

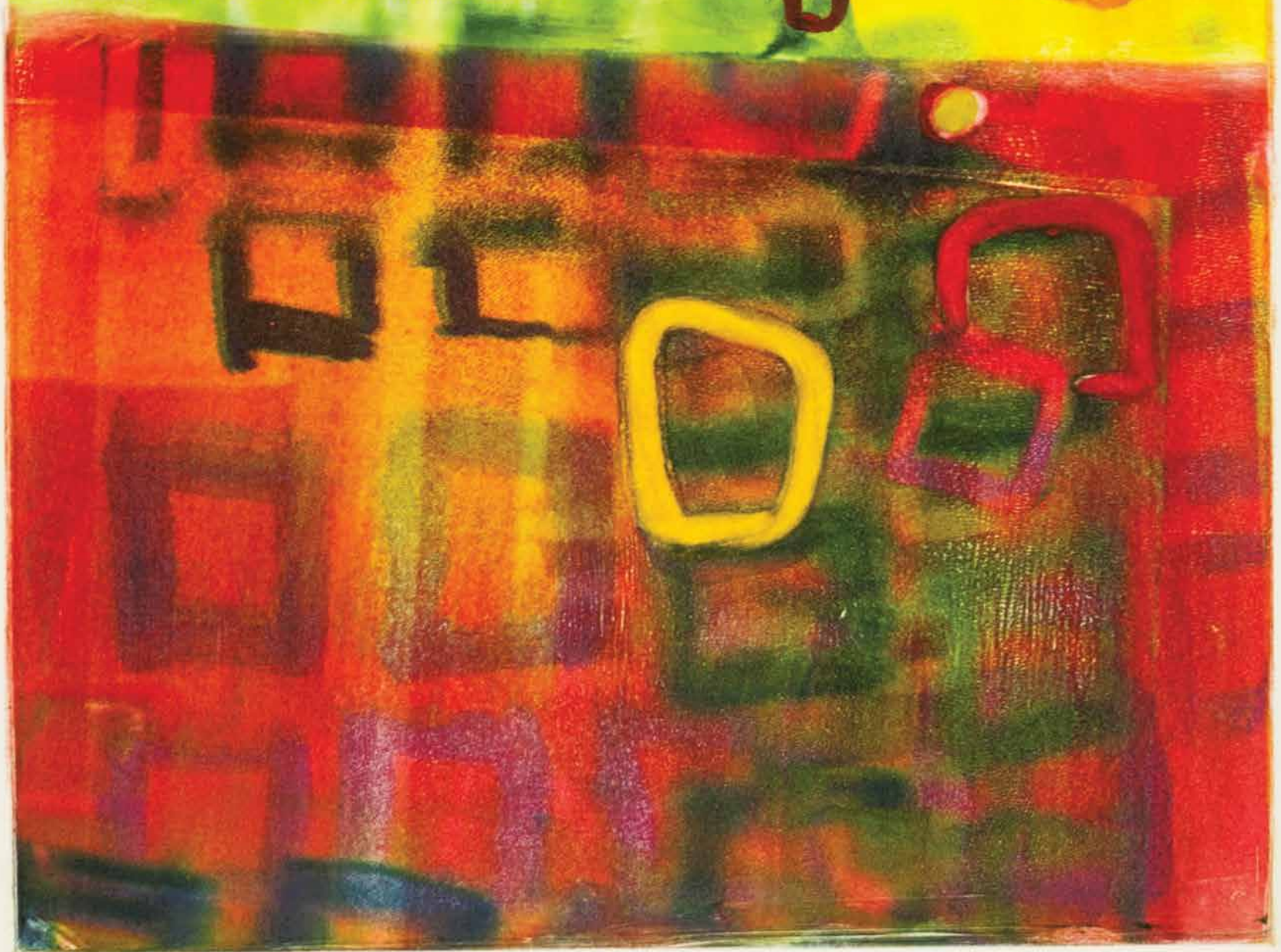
# Heart River VOICE

OCTOBER 2022 | VOL. 4, NO. 10 | HEARTRIVERVOICE.COM

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SEE PAGE 22

CALENDAR *of*  
LOCAL EVENTS



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## A quote for our readers

"The greatness  
of a community  
is most  
accurately  
measured by the  
compassionate  
actions of its  
members."

~ Coretta  
Scott King

Cover art, "Do the Greatest Good"  
by Sharon Linnehan. For more  
information about the artist, see  
page 5.

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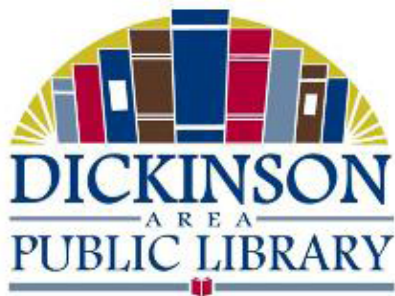
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## #BOOKWORM Spooky, Booky October!

By Cindy Thronburg



Fall is in the air, and we have a month chock-full of events to get you in the spooky mood of the season.

We kick off our events right away on Saturday, October 1st with the Friends of the Library Annual Fundraiser Book Sale. Since 2018, with the exception of 2020 due to Covid, the Friends of the Library

Board has held a fundraiser to support the children's reading programs sponsored by the Dickinson Area Public Library. The event offers books and media donated to the Twice Sold Tales bookstore. Those who wish may purchase a bag for \$5.00 and fill it up! The fundraiser is held in the Community Room of the Library. This year it will open on Friday, September 30th from 2:00pm to 6:00 pm for the Twice Sold Tales volunteers past and present, Friends of the Library members, public library staff and area educators. It will continue on Saturday, October 1st from 10:00am to 2:00pm for the general public. The Twice Sold Tales bookstore will also be open on Saturday during these hours with the entire inventory at half price! Stop by for some great deals on used books!

We celebrate the Friends of the Library during National Friends of the Library Week, October 16th through the 22nd. Besides running the Twice Sold Tales bookstore, the Friends provide hospitality for events at the Library; enlarge public support, understanding, and use of the library; encourage and receive gifts, endowments, and bequests for the benefit of the library; among other things. They are also currently

collecting receipts from Family Fare to raise funds towards the new Makerspace (these receipts can be dropped off at the Library or the bookstore). They have already collected two \$1,000 checks so far! We would like to extend our thanks and recognize all of the hard work the Friends do for the Library.

We continue our event-filled month with an author visit from Taylor Brorby. He will be reading from his new book titled Boys and Oil: Growing Up Gay in a Fractured Land. Please join us for this visit on Tuesday, October 4th at 6:00pm in the Library Community Room.

On Thursday, October 13th at 6:00pm we will have a new program called WHAT IS? Tired of wondering if what you are reading is accurate or even properly sourced? This program is designed to explain a different topic each month with proper sourcing and citing. This month the topic will be focused on Hallowe'en.



We, of course, have lots of other programs focused on Halloween throughout the month. Most of our regular programs will have a special spooky theme this month. Adult Craft Club will be making Wooden Halloween Gnomes on Monday, October 3rd at 6:00pm. For S.T.E.A.M (ages 6-9) they will be doing Spider Web Construction at 4:00pm on Monday, October 10th. Tweens (ages 10-12) will be doing Raise the Dead Zombie S.T.E.A.M. on Thursday, October 13th at 4:00pm. Teens (ages 13-17) will enjoy making Haunted Gingerbread Houses on Tuesday, October 4th at 4:00pm. Tweens and Teens (ages 10-17) will also enjoy a movie night on Thursday, October 20th at 4:00pm. They will be watching Casper.

Our big events are our Teen After Hours Lock-In, the Kids' Halloween Party, and Downtown Dickinson's Trick-or-Trunk event featuring our Bookmobile. The Teen After Hours Halloween Lock-In will begin at 6:00pm on Friday, October 28th. This party will take place in the Library Community Room after the Library is closed! There will be snacks, pizza, a costume contest, games, and more Halloween fun! This event is for ages 13-17 only and sign-up is required.

The Kid's Halloween party will take place from 2:00pm-5:00pm on Monday, October 31st. Drop in for games, crafts, and prizes! The party will take place all around the Library. This event is geared for ages 2+ and costumes are not required, but they are encouraged!

Also happening on Monday the 31st is Downtown Dickinson's Annual Trick-or-Trunk event. Look for our Bookmobile from 4:00pm-6:00pm.

This is not a complete listing of all of the programs we have to offer. Please check our Facebook page, website, or stop in and grab an events calendar to see even more. We hope you can join us for some of these events! ■



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## COVER ARTIST Sharon Linnehan

Sharon Linnehan of Valley City, ND is a printmaker who was an Assistant Professor of Art at Dickinson State University between the fall of 1998 and spring of 2002. While teaching at DSU she directed the Mind's Eye Art Gallery and sometimes taught Saturday morning art classes for elementary students at the gallery.

The artist retired from chairing the art department at Erskine College in Due West, SC where she taught many different art courses

including short term European travel courses. Prior to teaching at Dickinson State, she had been an adjunct art instructor at UND, Grand Forks, Bemidji



Sharon with her daughter, Maggie

Milwaukee, WI and in the early 70's she moved to northeast rural North Dakota where she lived in a town three miles south of the Canadian border that had more dogs than people. She graduated from St. Mary's College, Notre Dame IN with a B.F.A. in Art, Michigan State University with a M.A. in Art Education, and UND, Grand Forks with an M.F.A. in printmaking. She was selected by Audrey Flack for a fellowship at the Atlantic Center for the Arts, New Smyrna Beach, FL and has participated in workshops at Vermont Studio School, Johnson VT, Penland School of Arts and Crafts, Penland, NC, and Atelier Lack in Minneapolis MN. She studied painting under Iqbal Geoffrey (Paris Biennale Laureate from the 60's) of Lahore, Pakistan while an undergraduate. Much of her adult life has been spent in North Dakota. ■



Mid Century Modern

State University, and Valley City State University. Linnehan served on the NDCA's Artist-in-Education roster during the 90's and enjoyed many residencies through the North Dakota Council on the Arts.

Most recently the North Dakota Art Gallery Association sponsored an exhibition of her monotypes which toured Bismarck State College, Bismarck Art and Gallery Association, James Memorial Art Center, Williston, and Minot State University's Art Center. Monotypes are one of a kind original prints. Linnehan uses an etching press to produce these works. Her monotypes are held in various public and private collections.

The artist grew up in suburban



Treasure Hunt

Pumpkin is here

Market Press  
Coffee Co.

## COMMUNITY Be the Light

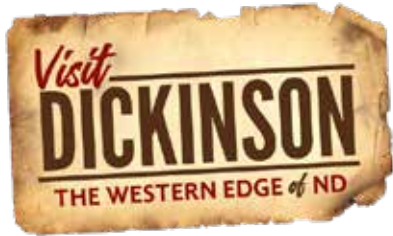
Women Empowering Women is hosting the event "Be the Light" on Tuesday, October 4 at Fluffy Fields Vineyard and Winery. An open-house venue, the event will be held from 5 to 8 p.m. Attendees are encouraged to bring items of need for guest organizations in lieu of an admission fee. Be The Light is a night of fun for women to casually socialize and support programs serving women in our community. Attendees will be treated to background piano music by Karen Wagner and Gabe Ricks. Guest organizations include Domestic Violence Rape Crisis Center, Hope's Landing, Connect Medical, Women's Way, Healthy Families, and West Dakota Parent & Family Resource Center. Proceeds from the event will be distributed to guest organizations and seed Women Empowering Women's annual Holiday Drive for elderly low income women.

Money will be raised from the silent auction, 50:50 raffle and grand prize raffle of a Lenovo 100e Chromebook. For information about the event, the guest organizations - including their wish lists go to [wewnetwork.org/upcoming-events](http://wewnetwork.org/upcoming-events) or on Facebook. ■



## 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! ■

## COMMUNITY

## Bountiful Baskets Bingo

The Dickinson Dorcas Society will be hosting their Annual Fund Raiser "Bountiful Baskets Bingo" on Wednesday October 12th at the Dickinson Eagles club, time 7:30 pm. Bingo prizes will be a basket filled with a pork roast, pie, and other goodies. Blackout bingo's prizes will be a bountiful pork roast dinner with all the fixings.

The Dorcas Society was established in 1909 as the first philanthropic, non-denominational society in Dickinson. The purpose of this organization was to extend a helping hand to families in need with a special emphasis on children. In these early years the Dorcas Society

introduced a milk program in the schools and continued to fund it for many years. Over time the Society tried to alleviate hardships suffered by families during temporary times of job loss, illness, or due dysfunctional family situations.

Today we are a group of people that continue to aid to aid families, single parents, and most emphatically, children. We provide baskets of food at Thanksgiving, Christmas, and Easter. Each basket provides an entire meal, and our Christmas and Easter baskets include gifts and personal items for the parents and children. Dorcas works closely with local social service agencies and school

counselors. We receive referrals from social services, teachers, counselors, pastors, and our members. Each member is assigned one to four families or organizations in need. We keep in touch throughout the year and provide help as needed, fostering bonds of understanding and friendship. Our help is not limited to food baskets as we provide support as family's needs arise.

The Dorcas Society raises money to fund their effort through their annual Fall Benefit in October, members' dues, and the generosity of friends and establishments throughout the

community. Dorcas also receives a great deal of help and support from the students and staff at Trinity High School. This year we celebrate our 113th continuous years as a philanthropic society and 73 years of raising funds through a Fall Benefit. This will be the 5th year of hosting the Benefit at the Eagles club. ■





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## VOICING SOME THOUGHTS

# Birding

By Nancy Hoff

My husband is an avid birder. I am amazed how he can identify a bird, just by its flight pattern, wing bars or markings.

Growing up, I loved to hear birds but never could see them. Enter a whole new world, introduced by my bird man with his powerful Swarovski binoculars. It was a learning curve but soon I was spotting birds, with a lot of practice and focusing.

We were fencing one day, and I stayed behind as he went down a draw. I practiced my newfound skill with the binoculars and spotted a bright blue hue. Excitement – maybe my first bluebird! I pinpointed, focused. Just about...almost – and I identified my first...Blue-Rumped Bird Man. I had focused on his blue jeans in the draw.



We frequent a heron rookery. These magnificent birds nest high in the trees. They soar like a pterodactyl with their great necks tucked in a graceful arch, great wings set to catch the air. Binoculars are the best invention ever to watch a courting couple with their graceful lines and flowing plumes. Move the binocs a bit to the branch above – a old heron hunched over, ruffled feathers and a drooping plume. Alpha and omega. An industrious fellow, building his nest, would bring in sticks and set them just so or rearrange for a perfect fit. Then he would fly off for more material. His sneaky neighbor would feign nonchalance until he flew out of sight. Then the neighbor would fly to the nest to pick out that very carefully placed stick– and bring it to his own nest. Mother birds tending to the young, constant flying in and out to feed them. Amazing how bird life parallels human life in all its stages, beauty and peculiarities.

At the start of an August, we rode

horseback to pretty country – red scoria hills, sage, brushy – a bit of Badlands near Richardton. My husband has a bluebird trail, and we were checking the last boxes. A family of tree swallows set up residence and were almost ready to fledge. Tree swallows are an iridescent dark blue-purple, with stark white chests, tiny and fairly tame. These wonders weigh only a few ounces yet fly to Argentina to winter

and make the trek each spring to North Dakota to raise a brood. Swallow nests are a “Welcome Sweet Baby” creation. They are lined with feathers- downy feathers, bits of soft grasses, twine, anything interesting they can find – sometimes the curly tail feather from a mallard duck. Think of the chutzpa of a swallow who plucked that feather!

We settled in the grass and watched an adult pair on the fence wire. One swallow was chiding the other “chi chi chi”. Was it “What took you so long to bring worms? Did you stop somewhere on the way home? Don’t you know I am stuck on this nest all day? I never get a break.”

My husband checked on the brood in the box and took out a few feathers. He would let the breeze take it – and the adult swallow would swoop to catch it mid-air and return it to the box. Then another and another- such grace and ease. He held up the last feather and the swallow swooped and took it from his hand. This is Nature TV.

Birds mirror our life. How we are new and need to be cared for, build our future like the courting herons, work hard to care for our young and feather their home, defend what is ours, bask in the sunny days and age, like the grandpa heron.

We are all created – and in the end, we really are not all that different ■

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## COMMUNITY

**It's pasta time!**

October is here, which means "It's Pasta Time!" October is National Pasta Month and the North Dakota Wheat Commission will continue its tradition of recognizing the state's dedicated durum producers and the associated durum milling and pasta manufacturing industries. To help celebrate Pasta Month and educate consumers on the importance of durum and pasta production, the Commission will be partnering with statewide media to provide durum and pasta facts and trivia. Participating newspapers and radio stations will provide opportunities for readers and listeners to win a pasta prize package.

Pasta is a much-loved food in the U.S. and around the world. Each year the average American consumes about 20 pounds of pasta and while consumer research indicates that spaghetti is the favorite pasta meal, there are endless pasta meal options with over 600 pasta shapes and countless types of sauces to choose from. The North Dakota Wheat Commission encourages you to enjoy your favorite pasta dish, or try out a new recipe to celebrate Pasta Month.

There would be no pasta without durum, and North Dakota remains the top producer of this class of wheat, on average producing enough durum to make about two billion pounds of pasta.



Montana, Arizona and California also produce durum. North Dakota durum acres have declined in recent years due to both local and world dynamics, however, the producers growing durum remain as dedicated as ever to producing a quality product to make premium pasta products.

A good share of our production is processed in-state at one of these facilities: Minot Milling, a division of Philadelphia Macaroni located in Minot, N.D.; Dakota Growers Pasta Company located in Carrington, N.D.; and the North Dakota Mill in Grand Forks. North Dakota durum is also sent out of state to mills throughout the United States, and to customers around the world. Italy

is the largest international buyer, but North Dakota durum also finds its way to countries in North Africa and smaller markets in Central America and Europe.

Celebrate pasta month by learning more about our state's durum and pasta production and make one of your favorite pasta dishes. For great pasta cooking tips and recipes, visit [www.sharethepasta.org](http://www.sharethepasta.org) and for more information on pasta month, visit [www.ndwheat.com](http://www.ndwheat.com). The Wheat Commission would like to thank our dedicated Pasta Month sponsors: Dakota Growers Pasta and the U.S. Durum Growers.

**See the pasta puzzle on page 30 for a chance to win some great pasta prizes!**

## COMMUNITY

**Let's Swap**

This event was birthed from a conversation with Branta Mar Communications Owner and Moe Events LLC owner to bring new relevant events to the community. Moe Events always is looking for ways to give back and this fit a particular need. After covid 19 many families struggled to make ends meet due to time lost from jobs because of the pandemic or oil companies going bankrupt and laying off workers. Many families found themselves counting pennies. That's why the idea to swap clothes to help solve a huge need for our community was seen. Caregivers/Parents and/or Women can donate clothes at the drop off sites prior to the event and then at the event they get coupons for FREE bags of clothes. For those who did not donate they can just shop the swap and then donate monetarily whatever they can afford. Additionally, we also will have several local vendors where they can shop and get early Christmas gifts.

This FALL we are adding women's clothing to the swap and are also partnering with the United Way of Dickinson to bring about the 2nd biannual Community Baby Shower for low income families. Spots are limited and there is room for only 25 families at the shower. The 25 families will get free bags of clothes from the swap, and additionally be treated to a baby shower with games, prizes and more. Low-income families can register with The



United Way of Dickinson at [unitedway@ndsupernet.com](mailto:unitedway@ndsupernet.com). Also, any people wanting to participate in the swap should donate clothes at one of our donation sites and fill out the slip of paper by 10/5 to be considered a swapper. The sites are Anytime Fitness -Dickinson, Bravera-Dickinson North Branch and The Killdeer Branch, and Dakota Community Bank and Trust-Dickinson North and South Locations and Richardton Location.

Save the date and plan to attend the 3rd Semi -Annual Let's Swap Event. A Clothing Swap and Vendor Shop event Saturday, October 8th at the Dickinson Armory from 11 am to 4pm. Swappers and registered community shower member attendees get a shopping hour especially reserved for them from 10 am to 11 am. First attendees will win a swag bag. Want more information go to [www.letsswapnd.com](http://www.letsswapnd.com). ■




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## THE ARTS

# The Hall Sisters

The first event of the Dickinson Area Concert Association's 2022-2023 season is coming up on Tuesday, October 11, 2022 at the DSU Dorothy Stickney Auditorium at 7:30 pm. You will not want to miss the dynamic vocals of these four sisters...The Hall Sisters.

The Hall Sisters have established themselves as one of the up-and-coming acts in the country pop genre. While releasing multiple CDs over the last few years their performance schedule has brought them to notable venues such as The Grand Ole Opry, Carnegie Hall and the Country Music Hall of Fame. The sound of The Hall Sisters is best described as a combination of the harmonic prowess of the Eagles and the soulful blend of the Carpenters mixed with the energy of country pop! The word synergy defines the quartet in that the combined output of their talents and musicality is greater than the sum of each individual part. A vocal/instrumental foursome of talented siblings, the Hall Sisters marry stunning harmonies along with a brilliance and excellence on their instruments to create an entirely unique sound.

In addition to a wonderful concert please join us for Membership Appreciation Night, October 11, 2022 at 5:30 - 7:30 in the lobby of Dorothy Stickney Auditorium. Desserts and beverages will be served for all current and new concert members.

Members of the Dickinson Area Concert Association are in for a delightful performance of great music. If you are interested in becoming a member, please contact 701-227-1673 for more information. ■



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## COMMUNITY

## Pumpkins in the Patch



Hope Christian Academy's 9th annual Pumpkins in the Patch will be held Friday, October 14 from 3 pm to 6 pm and continue Saturday, October 15 from 10 am to 5 pm at Hope Christian Academy. The event is held on the grounds of HCA both indoors and outdoors with the option to be mainly indoors if needed due to weather conditions.

The Pumpkin Patch has a nominal entrance fee of \$5 per person for ages 2 and up. The activities included in the entrance fee are hay rides, barrel train rides, face painting, carnival games, yard games, and photo opportunities. Other opportunities that require additional fees are mini photo sessions, concessions, famous HCA pumpkin rolls, vendors, and pumpkin valets.

The goal of this event is to not only provide a wonderful, affordable event for our community, but to also raise money to assist HCA in continuing their mission of educating students based on the foundation of God's unchanging word and equipping them for a Christian life of service and leadership.

Hope Christian Academy has over 41 years of providing a Christ centered education to students from preschool through grade 12. HCA is located at 2801 5th Avenue West in Dickinson.

Pumpkins in the Patch is committed to providing an exceptional community event where families and individuals can create lasting memories.

For giveaways, updates, and more information about Pumpkins in the Patch check out HCARoyals on Facebook. You may also call Hope Christian Academy at 701-225-3919. ■



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## FINANCIAL FOCUS

# Should you own bonds when interest rates rise?

As you know, the stock market has attracted a lot of attention – and for good reason, as we’ve seen considerable volatility almost from the beginning of the year. But if you own bonds, or bond-based mutual funds, you might also have some concerns. However, it’s important to understand why bonds should continue to be an important part of your portfolio.

To begin with, let’s look at what’s happened with bond prices recently. Inflation has heated up, leading the Federal Reserve to raise interest rates to help “cool off” the economy. And rising interest rates typically raise bond yields — the total annual income that investors get from their “coupon” (interest) payments. Rising yields can cause a drop in the value of your existing bonds, because investors will want to buy the newly issued bonds that offer higher yields than yours.

And yet, despite this possible drop in their value, the bonds you own can still help you make progress toward your financial goals. Consider these benefits of bond ownership:

- **Income** – No matter what happens to the value of your bonds, they will continue to provide you with income, in the form of interest payments, until they mature, provided the issuer doesn’t default — and defaults are generally

unlikely with investment-grade bonds (those rated BBB or higher). Your interest payments will remain the same throughout the life of your bond, which can help you plan for your cash flow and spending.

- **Diversification** – As you’ve probably heard, diversification is a key to successful investing. If you only owned one type of asset, such as growth stocks, and the stock market went into a decline, as has happened this year, your portfolio likely would have taken a big hit — even bigger than the one you may have experienced. But bond prices don’t always move in the same direction as stocks, so the presence of bonds in your portfolio — along with other investments, such as government securities and certificates of deposit — can help reduce the impact of volatility on your holdings. (Keep in mind, though, that by itself, diversification can’t guarantee profits or protect against all losses in a declining market.)

- **Reinvestment opportunities** – As mentioned above, rising interest rates and higher yields may reduce the value of your current bonds, but this same development may also offer you some favorable reinvestment opportunities. If you own bonds of varying durations — short-, intermediate- and long-term — you should regularly have some bonds

maturing. And in an environment such as the current one, you can reinvest the proceeds of your expiring short-term bonds into new ones issued at potentially higher interest rates. By doing so, you can potentially provide yourself with more income. Also, by owning a mix of bonds, you’ll still have the longer-term ones working for you, and these bonds typically (but not always) pay a higher interest rate than the shorter-term ones.

It might not feel pleasant to see the current value of your bonds drop. But if you’re not selling them before they mature, and you take advantage of the opportunities afforded by higher yields, you’ll find that owning bonds can still

be a valuable part of your investment strategy.

Before investing in bonds, you should understand the risks involved, including credit risk and market risk. Bond investments are also subject to interest-rate risk such that when interest rates rise, the prices of bonds can decrease, and the investor can lose principal value if the investment is sold prior to maturity.

*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

# Why we give

By Debora Dragseth, P.D.

Imagine living in a community in which no one gave freely of their time and talents. There would be no volunteer fire department, no one working at the local food pantry, no Girl Scout or Boy Scout leaders, and no programs like the Make-a-Wish Foundation or Habitat for Humanity.

If anyone knows what truly defines community, it is the thousands of volunteers who are making a positive impact throughout southwestern North Dakota. They are the active and engaged citizens who, despite the commitments and pressures of work and family, offer their time and talents to a wide range of activities that improve the lives of those around them.

Midwesterners demonstrate a strong sense of volunteerism. According to a recent report from the Corporation for National and Community Service, Midwestern states rank high in the nation in volunteerism with 35.6 percent of us volunteering regularly, compared to a

national rate of 26.7 percent.

As Winston Churchill so succinctly stated, "We make a living by what we get, but we make a life by what we give."

Internationally-known consultant and speaker Steve McCurley presents workshops around the world on the topic of effective volunteer involvement. He is the author of more than 150 articles and 14 books including the global bestseller, *Volunteer Management: Mobilizing all the resources of the community*.

There are 125 million individuals in the United States who regularly volunteer. Their motivation, McCurley said, is that volunteering makes people feel good about themselves while at the same time helping others. Volunteers are, by all measures, happier and healthier people.

There is no "traditional volunteer," according to McCurley. The range of volunteers today is broadening in terms of age, income, and ethnic background. High powered, recently retired baby boomers are leading a trend by jumping

into volunteering with gusto. Their grandchildren, Generation Z, are thinking, "Hey, it's going to be our world—we need to make it better."

The top reason people say that they don't volunteer is because they feel they don't have enough free time. McCurley told the magazine, "If people want to volunteer, they will find the time. Studies show that non-volunteers spend seven more hours per week on media than individuals who volunteer. It's just a matter of how one chooses to spend his or her time."

We were also curious about whether volunteerism differs in smaller versus larger communities. McCurley noted that there are two key differences. "In small towns," he said, "volunteerism is very personal; volunteers get pulled in by personal connections, a friend or a neighbor. In larger communities, agencies must advertise for volunteers. Also, small towns cannot pay their mayors, city commissioners, firefighters, and emergency medical technicians, so these positions, which are paid jobs in cities, are filled with volunteers in small communities."

In order for nonprofit organizations

to successfully attract volunteers, agencies need to offer volunteers the opportunity to do meaningful work, allow them flexibility in the hours that they volunteer, and provide them with a positive environment and social contact.



*Debora Dragseth, P.D. is a professor of business at Dickinson State University. Her column appears monthly, providing commonsense answers to common workplace issues. ■*




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## CONNECT MEDICAL CLINIC PEP Project

Early in 2022, Connect Medical launched the Period Empowerment Project (PEP) which focused on creating "PEP Packs" - small bags with feminine hygiene products to distribute in area schools and throughout the community.

The PEP Project was quite successful, in that Connect received enough funds and donated products to create 500 PEP Packs, each including pads, panty liners, a menstrual cup, and tampons. These are now distributed in our community as well as available at Connect.

"The project was inspired by the desire to combat the stigma around periods," said Executive Director and nurse Tara Zettel. "When we saw men dropping off pads and tampons at the clinic to fill the packs, that's when I knew this project could really impact our community!"

The PEP Project has opened the door for a new partnership with the West Dakota Parent and Family Resource

Center.

For 35 years, the Changing Program has been a staple in our region, integrating local partnerships, schools and parents to bring puberty education to 5th and 6th grade students.

Connect Medical is now actively assembling PEP 2.0 Packs: Puberty Empowerment Packs!

Donations have come in from local businesses and individuals to create a girls and boys Puberty Empowerment

Packs to be distributed to the 5th and 6th grade students in the Changing Program this academic year.

Boys and girls will receive hygiene products to empower them to navigate the changes they experience during puberty.

"Our core values at Connect are centered around Access, Education, and Empowerment. We are grateful for the opportunity to give this gift to young people and partner with those who have served our community for so many years," said Zettel. ■



## COMMUNITY

## Rotary's Pancake Karnival

The Dickinson Rotary Club invites the community to the 11th annual Pancake Karnival on Sunday, October 16. Rotarians will be cooking and serving pancakes, sausage, juice and coffee from 8 am to noon at the Dickinson Eagles Club. Proceeds will be used to eradicate polio worldwide. Tickets cost \$6 in advance from any Dickinson Rotarian and \$10 at the door. Preschoolers are admitted free. Polio is a highly infectious disease that most commonly affects children under the age of five. The virus is spread person to person, typically through contaminated water. It can attack the nervous system and can lead to paralysis. Although there is no cure, there is a safe and effective vaccine - one which Rotary and our world partners use to immunize over 2.5 billion children worldwide. We need just one more thing to end polio forever: You. ■



Shirley Dukart and Guy Moos making pancakes at the 2021 Pancake Karnival event.

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## HEALTH

## Type 3 Diabetes

By Steve Irsfeld



We have all heard of Type 1 and Type 2 diabetes, but a lesser version not formally named needs an action plan to address it. You have heard me talk about inflammation, blood glucose dysregulation, and cognitive dysfunction due to issues affecting the brain. In today's article, I hope to tie all of these together and explain how their relationship can be a source of dementia and memory problems.

First, we need to talk about Type 1 and Type 2 diabetes. Type 1 is typically early-onset because it most often happens to people in their younger years. In Type 1, our bodies quit producing insulin

Type 2 would be late-onset and occurs progressively over time, which happens when the insulin receptors become less sensitive to insulin.

That brings us to the topic of Type 3 diabetes, which was named by Suzanne de la Monte, MD, a professor of Pathology from Brown Medical School in 2005. She examined the brain tissue of deceased Alzheimer's Disease (AD) patients and found the possible connection between AD to decreased insulin signaling. She called it Type 3 because it had characteristics of both Type 1 and Type 2, reduced production of insulin, and resistance to insulin receptors.

Several studies using insulin have demonstrated an improvement in cognition. Patients in the studies were able to retain more verbal information and overall improved memory.

Type 3 diabetes patients have both low insulin levels and insulin resistance in the central nervous system, making it different from Type 2 diabetes, which

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has high insulin and insulin resistance. Insulin helps to regulate the survival of neurons, energy metabolism, and plasticity, all processes necessary for learning and memory. When we have insulin resistance outside of the Central Nervous System, it will affect cognition in the brain. Lack of insulin also leads to degenerative processes in the brain, and excessively high insulin leads to amyloid plaquing in the brain.

How do you halt the progression of diabetes? The core areas include diet, exercise, supplementation, and medication.

Let's begin with your body. Are you overweight? Do you have inflammation? I ask these questions because they are necessary to find out where you are at with your physical structure. Simply losing 10 lbs can reduce your risk of diabetes by 60%. Think about that for a minute, and if you are faced with the onset of diabetes, losing 10 pounds seems a little more doable.

When considering dietary supplements, I like to start with Vitamin D. This prohormone has excellent value in glucose control. Studies show that Vitamin D can act in the brain to decrease body weight, fat mass, and food intake, factors in blood glucose control. Still, it also improves glucose tolerance and insulin sensitivity, specifically at the level of the liver.

The second nutrient I recommend is omega-3 fatty acids. The brain comprises

70% fat, and 20% of the fat comes from DHA or docosahexaenoic acid, a form of Omega 3 fish oil. Knowing that statistic makes it essential that we consume good sources of Omega 3's in our diet; if we do not, we need to supplement with a quality Omega 3 fish oil. A 2000mg/day dose of EPA + DHA will get the job done.

Magnesium supplementation can help to restore serum levels, improving insulin sensitivity and metabolic control in type 2 diabetic patients with decreased serum magnesium levels. The salt form I like best is magnesium glycinate, which is very well tolerated and highly absorbed.

Here are some other nutrients and extracts that can be helpful with blood glucose. Biotin and the essential trace mineral chromium have clinical research to help in supporting blood glucose already in the normal range. Consider plant-based extracts for maintaining healthy blood glucose levels, fenugreek, berberine, bitter melon, green tea leaf, and Gymnema Sylvestre. All have undergone clinical studies showing positive effects in helping to maintain blood glucose levels in the normal range.

Please stop in or call the pharmacy if you want further information on ways to help lower blood glucose and take care of your brain. Please visit my website at [www.irsfeldpharmacy.com](http://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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## WHERE BUSINESS GOES TO GROW

# Ask your boss to fire you!

By Matt Ellerkamp, Business Advisor, SBDC



Do you have an itch that needs scratching? Are you being held back from true potential? Do your colleagues, friends, and family look to you for decision making? Are your natural talents not being put to full use? Are you the informal leader at work? Does your own boss come to you for expertise and critical advice? Do you naturally seek new tasks and opportunities? Are your creative insights and solutions sought after?

If you answered to "YES" to any the above questions, you might have the spirit of entrepreneur. Maybe, just maybe, consider asking your boss to "fire" you! Yes, it sounds ludicrous and a little over the top, because it is! But so is starting

a new business venture! There comes time in every entrepreneur's journey to let go of the ratty old security blanket called a job.

Sometimes we need a little edging to drop our security blanket. There was a client, let's call him "Sam" who told his potential boss in an interview someday he planned to start the same exact type of business Sam was applying to work at. Then Sam was hired on the spot at the end of the interview. The next day, much to Sam's surprise when he walked in to work his new boss "fired" him right there on the spot! Sam was perplexed and confused. His new boss smiled at him and told him to go start his own business and quit wasting Sam's own time working for someone else. It was the push Sam needed to take leap of faith and start the business he always wanted.

If you find yourself wanting to reap the benefits of the hard work you do beyond an "atta boy" and slap on the back or a

small bonus for a ton of effort. Perhaps, you identify missed opportunities at work or around the community that can draw revenue, but your boss won't listen. Maybe it's a side hustle you do that is growing and distracting from your current career. If so, It might be time to get fired!

Once a person decides its time build their own ship versus jumping ship, it is time to step back and pause... to think and plan for the journey ahead.

Starting a business can be very exciting but eventually reality sets in, the responsibility is all on you. Creating a business can be overwhelming, confusing, and straight out frustrating. There is good news for all aspiring and current business owners, the Small Business Development Centers of North Dakota (SBDC) are here to help with "No Cost" business expertise. SBDC Business Advisors specialize in business start-ups and expansions.

One of the biggest factors in business success outside personal intangibles such as talent, social-capital, drive, experience, and skill is having a plan. An SBDC Business Advisor can help advise entrepreneurs in developing a business



plan, creating a financial statement & projections, engineer a marketing scheme and point to resources beyond themselves. No Entrepreneur is an expert in all areas of business, there is reason for paid business professionals. Yet with an entrepreneur's creative business ideas and talents coupled with SBDC's expert advice an entrepreneur can succeed in business with reduced costs.

To take advantage of all the SBDC has to offer sign-up for "no cost" business advising along with host of other educational and training resources at the [ndsbdc.org](http://ndsbdc.org). Let us together find out if entrepreneurship is right for you. ■



**Thank You Tri Energy Cooperative (Cenex) for your \$47,000 Gallons of Gratitude donation for our teachers for classroom supplies in the Dickinson Public Schools. This is the second year of their partnership.**

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Each certified staff person will receive \$140 for classroom supplies. Plus, new classroom teachers will receive an additional \$200 for their classroom. We are grateful.



# DICKINSON MUSEUM CENTER

## Dickinson's 'Medical Riddle'

By Bob Furhman

While the eastern North Dakotans may have regarded Dickinson as 'way out there' in 1900, there was no denying the city was a growing concern, eagerly adopting new technologies and conveniences as they became available. Electricity and downtown arc lights, a steam fire engine and telephone exchange in 1900, waterworks/sewers and central steam heat in the business district six years later, the Public Library in 1910 and, in 1911, home mail delivery.

This whirlwind of improvements was capped off on March 31, 1912 with the dedication of St. Joseph's Hospital with nearly half the city's population in attendance. The hospital project publicly began with a meeting at the Armory on June 18, 1910 when 65 of Dickinson's leading citizens organized to begin raising funds for a forty-bed facility. The meeting resulted in a call for a \$50,000 structure, of which \$12,500 was pledged by a citizens committee, the solicitation of those funds being undertaken by "A committee of 100 people from all parts of the territory tributary to Dickinson." By the end of the first week of soliciting, \$8000 was pledged with another \$1000 promised by the Northern Pacific Railway.

However, as cost projections grew it was clear outside support was needed. Fr. John Dignam of St. Patrick's arranged for a deputation to visit Bishop Vincent Wehrle (recently appointed Bishop of the newly formed Diocese of Bismarck) in hopes of establishing the hoped-for hospital as a Sisters Hospital, that is, an institution affiliated with the Catholic Church and staffed by Sisters trained as nurses. Wehrle embraced the idea and a deal was made - the Diocese would assume the responsibility for \$60,000 and private donations would provide \$20,000 (though the hospital eventually cost nearly \$100,000).

In October a site was selected - Block 10 in Hilliard & Manning's Addition, on the north side of 7th Street West - and excavations 'commenced at once' despite finalized plans not being completed until March 1911 with the cornerstone laid on June 17 that same year, a day less than one year since that first public meeting.

As construction of the building progressed Fr. Dignam served as Bishop Wehrle's on-site representative as His Excellency (the proper way to address or refer to a Catholic Bishop) worked to find nursing Sisters to staff the new hospital. Wehrle appealed to eighteen

different American religious communities in his search but none had trained nurses to spare. Deciding to take his search to Europe Wehrle expanded a 1912 trip to Rome to include a visit to see Mother Aniceta Regli, General Superior of the Sisters of Mercy of the Holy Cross at Ingenbohl, Switzerland. Wehrle, who came to North Dakota as a missionary to the Native American population in 1882, was himself a Swiss



Bishop Vincent Wehrle  
From *Sixty Years of Service*



The six original Sisters for St. Joseph's Hospital  
Front - Sister Lauda, Sister Richardis  
Rear - Sister Clementina, Sister Auxentia, Sister Secunda & Sister Philiberta  
From *Sixty Years of Service*

native and familiar with the Order. His appeal was well received and of the several Sisters who volunteered six were chosen, four nurses and two others: Sisters Lauda (who would serve as Sister Superior), Richardis, Auxentia, Clementine, Philiberta and Secunda. Two additional Sisters accompanied this group to serve as teachers in Dickinson's local Catholic schools.

In 1972 Sisters Agricola and Anita compiled "Sixty Years of Service: The Story of St. Joseph's Hospital" which commenced with the arrival of the six Sisters in March 1912:

"The long journey across this unbelievably large country left them completely exhausted, and they became increasingly more homesick. The flat country was so different from their beautiful mountains and valleys, and even the season disappointed them. They had left a burgeoning spring in Switzerland only to find everything in their new country still locked in ice and snow...the tall buildings of New York City, the intricacies of Pullman travel, the interesting cultural differences which had kept them alert could not compensate for the fatigue. Therefore, when the conductor called for 'Dickinson' at 2:30 in the afternoon of March 22nd, they sighed, Deo Gratis."

"Each Sister gathered her belongings and prepared to get off the train. Outside, the station was crowded and a band was playing. Taken aback, Sister Lauda exclaimed, 'For heaven's sake, that can't be for us.' But it was!"

The Sisters' English was limited but the spirit of the welcome unmistakable. Fr. Dignam finally pried them away from the greeters for a cursory tour of the hospital - in which the electricity had not been switched on

*Continued, next page*



Continued from page 16



yet – after which they enjoyed a meal provided by local homemakers, their first food since that morning.

Despite the exhausting day Sister Lauda had difficulty sleeping. At 9:30 she heard footsteps outside and then a shot which Sister Richardis also heard. Luckily Fr. Dignam's tour included the location of the telephone so Sister Lauda picked up the receiver and told the operator that someone was in front of the hospital and a shot had been fired. "In a short time, the doorbell rang and two men with guns stepped inside. They were clothed in fur from head to foot, and the two Sisters were terrified."

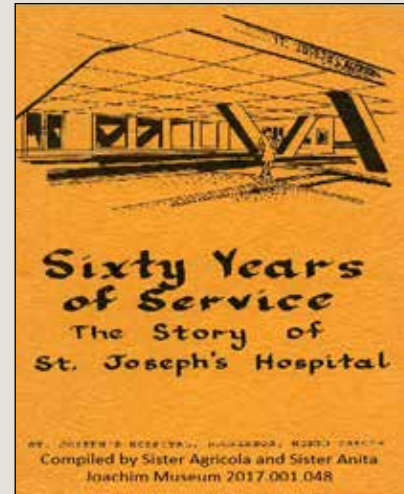
The visitors turned out to be Fr. Dignam and a policeman. Although their search failed to locate evidence of a prowler the Sister's would-be rescuers arranged for someone to stand watch at the hospital that night and until the Sisters could hire their own watchman.

The next day the Sisters forgot about rowdy neighbors as they began to explore their new digs - besides no electricity there were no patient bells, no elevator and no equipment in x-ray, the operating rooms, the laboratory, the laundry or the kitchen. The just-finished building was also in need of a thorough cleaning which the Sisters undertook on their hands and knees, working from the third floor down to the basement, finishing in time for the March 31st Open House, after which a complete cleaning was repeated due to copious amounts of "gumbo mud of the

North Dakota prairies" tracked in by the eager crowd. Four days later the Sisters received their first patient admission.

Thus began the hard work and long hours that were regular features of the hospital's early years. Additional Sisters joined the staff to keep up with the patient load, many of German or Austrian heritage, which contributed to a decrease in patronage after America entered the Great War as anti-German hysteria swept the country for a time. The 1918 Spanish Flu epidemic set aside that issue in Dickinson as St. Joe's was inundated with patients, including every one of the Sisters, two with severe cases.

Even after the flu subsided the hospital continued to experience overcrowding which finally resulted in an addition completed in 1926. On the evening of Saturday February 13th, just two weeks before the addition would open, Sisters Anacleta and Ambrosina reported they were "terribly sleepy; they could hardly keep their eyes open" and were sent to bed after night prayers. The next day Sisters Fedele and Deocara (sometimes 'Theocara') were also not feeling well but all four were up for Mass though Sister Ambrosina collapsed on the way to chapel and was returned to her bed; after Mass Sisters Anacleta,

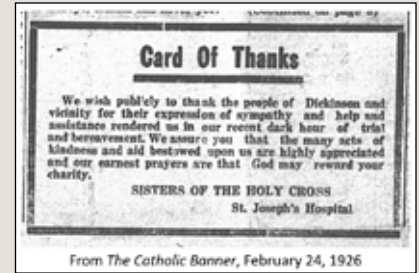


Fedele and Deocara were also put to bed; all experienced extreme weakness and vomiting.

Doctors Bowen and Perkins were called and speculated that fumes from the wood stain used in the new addition might have made the Sisters ill. All reported feeling miserable and restless with Sister Ambrosina in the worst state as she began to experience some paralysis later in the day. Dr. Bowen prescribed codeine by hypo in an attempt to induce sleep but the injections had no effect.

On Monday Bowen along with Drs. Nachtwey and Perkins made attempts to alleviate the Sisters' suffering but failed as a diagnosis eluded their combined efforts. That day Sister Anacleta (age 33) and Sister Ambrosina (age 30) died. The next day 47-year-old Sister Secundia, one of the original six Sisters also fell ill.

Bishop Wehrle arrived on the evening of the 16th to bless the sick and console the staff but all efforts to save the three remaining patients came to naught as Sister Fedele (age 37) passed away



on February 16th, followed by Sister Deocara (age 47) on the 19th and Sister Secundia on February 22nd. In eight days, the hospital had lost 5 of its 13 Sisters.

Services for the first three victims were held on Ash Wednesday (February 17th) at St. Patrick's with Catholic celebrants from around the area, Bishop Wehrle giving the sermon. Sister Deocara's funeral was held on the 22nd and Sister Secundia's the next day. Fr. Aberle's sermon emphasizing the Sisters' love, humility, devotion, self-sacrifice and service to their fellow-men which they practiced during their long years of service at the hospital.

Efforts to solve the 'Medical Riddle' (as the Press called it) were exhaustive. Dr. H. M. Banks, Dean of the Medical Department at UND conducted a thorough post-mortem on Sister Deocara, indicating that his report would be delivered in four- or five-days following tests on samples obtained. State Chemist A. J. Ladd also contributed his analysis of the case, rejecting that wood stain used in the new addition had any connection to the deaths.

On March 3rd the Coroner's Jury heard Dr. Banks who reported the Sisters had likely fallen victim to encephalitis, a then little-known or understood infectious disease sometimes called 'sleeping sickness' or 'brain fever' which he had encountered during the course of several post-mortems over the previous two years. As of 1926, the bacteria responsible for the disease had not been "isolated to the satisfaction of the medical fraternity."

Commenting on the clinical aspects of the case Banks speculated that the Sisters hard work and long hours may have contributed to their susceptibility to the disease. Given the nature of their work and the nature of their devotion it was an easy assertion to accept, though no one would expect these good Sisters to serve in any lesser manner. ■

## CHAMBER OF COMMERCE

### Chamber check-in

The Dickinson Area Chamber of Commerce would like to say THANK YOU to the community for coming out for Harvest Festival at the DSU King Pavilion on Saturday, September 17th. A misty morning turned in to a beautiful afternoon. It was great to see so many families attend this free event! We look forward to seeing you again in 2023!



Our annual membership drive will begin in October. Current Chamber members will begin to see their renewal notices. What does the Chamber do? We connect businesses with the community. If you are interested in finding out more about the Dickinson Area Chamber of Commerce, feel free to contact us at

## GOING POSTAL

### National Marine Sanctuaries

The US Postal Service celebrates the important treasures of the sea, such as California sea lions, a sand tiger shark and the Farallon Islands to name a few, in these Forever stamps.

Art director Greg Breeding designed the pane using existing photographs. A map of the National Marine Sanctuary System illustrated by Todd M. Detwiler is printed on the back of the pane.

For 50 years, U.S. national marine sanctuaries and marine national monuments have protected areas with special ecological, cultural and historical significance.



(701) 225-5115.

We have some great upcoming events:  
**BUSINESS AFTER HOURS**

Each month, a business who is a member of the Dickinson Area Chamber of Commerce will host an after-hours social open to other Chamber members. It provides an opportunity to network with business and community leaders while enjoying hors d'oeuvres and refreshments.

The Business After Hours for October will be held on Tuesday, October 11th from 4 - 6 PM at Phat Fish Brewery. This event will be hosted by Benedictine Living.

**TRICK OR TRUNK**

The Chamber is happy to announce that we will be taking over the popular Halloween event called Trick or Trunk. Look for the same great family event with the support of the businesses in our community on Monday, October 31st in downtown Dickinson from 4 - 6 PM.

**LADIES NIGHT OUT**

Get a group of ladies together and plan to join us for Ladies Night Out on Friday, November 4th. This event will take place in downtown Dickinson. Stay tuned for more details in next month's issue of Heart River Voice. ■

The 16 new Forever stamps showcase the abundant wildlife and diverse

ecosystems that can be found throughout the National Marine Sanctuary System.

Customers may purchase the stamps at their local post office or at usps.com/shopstamps. ■

## COMMUNITY

### Power of 100 Women Dickinson split \$20,000 between two charities

Power of 100 Women Dickinson, a local charitable group, met on July 25, 2022 to review four charities selected by their members to consider for their 24th quarterly donation. This is the 11th time Power of 100 Women will split their donations between two charities. A milestone was reached when donations exceeded \$450,000 thanks to 260 members that have supported local charities over the past six years.

Medical Clinic in Dickinson was the one of the charities voted for in July. The clinic provides a safe place for confident sexual health and pregnancy decisions, offering evidence-based education and medical services to sexually active individuals of all ages, race, orientation and gender.

Power of 100 Women Dickinson expanded the area for nominations from 501c3 charities to a 50-mile of Dickinson. Members of Power of 100 Women have

the opportunity to submit charities for consideration at each meeting. Women in Dickinson and the surrounding area are invited to be a part of this group. Those interested can contact Shirley Dukart (701-290-



Shirley Dukart, Irene Schafer, Laura Feldman (Executive Director of Home on the Range), Bonnie Warm and Diane Duchscher

Of the over two dozen charities reviewed, members invite four of these charities to make presentations at each general membership meeting, voting for two of the four to receive their donations.

Home on the Range was one of the charities voted for in July. Home on the Range in Sentinel Butte provides a safe home for youth who have experienced physical or emotional trauma in their lives.

The youth at Home on the Range learn the skills to manage life's challenges. They have programming and treatment for commercially and sexually exploited girls.

2283) or Irene Schafer (701-290-3222) for additional information and a membership application.

Power of 100 Women's next meeting will be held on Tuesday, October 25th. Prospective new members and guests are always welcome. No dues and no charge to attend. ■



Shirley Dukart, Irene Schafer, Tara Zettel (Executive Director of Connect Medical Clinic), Kristina Lefort, Bonnie Warm & Diane Duchscher

Connect

## CHI ST ALEXIUS HEALTH Chronic migraine and medical Botox therapy

By Dana Glasser, FNP-C

Migraine headache is a common, disabling headache disorder which affects 12% of the United States population. According to the International Headache Society, symptoms of migraine include headache that occurs on one side of the head, a pulsating quality, moderate or severe intensity of pain, and worsening pain with physical activity. Prior to headache pain, some people may experience prodromal symptoms such as fatigue, difficulty concentrating, sensitivity to light and sound, elevated mood, depression, and unusual hunger or food cravings. During a migraine attack, people will also experience at least one of the following: nausea and/or vomiting, photophobia (sensitivity to light) and phonophobia (sensitivity to sound).

Experiencing 5 or more headaches with migraine characteristics will classify or diagnose a migraine headache disorder. Treatment for migraine may be as simple as diet changes, exercise, prevention of



triggers, over the counter medication or a stronger prescription medication treatment. Medications for migraine are both for relief when you have a migraine and also to prevent a migraine. For some, finding the right treatment that helps manage their migraines can be easy. For others, trial and error of treatments is necessary to find relief.

Those who suffer from Chronic Migraine will experience at least 15 headache days a month lasting more than 4 hours a day with each headache.

Chronic Migraine sufferers can experience debilitating symptoms and are at increased risk for emergency room visits, anxiety, depression, and obesity.

When prevention measures fail and chronic migraine sufferers are looking for another option to manage their migraines, treatment with Medical Botox just might be the answer.

When someone hears the word Botox, they may think of its use for cosmetic purposes which is a service we offer at CHI St Alexius Health. People may not know that Medical Botox is approved and is great option for the reduction of headache days for chronic migraine sufferers.

In the past, chronic migraine sufferers would need to be referred to Bismarck or even further distances for this service. This process involves getting a referral and waiting weeks to months to be seen by a specialist who offers the service, then having to drive a long distance to a consultation appointment to review headache and treatment history. If appropriate, they would then have to be scheduled to come back another day for Medical Botox injection if approved by insurance.

When providing rural health care to our community, we do our best to keep

you close to home by offering services locally. Making two trips out of town, roughly 200 miles each trip, adds up and can deter patients from seeking care that can reduce their headache days and improve their quality of life. At CHI St Alexius Health Dickinson, we listened to the needs of our patients and we are proud and excited to be able to offer Medical Botox Therapy for the treatment of chronic migraines.

Schedule an appointment with one of our qualified Medical Botox providers by calling 701-456-4200 to discuss if Medical Botox Therapy is right for you: Dana Glasser, FNP-C; Kelly Glick, PA-C; and Dr. Lee Kiedrowksi, MD.

*Dana Glasser is a Family Nurse Practitioner at CHI St. Alexius Health Dickinson Medical Clinic. To reach Dana or to schedule an appointment, call 701-456-4200. ■*



## BEYOND SHOEBOX ACCOUNTING

OCTOBER 13, 2022 | 8-9 AM | STARK COUNTY VETERANS PAVILION

SPEAKER



**Nathan Malkowski** with Hoerner Rodakowski PC will be discussing bookkeeping systems from a shoebox of receipts all the way to GAAP basis financials.

- What is a BAIL System?
- What are Assurance Services?
- Understanding Tax Basics

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## or·i·gin Dressed to the Nines

*Meaning: Wearing your best clothes*

Real meaning: There were no 'off the shelf' suits in the 18th century. If you wanted one, you had it made especially for you. In those days, a suit included the waistcoat and so it took nine yards of fabric to complete. ■

## EDUCATION

# Celebrating Dickinson High School 2022 Athletic Hall of Fame

During the September 16 Homecoming weekend, six inductees were proudly added to the Dickinson High School Athletic Hall of Fame.

Jason Moore is still considered to be one of the greatest track athletes ever to graduate from Dickinson High. In 1997, he helped lead his team to DHS's first and only state football title while setting the Dakota Bowl record for most receiving yards. He was named the USA Today ND Football player of the

year, and, with over 1,000 rushing yards and 22 touchdowns, Jason was named Dickinson High's Male athlete of the year in 1997-98.

Matt Michaelson was a 3-sport athlete competing in football, wrestling, and track. During his senior year, Matt was named Class A ND Mr. Wrestler leading his team to a state runner-up dual finish and a state runner-up individual team finish. Matt was also the recipient of the Jack Carlson Memorial Scholarship which recognizes student athlete's hard work, positive attitude, and determination.

Miranda Boepple was a standout basketball and track/field athlete for

the Midgets since the 8th grade. She was awarded WDA Senior basketball player of the year and McDonalds All-American nominee. To this day, Miranda holds the Dickinson High School record in the discus with a throw of 42'5".

Dave Michaelson's story is one of loyalty and dedication on the field, mat, track, and court. Dave devoted 40 years of his time mentoring student athletes. He was named West Region coach of the year four

times and North Dakota State Class A coach of the year in 2003.

Rick Siefken is still recognized as one of the best athletes in DHS history as a 3-sport athlete competing in football, basketball, and track. During his senior season, he was named to the all-state football and basketball teams, placed 3rd in the shotput at the state meet, and was named the Dickinson High Schools Male athlete of the year in 1978.

Paul Herauf was awarded the Loyalty Award for the 2022 DHS Athletic Hall of Fame for his integral part of the Dickinson High School Athletic Booster Club for over 25 years. ■



Pictured (left to right): Jason Moore, Matt Michaelson, Miranda Boepple, Dave Michaelson, Rick Siefken, Paul Herauf

# Heart River VOICE

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

**Find Heart River Voice at the following fine establishments:**

### DICKINSON

Family Fare  
(Roughrider Blvd)  
Cashwise  
Country Kitchen  
Dakota Diner  
Blue 42  
The Brew  
Dunn Brothers Coffee  
Dickinson Theodore  
Roosevelt Regional Airport  
Stark Development  
Corporation  
Chamber of Commerce  
Convention and Visitors  
Bureau  
Dickinson Museum Center  
West River  
Community Center  
Edgewood Hawks Point  
Consolidated  
Dan Porter Motors  
High Plains Dental  
DePorres House of  
Barbering and Lounge  
Holiday Inn Express & Suites  
La Quinta Inn & Suites  
TownPlace Suites  
Microtel Inn & Suites  
AmericInn  
Players Sports Bar & Grill  
Fresh Sips (located in St.  
Joe's Plaza)  
Frankie's West Side Shell  
Villard Cenex  
The Rock

The Hub  
Fluffy Fields  
Dickinson Area Public Library  
Ace Hardware  
Ukrainian Cultural Institute  
Heritage Hills  
Market Press Coffee Co.

### SOUTH HEART

I Don't Know Bar  
Heart Country Gas Station

### RICHARDTON

Suzy's Stash  
The Country Drug Store  
Pharmacy

### HEBRON

BassAckward Studios

### TAYLOR

Taylor Nursery

### BELFIELD

Trappers Kettle  
City Hall

### MEDORA

Chateau de Mores  
Roughriders Hotel  
AmericInn

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Assoc.

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We are offering 20% OFF Essential Multis at our pharmacy. This is a benefit for our patients who currently take these multivitamins but also may entice you to make an investment to better your health.



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## THE ARTS

### Introducing Elizabeth Smith



The Badlands Art Association is pleased to introduce Elizabeth Smith as the judge for the "52nd Annual Extravaganza of Art Show" to be held from November 11th through 17th in the Prairie Hills Mall. Although she's lived several other places, Elizabeth A. Smith is a native Montanan who returned home to raise her two children. She received a BA in Fine Art with honors from Northern State University, Aberdeen, SD in 2001. Elizabeth appeared in Volumes 12 and 13 of NSU's Shelterbelt, a bound publication intended to recognize exceptional work in the arts. She's run her own business since 2007, which underwent a marvelous transformation in 2016 as part of the Montana Artrepreneur Program. A "Jane" of all trades, Elizabeth is a studio painter, multi-media artist, graphic designer, book binder, photographer, and crafter. She's hosted three gallery exhibitions of her own work and participated in several juried shows, as well as numerous art events. She was honored to serve as the

juror for Subjective Perspective in 2020, hosted by the WaterWorks Art Museum in Miles City, MT. She's trained as a gallery assistant, framing, and hanging art for the public, and has worked as a grant writer, gathering funds to advance community projects. However, after completing a double masters and state certification, she currently serves as a school counselor in Terry, MT. Elizabeth recognizes the immense value of art in creating pride of place and salving the human soul. Therefore, she is overjoyed to have the opportunity to jury a show for the Badlands Art Association. ■

## HEART RIVER VOICE | OCTOBER 2022

# Calendar

**ONGOING IN OCTOBER  
DICKINSON AREA PUBLIC  
LIBRARY** Ongoing activities and events at the library. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail on certain events.

**SATURDAYS AND TUESDAYS  
ROUGHRIDERS HOME  
GROWERS ASSOCIATION  
FARMERS' MARKET** Saturdays 10AM until sold out; Tuesdays 4PM until sold out. Prairie Hills Mall.

**FRIDAYS AND SATURDAYS  
A MIND'S JOURNEY** 7-11PM Fridays; 6:30-11PM Saturdays.

Come join us for a thrilling haunted house with exciting twists and turns, bone chilling scenes, and plenty of scares! More info, contact 701.290.2845. Prairie Hills Mall.

**SEPT 7 - OCT 26  
JESUS & WOMEN A BI-  
BLE STUDY FOR WOMEN** Wednesdays 1-3PM. Free! Fellowship Room, Stevenson Funeral Home. To register, call or text Stacey Mundro 701.570.4443.

**SATURDAY OCTOBER 1  
BLUEHAWK STAMPEDE  
RODEO** 9AM Slack; 1PM Performance; 6PM Short Go. \$10 Adults/\$5 Students. DSU students free with Student ID. Stark County Fairgrounds.

**FRIENDS OF THE LIBRARY  
ANNUAL FUNDRAISER** 10AM-2PM Weather permitting, there will be yard games in the outdoor courtyard to enjoy. Attendees are invited to Fill-A-Bag for a suggested donation of just \$5. Dickinson Area Public Library Community Room.

**BADLANDS MINISTRIES  
HARVEST FESTIVAL** 1-4PM Bring the family out to carve pumpkins, play carnival games, enjoy a hay ride, and more! Dining Hall at Badlands Ministries Bible Camp, 3892 Bible Camp Road, Medora.

**MONDAY OCTOBER 3  
ADULT CRAFT CLUB: DIY  
WOODEN HALLOWEEN  
GNOMES** 6PM Craft supplies provided. For ages 18 and over only! Dickinson Public Library - Community Room.

**TUESDAY OCTOBER 4  
BE THE LIGHT** 5-8PM Grab the girls and head out for a fun evening benefiting many worthy organizations! More info, see ad, page 6. Fluffy Fields Winery, 2708 21st St E.

**FRIDAY OCTOBER 7  
FAMILY MOVIE: THE PRIN-  
CESS BRIDE 35TH ANNIVER-  
SARY SHOWING** 4PM One bag of free popcorn per movie attendee! Dickinson Area Public Library - Community Room. PG (98 minutes).

**SATURDAY OCTOBER 8  
SATURDAY MORNING CAR-  
TOONS** 9:30AM Relive your childhood with Saturday morning cartoons! All ages welcome! Dickinson Area Public Library Community Room.

**LET'S SWAP CLOTHING  
EVENT** 11AM-4PM. More info at [www.letsswapnd.com](http://www.letsswapnd.com). See ad, (left). Dickinson Armory, 46 W Museum Dr.

**TUESDAY OCTOBER 11  
BUSINESS AFTER HOURS** 4-6PM Open to Chamber members. An opportunity to network with business and community leaders. Phat Fish Brewery.

**DICKINSON AREA COMMU-  
NITY CONCERT: THE HALL  
SISTERS** 7:30PM Enjoy quality live music! More info, see p. 9. Stickney Auditorium, Dickinson State University.

**Let's Swap**  
a fun clothing exchange

**CLOTHING SWAP & VENDOR SHOP**  
WOMEN'S AND CHILDREN'S CLOTHING  
ORGANIZED BY

**Moe**  
EVENTS  
[WWW.LETSSWAPND.COM](http://WWW.LETSSWAPND.COM)

**SATURDAY  
OCT 8TH**

**DICKINSON ARMORY**  
46 WEST MUSEUM DR., DICKINSON  
11:00AM-4:00PM

**SHOP CLOTHES DONATIONS AND LOCAL VENDORS**  
10am-11am Reserved for swappers  
11am-4pm Open to attendees and swappers

**DONATIONS**  
Your generous donation gets you free bags of clothes based on your donation amount.  
PLUS shop for an hour reserved just for swappers!

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LET'S SWAP, AUTUMN, Heart River VOICE, Community, BRAVERA, W.I.N, United Way, WF, JOYTIME FITNESS

**WEDNESDAY OCTOBER 12 BOUNTIFUL BASKETS BINGO** 7:30PM The Dorcas Society will be hosting for charity. Bingo with prizes! Tickets \$1/ card. More info, see p. 6. Eagles Club, 31 1st Ave E.

**THURSDAY OCTOBER 13 START-UP YOUR DAY** 8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 19, for speakers. Stark County Veterans Pavilion, 801 5th Ave W.

**WHAT IS? HALLOWE'EN** 6PM Come find out about Halloween with proper sourcing and citing. Ages 14+. Dickinson Area Public Library Community Room.

**OCTOBER 14-15 PUMPKINS IN THE PATCH** 3-6PM Friday; 10AM-5PM Saturday. Games, hayrides, barrel train, vendors, food, pumpkins and more! \$5 Admission. (Under 2 are free.) More info, see p. 10. Hope Christian Academy, 2891 5th Ave W.

**SATURDAY OCTOBER 15 KICK OR TREAT - COED KICKBALL TOURNAMENT** 11AM Wear a fun Halloween costume and show us your team spirit! Win prizes for the best team and individual costume! Register today at dickinsonparks.org.

**FEATHERS, FURS & FINS** 5PM Social, 6PM Dinner Live and silent auction to follow. Trinity Catholic Schools annual Fall Gala. More info 701.483.6085 or trinitycatholicschools.com

**SUNDAY OCTOBER 16 ROTARY'S PANCAKE KARNIVAL** 8AM-12PM Pancakes,

sausage and more! \$10, pre-schoolers are free. More info, see p. 13. Eagles Club, 31 1st Ave E.

**WEDNESDAY OCTOBER 19 MOVIE - SHAZAM** 5:30PM Free event. One bag of free popcorn per movie attendee! Dickinson Area Public Library - Community Room. PG-13 (132 minutes).

**THURSDAY OCTOBER 20 MOVIE - CASPER** 4PM All tweens and teens ages 10-17 welcome. There will be a popcorn bar! Dickinson Area Public Library - Community Room. PG (93 minutes).

**FRIDAY OCTOBER 21 MOVIE - THE TWO TOWERS** 5:30PM Free event. One bag of free popcorn per movie attendee! Dickinson Area Public Library - Community Room. PG-13 (179 minutes).

**SATURDAY OCTOBER 22 MOVIE - RETURN OF THE KING** 5:30PM Free event. One bag of free popcorn per movie attendee! Dickinson Area Public Library - Community Room. PG-13 (210 minutes).

**LITTLE BLACK DRESS INITIATIVE** 6PM Kickoff of the Little Black Dress Initiative while enjoying food, drinks, entertainment, a silent auction, photographer, and more. Tickets @ Biesiot Activities Center, 398 State Ave.

**MONDAY OCTOBER 24 ADULT BOOK CLUB** 6PM Read the book and come discuss it with other adults. \*Check out your copy at the meeting! Dickinson Area Public Library - Community Room

# HALLOWEEN

## Open House!

Monday, October 31st  
2:30 to 4:30 pm

**Consolidated**  
*Reach the World, from here.*  
701-483-4000  
consolidatednd.com



**PARENTS bring your little ones in for treats!**

**OCTOBER 24-28 THE GREAT PUMPKIN HUNT** Find Consolidated's Great Pumpkin, win the GRAND prize! More info, consolidatednd.com/pumpkin2022

**TUESDAY OCTOBER 25 POWER OF 100 WOMEN** 5PM Socialize for a cause! More info, see p. 13. Eagles Club, 31 1st Ave E.

**SATURDAY OCTOBER 29 WEST RIVER ICE SCREAM HALLOWEEN PARTY** 7-9PM Come dressed in your best costume and skate to a live DJ! All ages welcome, family-friendly! Free admission with \$2 skate rental. West River Ice Center.

**MONDAY OCTOBER 31 HALLOWEEN OPEN HOUSE** 2:30-4:30PM Parents bring your little ones in for treats! Consolidated, 507 S Main Ave.

**TRICK OR TRUNK** 4-6PM Bring the kids for this great family event. Downtown Dickinson.

### SAVE THE DATE

**NOVEMBER 1- DECEMBER 31 COOKIES FOR A CAUSE** 11/01 - 12/31 all day, each day, at Players Sports Bar & Grill.

**NOVEMBER 4 LADIES NIGHT OUT** Downtown Dickinson

**NOVEMBER 11-17 BAA ART SHOW** New this year - extended event! See article, p. 29, for more info. Prairie Hills Mall.

**NOVEMBER 18-19 THE BADLANDS OPERA PROJECT** is excited to announce its first full season! They will present Amahl and the Night Visitors, Gian Carlo Menotti's touching opera about a poor young mother and her son and their three royal visitors.

## NDSU EXTENSION

# Break the fast

By Julie Garden-Robinson, NDSU Extension food and nutrition specialist

Before going to a mid-morning meeting at work, I usually quickly grab a granola bar or a cup of yogurt to eat.

Who wants to interrupt a meeting with a growling stomach? My mid-morning snack attack hits when I do not have enough protein in the morning.

Breakfast has been called the “most important meal of the day” for many years. Breakfast literally “breaks the time of fasting” during sleep.



Early references to breakfast date back centuries. The food served for breakfast often related to the amount of wealth you had. People with less money had hot cereal (gruel) made from rice and oats. Their wealthier counterparts often had eggs and meat.

A combination of protein-rich and fiber-rich foods is now the recommendation for a healthful breakfast.

Now that school is back in session, breakfast becomes important to spur learning. Children who skip breakfast have trouble staying on task. Feeling hungry can make children and adults feel tired and irritable.

Many schools offer breakfast programs. Participating in school breakfast can help fill potential nutrition gaps and potentially boost learning.

Nutrition researchers have reported nutritional advantages with eating breakfast. In fact, skipping breakfast makes you less likely to meet the daily recommendations for vitamins and minerals. Children who eat breakfast are



more likely to meet their daily needs for calcium, iron, riboflavin, folic acid, iron, vitamins A and D and other nutrients. Eating a healthful breakfast has been shown to reduce the risk of heart disease. People who consume breakfast have a lower risk for diabetes and are less likely to be overweight or obese.

According to recent research, many people do not eat enough protein in the morning. Ideally, adults should have about 30 grams of protein at each meal.

In other words, a donut and a cup of coffee is not the best breakfast. Usually, one donut has less than 3 grams of protein and a lot of added sugar.

Protein is available from eggs, cheese, beans (such as black, white, red beans), nut butters (peanut butter, almond

butter, soy butter), Greek yogurt, cottage cheese and meat or poultry (including lean beef, pork and chicken).

Studies have shown that people who skip breakfast usually more than make up for the calories later in the day.

When choosing breakfast, aim for variety. Choose foods from at least three of the five food groups: grain, protein, fruit, vegetables and milk. How about an omelet stuffed with veggies, black beans and melted cheese?

Cooked or dry cereal is a convenient breakfast option. Be sure to read and compare the Nutrition Facts labels on food packages. Aim for whole-grain cereal with less added sweeteners and more protein and fiber. Top with milk and berries.

When shopping for cereal, look high on the shelves instead of at eye level where kids' cereals usually are placed. Kids can exert a lot of “pester power” when it comes to food. Young readers can be food detectives and help you choose healthful options by comparing different products. ■

## PAWSITIVELY POPPY

# Pumpkin Spice Latte for dogs

By Miranda Kuhn

Thank goodness for Octobers. The crisp mornings and beautiful colors paired with cozy sweaters and something warm in a mug just give me a certain kind of feeling. Mother Earth changes in that time eternal way, always new but so familiar. I wouldn't be an Autumn-loving lady if I didn't enjoy that quintessential fall beverage, the pumpkin spice latte (or PSL if you're one of the cool kids). I look forward to it all year, and I “treat” myself more than I care to admit. The problem is when

I return home with my cozy cup, Poppy gives me dirty looks as I sit in front of her and guiltily sip. I've concocted this recipe for a PSL for dogs so Poppy and I can enjoy a festive drink together while we make the transition into the fall weather that we both love.



Now, a few words about the ingredients. It's important to note that pure pumpkin puree is different from pumpkin pie mix. The pie mix may contain spices that are not safe for dogs. Cinnamon and ginger are safe in small amounts and just a small sprinkle will do. Finally, while this is called a “latte”, there is no coffee or caffeine as this is not safe for dogs.

Next thing you know Poppy will be busting out her flannel shirts and scarves, because she's one of us now. The basic crew. Happy Fall!

### Ingredients

- ½ cup pure pumpkin puree (not pumpkin pie mix)
- ½ cup goats milk or coconut milk
- Dash ground cinnamon
- Dash ginger
- Reddi whip whipped cream, optional (be sure it does not contain xylitol)

In a small bowl whisk pumpkin, milk, and spices together until smooth. Pour into small cup or bowl to serve, and top with whipped cream. ■



## PIPER'S PALS Ask Alfie

Dear Alfie,  
My dog recently stopped eating. His appetite was slowly declining and now he pretty much quit eating altogether. What should I do?  
Sincerely, Not Hungry

Dear Not Hungry,

When your pet stops eating for longer than a meal or two, it is important that you consult your veterinarian. Lack of appetite may be an indication of dental issues or health problems requiring treatment. If the lack of appetite is accompanied by vomiting or diarrhea, you will want to call them immediately as it could be an emergency situation.

Sometimes when our pets do not eat it is because of less serious causes, such as switching to a new brand of food, or emotional stress due to life changes. In those scenarios, you can sometimes try coaxing your dog to eat by pouring a little chicken or beef broth on top of their food or slightly warming it in the microwave. In your situation,

however, I recommend you contact your veterinarian as soon as possible to rule out medical concerns.

Best wishes, Alfie

Dear Alfie,

My brother was shocked when I told him I have had my cat for three years and never given her a bath. He said he bathes his dog monthly and that I am a bad owner for never having bathed my indoors-only cat. What should I be doing?

Sincerely, Unbathed

Dear Unbathed,

You are not a bad owner. Healthy adult cats, especially indoor cats, do not generally require bathing. Cats clean themselves naturally, but you should assist them by regularly brushing their coat from head to tail.

If your cat gets into something that has coated her fur and cannot be easily removed, then you will have to make an exception. You may find it easier to "spot clean" only the soiled area as most cats do not like being submerged in water. If she needs a proper bath, be prepared for a struggle. It is important

that you always remain gentle so as not to injure or create trauma for your cat. Helpful tips include:

- Trim your cat's nails before the bath, to avoid injury to yourself
- Fill your sink or tub with just a few inches of tepid or lukewarm water (never hot)
- Have on hand a cup for pouring water, a washcloth for keeping water out of your cat's eyes, and a towel for drying your cat afterward
- Ask a second individual to assist you by petting the cat and helping keep her calm while you wash
- If water alone is not enough, make sure you are using a cat-formulated shampoo. Shampoos that are made for humans or dogs can be toxic for cats! It is not recommended to add soap directly to the water as it may be difficult to fully rinse out afterward.
- Once finished, towel-dry as much of



the water off your cat as possible and then make sure she is kept in a warm space until fully dry.

Best wishes, Alfie ■

Have questions about your pet(s)?  
Ask Alfie for advice by emailing  
AskAlfieCat@gmail.com

## Pet Name Match

These pets went all out with their Halloween costumes!

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

- A: Chase (#\_\_\_)
- B: Kerwin (#\_\_\_)
- C: Paige (#\_\_\_)
- D: Bianca (#\_\_\_)
- E: Rocky (#\_\_\_)
- F: Coco (#\_\_\_)

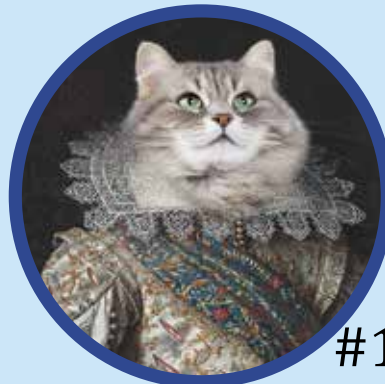
(Answers in our next issue!)

Last month's answers:

- A: #2 Lucy
- B: #5 Rocco
- C: #1 Luna
- D: #6 Rebel
- E: #4 Ollie
- F: #3 Maddie

WOULD YOUR PET LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!

Email [kelley@thejileks.com](mailto:kelley@thejileks.com)



## HEART RIVER GEMS

## Joan Murphy

By Kaylee Garling



Joan and her husband, Bill

As summer stitches its way into fall, we are highlighting one of our community members that loves to quilt, garden, and create beautiful crafts. Joan Murphy ensures memories live on through the memory quilts she makes for families that have loved ones pass away. Anniversary, graduation, and baby quilts are all masterpieces of art as she arranges fabric into unique designs. She jokes that every quilt has one mistake, but to

find those mistakes, you must have to be the one making them, for all I saw was breathtaking patterns without flaw. Her home is filled with sentimental crafts and décor that have deeper meaning. A rolltop desk her father built, teacup designs, a window from a 100-year-old home, paneling from an old schoolhouse, to name a few. I felt like I was walking into paradise as we went into her yard (which was featured in our August 2021 issue). You can tell that everything she does, she does with love. That's enough of my observations, I will let Joan give you a snapshot of her life.

She said, "I'm the youngest of 11. My mother had 3 sets of twins. My oldest sister is 85 and I'm 67. When my sister got married, I was a year old. I was originally from Mott and then we moved here when I was in the 6th grade. I married my high school sweetheart, Bill, 48 years ago. We have 4 kids and 9 grandkids.

"I was in banking for over 30 years and then went to the local cable company. After there, I have done just odd little things. My sister and I did the grounds up at NDSU for several years. Now, I'm an avid quilter, a gardener, and I do have a very part time job. My husband and I help at a hotel with special events. And then I help up there one evening a week, which I love because I'm a people person, and I love to be around people. I am also a button collector. I have thousands of buttons and can always use more. I do water

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SCAN ME

aerobics 3 days a week. The ladies there are ages 57 to 91. They are wonderful friends. Class is at 8am and we leave between 10-10:30 because we always find something to talk about."

As you can see, Joan is very active, yet she still finds time to 'pay it forward.' Her son was diagnosed with cancer at age 15, and people gave self-less service to help her family through that hard time, which was a huge inspiration to help others.

"I bought somebody a plane ticket to see a sick friend. I've taken meals over to a lot of people. I've helped at a greenhouse. Another time I just donated my time during the busy holiday season. I'm a giver of time and talent."

Joan loves to make different crafts and quilts for her craft group, friends, and family, like adorable teacups filled with pictures of family. She has done over 300 teacup designs alone.

Joan is a "seize the day" type of woman, whose favorite quote is: "Each day is a gift." And she has taught her family very important lessons that were passed down from her parents. "It doesn't matter how good of an athlete, or how good of a student you were, what people remember is that you were a nice person. People remember how you treat them. That is something parents should tell their kids; be great at everything you can but be nice and help others out. My children are my greatest achievements.



T shirt quilts Joan made for her sons



Joan's first quilt

Continued next page

Continued from page 26



Joan (far right) and her water aerobics friends

I am very proud of them. Spending time with my family always comes first.” When people come to pick up quilts, Joan absolutely loves how their eyes light up with joy. The happiness is palpable, and that’s her favorite part, the most rewarding, to see people love what she’s made for them. Her passion started when she was invited to a quilt-making class.



Joan's teacup art

“I took a class up at Evangelical Bible church. Everybody was getting together to make a quilt, and a friend invited me to join. That was over 25 years ago, and that’s really where I got started. It was like an obsession right there. There’s so much joy that comes out of making a quilt. I do a ton of T-shirt quilts and memory quilts from a deceased person’s clothing. Those ones really tell a story. Quilting is love and I love what it brings to the people that pick it up because when they do, it’s always more than they thought it was going to be. I joke, but

when I pass away, I want everyone who I’ve made a quilt for to bring it and hang it over the pews.”

I am sure there would be pews filled with masterpieces, each uniquely made, telling its own story. As a storyteller myself, I find this way of telling stories and storing memories, not only aesthetically pleasing, but also inspiring. The time and effort put in are incredible. Joan also credits Kerry Shay who stitches the quilts together. It’s a team effort to bring these momentous designs to fruition. Joan is a wonderful example of creating concrete things that people can enjoy for years to come and paying the good forward.

Let’s carve out time in our lives during this upcoming holiday season to serve each other a little more. Imagine the difference we could make. ■



Some of the buttons Joan collects

## THE ARTS

# A woven life

By Lora Petrie

Peggy Solberg is a fiber artist working in three dimensions. Examples of her work spanning four decades will be on display at the Dickinson Public Library from Sept. 6 through Oct. 31.

Working initially in sewn fabrics, she began focusing on basketry in the 1970s, while operating the Gathering Place cafe in the town of Lengby on Spring Lake in Northern Minnesota. She connected with others interested in basketry, and helped found the Headwaters Basketmakers Guild, as well as an artists’ cooperative in Bemidji, MN. By attending basket-making workshops, she mastered traditional forms and techniques of basketry. With diligent practice, she learned to prepare and use a wide variety of materials with great skill, including pine needles, black ash wood, grasses, leaves, and vines. She’s also used imported material, such as rattan reed and splints, Irish wax linen cord, and beads from all over the world. Yet while talking about her work nearly twenty years ago, Peggy said:

“Pounding splints from a Black Ash log is difficult and time-consuming for my arthritic hands. So I purchased those from a younger basket maker. But I prefer growing and processing fibers myself, such as willow, sweetgrass, iris leaves – whatever looks promising.”



Peggy Solberg

Her work intentionally preserves its organic origins and reflects the surrounding landscape. After moving to Western North Dakota, she began experimenting with ‘slump’ baskets to reflect the striated layers and shapes of earth revealed in the formation of the Badlands.

For many years, working with her hands had improved her Rheumatoid Arthritis. But by her 90s, she expressed frustration with it. “My mind has developed a more mature intention of what to do, while my hands have lost the ability to coax it into being.”

She currently lives in Apple Valley, MN, leaving behind, in the home she shared with me in Richardton, a cache of materials and a small library on basketry. It is our hope by sharing her work, others will be inspired to continue practicing the arts and craft of basketry. ■



**KUDOS****Dawn Pruitt**

*"Those who are happiest are those who do the most for others." ~ Booker T. Washington*

Chances are your life has been positively impacted by Dawn Pruitt, even if you've never heard of her before



Dawn with her "Little Buddy" Veronica

today. Dawn is a radiant, selfless woman who lives a quiet life, but whose service to others is significant and far-reaching, and it's likely that all or most of us have been the recipient of her kindness.

In 2001, she joined the Rotary Club of Dickinson, a civic organization that strives to create goodwill and friendships in the community. During a brainstorming activity, the "Community Kindness" project was initiated, which is a way to augment local change-agents with a focused fundraising campaign done on their behalf.

Every month since, Dawn searches for needs and brings a new cause to the attention of the club. Every month, this cause is funded by the club members, sometimes with monetary donations, physical items, or both.

"I love to find projects I've never heard of," says Dawn. "It's a gratifying feeling to help others in need who are right there under the radar."

Like in September, Dawn found The Barn Cat Project of Second Chances, a nonprofit that provides assistance to local animal rescues and shelters. The Rotary was challenged to donate cat food for foster families or funds towards the

cost of spay and neuter surgeries.

Dawn has won Rotarian of the Year for her work on this project and other Rotary clubs around the nation are emulating what she's doing here in Dickinson. But she isn't volunteering her time for the sake of these recognitions; she's passionate about the impact giving generously can make by supporting and lifting up local groups in their areas of service.

Dawn owns and operates ND Pharmacy with her sister and dad. "It's a family company," she says with a smile. "I love to make people feel better! Sometimes people will come in and tell me, 'You saved my life!'" says Dawn. "Those moments are what make it all worth it."

Dawn says her amazing parents always encouraged and expected her to give with an open heart. But it's not just her family of origin that is dedicated to helping others. Dawn and her husband, Greg, established the Little Buddy Foundation which provides prosthetic limbs to children. While Dawn says she mostly works in the background for the foundation, she also states "the recipient and their whole family becomes part of

our family." For her birthday, last year's recipient and family spent the weekend with the Pruitts in Medora.

Dawn has created a life that is centered around serving and helping others. Whether it's through the countless impacts made by the Rotary's Community Kindness project, serving through her work as a pharmacist, volunteering on various community boards or the Little Buddy Foundation, Dawn is gently and humbly "throwing kindness like confetti" just in her everyday life.

"I couldn't imagine not caring about other people, or not making life better for others," says Dawn. "It's what I do and have always done in some way, shape, or form. It's a busy life, we put in long hours, but it's a life I love."

*Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good works women do. Women Empowering Women is dedicated to the collaboration of women to meet needs and helping women become the best versions of them self. To learn more see <https://wewnetwork.org>. ■*



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## THE ARTS

### Badlands Art Association Fall Art Show

The Badlands Art Association will be holding its 52nd Annual Fall Art Show in Prairie Hills Mall, November 11th-17th, 2022. BAA is excited to host the Fall show in a new venue, The Prairie Hills Mall, and increase the show length from just 3 days to a total of 7 days. The BAA hopes that this will allow more viewers into the show as well as having more space to display fine art.

The Badlands 52nd Art Show is an open show. An "open" show means that you do not have to pass a judge to get into the show. The Badlands Art Association is a small group; this is our major event for the year. We do the show to offer artists of all abilities the opportunity to showcase their work and to give the public a chance to see the wide range of art being created in our area. The seven-day regional fine art show features many different media including clay pottery, oil paintings, watercolors, pencil/pen sketches, and photography.

There are three divisions to the show: amateur and professional, plus a student show.

To enter the Badlands Art Show, you must submit the Call for Entries form listing your art entries. You DO NOT need to be a member to enter the BAA show. If you did not receive an entry form they can also be picked up at JP FrameShop, the Dickinson Public Library, Badlands Art Gallery or be printed online at <http://badlandsarts.com/annual-show/>. These entry forms must be postmarked by October 21st.

In addition, the BAA is holding a PreK through grade 12 student art show. The entry forms for the student show are being coordinated through the local SW area school systems and art departments. Home schoolers and other interested individuals can pick up a form at JP Frameshop, Dickinson Public Library, Badlands Art Gallery, or print a form from the BAA website



<http://badlandsarts.com/>. The art show is open to all students entering PreK through grade 12. The art works can be of any media and size, but they must be framed or matted and ready to hang. Artworks hung within the BAA Student Show grade divisions will need to be identified with a 4x6 index card attached to the entry. More details and entry requirements can be found on the BAA website <http://badlandsarts.com/>. In conjunction with the student show is the Student Artful Natural Earth contest that is open to all students entering the 2022 student show. In this contest a student may enter one artwork in one of these five categories; 1. Mammals, Reptiles, or Amphibians, 2. Birds, 3. Insects, 4. Plants and Flowers, and 5. Aquatic life. All the art in this contest must represent species native to the United States and found in North Dakota

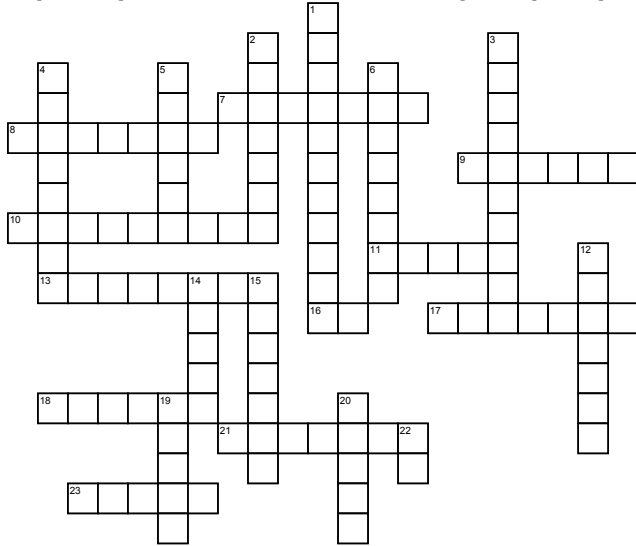
For more information go to the BAA website under Artful Natural Contest. ■



**CROSSWORD**

# IT'S PASTA TIME!

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



**ACROSS**

- 7 Northern produced durum is known for its high \_\_\_\_\_ content
- 8 The average durum yield in North Dakota is 40 \_\_\_\_\_ per acre
- 9 Durum variety named after one of the larger durum producing counties in North Dakota
- 10 This region of North Dakota produces the majority of the state's durum
- 11 This North Dakota town is home to a mill that is a division of Philadelphia Macaroni
- 13 Durum kernels are ground into \_\_\_\_\_
- 16 Perfect Pasta should be cooked \_\_\_\_\_ dente meaning "to the tooth" and not too soft
- 17 Second largest durum producing state in the country
- 18 Average per capita pasta consumption in the U.S. is \_\_\_\_\_ pounds per year
- 21 North Dakota producers grow enough durum each year for about 1.2 \_\_\_\_\_ servings of pasta
- 23 Traditional pasta is made of only two ingredients, semolina and \_\_\_\_\_

**DOWN**

- 1 Largest durum producing state in the U.S.
- 2 Durum is the \_\_\_\_\_ of all wheat classes, making it ideal for pasta production
- 3 Dakota Growers Pasta is location in this North Dakota town
- 4 While pasta is the most common food made from durum wheat, another popular dish made from durum is \_\_\_\_\_
- 5 Customers prefer semolina and pasta that has a bright \_\_\_\_\_ color
- 6 Typically the top durum producing county in the state
- 12 This country has the second largest per capita pasta consumption in the world behind Italy
- 14 Top durum export market
- 15 Typically the second largest durum export market
- 19 Durum is the smallest class of wheat grown in the U.S., accounting for only \_\_\_\_\_ percent of total wheat production
- 20 North Dakota produces about \_\_\_\_\_ percent of total U.S. durum production
- 22 \_\_\_\_\_ Grano Durum variety named after a small North Dakota town

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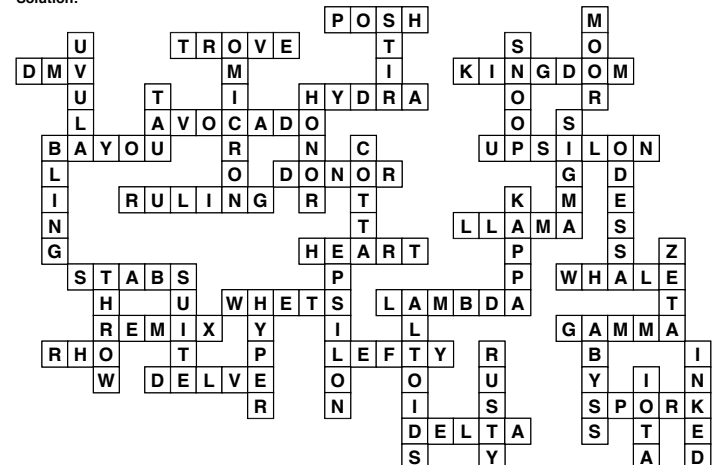


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*Last month's puzzle solution*

++A,B,C's++

Solution:



**HOROSCOPE****OCTOBER 2022** by Hilda De Anza**ARIES**  
March 21-  
April 20

As October develops you will find things getting slower and more difficult. There is so much to learn, so many places to go, so many people to connect with. But some things will go well, and October is a great time for relationships, and there is perfect harmony between you and someone you want to be with.

**TAURUS**  
April 21-  
May 21

There is an expansion process taking place, which can mean connection with new customers, clients or colleagues. Good trends in your working life continues. This is also a good time for romantic encounters, or office romances. Relations with the leadership or organization of which you are a part blossom and grow. You'll find that their role in creating success for you is excellent, and that the job you are doing is really appreciated by the leadership.

**GEMINI**  
May 22-  
June 21

Now is the time to complete discussions and plans, and your role is one of diplomacy. It's an excellent month for romance, even if partners find themselves in a far-off place. For the single Gemini this is a perfect time for dating, with a particular emphasis on opportunities in mid-October. Make the most of this fortunate period for all sorts of creative activity, travel, study and teamwork.

**CANCER**  
June 22-  
July 22

There are excellent opportunities for successful growth during the month, not least around the full moon on the 9th, which is brilliant for initiatives at home and at work. Mid-October is a perfect time for love, and a family member may have good news to share about a relationship. You can forge successful alliances with powerful organizations the trick is to adapt and adjust to the needs of groups more powerful than you.

**LEO**  
July 23-  
August 22

The planet alignment suggests that you will be in the company of a really nice associate who can help you in whatever you are doing. This is a time when communication, education and travel are on the agenda, as well as cultural or artistic activities. Mid-October is the perfect time for meetings, both professional and romantic, and love is on the agenda, either for you or for a close friend.

**VIRGO**  
August 23-  
September 22

This period is the time to finally clear things up, both through firm communication and actions to remove or transform a weak link. There is a strong focus on assets, resources and the economy, you can expect some very positive results. There are significant changes near the 25th, and it's a time of intense developments affecting communication, travel or relationships.

**LIBRA**  
September 23-  
October 22

As October begins, your ruling planet Venus moves into Libra, heralding a really positive period. You emerge from self-imposed isolation and connect with really interesting people who open up new and exciting horizons. It's a time when you are highly visible and receive a lot of appreciation, so self-confidence is high. Relationships can blossom, partly because of your newfound confidence, and perhaps also because a good friend can facilitate a connection.

**SCORPIO**  
October 23-  
November 21

October and November are the months when you need to take greatest care. Follow a straight and narrow path and avoid putting yourself into a situation where you are reliant on others, or if you are reliant, tread very carefully. Relationships are well-starred and on a very deep emotional, psychological and spiritual level. Life is super-intense, and people are dependent on you just when you may want to escape from it all.

**SAGITTARIUS**  
November 22-  
December 21

This is an extremely dynamic period for you, when confidence is high and the need to visibly create an impact is strong. There is a tremendous emphasis on social interaction, and this brings an expansion of your influence. The last week of October an introverted period begins. It is as if you suddenly become aware of the deep mysteries of your destiny. This is a psychologically enlightening period, when you understand the nature of suffering and when you can develop spiritual prowess.

**CAPRICORN**  
December 22-  
January 20

October shows favorable trends professionally and is a turning point when you will have completed restructuring operations that have been going on for over a year. On the domestic front, a major expansion is taking place because of favorable relationship developments, although things may be put on hold until the end of the year. Important changes take place around the 25th, a possible transition for a partner or a new development on the social scene.

**AQUARIUS**  
January 21-  
February 19

October is a very favorable month for you. It's an excellent time for love and relationships, and it is also brilliant for expanding your horizons through study or travel. For the single Aquarian, romance is in the air, and mid-October is an excellent time to take advantage of favorable trends for meeting people. A new set of trends starts on the 25th, which highlights intense developments in your professional life stretching well into November.

**PISCES**  
February 20-  
March 20

October starts with a strong focus on intimate relationships, which currently are in a state of flux. A key theme is how you handle money and shared resources. The return of Jupiter, to your sign near the 26th suggests that you have a second opportunity to resolve some personal issues that were very important to you earlier this year. The end of October is an important transition for you and there will be a strong focus on what is happening in the wider world.

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