moms welcoming her to this life.

A year later Briella’s biological sister, Evelyn, joined the world. Susan and her husband, Will, adopted her also, and she joined their growing family.

And, years later, Susan and Will adopted four more sweethearts, the rest of Briella’s and Evelyn’s sisters.

Friends, today, looking back at this time, I know now that God was not teaching me about SANE training, he taught me the biggest lesson of all. That he answers prayers, and love multiplies. ■

FOSTER

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FOR THE CHILD	FOR THE FAMILY	FOR THE VILLAGE
Providing necessary items to children as they enter Foster Care in order to ease their transition. Offering extended services and support to ensure the child thrives in all areas of growth and development.	Working together to recruit and retain licensed Foster Families by creating a community of like-minded individuals and by providing extended supports to ease the strain of constantly shifting schedules, mental health, etc.	Inviting the greater community into discussions surrounding Foster Care and the specific challenges and needs of those involved while educating and including them in the solution.

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COMMUNITY

Magical Medora Christmas Show coming to Hettinger

By Ted Uecker, WRHS Foundation

Just when you thought they couldn't possibly top their last event, the West River Health Services Foundation has now contracted with the award-winning "Magical Medora Christmas Show," produced by Bill Sorensen Productions. For the first time ever, this sensational singing and dancing show is coming to Hettinger! They'll be here on Friday, November 29th at 7:30pm at the Hettinger High School Gymnasium.



in Bismarck on December 22nd. The cast is filled with talented musicians and vocalists from across the USA, with some being former and present Stars of the famous

Medora Musical. They travel with their sets, lights, costumes and musical instruments – a smaller version of the Medora Musical if you

will – with a strong Christmas vibe. A smaller version of the Medora Musical on Christmas steroids!

The net proceeds from this event go



Soon you can purchase \$35 per person tickets at wrhs.com and clicking on the Magical Medora Christmas Show. You can also purchase \$35 tickets directly from Ted Uecker at the WRHS Foundation, KB Jewelers and the Hettinger Community Promotions Office. You can also go to medorachristmas.com to learn more about the show. You can purchase tickets at their site too, but there is a \$5+ handling fee there.

Hettinger will be the first stop out of the gate for this inspiring traveling show, which has become a popular Christmas tradition for thousands of people across the region. The tour visits 20+ communities in ND, SD, MT and MN, beginning in Hettinger on November 29th and ending

toward our West River Health Services Foundation, where needed medical facilities, equipment, loans and scholarships are created, to continue improving our top-quality healthcare system, "close to home." The same healthcare system that is here for you whenever you or your family needs us.

If you have any questions regarding the Magical Medora Christmas Show, please call Ted Uecker at 701-567-3666. Thank you for considering purchasing tickets for you, your family or others. TOGETHER we are COMMUNITY. And TOGETHER we are making an IMPACT! ■

BUYlocal
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STARK STRONG



REGISTER
to WIN!
WEEKLY PRIZES

How to QUALIFY:

- Must be 21 years of age or older to enter
- Shop at any Stark County business and make a taxable purchase(s)
- Submit dated receipt(s) within promotional time period listed below
- See official rules on website

WEEKLY PROMOTIONS

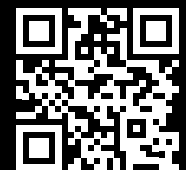
November 29, 2024 - December 7, 2024

December 8, 2024 - December 14, 2024

December 15, 2024 - December 26, 2024

Submit ENTRY:

StarkND.com



WINNERS WILL BE NOTIFIED BY PHONE OR EMAIL
FOLLOWING THE WEEKLY PROMOTION

HEART RIVER VOICE | NOVEMBER 2024

Calendar

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



SCAD 3RD ANNUAL
HAT & MITTEN DRIVE

OCTOBER 14TH, 2024 - NOVEMBER 14TH, 2024

COLLECTING NEW HATS, GLOVES,
MITTENS, AND COATS FOR STARK
COUNTY SCHOOL KIDS!

DONATIONS CAN BE MADE AT:

- >LAW ENFORCEMENT CENTER - 66 MUSEUM DR W, DICKINSON ND
- >STARK COUNTY COURTHOUSE - 51 3RD ST E, DICKINSON ND

MONETARY DONATIONS
ALSO WELCOME!

MAIL OR DROP OFF AT
LAW ENFORCEMENT CENTER
(66 MUSEUM DR W, DICKINSON ND)

SCAD WILL MATCH UP TO \$500 IN MONETARY DONATIONS

ONGOING IN NOVEMBER

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

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

UNITED WAY ANGEL TREE Encourage the love of reading by bringing in a new, unwrapped book chosen from the Angel Tree to help someone have a happy holiday. See article, page 4, for more info. Dickinson Public Library.

THRU NOVEMBER 14
SCAD 3RD ANNUAL HAT & MITTEN DRIVE Now collecting NEW hats, gloves, mittens and coats for Stark County School kids. See ad, this page, for more info.

FRIDAY NOVEMBER 1
WEST RIVER ICE
"SCREAM" HALLOWEEN PARTY 7-9PM Happy Halloween! Come dressed in your best costume and skate to a live DJ! Door prizes, photo booth, and contests will heighten the fun! All ages welcome! Free admission with \$2 skate rental. West River Ice Center

NOVEMBER 1 AND 2
GIRLS VARSITY INVITATIONAL SWIM MEET
9AM Diving; 12:30PM Swimming. Watch the lane competitions and the diving. Everyone is invited! West River Community Center

SATURDAY NOVEMBER 2
FAMILY COMEDY NIGHT
7-11PM Featuring comedian Mickey Bell (opened for Unspoken last year at Praise in the Badlands). Night of laughs for the entire family. Tickets on sale online now. Tickets: \$25 adults, \$15 children. See article, page 26, for more info. DSU Student Ballroom.

SUNDAY NOVEMBER 3
DUNN COUNTY HISTORICAL SOCIETY ANNUAL MEETING 2PM
New members always welcome! Refreshments follow the business meeting. See dunncountymuseum.org or call 701-548-8111 for more info. Held at Dunn County Museum in Dunn Center.

THURSDAY NOVEMBER 7
RARE BOOKS ROADSHOW 5:30-7PM See article, page 4, and ad, page 9, for more info. Dickinson Public Library Community Room.



Turkey BINGO

Hosted By
Dickinson Eagles Ladies Auxiliary

WED. | NOV. 13, 2024
6:00PM | EAGLES CLUB, DICKINSON

20 Turkeys & 2 Thanksgiving
Dinner Baskets with Turkey

THE PACKAGE INCLUDES TWO CARDS.
YOU CAN BUY MORE THAN ONE PACKAGE.
NO SHARING OF PACKAGES.

MUST BE 21 TO PLAY

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NOVEMBER 7 AND 14
INTRO TO TUMMY TIME
10AM Join Women Empowering Women at Backyard Play Cafe. See ad, page 5, for more info.

FRIDAY NOVEMBER 8
MEDORA'S ANNUAL HUNTER'S FEED 5PM
Join the Medora Chamber Of Commerce for a chance to win many prizes as you enjoy a delicious supper. Tickets sold at the door! Medora Community Center

MONDAY NOVEMBER 11
NATIONAL PARK FREE ENTRANCE DAY Enjoy free

entry into Theodore Roosevelt National Park today! Entrance in Medora.

TUESDAY NOVEMBER 12
BUSINESS AFTER HOURS
4-6PM Join the Dickinson Chamber of Commerce for an opportunity to network with business and community leaders while enjoying appetizers and drinks. Superior Spas and Water, 2048 3rd Ave West, Suite 3.

WED NOVEMBER 13
TURKEY BINGO 6PM
Hosted by Dickinson Eagles Ladies Auxiliary. See ad, this page, for more info. Eagles Club, 31 1st Ave East

SATURDAY NOVEMBER 16
SATURDAY CRAFT CLUB: WOODEN ORNAMENT PAINTING 1-3PM All materials provided Ages 13+. See article, page 4, and ad, page 13, for more info. Dickinson Public Library Community room.

NOVEMBER 18-23
SCHOLASTIC BOOK FAIR
All proceeds go towards library programming. See article, page 4, for more info. Dickinson Public Library.

NOV 21 AND DEC 5
MUSIC & BABIES 10AM
Join Women Empowering Women at Backyard Play Cafe. See ad, page 5, for more info.

NOVEMBER 22-24
AMAHL AND THE NIGHT VISITORS Join Badlands Opera Project for an evening of artistic enjoyment. Tickets are available at the door, \$20 for individual tickets, and \$50 for family tickets See article, page 15, for more info. St. John's Lutheran Church

MONDAY NOVEMBER 25
ADULT BOOK CLUB: UNBROKEN 6PM Read the book and come discuss it with other adults. The next month's selection will be announced at the monthly meeting. Book Club books are available at the Main Level Circulation desk. Dickinson Public Library Community Room

THURSDAY NOVEMBER 28
COMMUNITY THANKSGIVING DINNER
11:30AM-1:30PM Join us for a warm and hearty Thanksgiving meal, free of charge!

Serving in person at Dickinson State University Downstairs Dining Room, 291 Campus Dr. We can bring the feast to you. Just let us know and we'll deliver a meal to your door. Reserve your meal starting November 11 - 25, from 9 am - 7 pm. Deliveries: Contact Sandy at 701-290-7509. Pick Up Orders: Contact Staci at 701-590-8996. See ad, page 14, for more information.

FRIDAY NOVEMBER 29
A MAGICAL MEDORA CHRISTMAS 7:30PM Start the holiday season off right by enjoying some family-friendly music. See article, page 21, for more info. Hettinger High School Gymnasium.

STARTING NOVEMBER 29
STARK STRONG BUY LOCAL & WIN CAMPAIGN
Shop local for your chance to win great prizes! See ad, page 21, for more information.

SAVE THE DATE

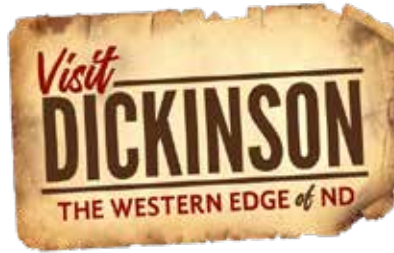
SATURDAY DECEMBER 7
CHRISTMAS AT LEGACY SQUARE 5PM Join us for the 2nd Annual Lighting of Legacy Square! Bring your family and friends for an unforgettable evening as we light up Legacy Square and kick off the holiday season. See ad, back cover, for more info.

CONVENTION AND VISITORS BUREAU

Fall – Make Your Own Day

It's going to be a relief from the heat, right? Fall brings people out to football games, vendor shows, pumpkin patches, and local galas. We don't end our travel season, it may certainly slow down some, but think locally also. Have you been to the Badlands Dinosaur Museum? And, if you have, was it many years ago? There is a lot that has changed at the Dickinson Museum Center in the past few years. You can see new exhibits and watch the paleontologists working. It's open year-round, Monday – Saturday, 9 am – 5 pm, and Sunday's during the summer. And after you leave there, stop by one of the many coffee shops, for a brew, or a hot tea that we have in Dickinson. In fact, we have an entire page on our website dedicated to The Coffee Cruise, a fun, new experience that can bring out the latte in everyone.

Have ever you jumped in the vehicle and drove over to one of our regional communities to attend a fall event, or discover some really cool unique shops? Many times, I hear "Oh, I get so busy at home, I just don't think of driving over there." It's a perfect excuse to yourself to have fun with a friend, even once a month. How about driving to Hebron to visit Dacotah Clayworks, a great shop of local clay pieces handcrafted into beautiful art? The soothing clay pastels reflect the local land colors. Stop by the Dark Side of the Brew before you leave Hebron for handcrafted coffee and a bakery item. Speaking of clay artwork, have you been to Prairie Fire Pottery in Beach? This business ships all over the world, and her kiln-fired pieces are full of dark earth colors. Badlands Barista and Boutique in



Beach has food, coffee drinks, western décor and clothing that you can find while you're there.

So, you can stay in Dickinson, or head east or west, and enjoy lots of places while having a local getaway. These suggestions can give you that one day of stress relief by having fun with friends, or just go yourself! ■

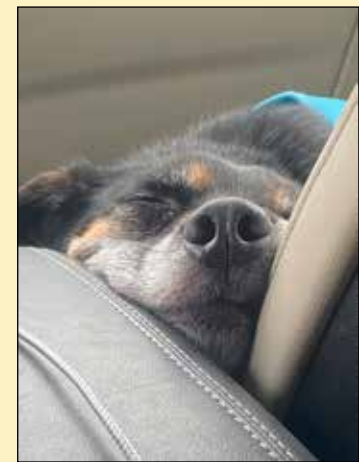


PAWSITIVELY POPPY

Thankful

By Miranda Kuhn

If you're a long time reader then you're familiar with the story of how Poppy came to live with us. The short version is she was picked up by a rescue, and we fostered her while she gave birth to a litter of puppies who were then adopted by their forever families while we kept Poppy for our own. I wanted to take a minute this month to just be thankful for the joy that Poppy has brought us. We decided to foster and adopt her during a time in our lives where we were suffering a lot of pain and sadness and we just wanted to love and care for another being besides ourselves. We got more than we bargained for in caring for her and her 7 puppies for nearly 3 months, but it was so worth it for her love and affection. I had never known how wonderful it was to have someone run to greet you the moment you walked in the door after work. I'd never been so happy to spend an afternoon just walking or throwing a tennis ball. When we were both tired, we snuggled up on the couch and napped. She needed us to care for her and provide a loving home, but we needed her too. Poppy has no idea, but she healed us and our broken hearts. These days it's easy for me to get frustrated with her being underfoot while I'm caring for a toddler but in the evenings when the chaos slows down, I still sit down with her to let her know how much I appreciate her companionship. Take time this month to consider the blessing of your pets and try to show them gratitude for the joy they bring to your life. Happy Thanksgiving, God bless you and your pooch! ■



FLUFFY FIELDS
VINEYARD & WINERY

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

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

- Petite Pearl
- Marquette
- Frontenac Gris
- Sweet Bree

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

- Apple
- Haskap
- Shipping Sunshine
- Cherry

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

Get Fluffy!

Ask Alfie

Dear Alfie,

My wife and I are very excited to celebrate our puppy's first Christmas this year. However, he still has a bad habit of getting into things that he shouldn't, and we're concerned that when we put up our decorations, he will be tempted to mess around with them. Do you have any advice for how we can enjoy the holidays without him getting into trouble?

Sincerely, Puppy's First Christmas

Dear Puppy's First Christmas,

The holidays are an exciting time for all of us, and no different for our pets! Even the most well-trained, mature pet may be tempted by the bright lights, shiny objects, and new smells that come with the season. Unfortunately, many of those joyful things can also be hazardous if not careful.

There are many plants specific to the Christmas season which are extremely toxic to dogs and cats. These include mistletoe, holly, poinsettias, and all types of lilies. Before bringing any new

plants into your home, always research them first to ensure they will be safe around your pets, should they be accidentally ingested. Live Christmas trees themselves can also be dangerous. First, make sure that there is no chance



your tree can tip over or fall onto a pet or person. Cats especially are tempted to climb Christmas trees, so making sure you have them anchored properly is a must. Additionally, keep your tree water covered, so your pet will not

be tempted to drink from the basin. This is because water additives to keep trees fresh longer can be poisonous, and stagnant water itself is a breeding ground for bacteria.

If your puppy is likely to jump on the tree or other decorated corners of your home, you may wish to consider swapping out glass bulbs for plastic, and keep cords safely tucked out of reach. Tinsel and other shiny bits can be tempting to chewers, but if swallowed can cause major issues which may lead to the need for emergency surgery or even fatalities.

While the holidays bring plenty of opportunities for your pup to find mischief, they also bring lots of opportunities for enjoyment. By trading out breakable decor for safer materials, and being mindful of anything that could be accidentally ingested, you will find greater peace of mind. Take precautions when planning, and have a wonderful holiday season!

Sincerely, Alfie ■

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



Volunteers Needed

For the

Foster Grandparent Program

We are seeking people 55+ to mentor children

- **one-on-one** in a local school
- flexible 5 hour/week minimum schedule
- Hourly stipend & mileage reimbursements for qualified volunteers

You could be the one to make a major difference
in a child's life!

Call (701) 483-5335 or text (701) 260-7117

Email office@ndscdev.org

Visit our website: <https://ndseniorcareerdevelopment.org/>

Dunn County Historical Museum

Dunn Center



Fall 2024

Open Sundays 1 to 5PM MT

Family Friendly! Free Admission!

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

New members always welcome! See our website for details.

dunncountymuseum.org

701-548-8111

COMMUNITY

Dickinson's Christian radio station hosts Family Comedy Night

Dickinson's 103.7 The Connection warmly invites the community to a Family Comedy Night on Saturday, November 2, at 7:00 pm in the DSU Student Center Ballroom. The event features nationally renowned comedian Mickey Bell, known for his family-friendly humor and unique comedic style.

Mickey Bell, a proud Alabama native, brings a fresh take on life's quirks with humor that's relatable and suitable for all ages. His wit, combined with his church upbringing, ensures an entertaining experience, making his performances perfect for any audience. Mickey's comedy is distinctively his own, as he effortlessly blends his life experiences with quick wit, guaranteeing a night full of laughter and stories that hit close to home.

Mickey's personal story of overcoming adversity adds depth to his performance. Having faced and overcome depression, he openly shares his journey of restoration and renewal, aiming to inspire others through humor and hope.

The evening will also serve as a fundraiser for 103.7 The Connection, a non-profit, listener-supported radio



station that relies on financial donations and generosity to continue its ministry and operations. Attendees can also enjoy a silent auction, with an opportunity to get a jumpstart on Christmas shopping.

Tickets are available online at 1037theconnection.com, by calling 701-483-1037, or in person at the station located at 141 3rd St. W, Suite 6, in downtown Dickinson. Don't miss this chance to enjoy a night of laughter and support a vital community ministry! ■

Call for artists

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

Submission Guidelines:

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

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

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



Heart River VOICE

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

Find Heart River Voice at the following fine establishments:

DICKINSON

Dakota Diner
Dan Porter Motors
Cashwise
Simply Flowers & Gifts
Dunn Brothers Coffee
High Plains Dental
Dickinson TR Regional
Airport
Ace Hardware
La Quinta Inn & Suites
Country Kitchen
Convention and Visitors
Bureau
Dickinson Museum Center
Chamber of Commerce
Consolidated
Rosie's Food & Gas
DePorres House of
Barbering and Lounge
Dickinson Area Public
Library
The Clean Home Shop
Fresh Sips
Family Fare - West
Players Sports Bar & Grill
Stark Development
Corporation
Dickinson City Hall
Holiday Inn Express
TownPlace Suites
Microtel Inn & Suites
AmericInn
Connect Medical Clinic
Frankie's West Side Shell

Villard Cenex
West River
Community Center
Edgewood Hawks Point
The Hub
Fluffy Fields
Ukrainian Cultural Institute

SOUTH HEART

Heart Country Gas Station

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy

HEBRON

Bassackward Studios
Hebron Public Library

BELFIELD

Trappers Kettle

MEDORA

Chateau de Mores
Roughriders Hotel
AmericInn

BISMARCK

Bismarck Art & Galleries
Assoc.

DUNN CENTER

Dunn County Historical
Museum

COMMUNITY

Power of 100 Women donates \$20,000 to two local charities

Power of 100 Women Dickinson, a local charitable group, met on July 22 to review four charities selected by their members to consider for their 32nd quarterly donation. Power of 100 Women meet four times each year to select local charities for their donations.

Hope's Landing is one of the two charities receiving donations from Power of 100 Women in July. Hope's



(left to right) Diane Duchscher, Irene Schafer, Deb Dragseth, Candice Ewald, Sherri Cooke and Shirley Dukart

Landing was established eight years ago to provide safe, sober, supportive and accountable places for those in recovery to heal physically, mentally, spiritually and socially in a caring, family environment. Hope's Landing provides a safe, sober and accountable living arrangement to those in recovery from addiction to drugs or alcohol.

F5 Project is the second charity to receive donations in July. F5 Project is seven years old. This is a group, started in the Fargo area, opening a location in Dickinson. F5 Projects primarily serves three different factions of people, those who were formerly incarcerated and within the reentry process, those who are currently on probation, and those who are not involved with the criminal justice system but require support and assistance to recover.

Power of 100 Women Dickinson members can nominate 501c3 charities to consider at each of the quarterly meetings. If you know of a local charity that is within a 50-mile radius of Dickinson, and you are a member of Power of 100 Women, your nomination can be submitted two weeks prior to each meeting.

Women in Dickinson and the surrounding area are invited to be a part of this group. Those interested in receiving more information can contact Shirley Dukart



(left to right) Diane Duchscher, Irene Schafer, Scott College and Shirley Dukart

(701-290-2283) or Irene Schafer (701-290-3222).

Power of 100 Women meet 4 times each year (January, April, July and October). Our next general membership meeting will be held at the Eagles Club on Monday, January 27, 2025. Prospective new members and guests are always welcome. No dues and no charge to attend. ■

COMMUNITY

Dickinson Rotary Club focuses on literacy with gift of dictionaries

Rotary's goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy. Rotary supports education for all children and literacy for children and adults. During October, Rotarians went into third grade classrooms to do a short lesson on the use of dictionaries and to give each student their own dictionary, courtesy of the Dickinson Rotary Club. This ongoing literacy project has occurred on an annual basis for the past 12+ years. According to literacy coordinator Deb Barros, this year the Dickinson Rotary Club's Dictionary Project put dictionaries in the hands of 484 third graders in 25 classrooms in all schools in Dickinson, South Heart and Belfield. This represents an all-time high and an increase of 72 dictionaries and three classrooms over last year. ■



Dickinson Rotarians gave 484 dictionaries to third graders; one was this classroom at Trinity Elementary

Connect with your community

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Heart River
VOICE

HEALTH

Glycocalyx

By Steve Irsfeld



Despite therapeutic efforts to tackle the main risk factors cholesterol issues, high blood pressure, diabetes, obesity, smoking, cardiovascular disease (CVD) remains the leading cause of death globally. The role of glycocalyx in CVD is an emerging area of research and maybe something to consider when looking at your current supplement regimen.

The glycocalyx is a thin, gel-like layer that coats the outer surface of cells, particularly endothelial cells that line the blood vessels. Made of proteins and sugars, the glycocalyx acts as a protective barrier between the blood and the walls of the blood vessels. It serves several critical functions, including regulating blood flow, preventing blood clot formation,

and protecting the walls of blood vessels from damage.

For the cardiovascular system to work effectively, blood needs to flow smoothly through the arteries and veins. The glycocalyx helps achieve this by acting as a buffer between blood cells and the walls of blood vessels. This prevents friction and reduces the risk of injury to the blood vessels.

The glycocalyx also helps regulate blood pressure. It senses changes in blood flow and adjusts the blood vessel's response accordingly. For example, when blood pressure rises, the glycocalyx helps trigger the widening of blood vessels (vasodilation), which reduces pressure and allows blood to flow more easily.

Furthermore, the glycocalyx helps prevent the formation of blood clots by reducing the likelihood that platelets, the cells responsible for clotting, will stick to the blood vessel walls. This is crucial because blood clots can block blood vessels and lead to life-threatening conditions like heart attacks and strokes.

Cardiovascular diseases (CVDs) include a variety of conditions that affect the heart and blood vessels, such as heart disease, stroke, and hypertension (high blood pressure). Damage to the glycocalyx is now recognized as an important factor

in the development of these diseases. This damage can occur due to several factors, such as high blood sugar levels, high cholesterol, high blood pressure, smoking, and inflammation. For example, in people with diabetes, high levels of glucose in the blood can break down the glycocalyx, making the blood vessels more prone to damage.

Once the glycocalyx is damaged, the blood vessel walls are more exposed to harmful substances like cholesterol and inflammatory molecules. This can lead to the buildup of plaque inside the blood vessels, a condition known as atherosclerosis. Atherosclerosis causes the blood vessels to narrow and harden, reducing blood flow to the heart and other parts of the body. This increases the risk of heart attack, stroke, and other cardiovascular diseases.

Given the important role the glycocalyx plays in cardiovascular health, finding ways to protect and restore it is essential. There are several lifestyle changes and treatments that can help maintain the health of the glycocalyx and reduce the risk of cardiovascular disease:

Eating a balanced diet rich in fruits, vegetables, whole grains, and healthy fats can reduce inflammation and protect the glycocalyx. Avoiding foods high in sugar,

unhealthy fats, and processed ingredients can prevent damage to the glycocalyx. Regular physical activity helps improve blood flow and reduce inflammation, both of which protect the glycocalyx. Exercise also helps regulate blood pressure and cholesterol levels, reducing the risk of cardiovascular disease. Lastly, quitting smoking is one of the best ways to protect the glycocalyx and improve overall cardiovascular health.

Researchers are exploring various treatments to restore damaged glycocalyx. Some medications and supplements, such as antioxidants, may help repair and protect the glycocalyx, though more research is needed in this area.

By making healthy lifestyle choices, such as eating a nutritious diet, exercising regularly, and avoiding smoking, individuals can protect their glycocalyx and reduce the risk of cardiovascular disease.

Stop by the pharmacy or call the pharmacy if you want more information about glycocalyx and supplements that can be helpful in maintaining healthy glycocalyx. 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! ■

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COMMUNITY

Alcoholics Anonymous fellowship

Preamble

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

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

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

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



Photo by Ron Lisko

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Plus Many More Items

COOKING CRAVE

Turkey treat

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

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



Laverne and Rhonda

Homemade Recipes Made Easy!

Turkey Tetrazzini

- 1 package – 7 oz. thin spaghetti, broken in half
- 2 cups cubed cooked turkey
- 1 cup sliced fresh mushrooms
- 1 small onion, chopped
- 3 Tbsps. butter
- 1 can condensed cream of mushroom soup
- 1 cup whole milk
- 1/2 tsp. poultry seasoning
- 1/8 tsp. ground mustard
- 1 cup shredded cheddar cheese
- 1 cup shredded mozzarella cheese
- 1 Tbsp. shredded parmesan cheese
- Minced fresh parsley

Preheat oven to 350 degrees. Cook spaghetti according to package directions. Drain and place in a greased 11/7 inch baking dish. Top with turkey; set aside. In a large skillet, sauté the mushrooms and onion in butter until tender. Whisk in the soup, milk, poultry seasoning, and mustard until blended. Add cheddar cheese; cook and stir over medium heat until melted. Pour over turkey. Sprinkle with mozzarella and parmesan cheeses. Bake uncovered for 25-30 minutes or until heated through. Sprinkle with parsley.

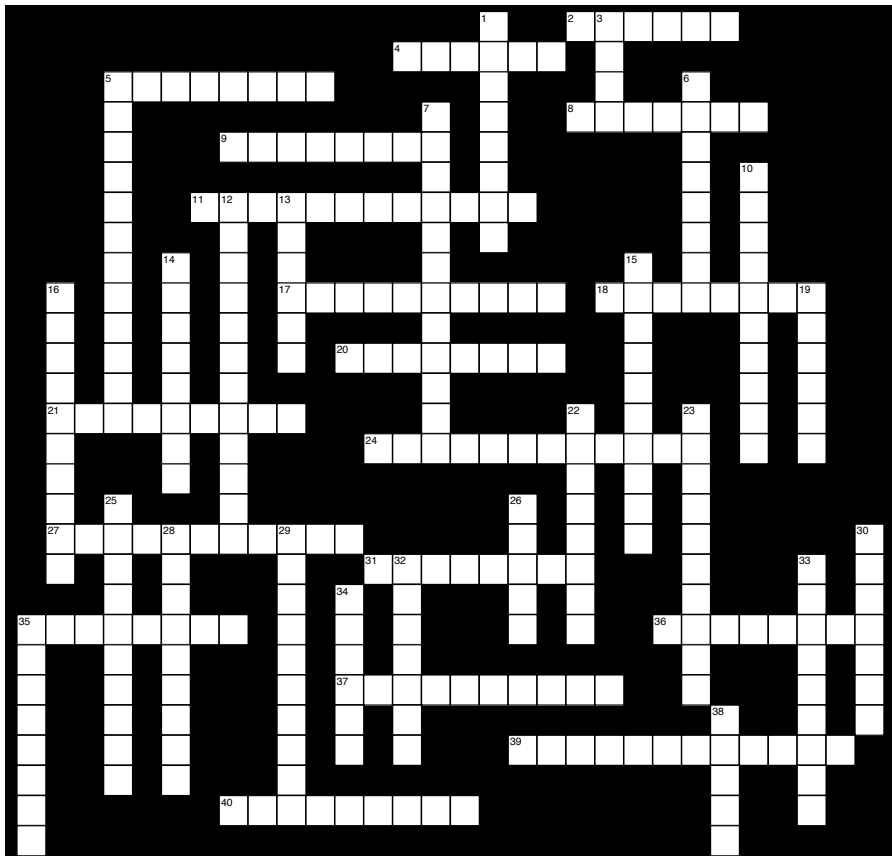


CONSOLIDATED
CHANNEL 18

COOKING
CRAVE

CROSSWORD

HAMANA HAMANA HOMONYM



ACROSS

- 2 +Hello casually, elevated
- 4 +Came in first, solo
- 5 +To acknowledge, a location
- 8 +Primary color, finished a book
- 9 +Fly above, be in pain
- 11 +Able to, speaking up
- 17 +To eye ogle, series of steps up
- 18 +The highest level, look out secretly,
- 20 +Letters and postcards, opposite sex
- 21 +Massage the dough, to require
- 24 +Breakfast food, in succession
- 27 +A chess piece, evening time
- 31 +It gets wagged, a story
- 35 +Introduced to, type of protein
- 36 +2 of a kind, type of fruit
- 37 +To pilfer, type of metal
- 39 +Strong tissue mass, bivalve mollusk
- 40 +Makes a connection, type of cat

DOWN

- 1 +Type of protein, offensive to the senses
- 3 +Me, you can see from it

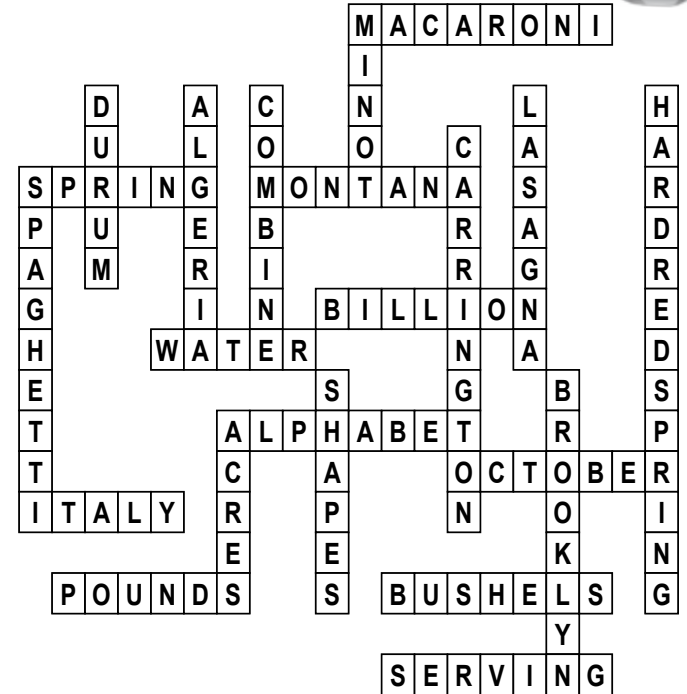
- 5 +Rough bits, a class in school
- 6 +To drip, onion like stalk
- 7 +Below the home, they offer something for money
- 10 +Squander, part of the torso
- 12 +To diminish, a period of instruction
- 13 Port city in Ukraine
- 14 +Unoccupied, an object of devotion
- 15 +Calm and quiet, a part of something
- 16 +Crack and bike stop
- 19 +Have understanding, negative reply
- 22 +Not strong, seven days worth
- 23 +Aircraft, ordinary
- 25 +Be correct, to jot down
- 26 +Notice to sell, join numbers
- 28 +An opening, complete
- 29 +Moan and __, to mature
- 30 + Sixty minutes, belongs to us
- 32 +What we breath, one who inherits
- 33 +Stage setting, to be noticed
- 34 +Warming orb, offspring
- 35 +Created, professional cleaner
- 38 +Purchase , next tow

LAST MONTH'S PUZZLE SOLUTION

IT'S PASTA TIME!

Thanks to all who completed the IT'S PASTA TIME crossword puzzle for National Pasta Month and Pasta Lovers' Week in North Dakota.

CONGRATULATIONS to our pasta prize winners!



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GOING POSTAL

Autumn Colors

The Autumn Colors stamps showcase the seasonal transformation in the United States, where the fall rivals spring in its breathtaking beauty. The new stamps feature a selection of ten photographs by the late Allen Rokach, capturing the essence of fall with a palette ranging from golden ochres to flaming vermilions. These images, taken with Rokach's signature "impressionistic cast," provide a vivid glimpse into the season's canvas.

As the days shorten and summer's warmth wanes, the biochemical processes within trees slow down, leading to the cessation of chlorophyll production. This shift allows the hidden yellow and orange carotenoids and the vibrant red and purple anthocyanins to emerge, painting the landscape with rich autumnal colors.

These natural processes are depicted in the pane of 20 stamps, each symbolizing the enduring allure of fall, from New England's famed foliage to the golden aspens of Aspen, CO. The stamps are designed by USPS art director Ethel Kessler using Rokach's existing photographs.

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



Do you like bluegrass?



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

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

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CHRISTMAS AT LEGACY SQUARE

Saturday, December 7th

PHOTOS WITH SANTA AND MRS. CLAUS

- 1pm - 3pm MDT
- Letters to Santa drop-off
- Dickinson City Hall

CHRISTMAS VENDOR MARKET ❄️ *Vendors Welcome* ❄️

- 4pm - 6pm MDT
- Dickinson Legacy Square
- Email: dickinson.legacy.square@dickinsongov.com
- Phone: 701-456-7802

LIGHTING OF LEGACY SQUARE

- 5pm - 6pm MDT
- Dickinson Legacy Square
- Arrival of Santa and Mrs. Claus
- LIVE Music, hot chocolate
- Christmas Tree Lighting Ceremony

Dickinson
LEGACY SQUARE

