

Heart River

VOICE

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Tips for success

Temple Grandin sheds light on autism p4

Life goals

Former DSU student close to NFL dream p16

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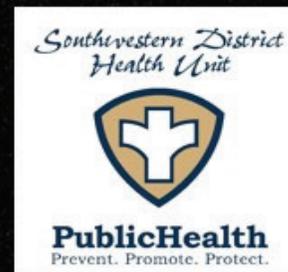
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A note to our readers

Heart River Voice is YOUR community paper written (for the most part) by readers like YOU who want to share upcoming events.

Feel free to suggest topics for Q&A, Then & Now, Music to Our Ears, The Arts, etc. We encourage you to submit items for the Calendar of Events and Been There Done That; of course, we can't guarantee that all items will make the BTDT page, but we'll try!

Thanks for your contributions to making Heart River Voice the voice of Stark County and beyond. To get in touch, email us at kelley@heartrivervoic.com.

Happy Spring, April Fools Day, Easter, National Poetry Month, Earth Day, National Volunteer Week, World Autism Awareness Day, National Library Workers' Day, and Tax Day!

Celebrate!

Kelley Jilek
Publisher

On the cover

"Bison" by Cherie Roshau. For more information about the artist, see page 7.

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HEART RIVER VOICE FEATURE

Calling all minds - Meet Temple Grandin

By Kaylee Garling

Temple Grandin, a world-renowned household name in the cattle world, visited Dickinson for the First Annual Ag Livestock Forum in February. Though she dealt with severe amounts of intimidation and bullying because of her autistic mind, she was able to persevere and become one of the most influential people in the cattle industry. She has been inducted into the American Academy of Arts and Sciences, been interviewed on countless TV and radio shows, has a TED talk (2010), and has been featured in numerous magazines. Over half of all the cattle in the United States are handled in facilities she has designed.

Tell me a little about yourself.

I have been a Professor of Animal Science at Colorado State University since 1990. I've been working for a lot of years to improve cattle handling, and that's something that has definitely improved over the years.

When were you diagnosed with autism?

I had severely delayed speech and didn't speak until I was 4. I can't emphasize enough, if you have a little kid who isn't talking, you need to start working on them now. Just letting them watch TV all day is not the thing to do. You need to teach the little ones turn taking, and a lot of emphasis on board games, art, etc. Too many smart kids today are getting labeled with autism, ADHD, dyslexia, and they become the label, not knowing how to go up to a counter and order food, or develop the skill to survive in the world. You need to build on the kid's strengths. Several kids that are different, and really good visual thinkers, help me in my work with animal behavior. And a lot of these really good visual thinkers are great with mechanical work. Up here in North Dakota, you probably still have a lot of

the hands on, skill building classes in school, but you go other places and there are no hands-on classes. We need people to be mechanics, electricians, welders, plumbers, and these are good jobs that computers are not going to replace.

How have you been able to change the perspective on autism?

I've worked with a lot of trade skilled people, major meat companies, all the big beef plants have my center track restraint, and big projects with Cargill plants, and JBF Swift. A lot of the skilled trade people with dyslexia, ADHD, mild autism, would be in the special ed department today, but the thing that saved them was that welding class. And the problem now, is that they're not able to replace these people in the work force, because kids that could grow up and do these kinds of jobs are too busy playing video games in the basement. They never got introduced to any skilled trades. I'm especially worried about losing visual thinkers, because we can't do algebra, which is now required in school. I still can't do algebra. I managed to get through college because in '67 algebra was not required.

What made you decide to study animals?

I didn't even come from an ag background. I come from back east and was a terrible student. In 9th grade I got kicked out of school because I threw a book at a girl who called me a retard. I went away to a boarding school that had a farm, and that's where I got introduced to horses and dairy cattle. When I was 15, I went out to my aunt's ranch in Arizona. Prior to age 14, I had no exposure to cattle, so this brings up another important thing: students get interested in things they are exposed to. And when they get exposed to new things, they either like them or they don't. We're really emphasizing for students in college to do internships.

Find out what you like, or what you don't like after you try it.

You were introduced to farming when you were 14?

Yes, a 12-cow dairy at 14, and out in Arizona when I was 15. I had never been west of the Mississippi prior to going to my aunt's ranch, and realized it's a big open space out there. In my 20's, I thought everyone thought in pictures like I did. I didn't know I was any different. Now, as I've learned more about how other people tend to think more in words, or mathematics, it has helped me understand our thoughts and how they differ.

Do you think people with autism would benefit from working with animals?

Some people really benefit. You know the cowboy who is kind of a loner, that's good with cattle? He's probably got a minor case of autism. Some of these stockmanship jobs are good careers for kids that are different. Animals are very straightforward. They don't do the abstract devious stuff that people tend to do, that the kids who are different don't understand.

How many books have you written/published?

I've gotten about 15 books now. I have co-authors on some of my books.

You had a movie made about you, how did that come to pass?

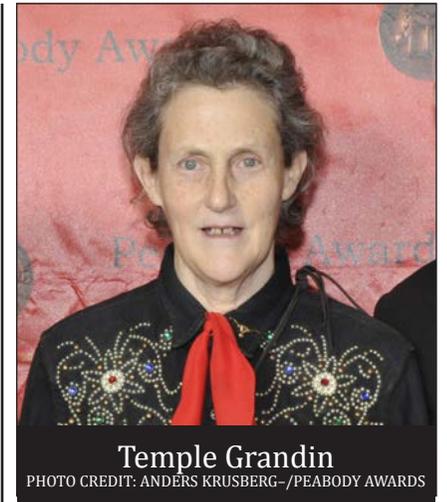
It's called Temple Grandin by HBO. It came out 9 years ago. And it shows how I think visually. It also shows projects I developed in the '80's, dip-vats for feedlots in Arizona, a gate you could open from your car when I was 15. The stuff that's real accurate are the main characters: my aunt, Mr. Carlock-my science teacher, my mother, and the projects in the movie. I actually did all of those projects. And there's a scene in there that's very important, especially from a career standpoint, where I go up to the editor of the Farmer Ranchman and get his card, because I realized that if I started writing for his magazine, then it would really help my career. So, writing was a very important part of my career.

What is the most rewarding part about being a college professor?

Seeing students develop and go out to do good things. My students are making a positive difference in the world.

Why did you become a professor?

Well, I originally started out more in the designing, drawing blue prints for animal handling systems, but I'm also



Temple Grandin
PHOTO CREDIT: ANDERS KRUSBERG-/PEABODY AWARDS

interested in science. I'm really interested in crossing the divide between academia and the practical world, and that's not an easy divide to cross. But it's something that we need to do.

You're making a big impact on the world. Did you ever envision yourself where you are now?

No. But I started my business out, one little project at a time, then wrote about it. That's why getting the editor's card was so important, because there's a lot of people out there that do a lot of great things, but they don't write about it. Writing is important.

What advice would you give someone who either has autism or a child with autism?

Autism ranges from half the programmers of Silicon Valley to Einstein-no speech until age 3-Thomas Edison-labeled hyperactive high school dropout-Steve Jobs probably had autism, to someone who can't dress themselves. There is a huge spectrum. The same genes that make our brains big, are also involved with autism and schizophrenia. It's an embedded trait. Brains can be more thinking or more social/emotional. Now, a certain amount of that is personality variation. But, you get too much of something and it's going to become an abnormality, like a speech delay. Autism in its milder forms gives you someone like Einstein. In its more severe forms, you may have a person who can't talk.

The Ag Livestock forum outdid themselves this year, with a sold-out venue that provided great data analysis by Tim Petry, livestock handling from Temple, and a tasty dinner. Everyone's looking forward to another great year in the industry. ■



Kaylee Garling and her husband, Ted, sit down with Temple Grandin for a few minutes to pick Temple's incredible, intelligent brain.

PIECE BY PIECE

Life and color harmony

By Suzy Rummel

I recently read an article titled “Get Organized, Not Overwhelmed” and it caught my attention. The first line stated that feeling overwhelmed is a decision; it’s a daily, sometimes hourly decision but it is still a decision. “What”, I thought; “ok this article is bogus. I don’t decide to be overwhelmed, I just am.” I continued to read the article and it started to make sense. I am taking some tips from the article and deciding to NOT be overwhelmed. We will see how it goes.



One interesting tip was that multitasking is a lie. Now I pride myself on being the multitasking queen but it drives my oldest daughter nuts; especially when she is trying to help me. I flit from one project to another and we accomplish a lot in a day but it appears that we didn’t accomplish anything. So I am trying to stick to a task until it is done and then go on to another one. Again, we will see how it goes.

Color harmony is a pleasing arrangement. It engages the viewer

and creates an inner sense of order and balance. When something is not harmonious, it’s probably dull or frenzied. The two extremes are a quilt that is so bland the viewer doesn’t even want to look at it or a quilt that is so wild the viewer can’t stand to look at it. There are many formulas for color harmony. You can use three colors that are side by side on the color wheel which are analogous colors. Complementary colors, like red and green, are directly opposite each other. Nature is a great way to find color harmony.

The Stash quilt retreat was a huge success. Attendees enjoyed visiting and getting projects done and some started. National Quilting Day was on March 16. We hope you took advantage and got out your sewing machine. We will be hosting a Rag Quilt class on April 24 and May 1 beginning at 5:30. More details www.SuzysStash.com. Preregister 701-974-7899 or come to visit us at 118 North Ave, Richardton. ■

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TRAVEL

International experience in Chile enlightening for RLND participants

By Annika Plummer



Annika Plummer pictured with Gerardo Salas and his family. Salas operates a flower farm at Curacavi outside of Santiago.

More than 6,000 miles separates southwest North Dakota from the country of Chile. This country of more than 18 million people stands in sharp contrast to North Dakota's total population of approximately 760,000. Despite the differences, there is one thing that connects both North Dakota and Chile – agriculture.

As members of Class VIII of Rural Leadership North Dakota (RLND), we had the unique opportunity to visit Chile as part of the international component of the RLND program. RLND is an 18-month dynamic leadership development program designed for men and women who are dedicated to strengthening the agriculture community, their community, and the state of North Dakota for the future. RLND's mission is to "prepare and develop effective leaders to strengthen rural North Dakota." Through the RLND experience, we learn about our great state of North Dakota and the strength of our communities, the region (through a trip to Minneapolis, MN), the nation (through a trip to Washington, DC), and the world (Chile). All participants have a local project to strengthen the community, and we also learn about how to work with the state legislature.

Of the 23 members in our class, only three of us are from southwest North Dakota: Paula Anderson, director on the Consolidated Telecom Board and farmer from Regent; Brooke Kessel, Executive Director of the Adams County Farm Service Agency in Hettinger; and Annika Plummer, Administrative Secretary of the Dickinson State University Department

of Agriculture and Technical Studies in Dickinson.

One of the ways we can strengthen ourselves as leaders is to continue learning. Our RLND trip to Chile opened up our eyes to the agricultural practices, people, culture, and history of the country. From February 5-16, 2019, we learned first-hand how agriculture is practiced in a country half a globe away. Our first few days were spent in and around Santiago, Chile. This city houses approximately half of the country's total population. Just outside of the city, however, are farmers just like the ones in North Dakota – working a simple life to provide for their families. In the Santiago area, we met farmers growing vegetables, raising sheep, and selling flowers. We visited a USDA fruit inspection station at Los Lirios where they inspect the peaches, cherries, blueberries, oranges, plums, and apples that are exported to the U.S. The city of Santiago offered us opportunities to meet with the Foreign Agricultural Service at the U.S. Embassy and U.S. Wheat Associates.

We next traveled toward the Pacific Ocean to Valparaiso. On the way there, we were fortunate to visit a beautiful vineyard and learn about Chilean grapes and making wine. Tour guides enhanced our experience in Valparaiso where we learned about the history and colonization of the city and its connection to street art.

Our last destination was Temuco, where we toured a hazelnut farm, visited with grain farmers, learned about Chile's native population, the Mapuche, learned

from entrepreneurs, shopped at local artisan booths, and breathed in the air of Cerro Nielol, a beautiful, peaceful Chilean forest. "The passion with which farmers raising wheat, indigenous people growing strawberries, local artists sharing their talents, and our tour guides sharing knowledge of their country reminds me that we all need to learn from each other and do the best we can right where we are at. Look around and use the resources you have. Be thankful! We all have blessings and struggles. Never stop learning," stated Anderson. Kessel added, "Even though we were halfway around the world, it was interesting to hear concerns from Chilean producers and the similarities to North Dakota agriculture. They discussed uncertainty of the future of their operations/succession planning, grain markets, and land competition. Many Chileans were trying to add value to their operations, varying from llama and alpaca agritourism, Mapuche camping and cultural experiences, small vineyards as second incomes, daily trips to town to sell produce or selling fresh flowers to casinos and street vendors. The Chileans showcased diverse operations with emphasis on providing a high-quality product to their local and global consumers."

The agriculture community is a family – whether it is in rural North Dakota or rural Chile. The farmers we visited while in Chile were proud to be sharing their agricultural practices with Americans. "One aspect of our trip that struck me as so similar to North Dakota was the spirit of the farming neighborhood. One of the farmers we visited near Temuco



Paula Anderson pictured with Arte Martu, the artisan in Valparaiso, who created the poncho Paula is wearing.

was stressed due to a large fire on his farming land created by strong Andes winds toppling a tree into a power line. When I asked the farmer (through our guide and translator) how he was able to control the fire, he said that the local rural fire department had come, along with his neighbors, to fight the flames. This is exactly how my dad fought a fire near our family ranch by Almont – with the help of the local fire department and many neighbors," remarked Plummer. It was a unique learning experience we will never forget!

The RLND program has offered us many opportunities to expand our knowledge. If you're interested in participating in this great program, visit www.ag.ndsu.edu/rlnd/About-RLND and apply to be in Class IX. ■



Brooke Kessel pictured with Jacqueline Zlatar at the USDA fruit inspection station at Los Lirios.

COVER ARTIST

Cherie Roshau



As a young child, I leaned deeply into the world of art as I watched my mother, Betty Bruski Maus, paint and draw. She influenced my lifelong desire to be open to learning something new. I have been teaching art most of my adult years. My husband Ken and I have three grown children, Elise, Heidi and Brant. My favorite mediums are watercolor, acrylic paint, colored pencil and graphite pencil.

I work in a variety of styles but am known especially for my western and portraiture work. As I developed a need for original photographs for reference work, I discovered another art passion in the medium of photography. I love being able to spend time in Theodore Roosevelt National Park and simply sit in my car and watch the bison while capturing photos of these magnificent animals in their natural habitat. The bison is a favorite subject of mine.

For many years I taught art in the high school and college classroom. During this last year I began to work part time as an elementary art teacher at Killdeer Public School. I truly have come to understand the thoughts and

philosophies of Pablo Picasso. These tiny miniature teachers have taught me new truths in the visual expressions. Recently, my kindergarten students learned about Vincent Van Gogh and his love for painting sunflowers. They produced absolutely delightful sunflower expressions. I posted them on Facebook as a renewed hope of spring.

Vincent Van Gogh once said, "I tell you, the more I think, the more I feel that there is nothing more truly artistic than to love people." I guess that Vincent was an artist right next to the heart of the child. Art is a visual expression of any given human being to another...or to the self. ■

GIVING THANKS

A big "thanks" to Power of 100 Women

By Chase Breitbach

It's December 20, 2018, the last day of school before the beloved Christmas break commences. Through Project Hero, I've been working with children and families to ensure no child would be empty handed on Christmas Day. My office had previously been filled with a decent amount of Christmas gifts, but they had slowly dwindled as parents stopped by to pick up the gifts that had been donated to Project Hero by a variety of businesses throughout the city of Dickinson. One family had yet to stop in and get their child's gifts. Knowing the child was just down the hall from my office, I waited until an hour before school was out before going to get him hoping that the parent would swing by. Unfortunately, the parent never showed so I went to get him. He was able to stuff the books and the kite in his locker; he'd have to come get the sled after school. The bell rang at 3:35 PM and I stood there in the halls waiting for him. As the hallways quickly emptied and kids rushed home to join their families, the little boy was nowhere to be found. I waited until 3:45 PM and, out of nowhere, I saw him running up the steps and straight down the hall toward my office. He wasn't going to leave DMS without that sled! I really couldn't blame him as it turned out we've gotten a decent amount of snowfall this year, perfect for sledding weather!!

This story is simply one of many that has filled my heart with joy in the short amount of time that I've worked in the Dickinson Public School District. We have

five school social workers in the district, all of whom I'm confident, if asked, would have similar, heart-warming stories about how programs such as Project Hero have helped families. The receiving of gift donations around Christmas time is one component of Project Hero and is the component that will not benefit from the generous donation Project Hero received this past January from the Power of 100 Women.

The donation received from the Power of 100 Women will benefit families who struggle to pay for their children's lunch, transportation, or milk debts. Project Hero generally covers half of the negative balance while requesting families to pay the remaining half. Any child within the Dickinson School District is eligible to apply for assistance through Project Hero after first having been denied aid through Free and Reduced Lunches. If you or



L to R- Chase Breitbach, Shirley Dukart, Zach Keller, Irene Schafer, Tammie Braun and Nichole DeLeon

someone you know is interested in the program, please contact the School Social Worker assigned to your child's school or visit our Facebook page, School Social Workers of Dickinson Public Schools.

To all the women of the Power of 100 in Dickinson, thank you!! Your generosity will not be soon forgotten. ■

Power of 100 Women

Power of 100 Women kicked off a membership drive recently in an effort to reach their goal of 300 members by October this year. When the goal of 300 members is reached, Power of 100 Women will select two charities instead of one each time.

Power of 100 Women has raised over \$210,000 for local charities since April of 2016. Power of 100 Women is a dedicated group of local women supporting local charities and working together to change people's lives.

Women who are interested in being a part of Power of 100 Women can contact Shirley Dukart at Home and Land Company or Irene Schafer at the Pennysaver for additional information and a membership application. The next scheduled meeting will be on Monday, April 22, 2019 at The Eagles Club. ■

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#BOOKWORM

Celebrating libraries, literature and reading

By Cindy Thronburg



Cindy is the Cataloging Librarian at the Dickinson Area Public Library. Cindy is an avid reader and book collector and does not own enough book shelves.

April is probably a favorite month for many librarians, because it is month where we have several days to celebrate libraries and literature. Most notably, April 7th through the 13th is National Library Week. Within that week, we celebrate National Library Workers Day on Tuesday, April 9th, National Bookmobile Day on Wednesday, April 10th, and Take Action for Libraries Day on Friday, April 11th.

“National Library Week is a national observance sponsored by the American Library Association (ALA) and libraries across the country each April. It is a time to celebrate the contributions of our nation’s libraries and librarians and to promote library use and support,” as stated on the ALA’s website. Each year the celebration has a theme, this year’s being “Libraries = Strong Communities.” This theme highlights the reality of what libraries have evolved into: a community hub that functions as much more than just a place to check out books. Libraries are places where people can partake in activities, engage with other community members, nurture lifelong learning, and gain access to essential resources.

Here are a few more days in which we can celebrate libraries and literature:

- School Library Month – all of April
- D.E.A.R - Drop Everything and Read – April 12
- National Librarian Day – April 16
- World Book Day – April 23
- Children’s Day/Book Day – April 30

April is also National Poetry Month. To celebrate National Poetry month, the library holds an annual Black-Out Poetry Contest. Black-Out Poetry involves taking a piece of printed text and choosing

words from it to create a poem, blacking out the rest of the words (see the example I created in the picture). The library provides pages from old books for you to black-out, design, or color to create a poetic work of art. Participants have the entire month of April to enter submissions.

Another event to look forward to in the month of April is the Toddler Prom. This event, for ages 2 to 5, will take place Saturday, April 13th. This year we will have two sessions, one at 10:00am and the other at 2:00pm. Sign up is required. Toddlers will enjoy a photo booth, snacks, and dancing!

New titles added to the collection:

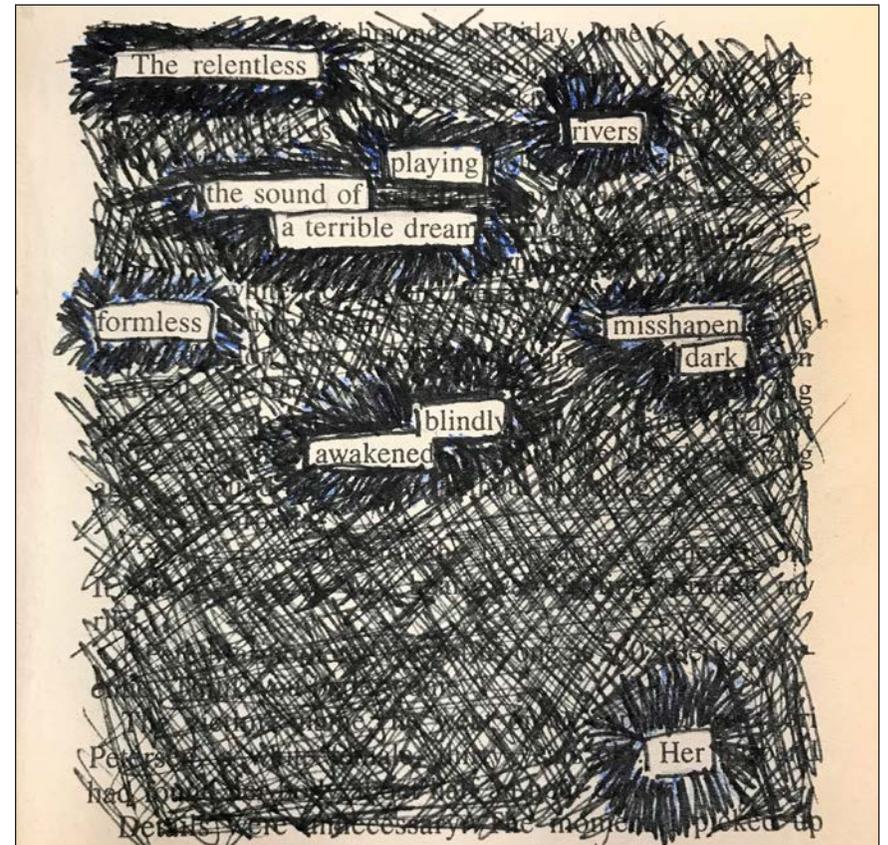
- **Adult Fiction:** French Exit by Patrick deWitt; Washington Black by Esi Edugyan; Transcription by Kate Atkinson; The Other Miss Bridgerton by Julia Quinn; Hippie by Paulo Coelho; Black Diamond Fall by Joseph Olshan; The Dutch Wife by Ellen Keith; The Ragged Edge of Night by Olivia Hawker

- **Adult Nonfiction:** Where We Go from Here by Bernie Sanders; Bits to Bitcoin: How Our Digital Stuff Works by Mark Stuart Day; The Death of Hitler by Jean-Christophe Brisard and Lana Parshina; Fly Girls by Keith O’Brien; On Reading Well by Karen Swallow Prior; The Library Book by Susan Orlean; Dear America: Notes of an Undocumented Citizen by Jose Antonio Vargas

- **Adult DVDs:** Literally, Right Before Aaron; The Meg; Woman Walks Ahead; The Intervention; Digging for Fire; Rush; The Little Stranger; It Felt Like Love; Paterno; Picnic at Hanging Rock

- **Children’s DVDs:** Peppa Pig: The Easter Bunny; Dora’s Easter Adventure; Super WHY! Sleeping Beauty and Other Fairytale Adventures; Maya the Bee 2; Rolie Polie Olie: Springy-Time Fun; Teen Titans Go! Pumped for Spring

- **Children’s Easy Books:** The Three Little Aliens and the Big Bad Robot; Everybunny Count! Thank you, Omi!



An example of Black-Out Poetry created by Cindy Thronburg.

Carmela Full of Wishes; Auntie Luce’s Talking Paintings; Misunderstood Shark; 10 Little Ninjas; Stop, Go, Yes, No!

- **Children’s and Teens’ Fiction:** The Book of Boy; The Dollar Kids; All the Things That Could Go Wrong; All of This Is True; My Plain Jane; Nowhere Boy; Harbor Me; The House with Chicken Legs; To Be Honest; Tight; The Incurrigible Children of Ashton Place: The Long-Lost Home; Apple in the Middle

- **Children’s Nonfiction:** Joan Procter, Dragon Doctor: The Woman Who Loved Reptiles; Black Women Who Dared; Earthrise: Apollo 8 and the Photo that Changed the World; Up & Down: The Adventures of John Jeffries, First American to Fly

Monthly Mini-Review:

In celebration of National Poetry Month, I encourage everyone to pick up a book of poetry. I know this seems like a scary task, but those brave souls who give it a shot will be pleasantly surprised. When people hear poetry, they often immediately think of old English authors like Shakespeare, but poetry has something for everybody. They can be as complex and timeless as John Keats or Robert Frost, or as simple and fun as Lin-Manuel Miranda’s Gmorning, Gnight! Little Pep Talks for Me & You, which is a collection of sayings and poetry from his Twitter feed that offers words of encouragement. Miranda, most commonly known for creating and starring in the Broadway play Hamilton, created a small book of his best peppy tweets because, as he says, “You can open it at any moment or page.... And it’s nice to have things to hold on to....” It would be a nice book to purchase as a gift, or to keep for yourself to pick up at any moment when you need a little boost of bravery or inspiration to get you through your day, or reassurance or calming words at night. ■

WHERE BUSINESS GOES TO GROW

Entrepreneurial ecosystem essentials

By Stark Development Corporation

Last month, we talked about building an entrepreneurial ecosystem within our community. For an entrepreneurial ecosystem to survive, it must contain several essential components. This month, we will expand on this ecosystem and learn more about local entrepreneurs that have offered up their experiences at past Start-up Your Day events.

The actual producers are the entrepreneurs themselves. They produce content, products and services and feed the ecosystem. The consumers of the ecosystem are the customers that support the efforts of the entrepreneur by purchasing their goods and services. The resources available to the ecosystem include the Small Business Development Centers, economic development organizations, mentoring groups, banks, accountants, lawyers, etc. These resources fuel entrepreneurs and provide their daily sustenance. Lastly, the physical world in which we all live, shape and mold the needs of the ecosystem and the whole system will adapt to accommodate.

It has been our pleasure to welcome the following four entrepreneurs to the stage to tell their stories. Each provide an essential contribution to our entrepreneurial ecosystem.



Kodee Furst is one of the founders and Managing Partner of Annie Capital, a new private equity firm investing in women entrepreneurs across North Dakota and South Dakota. She knows what it takes to turn an idea into reality and her roots in marketing and human resources offer perspective in leveraging both the intangible and tangible resources of organizations.

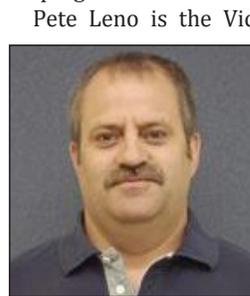


Dick Theurer, owner of The Brew, became a Licensed Real Estate agent in 1992 and in 2011 bought the Brew Coffee house for

his daughter and son-in-law to manage and eventually buy from him, but as it happens, they had other ambitions, so he has owned and managed the Brew until today. He loves what he does and the freedom of being a small business owner/realtor affords.



Renae Polensky is the President of Angel Advocates, an advocacy company helping people in a time of confusion with legacy planning, social security planning, insurance coverage, and more. Born in Kentucky, she moved at the age of one and has lived in 14 different states since then until 2001 when she settled here in Dickinson and married her high school sweetheart. She has worked in many different cultures and careers, but all of them have been in the area of helping others.



Pete Leno is the Vice President and co-Founder of AccuPower Solutions. AccuPower Solutions is a small business that creates software and data collection workflows with robust analysis tools for use with any Force Platform system sold by AMTI. AccuPower Solutions was FIRST in the space and has nearly double the number of customers of any competitor. The partners have been refining force measurement methodology used in explosive movements for over 15 years.

These individuals are fine representations of the diverse and expansive entrepreneurial ecosystem we enjoy in Dickinson. Please join us at one of our upcoming Start-up events (which can be found in theVOICE calendar) to learn more or become part of the entrepreneurial ecosystem. ■

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THE URBAN HOMESTEADER

Garden season extenders

By Jon Stika

At nearly 47° north latitude and an elevation of over 2,400 feet above mean sea level, Dickinson's growing season for tender vegetables is typically between 100 and 110 days long from the last frost in the spring to the first frost in the fall. While the growing season may be relatively short, the location at a high latitude also provides for long periods of daylight (nearly 16 hours per day at the summer solstice in June) that allow plants to grow quickly. These conditions can be ideal for cool-season crops, such as, lettuce, radish, broccoli, cauliflower, cabbage and peas. But, for plants that require warmer conditions, such as: tomato, pepper, cucumber, and eggplant, there may not be enough warm days in the growing season to get them to maturity before a frost in the fall. This is where season extenders can help get these warm-season crops to reach maturity, and possibly provide some ripe fruit earlier in the summer than plants grown out in the open.

A season extender can be any structure that will block some wind and/or trap some heat to raise both the air and the soil temperature to some extent. Anything that will create a warmer micro-climate can help speed up the growth of warm-season crops and give them more time early and late in the season to grow when conditions outside of the area of protection are typically cooler. Therefore, a season extender may be something as simple as planting warm-season vegetables on the south side of a building, fence, or shrub row where they and the soil are warmed by the sun and protected from northerly winds, or the use of devices such as a "wall of water" or cut-out plastic milk jug that sits around each individual plant.

More elaborate season extenders might be in the form of a greenhouse, with or without supplemental heating. A heated greenhouse constructed of clear glass or polycarbonate panels with a supplemental heat source can be rather expensive to construct and operate, but can provide a growing season year round. An alternative to a heated greenhouse that costs a lot less, yet still provides significant benefits, is a relatively simple structure covered with strong, UV (ultraviolet) resistant

plastic film that can be closed during cool days and overnight to retain heat and be opened as needed during the day to prevent over-heating. These are often referred to as "hoop houses" or "high tunnels". Such a structure can be put in place from April to October to add a month of frost-free growing time at the beginning and end of the growing season. During July and August, the plastic film can be removed altogether as the typical day and night air temperatures during those months are usually appropriate for warm-season crops, then put back in place in September before fall frosts occur.

My hoop house is 12 feet wide by 12 feet long and constructed of a 2x8 wooden base, 2x4 wooden end walls that include a door at one end and a vent at the other, EMT (electrical metal tubing) ribs spaced two feet apart, and 6-mil thick UV resistant plastic film. The lumber and EMT can be purchased where ever building supplies are sold. While you may also find 6-mil plastic film at a building supply retailer, non-UV resistant plastic film will usually become brittle and fall apart after one season in the sun. UV resistant plastic film will usually last four or more seasons before it needs to be replaced. I purchase my UV resistant plastic film from FarmTek at www.farmtek.com.

I leave my hoop house structure out in the garden year round, but only put the main covering of plastic sheeting on when I wish to create a warm micro-climate inside the structure (I leave the plastic sheeting on the end walls year round as it is not as easy to apply and remove). I normally put the main plastic covering on sometime in April to allow the soil to warm up inside the structure so I may grow some lettuce, radish, or other early cool-season greens that will be harvested about the time I wish to plant my warm season crops of tomato, pepper, and cucumber in May. By late June, the main covering of plastic film comes off as the summer temperatures warm sufficiently that conditions would often get excessively hot inside the structure during the day, even with the door open. If I wish to extend the life of my warm-season crops into the fall, I will put the main covering of plastic back on in September until it



PHOTO COURTESY OF JON STIKA

gets cold enough at night that freezing temperatures occur inside the structure even when it is closed up at night. After that time, I will take the main covering of plastic film off and store it in the shed for the winter to extend its useful life a bit.

approach you choose to extend our northern growing season, it is always worth it when you harvest fresh produce that you grew yourself! ■



PHOTO COURTESY OF JON STIKA

I have found that my hoop house has been worthwhile to build and use as I consistently harvest ripe tomatoes, peppers and cucumbers in abundance even during a cooler than normal summer. The early salad greens grown in April are also a welcome bonus after a long winter. Regardless of which



Jon Stika is a former USDA scientist and the author of, "A Soil Owner's Manual: How to Restore and Maintain Soil Health" and numerous articles for *Brew Your Own* magazine.

UNITED WAY**Why I do what I do**

By Nichole De Leon

People often ask me why I do what I do. I begin by saying, United Way of Dickinson has been serving Stark, Dunn, and Billings Counties for over 50 years; bringing us together for a single goal of "Neighbor Helping Neighbor". United Way of Dickinson is the collective power of people working together toward long-term solutions that bring about changes and solutions that are important to our community. United Way of Dickinson should not be confused with United Way Worldwide; our donations never go to them and their donations do not come to us; thus, our hashtag #raisedherestayshere.

We are a convener bringing organizations and community leaders together for discussion and problem solving, we raise awareness, and we mobilize volunteers to make lasting change. Then we help create programs and/or invest in initiatives to meet those needs.

United Way of Dickinson Initiatives include our Annual Day of Caring; Annual Food Drive; Annual Community Baby Shower; Annual School Supply Drive; Annual toys/book/teen gift drives; Free Through Recovery Provider (advocating for people who are transitioning from prison/jail to probation/parole, struggling with addiction and mental health, and at risk of reincarceration); Project H.E.R.O. (helping local students afford breakfast, lunch, milk breaks, and safe transportation to and from school); Drug Free Community Coalition (leading organization



bringing together all the community sectors to create a safe, healthy, and drug free environment in our community); Born Learning Initiative (makes it simple and easy for families to find, understand, and apply the latest research to help children come to school ready); Stark County Emergency Fund Coordinator (coordinating funds and materials donated to local families who have suffered a traumatic event); and Emergency Dental & Eye Glass aid (helping people afford emergency dental care, eye exams, and eye glasses).

Did you know in 2018 alone we also supported the following local community impact programs: 118 abused children and adults had a voice; 117 school aged children got matched with a mentor; 144 people received financial assistance paying for basic necessities; over 3000 elderly residents were given daily meals and van rides; 59 children learned the value of life skills; 34 children were able to receive foster care; 19 elderly residents were supported through companions; Over 11,000 people received assistance through clothing, household goods, and other basic necessities; 60 elderly residents were supported through the provision of guardianship services; 300 children were provided healthy food to sustain them through the weekend; Over 1400 people were able to take Public Transit; Over 4000 families in our community received education and support with raising their family; 200 girls were able to partake in Girl Scouts; and 400 children were able to partake in Boy Scouts.

So, why do we do what we do? Because we love our community. We take our community's problems head on and we fight for the health (improving the physical & mental well-being of all), education (helping local people reach their full potential) and financial stability (promoting financial stability and independence) of every person in our community. ■

LIVE RIGHT**Don't go no fat, go good fat!**

By Gabrielle K. Hartz, RD, LRD

Fat is a major energy source which is why it is classified as one of three macronutrients: carbohydrates, fats and proteins. Among these, fat is considered the most calorically dense reaching 9 calories per gram compared to its counterparts rendering 4 calories per gram. Perhaps this is the reason it was once urged to banish fat from our diets. Later the trend switched to low-fat foods, but this shift didn't make us any healthier, maybe for the sole reason of cutting back on fat meant adding extra sugar and sodium in its place to make up for flavor.

Just as much as we need carbohydrates and protein, we also need fats for a complete balanced diet. Our bodies use fat for energy, to absorb and store vitamins and to protect vital organs like the heart and brain. Cutting back on foods containing high amounts of saturated and trans-fat and replacing them with unsaturated fat or oils reduces the risk of heart disease.

Trans-fat can either be found to occur naturally like in meat and dairy products or artificially processed. Trans are the most dangerous because not only does it tend to raise "bad" LDL cholesterol but also lowers "good" HDL cholesterol. Consuming artificial trans-fat progresses inflammation development leading to the risk of heart disease, stroke as well

as contributing to the development of insulin resistance leading to the onset of Type 2 diabetes. Aim to eliminate artificially made trans-fat from your diet as there is no amount considered safe.

Sources of trans-fat:

- Items containing hydrogenated or partially hydrogenated oils
- Commercial products (pastries, cookies, doughnuts, muffins, cakes, and pizza dough)
- Convenient foods (crackers, microwave popcorn, chips)
- Stick margarine, shortening
- Fried foods

While not as harmful as trans-fat, saturated fat also negatively effects heart health, similarly elevating "bad" LDL cholesterol levels. Think of saturated fat as saturating arterial walls by sticking to blood vessels. Main sources include butter, cheese, red meat and other animal-based products and are usually solid at room temperature. Best consumed in moderation, it is recommended to limit saturated fat consumption to 10% of your daily calories.

Unsaturated fats can be thought of as the "good" fats due to their ability of improving overall heart health. Unsaturated fat is known for decreasing heart disease risk and stroke by increasing "good" HDL cholesterol while decreasing blood pressure,

triglycerides and "bad" LDL cholesterol. Unsaturated fat has the capability to fight inflammation and prevent atherosclerosis (hardening of arteries). There are even more benefits to include like increasing satiety which produces satisfaction after a meal thus promoting weight loss. While saturated fat is solid at room temperature, unsaturated fats are usually liquid like the oil on top of salad dressing or in a can of tuna.

Unsaturated fat is comprised of two subcategories: monounsaturated (MUFA's) and polyunsaturated (PUFA's) fat. The difference between the two lies among their chemical structure and food sources in which they are found.

Good sources of MUFA's: Oils(olive, peanut, canola), avocados, olives, nuts (almonds, peanuts, macadamia, hazelnuts, pecans, cashews), high-oleic safflower and sunflower oils, and peanut butter.

Good sources of PUFA's include foods containing omega-3 and omega-6 fatty acids. Evidence suggests omega-3's may even help reduce the need for corticosteroid medications used for rheumatoid arthritis.

Good sources of omega-3's: Salmon, mackerel, sardines, flaxseed, walnuts, and canola oil.

Good sources of omega-6's: Walnuts and oils (safflower, soybean, sunflower, corn).

Bottom Line:

Differentiating between the types of dietary fats and the roles played

in a healthy diet is understandably hard to keep straight. It's clearly all about balance, most importantly amongst the type and quantity of fat. Keep portion control in mind. A nutritious and balanced diet doesn't mean cutting out all varieties of fat but rather focusing on healthier types. This may imply replacing fried with grilled chicken, swapping out some red meat with other leaner protein options like fish, turkey, chicken, or using olive oil in place of butter. Aim for a diet rich in a variety of fruits and vegetables, moderate amounts of dairy, choosing mostly whole grain and lean protein foods, eating fish at least twice a week, and limiting added sugars. Following a Mediterranean-style diet ensures higher consumption of unsaturated fat while limiting saturated and trans-fat. ■

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IN THE KNOW

Meet the DPS School Board and Administration

David Wilkie is the Police Captain with the Dickinson Police Department. He would like to see the district place as much emphasis on the arts as they do on technology. He feels strongly about the power of STEAM (science, technology, engineering, arts and math). There is a lot of research available that shows that students exposed to the arts are more creative in their thinking and problem solving. "STEM helps our students develop skills that will make them successful workers in the future. STEAM not only make them successful workers, but more creative thinkers and more rounded citizens."

Brent Seaks serves as the Executive Director for Badlands Ministries (a Christian camp and retreat center). Before taking this position in 2001, he spent 10 years as a Sales Manager and Vice President of Marketing for Omni Data Systems in Houston, Texas. His over-all goal for our district is to provide a high-quality and relevant education in a safe environment to all our students which prepares and empowers them to succeed in whatever they do after graduation. His greatest hope is that students, parents, teachers, administrators, staff, business leaders, and members of our community not only passionately share this goal but will work alongside the board to accomplish the goal.

Jason Rodakowski is a Certified Public Accountant at Hoerner Rodakowski PC. He is married to Angela who is a Registered Nurse at CHI St Alexis Hospital in Dickinson. They have 3 children: Haley (20) graduated from DHS in 2017 and is currently attending University of Mary; Aidon (14) an 8th grader at DMS, and Taya (11) a 5th grader at Jefferson Elementary. He was appointed to fill Sarah Ricks position after she resigned in early 2018. With his professional background, he feels his major focus is the district's finances. "The district is always going to have more 'wants' than financial resources. My role is to help stretch our financial resources as far as possible, while still providing a top education for our students."

Michelle Orton was a K-12 and collegiate teacher, coach, athletic director, and juvenile diversion coordinator before becoming a personal trainer. She and her husband Ty moved



Dickinson Public Schools School Board members: Top Row L-R David Wilkie, Brent Seaks, Jason Rodakowski. Bottom Row L-R Michelle Orton, Kim Schwartz

here from Nebraska almost 12 years ago and now have two sons, Tristan (5th grade) and Cooper (3rd grade). She is actively involved in the community as a mentor through Best Friends Mentoring, serves on the Amen Food Pantry Board, is part of Power of 100 Women, and has been a Lincoln PAC member for six years. She has always had a passion for helping youth learn and succeed in a safe and positive environment. Her priorities for the district are ensuring secure and protected buildings and that students feel comfortable with their surroundings so that they are at ease and prepared to learn.

Kim Schwartz is a Court Recorder at the Stark County Courthouse. She has lived in the Dickinson area her entire life. She and her husband have two grown children and three grandchildren. She wants to use her experiences with schools and the Dickinson community to benefit the families in our area. She aims to refocus the curriculum, redefine the institutional practice, and provide more resources for our teachers. She wants the schools in the district to be places in which children can become well-rounded individuals who will not only succeed in the classroom, but also outside of school. She is passionate about creating a school environment which caters to children's innate desire to learn and be creative. She also believes that a greater

emphasis should be placed on the arts so that children can learn how to appreciate different cultures and experiences.

Dr. Shon Hocker



Dr. Hocker began his teaching and coaching career in Idaho, 24 years ago, working as a business and technology teacher while also coaching football, boys' basketball, and boys' and girls' golf. He worked as the superintendent of schools in Big Horn County School District #1 in the neighboring state of Wyoming for the past eleven years. During his time in Wyoming, he was honored to be selected as the 2016 Wyoming Superintendent of the Year. He is married to his beautiful wife Carla and together they have five kids. Their youngest, Jayden, is a sophomore at Dickinson High School. He is passionate about providing opportunities for all students to excel. "Everyone is good at 'something.' I am a firm believer that one of our primary responsibilities as educators is to help students discover what that 'something' really is."

Kent Anderson

Kent is originally from Crosby, North Dakota, married with four children, and a Dickinson resident since 2010. He joined Dickinson Public Schools as Business



Manager in 2017. The two main things he likes about accounting are working with numbers and earning people's trust. A significant moment for him was scoring 100% on one of his first Accounting tests at UND. It motivated him to change his major from Music to Accounting. Currently his main goal is to make sure that the superintendent, school board and the public have accurate and relevant financial information as they make decisions driven by the district's growth.

Keith Harris

Keith and his wife Debbie have three sons. He embraced a career in education starting as a social studies teacher/athletic coach, a Vice-Principal/AD at Teton



High School, and Principal of Driggs Elementary School. He moved to Wyoming where he accepted the position as the K-12 Principal of the Cokeville Schools. Working with his staff, they created an environment of excellence that resulted in a 100% graduation rate for 11 continuous years, multiple recognitions by U.S. News as one of "America's Best High Schools," and some of the best K-8 student achievement results in the state. All of this has led to his current position as the assistant superintendent of the Dickinson Public Schools. He is enjoying working with Dr. Hocker and the Dickinson staff in transforming our district into a High Reliability Organization. ■

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PIPER'S PALS

Name that cat

It's the cats turn! Can you tell which cat is which? Your goal: match the correct name with the cat. Good luck! ■

- A: Gladys (#___)
- B: Jiji (#___)
- C: Licorice (#___)
- D: Petey (#___)
- E: Hope (#___)
- F: Chester (#___)

Watch for the answers in our April issue!

Last month's answers:

- A: #5 Piper
- B: #1 Foster
- C: #4 Merlin
- D: #6 Eddy
- E: #2 Fred
- F: #3 Louie



SPRING FUN

Take me out to the festival

By Christina Hirschfeld

Spring is finally rearing its beautiful head! Warmer temperatures, song birds chirping, tiny wisps of green grass poking through the snow, and SUNSHINE!! Long anticipated sights and sounds for every North Dakotan. Getting out from under our fuzzy blankets, away from the warm crackling fireplace, wearing something other than hoodies, sweats, and slippers. Yes, Dickinson! It is time to emerge from our mind numbingly cold winter hibernation and explore spring in our town. What better way than to attend the St. Wenceslaus Spring Festival, April 13 from 4:30-8pm!

For the past few decades, St. Wenceslaus has provided a plethora of activities for all ages. You can start with some delicious home-made chicken noodle soup, rohlicky, and kolaches. They are also serving roast beef, deep fried turkey, scalloped potatoes, sides, and a slice of pie for dessert. You can try

your luck with the raffle, silent auction, cake walk, 50/50 drawing or bingo. Or maybe you just want to shop a little at the St. Ann's Booth. Even the kiddos will enjoy the midway games! The best part of all is time to socialize with friends, old and new.

And if you can't get away from your home yet (or just plain don't want to), they do offer home deliveries. This entire one-day event is all made possible by some extraordinary folks willing to roll up their sleeves and chip in to make the festival a true highlight of the year. Monsignor Patrick Schumacher, Pastor at St. Wenceslaus, said "Our Spring Festival is an impressive and compact event: impressive because of the annual support from so many, and compact because it's only a four-hour event. I commend all who have brought growth to our Spring Festival every year and I'm looking forward to April 13th." ■



Cheryl Ridl makes homemade noodles for the chicken soup served at the festival.

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Suzy's Stash
The Country Drug Store
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BELFIELD

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Trappers Kettle
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City Hall

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YOUR HEALTH

The opioid crisis and pain management

By Steve Irsfeld

If you haven't read or heard anything regarding the opioid crisis over the last couple of years, you have possibly been in a long hibernation similar to that of Rip Van Winkle. Opioids are synthetic derivatives of naturally occurring opium which is derived from poppy seeds. There is evidence that opium was used in the 4th century BC.

Opioids have been commonly prescribed in medical practice since the 70's and were generally marketed as safe relievers of pain. The release of OxyContin in 1996 was accompanied by an aggressive marketing campaign promoting the use of opioids for pain relief. Increasing prescriptions of opioids fueled a growing black market for heroin, also an opioid.

Prior to the Prescription Drug Monitoring Program which downloads all controlled substance into a central database, we called our colleagues to gather information. Often times we would find patients seeing multiple practitioners and going to multiple pharmacies in search of opioids. Until recently, it was possible to do that, but now with improved monitoring, patients are seeking heroin as an alternative. President Trump indicated in one of his state of the union speeches that drug companies will be coming up with solutions to the opioid crisis. This is the same group of companies that have been levied huge fines for their questionable marketing tactics regarding opioids and are now going to be in charge of coming up with a solution to the problem they created. In the process, they will reap huge profits a second time around. Only in corporate America.

In the end, the patient is the one who suffers and has to deal with trying to get off of these medications. Solutions are few, but they can be found. Chronic pain serves no purpose. In dealing with it, we need to look at what we can control. Is inflammation part of the process? If it is, omega 3 fatty acids, curcumin, selective pro-resolving mediators and other supplements can be extremely helpful along with a clean diet and exercise.

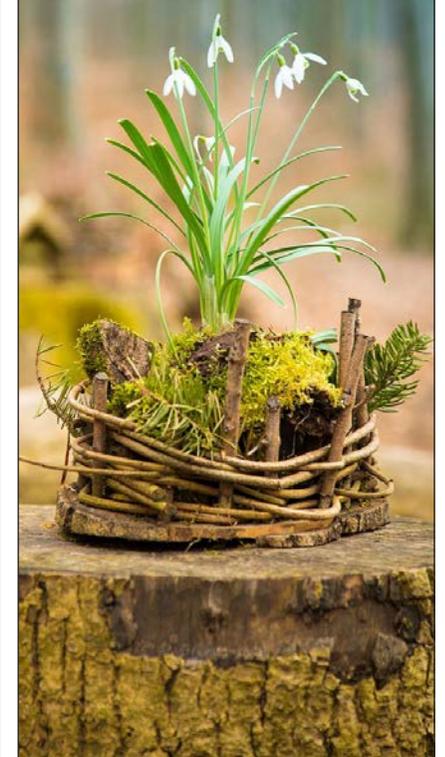
When pain is site specific, we can compound pain gels that help to block the transmission of pain. These compounds can be especially helpful when dealing

with neuropathic pain. These aren't cures but they can be very helpful in getting patients through difficult times with pain control.

Another option that I have spoken about previously for fibromyalgia and chronic pain is low dose naltrexone. In my 21 years of compounding medications, I have found low dose naltrexone to be one of the most exciting compounds as far as patient benefit in that time period. It helps so many patients with many different conditions.

Pain management can be an art form. Having multiple tools available can make the process less painful (hopefully). Please stop in or call the pharmacy if you are interested in different options or would like help navigating pain management. If you found this article helpful and would like to see other articles, you can look in the blog section at www.irsfeldpharmacy.com. Until next time, be vigilant about your health! ■

Happy Easter from
Heart River Voice



HEART RIVER GEMS

A gem of a place

By Kaylee Garling

The owner of GG's, Dickinson's newly opened local consignment shop located above Domino's on Villard, has more than just consignment pieces to tag, place, and sell. Geliza Ocheltree is a woman who's not afraid to follow her dreams, even if that means running headlong into her fears. "I've always thought that if I feared something, then I had to face it." Opening a new store was terrifying. Even up to the week before she opened, she told herself she didn't have to. But now, she is getting the greatest reward by meeting new people from the community and bringing people together in a unique way. "I think everyone has a purpose in their life, and I feel like mine is to make people smile. That's why it's important to connect with others, make them smile, and bring light into their lives."

Geliza moved to Dickinson after being pushed out of her hometown of Bellingham, Washington, by people moving from Seattle to the hidden gem of her home. Her husband kept getting called to do work in North Dakota, where they ended up falling in love with Dickinson, and the people who live here. After the years they've been away, their families have finally figured out that they're not moving back. Her husband works as a firefighter, which has always been his dream, so she decided to stop



talking about her dreams and make them a reality as well. Sometimes, when she opens the doors of her shop, she can't believe this is her life, her job. She wanted to go for something different, something the town didn't have, and mix it with a quirky, unique vibe. Back home,

she would meet up with friends and go to different consignment shops to look for clothing, sometimes taking clothes from home to sell. "It was great getting to make a little money while you shop," she says with a smile you can't help but match. She's created a place where people can bring clothes they ordered online and can't return, or items they will never wear again that are in too good of condition to just give away and sell them. Like Dickinson Online Classifieds, but in person. As of right now, she mainly sells women's clothing in all sizes (there is an excellent selection) but hopes to sell home décor in the near future. When it came to naming the store, she bounced several ideas around with her husband, finally deciding on Sundays, because we dress up for Sunday, but then came the problem that they weren't open on Sundays. The idea of calling it GG's popped into her head, which comes from a nickname her father used to call her. Not only does it fit Geliza's adorable personality, but it creates a special connection to her father.

After running marathon lengths for years, Geliza decided to enter a sanctioned race. She made a shirt that said, "Run for Reason," and did well enough to place. The other runners liked her shirt, which ignited a desire to do more than just run for fun. She researched many causes, but

Complex Trauma awareness stood out to her more than any others. "Not very many people know what it is, or how to deal with it. In fact, over 90% of people who are addicted to drugs and alcohol have some form of complex trauma, which has happened to them over time, usually repressed in the memory, and not talked about. The best way to heal is to talk, get these traumatic experiences out of their mind and allow healing to take its place instead of smothering them, often with illegal or harmful substances." She's organizing a community event where everyone can participate at their own level (5k, 10k, half-marathon, marathon around Patterson Lake Recreation area, yoga at Fluffy Fields, Zumba at West River Community Center) that will take place July 6th, 2019, to raise not only awareness, but money to help those in our community who suffer from complex trauma. She says that if she can successfully pull off this event, then spread awareness to other communities, then she will be able to die feeling like she's accomplished something she's always wanted to do.

Though she's only been open since the second week of February, and her greatest accomplishment is still in the future, Geliza is already making an impact on our community. She truly is a Heart River Gem. ■



OPPORTUNITY OF A LIFETIME

DSU'S Jay Liggins preparing for NFL opportunity

By Dustin Monke

Jay Liggins was 11 years old when he left Memphis, Tenn. He remembers it was a Thursday.

Just four days earlier, his mother had made an abrupt decision to move he and his 10 siblings across the country to escape inner-city violence and find a hometown more suitable for raising a large family.

Of all places, they ended up in Bismarck, N.D., a city one-tenth the size of Memphis in a state none of them had ever been to and knew little about.

"It was such a random decision," Liggins said.

Yet it was one that became incredibly fateful to Liggins' future, despite numerous challenges he would end up facing along the way.

Later this month, the former Dickinson State University standout cornerback will likely get an opportunity to be the first Blue Hawk signed by a National Football League team.

"It's an opportunity of a lifetime,"

Liggins said. "It's something I wanted to do, and the fact that it's in front of me, I had to grab it."

DSU football coach Pete Stanton said he has had conversations with about 20 NFL teams since the start of the 2018 season. He said most teams he has spoken to consider Liggins a "high-priority free agent." That means he's considered unlikely to be selected in the NFL draft, which is held April 25-27, but is talented enough to warrant an opportunity to make an NFL roster by signing as a rookie free agent after the draft is complete.

Liggins took the first step toward his NFL dream by competing in the invitation-only North Dakota State University Pro Day on March 28.

There, he ran drills and did workouts alongside players from the defending NCAA Football Championship Subdivision champion Bison -- a team who never recruited him -- with the hope his measurables would impress scouts as much as his highlight reel did.

Stanton said most NFL scouts believe Liggins, who is 6-foot-2 and about 210 pounds, has a shot at playing professionally because his size and skill level align with that of NFL cornerbacks. He's a ball-hawk with a wide wingspan and large hands -- all highly sought-after attributes in an NFL defensive back.

"He has as good of ball skills as I've seen or coached," Stanton said. "He's got the ability to go up and get it."

Liggins piqued scouts' interest early this season, Stanton said. Following a selection to the NAIA all-American second team as a junior, Liggins captured the attention of social media and draft blogs with an acrobatic one-handed interception against Presentation College in the fourth week of his senior season. The play found its way onto YouTube and Facebook, and only furthered the theory that Liggins had skills beyond the NAIA level.

Throughout the year, Liggins built up a highlight reel of long-armed pass deflections and rangy tackles. But, it wasn't until the opening round of the NAIA playoffs that he exploded onto scouts' radar with a DSU-record four-interception game to help the Blue Hawks defeat Northwestern College of Iowa. He went on to earn first team NAIA all-America honors.

"He was always one that when the lights turned on the brightest, he was going to do his best," said Thomas Sease, a former DSU all-America linebacker and one of Liggins' best friends from high school.

If anyone knows Liggins, it's Sease. They've been friends since their early teenage years, played football together



Former Dickinson State cornerback Jay Liggins laugh on the sidelines of a football game against Presentation College on Sept. 22, 2018, at the Henry Biesiot Activities Center. (Photo by Eric Olheiser)

for more a decade and were the only two Bismarck High School football players who also sang in the school choir. Liggins wasn't even sure he wanted to go to college until Sease talked him into coming to DSU with him.

Throughout high school, Liggins lived with friends. His mother left Bismarck to return to Memphis before his freshman year. When she offered him the choice of returning to Memphis or staying in Bismarck, Liggins and his three older brothers chose to stay in North Dakota. All of them excelled despite their unique situation.

Jay's brothers Dewayne and Bronte were also standout athletes for Bismarck High School, and Jay wanted to continue their legacy. O'Shea Neal, another of Jay's older brothers, also decided to stay. DeWayne played basketball for Bismarck State College, Bronte played football for the University of Mary and O'Shea, after graduating from North Dakota State University, has started a career as an aspiring actor in Los Angeles.

"It was a huge decision at the time," Liggins said. "It was just the way things worked in our family. It was tough to find a house for 11 kids."

Liggins, by his own admission, said his athletic success at DSU was a product of

Continued, next page



Former Dickinson State cornerback Jay Liggins makes a one-handed interception against Presentation College on Sept. 22, 2018, at the Henry Biesiot Activities Center.

(Photo by Eric Olheiser)

Monke is the former editor and sports editor of *The Dickinson Press*. He has won multiple state and national awards for his writing and editing. If there's a story on area prep or collegiate athletes you'd like him to pursue, email him at dustin-monke@gmail.com or tweet him at [monkebusiness](https://twitter.com/monkebusiness).



Continued from page 16

becoming a stronger student.

He called his ACT score in high school "embarrassing." It was low enough that NCAA Division I schools like NDSU and UND didn't recruit him to play football. But because DSU doesn't have to adhere to NCAA academic recruiting standards, Liggins found his landing spot.

After struggling through his first couple of years at DSU, Liggins said everything started to click. He made the Dean's List as a sophomore and stayed on it through the rest of college. Then he became a track and field all-American in the long jump. Finally, he made such huge strides in football that his play began warranting attention from pro scouts.

"It goes hand in hand, your schooling and sports," he said. "If you're focused and locked in in the classrooms, it's easily going to transfer onto the field. When I figured that out, it really helped me understand what was required of me, and what was necessary for me to be the student-athlete I could be and wanted to be."

While Liggins still has a semester left at DSU before he earns his degree in university studies with a minor in coaching, he's putting school on hold to train for his NFL shot.

"There's a huge risk involved with it," Liggins said.

By signing with an agent to chase his

NFL dream, Liggins gave up his amateur status, and almost certainly a chance to win a NAIA national championship in the long jump.

He has spent the past three months in the Dallas area working with trainers from RAW Power alongside other defensive backs trying to either be drafted or be picked up as rookie free agents.

Mostly, Liggins is focusing on getting his 40-yard dash time locked in. He'll need a strong time -- at least 4.5 seconds or faster -- to have a shot at making an NFL roster.

"Speed really gets you through the door," Liggins said.

At this point, getting in the NFL's door is all Liggins wants.

The kid from Memphis who moved to an unfamiliar city, grew up away from much of his family and nearly said no to college is now on the brink of earning both his college degree and a shot at playing professional football.

Stanton and Sease both said Liggins has just the right personality to make it in the NFL if he's given a chance.

"He's got this, I don't know, this unique charisma to him," Sease said. "Obviously, having overcome all that speaks volumes to him as a person and what he can accomplish as a football player and then even in life in general." ■

THAT'S CHEESY

Nicolau Farms Chevre

By Tara Laber, Owner of Salt Kitchen & Co

Chevre (fresh goat cheese)- Our Chevre from Nicolau Farms is made with the freshest California goats' milk available. This goat cheese has a hint of citrus with notes of lemon and sweet rye grass. Spread it on anything! Perfect for a quick appetizer or charcuterie board. Flavors: Classic, Garlic-Chive, Apricot-Chili, & Lavender-Honey.



NDSU EXTENSION

Youth tractor safety school set

Teens will have an opportunity to learn how to operate farm equipment safely during a tractor safety school North Dakota State University Extension is holding May 28-30 at the North Dakota 4-H Camp near Washburn. Fourteen- and 15-year-olds who plan to operate farm equipment for someone other than immediate family members must complete an approved tractor and machinery safety training program successfully, according to Rick Schmidt, an Extension agent in Oliver County and the school's organizer. Although the school is designed for 14- and 15-year-olds, youth who are 13 can participate. Tractor safety certification for 13-year-olds will take effect when they turn 14. Youth do not need to be a 4-H member to sign up for the school.

Youth will learn:

- The rules of the road

- How to read farm equipment operator manuals
- How to operate large and small tractors

School participants will receive hands-on training in operating farm equipment. The training includes obstacle courses that simulate farm situations. The youth also will participate in an all-terrain vehicle safety certification program.

Cost of the school is \$135 and is limited to 15 students. The registration deadline in May 17. Send registrations to Oliver County Extension/Tractor Safety School, P.O. Box 166, Center, ND 58530. Checks payable to Oliver County Extension. For more information, contact Schmidt at 701-794-8748 or rick.schmidt@ndsu.edu. ■

NDSU

EXTENSION
STARK/BILLINGS COUNTY





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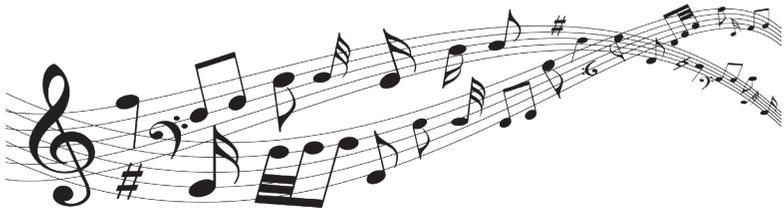
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MUSIC TO OUR EARS



DSU presents Unni Boksasp Ensemble

On April 13 at 7:00pm, Dickinson State University rounds out their partnership with Arts Midwest in which they brought four international music ensembles to perform and conduct workshops for the DSU and Dickinson community. Each ensemble spent a week in Dickinson during which the ensemble shared its unique culture and music through workshops for schools, assisted living communities, DSU students, and through a public concert celebration at the end of the week. The fourth and last artist to visit DSU for World Music Fest is Unni Boksasp Ensemble from Norway.

With joyous fiddles and bright vocals, the Unni Boksasp Ensemble introduces audiences to warm sounds from the heart of Scandinavia. Explore the folk music of Norway with this lively band as they breathe fresh life into traditions shared across generations. Bring your family and friends and prepare to tap your feet, learn a new tune, and connect to the roots of Norwegian culture.

World Music Fest will be held in Dorothy Stickney Auditorium in DSU May Hall. Cost is \$10 for adults/\$5 seniors/Free for DSU students with ID and children. ■

DACA presents BRASSFIRE – with trumpeter Jens Lindemann and his trio

Jens Lindemann is hailed as one of the most celebrated soloists in trumpet history. Jens has played in every major concert venue in the world, from the Philharmonics of New York, Los Angeles, London and Berlin to Tokyo and even at the Great Wall of China!

Now, guess what? Jens Lindemann is coming to Dickinson, ND to play a spectacular concert with his backup trio at the Trinity High School Auditorium on Friday, April 12 at 7:30 pm. A rare opportunity to hear a fabulous performer like Jens right here at home! Another fine concert presented by the Dickinson Area Concert Association.

His career has ranged from appearing internationally as orchestral soloist, recording with the Mormon Tabernacle Choir to playing lead trumpet with the renowned Canadian Brass and even a command performance for the Queen of England.

A prodigious talent as a child, Jens began winning accolades as soloist with orchestras and at festivals while still in his teens. Classically trained at the renowned Juilliard School, he has the proven ability to perform in diverse situations from his solo work to this touring quartet.

He has recorded for BMG, EMI, CBC, and the BBC. Born in Germany, but now a resident of Los Angeles, Jens is internationally endorsed by the Yamaha Corporation and performs exclusively on 24K gold plated trumpets!

Critics have stated: "He played with golden timbre and virtuosic flair" (New York Times) and "It was one of the most memorable recitals in International Trumpet Guild history" (ITG).

"The trumpet is capable of being played with the virtuosity of a violin, the tenderness of the human voice and the stylistic flexibility of the piano. It allows me an endless range of communication with audiences." - Jens Lindemann

This is another of the spectacular concerts brought to us each year by the Dickinson Area Concert Association. For further information, please contact 701-227-1673. ■



THE ARTS

Traveling Taube Art Museum

By Janelle Stoneking

The Badlands Art Association is proud to announce that the North Dakota Juried Student Art Show is being hosted by the Dickinson Museum Center through April 15th. For this traveling show, jurors at the Taube Museum of Art in Minot poured through 737 student art pieces submitted by teachers of students in Kindergarten through 12th grade in 2017-2018. Of those pieces, 117 were chosen as award-winning and of those, 16 were chosen to adorn the walls of North Dakota's elected officials. After pieces are selected, they become a traveling exhibit for the following year, making their way across the state, visiting various galleries and museums.

The following local students have work exhibited this year: Tyler Gooch, Killdeer; Abigail Sadowsky, Killdeer; Chelsea Morlock, Killdeer; and Olivia Seaks, Lincoln Elementary, Dickinson (see their artwork below).

The final stop for this exhibit is in Dickinson where it can be viewed at the Dickinson Museum Center anytime from 9am to 5pm Monday through Saturday with paid admission to the museum. Please celebrate the creative talents of our students by visiting the exhibit. The Badlands Art Association plans to sponsor next year's show as well by paying shipping fees to bring it to the Dickinson Museum Center in March 2020. ■



AROUND TOWN

Mayor's memo

By Scott Decker

April is generally the month we find ourselves planning for the upcoming summer events. Some people start planning in January but most wait for the snow and cold weather to clear out. Spring is when farmers hope the soil is wet yet firm enough to let them into the fields. It's also a time when residents are fixing up their yards and helping neighbors clean up to wipe away winter.

April will also be the time we, as a community, must come together to discuss the future of Dickinson. There are many projects on the horizon that will benefit our city and the whole region. We will have discussions on the Downtown Square, the possibility of an event center, and by far one of our biggest decisions, a vote on a new public high school.

I have come out in support of building this new facility in the past and I must reiterate the importance of a YES vote. Dickinson needs this new high school to provide equal educational opportunities for our children and to help in the recruitment and retention of our workforce. As a region, we are in a constant battle with other cities in our state and cities nationwide to attract employees to fill our open positions. These prospective employees are looking for great paying jobs and a safe city with amenities that suit their family's needs.

Many questions have been asked about this new school and I will try to answer some here:

Why not just build a second high school, this one will be so large?

Yes, this would be a big school, as a matter of fact it would be the largest high school in the state once it reaches full capacity (Currently, the largest school is in West Fargo which has 1478 students). There is currently room for 1100 students at DHS and the new school would be built to accommodate 1600 students. Building a second high school would cost roughly 70-80 million dollars and the school district would still have to put 25 million into the current school for upgrades that would amount to temporary patches. The school district would also have to recruit additional staff to run that facility. Then the question would be this, who gets to go to the new school and who stays in the old school?

Why does it cost so much?

The easy answer to that question is that it will be a very big facility. The real reason is that projects generally cost more in western North Dakota. Original proposals that I was involved in over 1 ½ years ago stated this school would cost over 200 million. Those of us who were involved in those discussions assured then current administration that would never get approved in our school district and that they needed to get a second opinion. They did and along with new administrators they worked the number down even further, to between 134 to 150 million. Once again, there was much apprehension on selling a project to the citizens that

EVENTS ENTRY PLAZA & ATHLETICS LINK

67

PERKINS + WILL
HULSING & ASSOCIATES

would cost that much. So, school officials brought on additional resources and reworked the project. This time they came out with a much lower number and feel they can, with the passage of a \$115 million bond, adequately build a new high school and have money left to assist with the construction of another elementary school that will be needed in 3 to 5 years. Many companies that are able to build this school are not located in Dickinson, or even Bismarck/Mandan. Yes, local companies will be used when possible, but the overall big pieces of this school would more than likely be constructed by a company that is not from western ND.

Those are just a couple of the questions I have been asked and I am sure that others involved have been asked a multitude of different ones. In the end, those involved in this project

have been very responsible. The school district and their consultants have come up with a great design to accommodate all students. One feature is a new CTE section that will provide modern classrooms for technical courses and allow for additional capacity to educate students from home schools, and private schools like Trinity. The design team has incorporated and saved the existing gyms while providing for a new field house that can seat the whole school for an assembly or family members during graduation.

This school will serve this community for the next 50 to 60 years, just like the current facility did, and have the modern accommodations to instruct students from all walks of life. Vote YES on May 7th for the future of our city! ■

PARKS AND RECREATION

Opportunity for youth in the community

By Alissa Karsky, Program Supervisor

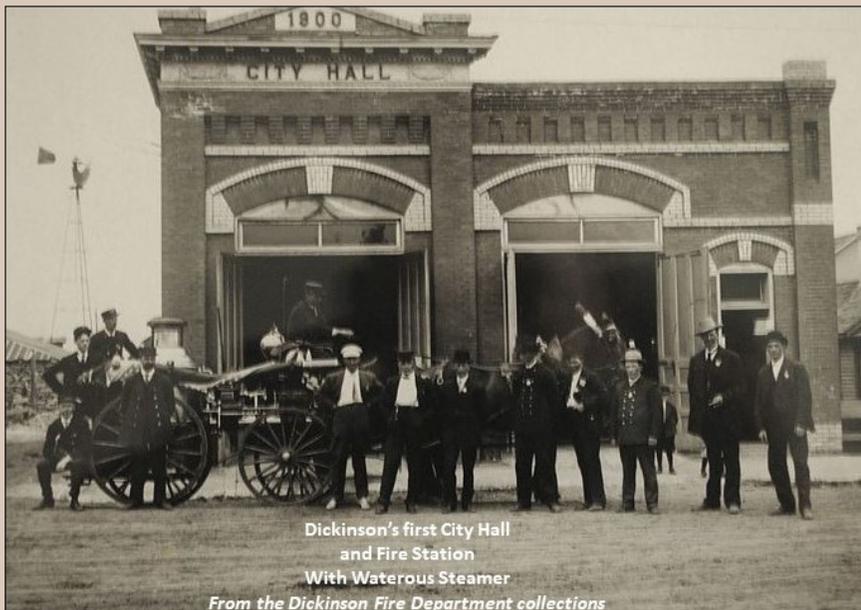
Parks and Recreation positively impacts the people of Dickinson on a daily basis through the experience of attending a class, walking a trail, participating in a program, attending an event, or enjoying the open space of a park.

In our efforts to connect our youth to these values of Parks and Recreation, we offer youth programs to educate kids in health and wellness and encourage active daily play. Youth programs are beneficial to the community. Dickinson Parks and Recreation offers a number of youth programs each year for a wide range of ages that give children the chance to explore, create and socialize with others while strengthening their minds.

2019 will bring a long list of offerings such as Play Park, Safety City, Learn to Belay, the Sports and Fitness Mixer, Summer Art, T-ball and Play Park as well as Golf Lessons, Fitness Orientation Classes, Kids Fit, Tennis, Cross Country and so much more! New this year are Mini Monday Art and Tot Lot Tuesdays. Please check out the new 2019 Spring Summer Guide coming out in April! Dickinson Parks and Recreation wants to continue to bring new programs and incorporate all ages to be active in our community.

This summer we hope you find multiple programs that will challenge and excite your child to keep playing. Please visit our website at dickinsonparks.org for additional information and guidelines for all of our youth programs. ■





Dickinson's first City Hall
and Fire Station
With Waterous Steamer
From the Dickinson Fire Department collections

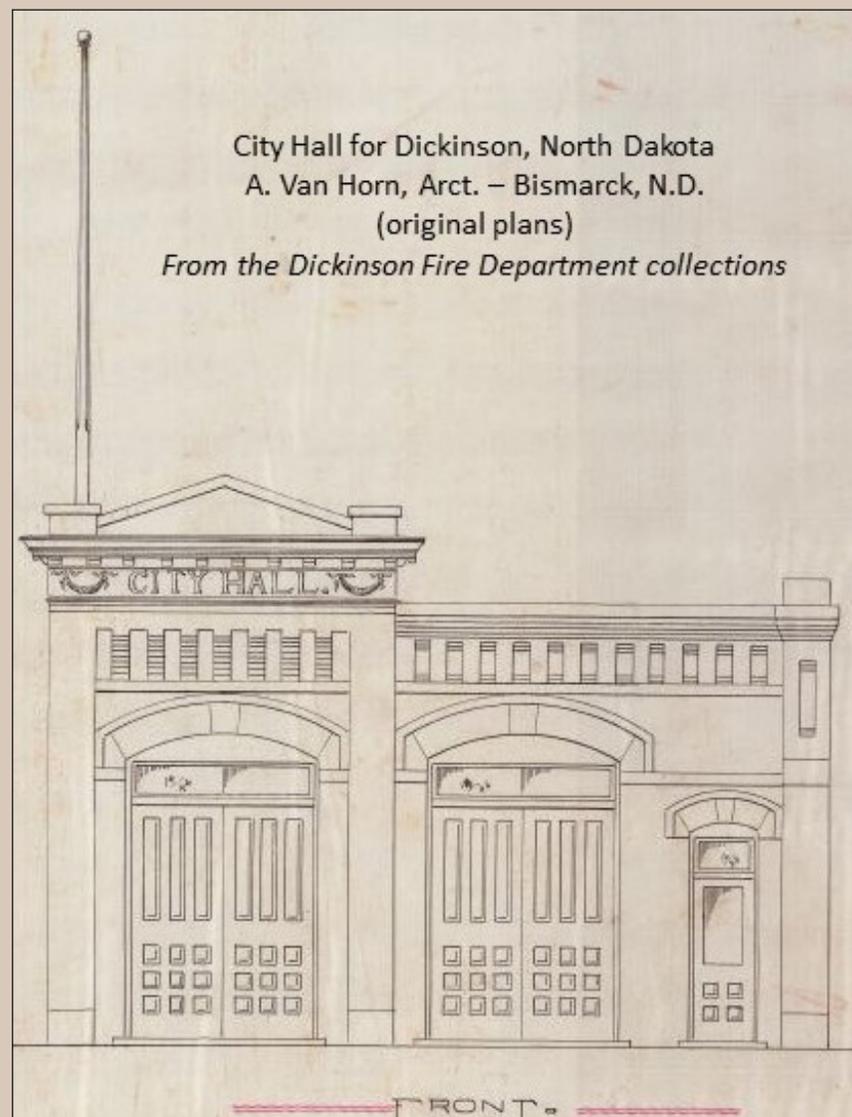


THEN... and Now: City Hall of Dickinson (part 1 of 2)

By Bob Fuhrman

As the 19th Century came to a close Dickinson was growing and ready to modernize - in 1890 the population was 897 and would increase 131% by 1900 to 2076 inhabitants. And with growth came a desire for a municipal government to manage and modernize the town which resulted in of a petition to incorporate Dickinson as a village presented to the County Commission on September 11, 1899. The Commissioners approved the effort and a referendum on the issue was held later that same month resulting in a vote of 129 to 5 in favor of incorporation.

The following month the first village officials were elected and Village Clerk George Auld took a second floor office from which to conduct business in the new Stults Grocery building on Barnes Street (1st Avenue W, just north of today's Odd Fellows Hall). Dickinson's Trustees were immediately immersed in the work of drafting myriad ordinances which gave structure to village life and helped foster modern improvements - before they had been in office eight months ordinances had been brought forth restraining the running at large of cattle, horse, swine, sheep, goats or "other animals," licensing billiard tables, restricting the public nuisance of littering and "imposing a tax or license on dogs." Two technological innovations also came before the Trustees, franchises for an electric light plant and another "for the Purpose of Furnishing to the Inhabitants of the Village of



City Hall for Dickinson, North Dakota
A. Van Horn, Arct. - Bismarck, N.D.
(original plans)
From the Dickinson Fire Department collections

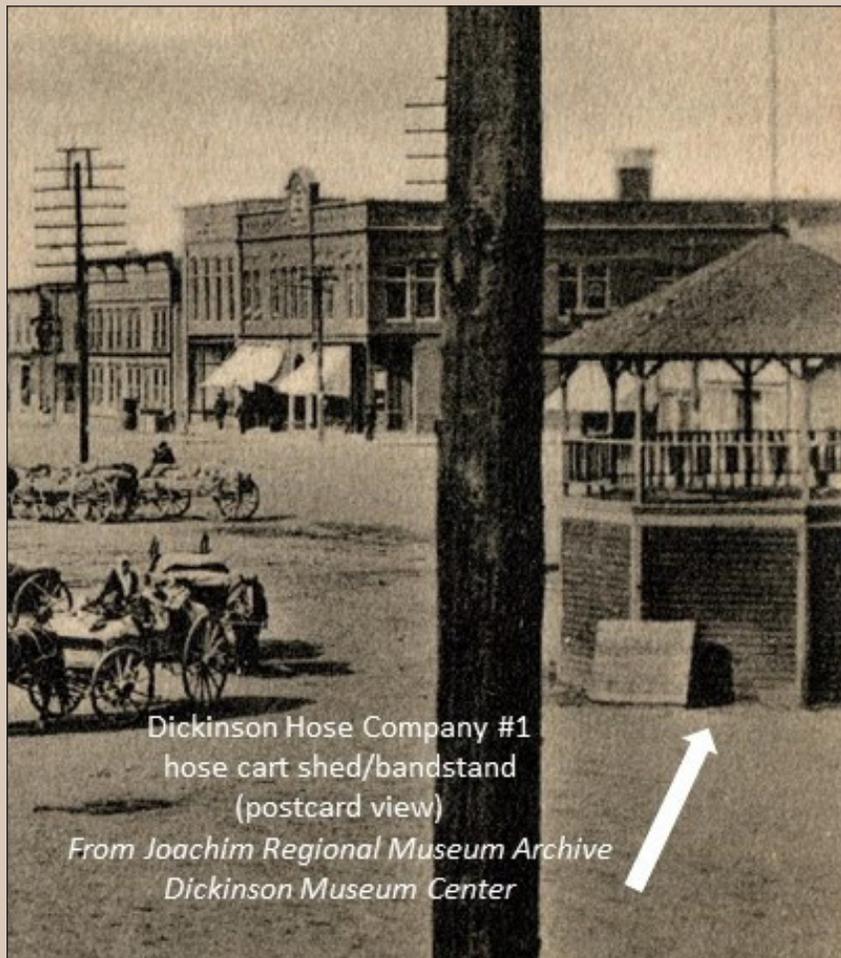
Dickinson a Telephone Service and Exchange."

While all this was going on the Village Trustees ensconced themselves in a room in the new Dakota National Bank which became the de-facto village hall in March 1900. The bank was located on Villard Street just east of Sims, this location later becoming #5 E. Villard when numbered addresses were introduced in 1909 (in preparation for home mail delivery). But even before they secured a space for the village hall the Trustees undertook a matter which would directly lead to Dickinson's first public building - fire protection.

Like many young, growing communities, Dickinson's earliest buildings were wooden structures. The density of commercial construction increased the potential for disastrous fires especially when fire-fighting consisted solely of one's neighbors forming a bucket brigade hoping to save a building or, more often than not, simply trying to prevent the spread of fire to adjacent buildings. In windy North Dakota this risk was very real.

The first Dickinson fire-fighting company was organized in the 1880s although details about their activities are lacking. In 1891 the Dickinson Hose Company #1 was formed and quickly set to raising funds to purchase a hand-drawn hose cart which arrived in September and saw its first action at 1 am on October 26 at Merry &

Continued, next page



Dickinson Hose Company #1
hose cart shed/bandstand
(postcard view)

From Joachim Regional Museum Archive
Dickinson Museum Center

Continued from page 20

McDonald's drug store where their quick response stopped a fire in a pile of old boxes and barrels from firing the whole building. Support for the Hose Company was evidently good as they were able to build a 'cart house' for their equipment on the south side of Villard Street on the Northern Pacific right-of-way, an interesting octagonal structure with an open bandstand above the ground level cart storage.

The January after Dickinson incorporated Village Clerk Auld issued a notice to taxpayers inviting them to a public meeting at the Court House to consider the feasibility of purchasing a fire engine. A representative from the Waterous Engine Works of St. Paul was asked to present a proposal and recommended the placement of cisterns in the village to serve a steam fire engine, all of which he estimated would cost \$3-3500 (cistern work included). At their February 24 meeting, Trustee Frank Kihm moved to purchase an engine, a contract being signed the next month with the Waterous firm "for a first-class steam fire engine and a hook and ladder truck with chemical attachment" with 250 feet of hose (along with the 1250

feet), all for \$2545.

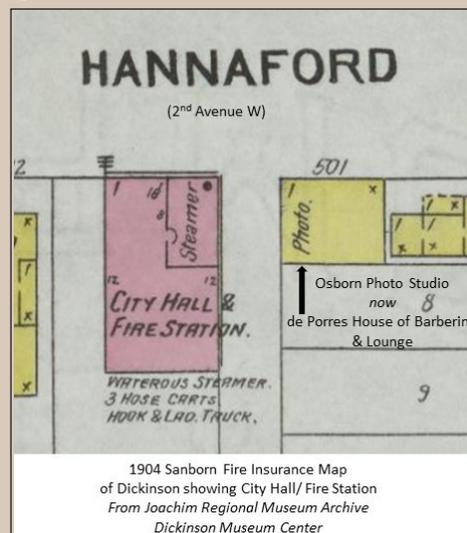
The members of the Hose Company offered to man the new equipment for the village, an offer which was unanimously accepted by the Trustees. The Company then offered their hose cart house to the village with the Dickinson Press advocating it be accepted and used as a public bandstand, pointing out that the structure was too small for the old and new fire apparatus and that the village would be better served buying a lot and building a brick firehouse. On April 14, the Press was able to report the Trustees had done just that when it announced that lots 5 and 6 in block 1 of the original town plat had been purchased by the village for the purpose of erecting an engine house.

As the Trustees were working on purchasing and finding a home for the

new fire engine, discussions were being held on the merits of incorporating the months-old village as the City of Dickinson. The principle advantage to being a city could issue bonds for projects and improvements while a village was only allowed to secure loans, both methods of finance being subject to voter approval. Accordingly, a petition with the required signatures of 50 voters was presented to the County Commission who ordered a vote on the matter at the scheduled village election on May 7, 1900.

As that date approached, the Press reported that work at the new engine house site was progressing as a Mr. Stewart began digging "the big village well" in which he found water at a depth of 12 feet (a unique aspect of the well being that it was dug so as to be in the basement of the engine house to provide ready water access for the steamer). The end of April saw the arrival of the new engine and equipment which was successfully tested and then demonstrated for the public, throwing a one-inch stream through 1500 feet of hose to the "highest point of the Lyon grain elevator" and then two and then three streams simultaneously which reached a distance of 125 feet. Fittingly, the same edition of the Press that reported the test also announced that the proposition to change from village to city had carried, 92 voting in favor and 75 against, setting the stage for the erection of the engine house which would double as Dickinson's first City Hall.

Following the Stark County Commission's certification of the



1904 Sanborn Fire Insurance Map
of Dickinson showing City Hall/ Fire Station
From Joachim Regional Museum Archive
Dickinson Museum Center

voting results another call to the polls was announced, this time to elect officials for the new City on July 24, 1900. From that exercise Daniel Manning became Dickinson's first mayor joined by Alphonse Hilliard, Frank Kihm, A.T.Crowl, George Drenkel and A.J. Osborn. J.S. White became treasurer and A.P. Folsom was elected city justice. On August 8, the council met to organize with Hilliard

named president and Kihm vice-president of the board of aldermen.

Plans for the new City Hall/ Firehouse moved quickly forward and were set by October, initially calling for a 1-story brick structure 25' wide and 40' deep but eventually enlarged to 34' x 54' in order to provide room for the steamer (and its coal bin), hose cart, the hook and ladder apparatus as well as a hose drying 'alley' and a 20' x 25' council chamber located at the rear of the structure (accessed via a side door off the alley). One feature not found in the new building were stalls for the steamer's 2-horse team, it being supposed that the team was housed at a nearby livery on Villard Street.

The plans were drawn by Arthur Van Horn, "Bismarck's leading architect," and the contract for construction awarded to Simms & Bakke on bid of \$4335.10 in late October. Work was pressed and by mid-December the exterior brickwork was nearly complete with the carpenters working on enclosing the roof. The building was completed in January 1901 with the fire equipment moving into its two stalls on the 25th and the city officers moving in on the 31st in preparation for their first meeting in the council chambers on February 4. Of special note was the installation of electric lighting throughout the building by the Hughes Electric Light Co., Dickinson's first electric utility vendor. The Press noted the building could 'be lighted in an instant' to the great benefit of firemen called out for night alarms.

Not long after, the Press covered another fire company demonstration of the steamer, now utilizing the building's heating plant to pre-heat the water for the engine thus saving the seven minutes it would normally take to get up steam from a cold start. It was noted that the in-house well would allow the steamer to stay at the firehouse for most downtown fires as the department's hose cart could hook up in an instant and then run out hoses to the fire scene where the steamer would provide water drawn directly from the well's supply of 5-600 barrels (good for about 2 hours pumping). The large crowd watching the demonstration could be heard complimenting the equipment and new digs, including some who had earlier voiced skepticism. The validity of those compliments were certainly reinforced when the Press reprinted a short item from the Bismarck Tribune: "Dickinson has got the best engine, engine house and city hall combined in the state - strictly up to date." ■

Heart River VOICE Events

MARCH 1-APRIL 15

ND JURIED STUDENT ART SHOW 9AM-5PM View art from students around the state with paid admission. More info, dickinsonmuseumcenter.com. Dickinson Museum Center,

MARCH 11-APRIL 13

"LANDSCAPES OF A HORSE" ART EXHIBIT 8AM-6PM A Senior Capstone Exhibition by Maclyn Hauck. Reception with Refreshments on Saturday, April 6th from 1-3PM. FREE to public. Mind's Eye Art Gallery, Klinefelter Hall, DSU.

MONDAY APRIL 1

CHEERS FOR TEARS 6:30-10PM A fundraiser with live music from Sawdust, appetizers, and a silent auction with a raffle for a weekend stay in Big Sky, MT. Tickets are \$45 at Charbonneau Car Center or Kreig Dental or call 605.490.9761. All proceeds go to the Tears Foundation. Brickhouse Grille, 2 W Villard.

TUESDAY APRIL 2

DPS PUBLIC ENGAGEMENT FORUM 4-6PM JE Dunn will discuss the new construction of DHS. Dickinson High School Auditorium, 979 13th Ave West.

BABY'S FIRST RIDE

FREE training on how to properly install a car seat. Please bring car seat to class. Register at baby1ride@gmail.com or call Jennifer at 701.227.3010, ext. 1240. CHI St. Alexius Health Dickinson conference rooms A/B/C.

FRIDAY APRIL 5

FREE FAMILY MOVIE 4PM The House with a Clock in Its Walls (Rated PG: 105 min) 1 free bag of popcorn for each attendee, bring your own drink. No unattended children under age 10. Library Community Room

by West Entrance, Dickinson Public Library.

SATURDAY APRIL 6

CELEBRATING YOUR SUCCESS 8-11:30AM Overcome fear with faith. Must preregister by calling Genie Kelley at 701.690.2717. \$30/person or \$45/couple. Queen of Peace Community Room.

PYSANKY WORKSHOP Learn how the beautiful hand painted Ukrainian eggs are created, and design your own at the pysanky workshop. More info, 701.483.1486.

SPRING FLING AT THE VINEYARD

11AM-5PM Vendors, appetizers, beverages, lunch specials. Fluffy Fields, 2708 21st St East.

PIZZA & PALS

11AM-1PM Bring your entire family to help support Stark County Imagination Library. \$10/person. 2 & under free. Limited tickets available at Quality Quick Print, Out of Town, Dickinson Public Library. Biesiot Activities Center, 398 State Ave.

PARENTS FOREVER: EDUCATION FOR PARENTS IN DIVORCE TRANSITION

9AM-1PM Research-based educational program helps make informed, child-supportive decisions so children will come through separation or divorce having a positive relationship with both parents. \$30 fee for the classes. For more information, call 701.456.7665.

AUDITIONS FOR NORTH DAKOTA RENAISSANCE FESTIVAL

1-5PM All are welcome to audition. We will be looking for a number of characters. This year's theme is Robin Hood. Please come with

either a monologue to perform or an act that is fitting of a RenFest! Stickney Auditorium in May Hall at DSU.

BRAVE THE SHAVE

1:30-4PM TRHLP is hosting this event. Donate your hair, shave your head. Dedicated to supporting local families in their fight against childhood cancer. More info, 701.483.2114. Scott Gym, Dickinson State University.

DRESS UP DOWNTOWN

7PM-12AM Shake off the winter chill and come Downtown to dance the night away! DJ, Photographer, Photo Booth, Silent Auction, buffet appetizers, and more. One free 5x7 photo per ticket, so dress to make memories! Tickets \$25. Contact: director@downtowndickinson.com for ticket information. Dickinson Eagles Club, 31 1st Ave East.

APRIL 6-APRIL 7

2019 HOME SHOW Saturday 10AM-5PM, Sunday 12-5PM Whether you are you looking to buy, build or renovate, there is something for everyone. Kids' Scavenger Hunt for the first 200 kids through the door. West River Ice Center.

SUNDAY APRIL 7

GOSPEL CONCERT FEATURING COLLEEN REINHARDT 2PM Free will offering. More info 701.290.2308. Calvery Chapel, 1677 11th St. West.

MONDAY APRIL 8

PURSE BINGO 6:30-9:30PM \$40/10 rounds of bingo. Taco bar \$10/person. Winner of each round will choose one of 11 handbags. Cash bar, silent auction, 50/50 raffle. Benefits Moe Family adoption. Dickinson Eagles Club, 31 1st St. East.

Send your events to kelley@hearttrivervoices.com to list your events for FREE!



THE DICKINSON AREA PUBLIC LIBRARY has constantly changing programming for residents of all ages. Check the dates and hours on these pages and also dickinsonlibrary.org. Image: pixabay.com

TUESDAY APRIL 9

PROJECT A.C.E. TRAINING SESSION

One-day conference is an educational opportunity for educators, law enforcement/first responders, medical/behavioral health providers and the general public to learn more about risk behaviors affecting youth and adults in southwestern North Dakota. Registration fee is \$60. More info or to register, call Community Action Partnership at 701.227.0131. Biesiot Activities Center, 398 State Ave.

ONE RED PAPER CLIP SILENT AUCTION

12-5:30PM Supports Domestic Violence and Rape Crisis Center. More info Debora Dragseth at deb.dragseth@dickinsonstate.edu. Stoxen Library, DSU.

WEDNESDAY APRIL 10

HAM BINGO 7:30PM Join Women of Today for a fun night to win a ham or an entire Easter dinner AND help out local charities! Dickinson Eagles Club, 31 1st St East.

DPS PUBLIC ENGAGEMENT FORUM

7PM Forum will discuss the new construction of DHS and questions concerning the bond election. Dickinson High School Auditorium, 979 13th Ave West.

THURSDAY APRIL 11

"THE PERCH" RIBBON CUTTING 1-2PM Public is welcome to a ribbon-cutting

ceremony to celebrate the re-opening of the Perch dining facility and the University Store. The University Store will have specials and prizes all day. Student Center, DSU.

"CELEBRATE" SPRING CONCERT

7PM DSU Concert Band. Free with DSU ID. \$5 all others, cash only at the door. All proceeds will be used to fund the traveling of the DSU Concert Band. More info, Dr. Lorraine Fader at 701.483.2596. Beck Auditorium in Klinefelter Hall.

APRIL 11-APRIL 12

ALBERS HUMANITIES FESTIVAL

4-5PM and 7-8PM Dickinson State University welcomes the community to this year's theme "Post Apocalypse Now." Includes panel discussions, contests, and performances. Thompson Auditorium in Murphy Hall. More information, Dr. Holly McBee at 701-483-2145.

FRIDAY APRIL 12

OPEN FORUM WITH DSU PRESIDENT

2-3PM A chance to hear campus updates from President Mitzel as well as heads of department. Questions are welcome. More info, contact Kari Hanstad at kari.hanstad@dickinsonstate.edu or 701.483.2326. Popcorn with the President to follow in the lobby. Beck Auditorium, Klinefelter Hall at DSU.

DICKINSON AREA CONCERT

ASSOCIATION PRESENTS "BRASSFIRE" 7:30PM Celebrated trumpeter Jens Lindemann. Single concert tickets \$30 each or purchase membership. Trinity High School Auditorium, 810 Empire Road. (See article, page 18 for more info.)

SATURDAY APRIL 13 MILES FOR MEALS 5K RUN/WALK 9AM-12PM Created by the School Social Workers of Dickinson Public Schools. Proceeds benefit the School Pantry and will allow the flexibility to assist students and families of DPS in unique, diverse ways. Registration is open online until the day of the event. More info contact chase.breitbach@me.com. Hagen Building, 402 4th St West.

TODDLER PROM 10AM and 2PM (2 sessions) Ages 2-5 Advance sign up required at front desk. Dress your very best! Photo booth, snacks, a craft, and DANCING! Dickinson Area Public Library.

ROUGH RIDER DISTRICT PINEWOOD DERBY/SCOUT SHOW 11AM-5PM Free to the community. The only fee is to register a car to race, \$5. 979 13th Ave West.

EASTER BUNNY PHOTOS 11AM-4PM Bring the kiddos in to have their picture taken with the Easter Bunny! \$20 for 2 photos in a holiday folder. Sponsored by Best Friends Mentoring Program. Prairie Hills Mall, 1681 3rd Ave West.

ADULT SPRING BREAK 12PM I Don't Know Bar, 207 4th St NW, South Heart.

SPRING FESTIVAL 4:30-8PM Food, fun, bingo, games, silent auction, cake walk, and more. Raffle at 8PM. St. Wenceslaus Catholic Church, 505 Third St East. (See ad, page 27 for more info!)

WORLD MUSIC FEST: UNNI BOKSASP ENSEMBLE 7PM Norwegian musical ensemble. Tickets \$10 adults/\$5 seniors and children/free for DSU students with a valid ID. More

info, Dr. Jeremy Wohletz at 701-483-2308 or jeremy.wohletz@dickinsonstate.edu. Stickney Auditorium in May Hall at DSU.

APRIL 14-15 LIVING STATIONS 7PM Students perform Stations of the Cross live. Free will offering. Trinity High School Auditorium, 810 Empire Road.

TUESDAY APRIL 16 WOMEN EMPOWERING WOMEN "BE THE LIGHT" FUND RAISER 5:30-8:30PM An evening of friendship, fun and giving! No fee to attend. Free will offering, silent auction, "game of chance" auction. 10% of the tab at Fluffy Fields Vineyard & Winery will be donated to agencies. Fluffy Fields Winery, 2708 21st St. East. (See ad, page 24 for more info.)

DSU PERCUSSION ENSEMBLE AND STUDIO SPRING RECITAL 7-8PM Open to the public. May Hall, lower level band room, DSU.

THURSDAY APRIL 18 KIDS DAY ON THE FARM 8:30AM-4PM Kids 3rd grade and younger, along with teachers, parents, friends, and relatives, can learn about life on the farm. Petting zoo, wagon rides, trips through the Soil Tunnel, roping lessons, informational displays. DSU Indoor Multipurpose Arena, 400 State Ave.

FRIDAY APRIL 19 AN EVENING WITH ELIZABETH SMART 6-7:30PM Free tickets will be made available online through the Office of University Relations. More info, contact Keith James 701.483.2091 or keith.w.james@dickinsonstate.edu. Beck Auditorium, Klinefelter Hall, DSU.

NIRVANA TRIBUTE 9PM-1AM 21+, \$5 cover. Army's West Sports Bar, 640 12th St West.

SATURDAY APRIL 20 EASTER BUNNY PHOTOS 11AM-4PM Bring the kiddos in to have their picture taken with the Easter Bunny! \$20 for 2 photos in a holiday folder. Sponsored by Best Friends

Mentoring Program. Prairie Hills Mall, 1681 3rd Ave West.

MONDAY APRIL 22 POWER OF 100 WOMEN 5-7PM The Eagles Club.

TUESDAY APRIL 23 TASTE OF NATIONS 6-7PM Tickets will be sold in advance and at the door. Guests will get to sample food from all over the world prepared by the international students. \$15/person. The Perch, DSU Student Center.

WEDNESDAY APRIL 24 DPS PUBLIC ENGAGEMENT FORUM 10AM Forum will discuss the new construction of DHS and questions concerning the bond election. Biesiot Activities Center.

THURSDAY APRIL 25 KIDS HEALTH AND SAFETY FAIR 3-6:30PM Join us for a fun, free, interactive Kids Health and Safety Fair. Educational games, door prizes and a special guest appearance of country singer Josh Kurr! Dress up in your favorite Western outfit or costume. West River Ice Center.

DPS PUBLIC ENGAGEMENT FORUM 7PM Forum will discuss the new construction of DHS and questions concerning the bond election. Dickinson High School Auditorium, 979 13th Ave West.

APRIL 25-28 SHE KILLS MONSTERS 7:30PM Thur-Sat; 2:30PM Sun. Backstage Theatre Production. More info, Andreea Evenson at 701.483.2154 or andreea.evenson@dickinsonstate.edu. Cost TBD. Backstage, May Hall, DSU.

FRIDAY APRIL 26 TRINITY ATHLETICS BOOSTER BASH 6-11PM Join the Trinity Athletic Boosters for a night filled with games, prizes, live & silent auction, reverse raffle, friends, food, drinks, and more! \$50/person. Shuttle Service provided by Tooz Construction 9:30-11PM. Must be 21+. Trinity High School, 810 Empire Road.

BLUE HAWK BAND CONCERT 5-9PM More information,

Lorraine Fader at lorraine.fader@dickinsonstate.edu. Student Center Ballroom, DSU.

DICKINSON POLICE ASSOCIATION PRESENTS DADDY DAUGHTER DANCE 6-9PM Online registration is required by April 12. NO Tickets at door. More info, email darnyl@dickinsongov.com or call 701.456.7755. \$60 per couple (\$30 for each add'l girl). Astoria Hotel, 363 15th St West.

APRIL 26-28 TRANSFORMING GRACE WOMEN'S RETREAT 5PM Go to dakotawomensretreat.com for more info and to register. Medora, ND.

SATURDAY APRIL 27 HAWK WALK 5K RUN/WALK 7:30AM-12:30PM TRHLP fundraiser event. More info, contact Mari Kovash at marietta.kovash@dickinsonstate.edu or at 701.483.2114. Cost TBD. Biesiot Activities Center.

SHINE A LIGHT ON AUTISM 10AM-4PM Join us for bouncy castles, food, games, door prize raffle, sensory jar craft. West River Ice Center.

POKER TOURNAMENT 11AM I Don't Know Bar, 207 4th St. NW, South Heart.

10TH ANNUAL A CHOCOLATE AFFAIR 7-10PM Fine wines, chocolate delights, home-brewed craft beers, irresistible savory appetizers. Featuring local chefs and bakers. Benefits Best Friends Mentoring Program. \$40/ticket. Must be 21+. Biesiot Activities Center, 398 State Ave. (See article, page 29 for more info.)

TEST AND TUNE AT THE SPEEDWAY 6PM More info 701.483.8722. Southwest Speedway, Hwy 22, 10 miles south, 1 mile west of Dickinson.

TUESDAY APRIL 30 DPS PUBLIC ENGAGEMENT FORUM 4-8:30PM Forum will discuss the new construction of DHS and questions concerning the bond election. Dickinson High School Auditorium, 979 13th Ave West.

ANNUAL BANQUET AND CHAMBER CHOICE AWARDS 5-7:30PM The Dickinson Area Chamber of Commerce 112th Annual Banquet is a night to thank members for their patronage, give out prestigious awards, and celebrate the chamber community. Astoria Hotel and Event Center, 363 15th St. West.

DSU JAZZ ENSEMBLE SPRING CONCERT 7-8PM Featuring Mr. Keith Traquair "tickling the ivory." Free to the public. Stickney Auditorium, May Hall.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS UKRAINIAN LENTEN LUNCHESES 11AM-1PM Fridays. Lunches served every Friday at the Ukrainian Cultural Institute during the Lenten season. More info 701.483.1486. 1221 W Villard St.

WEDNESDAY NIGHT WINE CLUB 1st Wednesday of the month. Casual event with guest hosts presenting featured wines. Wines are paired with appetizers. Cost varies depending on featured wines. Limited space, call ahead to reserve your spot 701.483.9900. Brickhouse Grille, 2 West Villard.

THE ROCK CORNER BAR 7PM Tuesdays Brushes and Booze. Limited seating. Tickets presold at The Rock. Thursdays 1st-Open Mic Night-Brady Paulson, 2nd/4th Open Karaoke, 3rd-Live Music, 9PM-close, no cover. Friday Night Trivia. Starts at 6:00pm FREE to play. Regular Trivia followed by Music Trivia. Come early...Seats fill up FAST! 113 1st St West. More information rockdickinson.com.

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

I DON'T KNOW BAR 11AM-2PM (or until gone) Lunch specials Monday-Friday (Thursdays are KETO), \$9.95. 6PM Wednesdays BINGO. 5-9PM Fridays Prime Rib. 9PM-close Saturdays Ladies Night \$1 wells and domestics. 11AM-2PM Sundays Brunch/1PM Pinochle. Monday nights - Guest bartender.

Continued, next page

FOOD KITCHENS

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

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

SUPPORT GROUPS

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

GRIEF AND LOSS SUPPORT GROUP 5-7PM CHI Health at Home and Hospice, 986 2nd Ave West. Free but registration required. Call 701.456.4378.

FAMILY FUN

DICKINSON MUSEUM CENTER 9-10AM Tuesdays Join us at the Museum Center to enjoy Dinosaur-related songs, crafts and stories with your little ones! FREE and open to the public. Ages 2+.

DICKINSON AREA PUBLIC LIBRARY

9:30AM Mondays Tiny Tots Story Time (ages 0-2). 6PM 1st/3rd Mondays Makerspace Mondays. Different ages each session. Contact library for required sign up. 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 4:00PM Tuesdays Teen Fun (11-17). 3:30-5PM 1st Thursday Kids board games available to play. 4-4:45PM 2nd/3rd Thursdays Kids' Lego Club.

ROLLER SKATING THE REC 7-9PM Every Friday. Free to WRCC members, \$3.50 admission for non-members. West River Ice Center. Call 701.456.2074 for more info.

UNIVERSITY THEATRE 10AM Free, family movie the first Saturday and Sunday of month. Family fun in luxury electric recliners. First come, first served, doors open at 9:30 AM. DSU Student Center.

CLUBS/GROUPS

HEART RIVER HOMEBREWERS 7:30PM 4th Thursday of each month. Calling all home brewers! Custom Data World Headquarters, 677 E 10th Street.

SEW SISTERS 2-4PM 2nd Tuesday of each month. Cost \$12.00. Table Topper Club meets on the 2nd Saturday of each month from 8:30-11:30AM. Cost is \$25 for the year or \$5 a time. Suzy's Stash 118 N Ave, Richardton. 701.974.7899.

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

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at 1967.toastmaster-clubs.org. Held at Dickinson Chamber of Commerce. Contact Deb Kerner for

more info 701.260.9292.

PRAIRIE ROSE CHORUS 6PM-8PM Tuesdays St. John Lutheran Church. Come sing your heart out with the Dickinson chapter of Sweet Adelines International. Ages 12+ welcome! For more information, contact Robyn Nadvornik 701.690.8958 or MaryAnn Brauhn 701.290.4013.

BADLANDS ART ASSOCIATION 6:30PM 1st Tuesday of each month. All community artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

DICKINSON CITY BAND Mondays 7-8:30PM in DSU band room (basement of May Hall). 291 Campus Dr. More info, contact Robyn Nadvornik 701.690.8958.

DICKINSON STRINGS Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 701.290.9145.

MEETINGS

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

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

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

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

COMMUNITY OFFERINGS

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

SAVE THE DATE

SATURDAY JUNE 1
SHERRY'S WISHES 5K/10K WALK/RUN 7:30AM Registration 8:30AM Kids Face Painting and Fun Run 9AM 5K/10K Walk/Run \$20 per participant. West River Ice Center. 12PM Registration for Golf Scramble 1PM Shot Gun Start. Registration available at WRCC, Family Fare, sherryswishes.org. More info, Shar 701.290.2636.

HELPING OTHERS**Women Empowering Women**

Women Empowering Women is hosting "Be The Light", an event planned to support local agencies that support women – and the women they serve! "Be The Light" will be held at Fluffy Fields Vineyard & Winery 5:30-8:30PM on Tuesday, April 16.

Featured agencies are Domestic Violence Rape & Crisis Center, Hope's Landing, Home & Community Based Services Low Income Elderly Women, Connect Medical Clinic and the Women's Way Resource program. Attendees are asked to bring a gift in exchange for free admission. Agency wish lists are available at wewnetwork.org/events/. Of course attendees can bring gifts for more than one program!

The evening will be casual, open house format with a silent auction, number auction, free will offering grand prize game and a performance by the Prairie Rose Chorus. Proceeds from the event will be shared with the guest agencies and Women Empowering Women. Women Empowering Women is a group of women passionate about supporting each other and all women as we strive for excellence in life. Led by volunteers, the non-profit organization is committed to encouraging the betterment of women and building stronger communities.

To learn more, go to wewnetwork.org or email info@wewnetwork.org. ■



Women EMPOWERING Women
Where women become the best version of themselves

Build someone up
Put their insecurities to sleep
Remind them they are worthy
Tell them they are magical
Be the light in a too often dim world

be the light

Tuesday Join us!
April 16
Stop by any time between 5:30-8:30pm
FLUFFY FIELDS VINEYARD & WINERY
2708 21ST STREET EAST • DICKINSON, ND
Silent & number auction

Bring a gift for
FREE ADMISSION

REGISTRATION IS ENCOURAGED
[HTTPS://WWW.WEWNETWORK.ORG](https://www.wewnetwork.org)

DOMESTIC VIOLENCE & RAPE CRISIS CENTER
BRING COMFORT to someone away from home

HOPE'S LANDING
ENCOURAGE someone starting over

HOME & COMMUNITY BASED SERVICES
LOW INCOME ELDERLY WOMEN
HELP an elderly woman stay in her home

CONNECT MEDICAL CLINIC
BRING RELIEF to a new mom

WOMEN'S WAY RESOURCE
SPONSOR a travel bag

Check to see how you can support these local organizations

www.wewnetwork.org www.facebook.com/wewnetwork



EDUCATION

Technology curriculum in the classroom

By Kelli R. Schneider

Over the course of the last year, Trinity Elementary School has developed a technology curriculum giving students designated classroom time with a technology instructor to learn basic computer skills and digital citizenship.

Recently, I sat down with Mrs.

JoLyn Tessier (Principal) and Mrs.

Darcy Dahmus (Technology Instructor) to visit about the technology curriculum and how it gives students tools for academic success.

Recently, I sat down with Mrs. JoLyn Tessier (Principal) and Mrs. Darcy Dahmus (Technology Instructor) to visit about the technology curriculum and how it gives students tools for academic success.

Schneider: How did you, Mrs. Dahmus and Mrs. Tessier, come up with the idea of developing a technology curriculum for K-6?

Tessier: As principal, I saw a need for a formal program because it had been something the current teachers had to include into their schedules each week and this was very tough to do. Technology is such a large part of the way the world works today and all of our school community wanted our students to be able to grow with it.

Dahmus: Determining where the students were at with their technology knowledge was the starting point. It quickly became apparent that although most students had quite a bit of tablet usage and knowledge of apps, they didn't really know very much about computers and basic word processing nor did they possess true typing skills.

Schneider: What is the frequency of class time you have with the students? Does each grade have a certain number of minutes each week?

Tessier/Dahmus: Each class in grades K-6 meets once per week. Kindergarten has half hour classes whereas grades 1-6 have 45 minute sessions.

Schneider: What does "digital citizenship" look like at the elementary level?

Tessier/Dahmus: Digital citizenship can look different based upon the grade level. All grades learn about the various types of computer/technological equipment.

Students also learn about personal information and why it's important not to share it.

Kindergarten students are able to define "personal information" and learn to tell a parent or trusted adult if something they see on the computer makes them feel uncomfortable or is mean. They also learn

to ask a parent for permission to be on specific Internet sites.

Grades 1 and 2 learn where the Internet comes from, how to make great passwords, how to protect those passwords and why asking a parent for permission before sharing private information online is so important.

Grades 3 and 4 learn how to make sure their messages are clear and respectful, and how to stay safe on the Internet. Students also learn at this age that digital content is permanent and cannot be deleted. Students learn about copyrights and how to give proper credit.

Grades 5 and 6 learn how to use the Internet to research or to find out credible information. Cyberbullying is focused on where students are given different scenarios and can make choices to evolve into upstanders.

In the growing and evolving world of technology, the technology curriculum at Trinity Elementary School will continue to provide students a strong foundation in good, productive, and responsible use of this incredible tool! ■



CALL FOR ARTISTS!
Enter Bismarck Art & Galleries 8th Annual Square Foot Show
Prospectus at www.bismarck-art.org under Special Events.
701-223-5986/baga@midconetwork.com

**Heart River
VOICE**

SHARE WITH US!

We welcome articles from the community, so send us your submissions. Go to www.hearttrivervoic.com or email kelley@hearttrivervoic.com.

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



CHI St. Alexsius Health Dickinson won "People's Choice" award and took home 2nd place in the judges' voting at the API Gumbo Cookoff. The team consisted of Dr. William Matt Lowe, his wife, Vicki Lowe, and hospital supporters April Grant, Lindsey Southiseng, and Gage Hauck.



Guest Speaker First Lady Kathryn Helgaas Burgum and her husband, Governor Doug Burgum, surrounded by fellow attendees at Hope's Landing's Sober St. Patty's Day Celebration - a night of hope and encouragement.



Humanities North Dakota held their Think & Drink session at the Rock's Corner Bar.



Deann Scheeler, Danielle Kiedrowski, Kathy Kiedrowski, Jason Jacobs, and Todd Mayer sing up a storm at Trinity Catholic Schools' Wine and Dine event.



Brent Rogers, Andrew Potter, Kelsey K. Rogers, Megan Potter, and Joel Walters performed at the If Music Be the Food Recital at St. John's Lutheran Church benefiting the Amen Food Pantry.



Shirley Dukart, Irene Schafer, and Lisa Roers at Business After Hours hosted by Dan Porter Motors.



It was all hands on deck at the Dickinson Public School Foundation's 14th Annual Mystery Dinner Theatre. Landlubbers and pirates alike witnessed "Murd-aar on the High Seas."



Shelbbie, Marshall and Scott Tysver at the Roughrider Archers' Indoor 3D Shoot held at the DSU Indoor Arena.



Reed Reyman, President of CHI St. Alexius Health Dickinson has his blood pressure checked by Mary Lee Schmitz during the Wibaux County Health Fair.

CONVENTION AND VISITORS BUREAU

Stark County ghost towns and cemeteries

Finding old ghost towns or researching almost forgotten cemeteries can be a hobby for some people who are interested in history. There are many places in Stark County that homesteaders once thrived with a community spirit of anticipated growth and prosperity only to be defeated by mother nature or economic hardship. For some, their final resting place was often decorated with ornate style and stories.

The Dickinson Convention & Visitors Bureau has compiled information that provides a short history and revolving names on Post Offices, NPR Railroad Stations, and Stark County communities, including those that no longer exist, such as Moltke, Saint Stephen, or Knowlton. Rural Post Offices were constructed because of the vast miles between communities and the inability to deliver the mail as is delivered today. The railroad often constructed stations along the route to re-water and drop off supplies along their routes. And while only a few of the communities are still in existence, the history and name place of each one is very interesting.

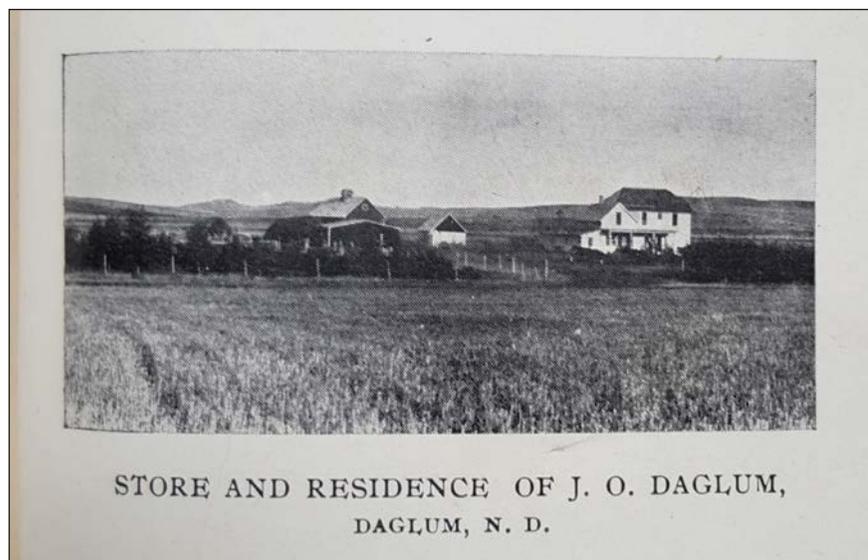
Stark County Cemeteries are primarily established as Catholic or Lutheran, especially for the older rural communities. The iron crosses often seen are primarily those representing German-Russian pioneers, however, occasionally, an iron cross marks the grave of a departed who was neither Catholic nor German. They were made in a variety of sizes and designs of scrolls, filigree and curlicues from metal fashioned by local blacksmiths. Some headstones are created



from local petrified wood pieces con-created together, or from stone such as granite. Headstones, metal crosses and concrete covers display family information, art, and a story on just how fragile life could be on the early plains. A walk through a cemetery is a library of life; life that was long lived or cut short by tragedy or disease.

If you are interested in a day trip locating old Stark County Ghost Towns, or the history of them along with information on Stark County Cemeteries, the Dickinson Convention & Visitors Bureau has a map, a printed flyer, and can also direct you to additional information that might be found at the Dickinson Museum Center.

Take a drive and learn about our Stark County Ghost Towns and Cemeteries! ■



ST. WENCESLAUS CHURCH
525 3rd Street E, Dickinson | 701-225-3972 | stwenceslausnd.com

Spring

FESTIVAL

Saturday, April 13, 2019

4:30 - 8 pm

FOOD & FUN

RAFFLE → \$3 / Ticket (Great Prizes!)

BINGO & GAMES

SILENT AUCTION

CAKE WALK

ST ANN'S BOOTH

KOLACHE

Menu:

- Roast Beef
- Deep Fried Turkey
- Chicken Noodle Soup
- Scalloped Potatoes
- Vegetable & Side Salads
- Rohlicky, Kolache & Pies

Schedule:

- Mass 4pm
- Dining Room 4:30-7pm
- Raffle Drawing 8pm

Adults: \$12
Ages 6-10: \$5
5 & Under: Free

Meal Delivery:
Call the Parish Office,
225-3972, during office
hours, by April 10th.

SPECIAL THANKS

Thank you to all our advertisers for supporting us and our community!

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Heart River

VOICE

COMMUNITY

Fly the friendly skies in Dickinson

Dickinson Theodore Roosevelt Regional Airport was awarded North Dakota Commercial Airport of the Year for 2018 at the Upper Midwest Aviation Symposium the first week in March. Heart River Voice met with Kelly Braun, general manager, for a one on one to glean information about what our local airport has to offer.

Dickinson Airport was awarded North Dakota Commercial Airport of the Year for 2018. You must be very proud!

There are eight commercial airports in North Dakota. It's a great accomplishment for our airport and for everyone involved - the airline, the car rental companies, our airport operations crew, the FBO - Western Edge, everyone. It really was a group effort to be able to bring that home.

Tell us what our community needs to know about the airport.

I think the most important thing to get out to the public is that the airport is expanding to meet current demands and for the immediate future. Second is that the airport is a huge generator for the economy. The airport's contribution to the local economy is somewhere around \$76 million, direct and indirect. The economic impacts that we provide to the community is much bigger than most folks think. Across the state, airports combined, generate \$1.56 billion in economic impact. In order to continue that, we need to make some investment to our infrastructure, primarily to our runway. Our runway has not had a rehab for over 20 years.

That's a long time!

Yes, so it's in need of an upgrade to meet the current demands that we put upon it and what we know is coming in the immediate future.

So, what is coming in the immediate future?

Right now, the airport is served by 50-seat regional jets. Those jets operate at a weight of about 53,000 pounds, roughly. Our runway was designed for aircraft up to 39,000 pounds, so we're exceeding that a little bit and what it's doing it accelerating the deterioration of our pavement. Not necessarily unsafe, it's just wearing out a whole lot faster than anticipated. When the airport rehabbed the runway last, some 20 some years ago, I don't think they envisioned what it was going to become. We've developed a very strong commercial service that started with the regional carrier, Great Lakes Airlines. It was that established route and the increased demand on the "little airline that could" that really laid the pathway with jet service here. We couldn't have gotten where we are without them. So here we are! We need to look at what the future holds. One of the things that the airlines are doing to maximize their profitability is increasing the number of seats on a particular flight because increasing the frequency doesn't really have the same payout as increased capacity. The current Embraer 145 (a 50-seater) entered service in the mid-90's and has reached the end of its serviceable life. The manufacturers have new 76-seat jets slotted to replace the 50-seaters.

Does that mean other airlines might come here too?

That's a question I get asked all the time. At the peak of the oil boom, we were fortunate that we had two mainline airlines providing service to Dickinson. During that period, the United flights to Denver served this market a little bit better than Delta to Minneapolis, but it's all based on economics and the airline's ability to turn a profit. So, if the demand is there and the enplanements are there, then we very well could see another airline enter our market. However, first



we have to have the infrastructure to be able handle it. If we don't have a facility that can handle the additional aircraft and stress, we can't even enter a conversation.

Because they wouldn't even consider it?

Yes, exactly.

Are enplanements on the rise or are they staying steady? What is the trend?

Mid-2015, they fell off dramatically. At that point, we were still ahead of our projections that we had made in 2010-2011, even though from the record high of almost 60,000 enplanements for the year, we dropped off significantly. But since that point, we have continued to rebuild, and those enplanements have continued to go up. Month after month, since that low point, we haven't seen one month that was less than the month previous. It's been a nice, gentle climb and we finished out last year with a little over 22,500 enplanements so it's fantastic.

What are some challenges that you're facing to get this expansion going?

The biggest issues are funding. The funding sources are diverse and complex. Money is always the big obstacle, securing those funds and making sure they are available. Also justifying the necessity of those funds on the local, state, and federal levels. It's always quite an interesting path to go down when the funding sources are diverse and broad and coming from lots of different sources. Once the funds are secured, then the rest of it falls into place pretty easily.

Are there other obstacles holding you back?

No, we went through a lot work the last

four or five years or so laying the ground work for this expansion project. We had to develop an in-depth master plan, we looked at what the airport is doing right now and all sorts of factors such as what we thought the population is going to be in our community out to 30 years from now, the airline trends and what kind of aircraft will be serving this community, the economic activity that goes on, and we put it all together in our master plan. That master plan was accepted by the FAA and then we moved into the next stage, an in-depth environmental assessment. Both the master plan and the environmental assessment have to meet federal regulations, state regulations, and once the environmental assessment was completed, we were issued a FONSI, which is a Finding of No Sufficient Impact. Then we had to go through a very extensive land use plan that was adopted by the city and the county. It was codified into the planning and zoning. We've done a lot of work to make sure this project is justifiable, that it will compete well for funds and that it's needed. It isn't just something we decided one day, "wouldn't it be nice..." and went forward from there, it was quite a process. The last five years we've put in a lot of leg work to get this off the ground.

What is the longevity of the expansion - are you good for 20 years? 30 years? More?

It's hard to look into that crystal ball and predict, but I think through the master plan process, we didn't leave much to speculation. But the important thing is that we're building for now and for the future and that future is at least 30, if not more, years down the road. At 50 years, if Dickinson has a population



Continued, next page

Continued from page 28

of say 100,000 or more, then obviously, everything is off the table, and this community won't look anything like it does now. And with technology, the way we move people and what aviation looks like then, it could be completely different than what it looks like now.

Right, who knows! Is there anything the community can do to help the process along?

Number one is shop local. Our mantra is no different than the brick and mortar stores on main street. When we spend our money locally, it benefits everybody and that's true for the airport.

The second thing is to be vocal. If you've used the airport in the past, spread the word.

What about people who don't travel by air?

I get that question a fair amount, especially when going through the master plan process. I would hear, "I don't fly...I hate flying. How does the airport benefit me?" I always say, "Number one, in the construction of what we're doing, Martin Construction was awarded this job and they hire local folks and those local folks get paid and spend their money in our community." That in itself is huge. And if you don't personally fly, you probably know someone who does.

Besides travel, how else is the airport used?

There are other opportunities at the airport. Commercial aviation gets all the

headline, but general aviation is a big deal as well. The infrastructure that we're building also serves our general aviation where cargo comes and goes such as UPS, FedEx, and other on demand charters. It also supports corporate aviation. Just about any big box store has got a big-time aviation department attached to it. Oil and gas and those corporate aviation departments fly in and out regularly. It's not uncommon for us to have two or more jets sitting over at our Fixed Base Operator at any given time. And that all trickles down to the hobby flyers, the weekend flyers. They all use the same runway, the same facility. Not only does the runway get improved in this project, but also our instrument landing capabilities. So, in inclement weather, we'll have upgraded equipment, from runway lighting, a brand-new instrument landing system, it's great for everyone coming in and out of here. It's not just asphalt, it's all brand new.

Sounds like you've covered all the bases.

We're super excited to start turning dirt in the spring. It's been a long road to get here. The construction phase is a multi-phase, multi-year approach to this project in order to minimize disruption to the services we provide. We'll be in service on our new main runway in 2022.

Any last thoughts?

This is something that's needed. It's not just good for a few, but everyone. ■

GOING POSTAL

Cacti are among America's most popular houseplants. Most cacti grow very slowly, and are tough, adaptable and low maintenance. Several botanic gardens in the U.S. showcase the wide variety and stunning beauty of these plants. When cacti bloom, visitors experience a vivid floral display. Cactus flowers generally occur singly,



although many separate blossoms might appear on a plant at the same time. Most cactus flowers are large and flamboyant, with colors of white, red, pink, orange, or yellow. Some flowers are also richly scented, and the nectar and colors attract pollinators such as bats, bees and birds.

Art director Ethel Kessler designed the stamps with existing photographs taken by John P. Schaefer, a co-founder, along with Ansel Adams, of the Center for Creative Photography at the University of Arizona. The Cactus Flowers stamps are being issued as Forever stamps in booklets of 20 and will always be equal in value to the current First-Class Mail 1-ounce price. Find these and other stamps at your local post office. ■

BEST FRIENDS

Chocolate Affair Plus packed with local culinary talent

Professional and community chefs will serve chocolate-themed appetizers and desserts during the 10th anniversary of the Chocolate Affair Plus from 7-10PM on April 27. Hosted by the Best Friends Mentoring Program (BFMP) at the Biesiot Activities Center, the event features a locally-produced wine exclusive to the event, a photo booth, and commemorative tasting glasses. There is also a wine sampling, local brewmeisters and their home-brewed beers, live music by Dakota Jazz and the chance to win a mocha and white diamond pendant and earring set valued at \$1,282 donated by Riddle's Jewelry.



Among the expected 10 guest are directing chef Joseph Gyno Babia and pastry chef Karla Joy Wyler of The Crossing as well as pastry chef Erin Cronbaugh of The Cake Life, chef Collin Wehner of the BrickHouse Grille, Kirk Hepker of The Foodie Call, Aaron Zummer, general manager of Sodexo at Dickinson State University, and Anna Kreidt, a 14-year-old aspiring pastry chef and student at the Dickinson Middle School.

Guests can vote for their favorites during the People's Choice Chef Awards and take a chance at the Mystery Wine Pull, a game featuring more than 100 bottles of quality wine. "Guests can sample unique and artfully prepared desserts and appetizers along with wines and beers while also winning great prizes," said Kris Fehr, executive director of BFMP. "This is a one-of-a-kind event, which helps launch the spring season in an upscale atmosphere while benefitting local youth."



Advance tickets are \$40 each and available at www.bestfriendsnd.org, BFMP office at 135 W. Villard or Town & Country Liquors at 1218 W. Villard. Ticket includes admission and the chance to enter into the raffle drawing featuring the diamond jewelry ensemble and gift packages ranging from \$200 to \$500 in value. Tickets are \$50 at the door. For more information, contact BFMP at (701) 483-8615. ■

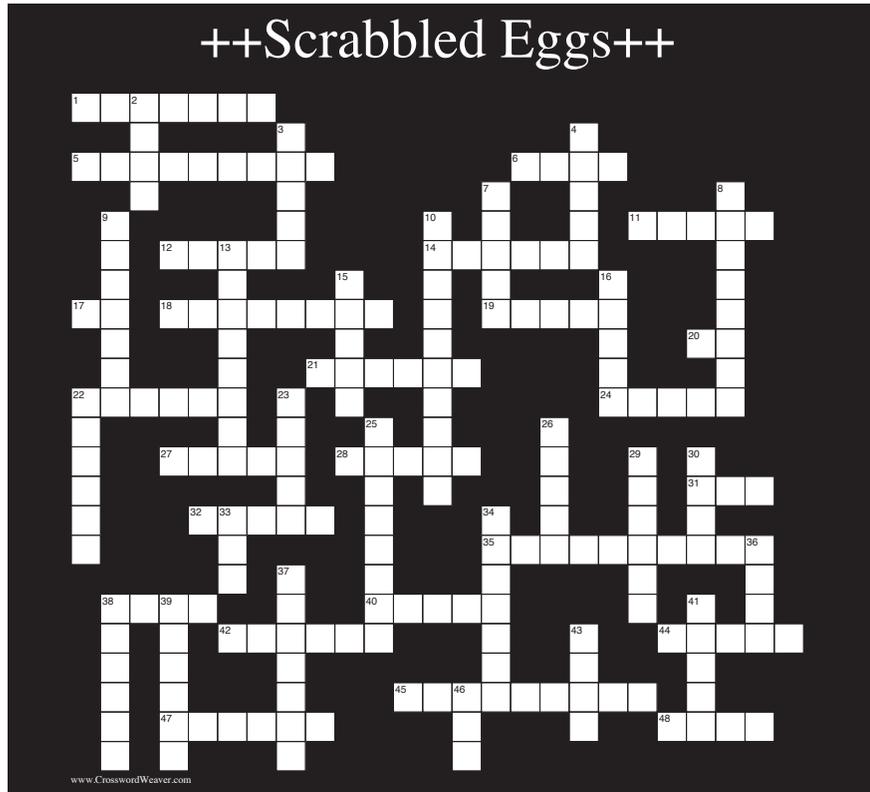
CROSSWORD BY CARLINKA
PASTIMES



OUTREACH

Amen Food Pantry

++Scrabbled Eggs++



- ACROSS**
- 1 A pillowy pasta
 - 5 +Huevos__
 - 6 +Color indicates double word
 - 11 Lacking experience
 - 12 +Using all 7 tiles is worth __points plus
 - 14 +One way to play
 - 17 +Two-letter Q word
 - 18 Unrealistic and impractical
 - 19 +How many red squares
 - 20 +Two-letter Z word
 - 21 +A winter drink
 - 22 Port city in Ukraine
 - 24 Overly sentimental
 - 27 Bright signal light
 - 28 +How many tiles per rack
 - 31 +How many blanks per game
 - 32 Egg's middle
 - 35 +How many tiles in a box
 - 38 To joke or jest
 - 40 Stands up for laughs
 - 42 Orbiting orb
 - 44 +Helpful scrabble draw
 - 45 +"Double"or "triple" follower
 - 47 +J plus B equal
 - 48 +Holder of tiles
 - 10 +Eggs like a detective
 - 13 +Italian egg dish
 - 15 +Using all seven tiles is a __
 - 16 Mulligan and others
 - 22 +Denver has one with ham, etc...
 - 23 Bit of dust
 - 25 +Cloaked in Hollandaise
 - 26 Hooch
 - 29 +Z plus Q equal
 - 30 +Symbol on scrabble board
 - 33 +A and T value
 - 34 +Eggs cracked in H2O
 - 36 +One way to play
 - 37 +Scrabble produced by Milton__
 - 38 +French egg pie with crust
 - 39 Smoothed over
 - 41 Town square
 - 43 Clarinet's cousin
 - 46 +Color indicates triple word
- DOWN**
- 2 " __, vidi, vici"
 - 3 Overly moist
 - 4 Gardeners may work on them
 - 7 +X minus K equal
 - 8 +Sunnyside up or __
 - 9 +Popular egg appetizer

The Amen Food Pantry opened in May of 1987 and is a nonprofit organization governed by a volunteer board of directors representing a cross section of the community with a manager to run the daily openings. The pantry was begun using donations from seven churches, five businesses, 13 organizations and agencies, and after four moves to different and larger facilities, we are now located right east of Third Avenue Floral along 3rd Avenue West.

Members from local churches volunteer at the pantry during its open hours, which are Tues-days and Thursdays from 2-4pm and Saturdays from 10am-12pm. Board members, organizations and community people

also donate their time.

Our food comes from many sources, Feeding America from Walmart and Cash Wise, also from Family Fare, individuals, businesses, churches, group organizations, charities and schools. We get some grant dollars to buy food.

All monies donated to Amen go to buy food and emergencies for the pantry. We use the rent from the apartment above the pantry to pay for the building expenses.

The items needed for the pantry are toiletries, toothbrushes and paste, shampoo, dish and laundry soap, canned vegetables, soup, cake mixes, cereal and anything you would use in your kitchen. We thank everyone for their support! ■



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Last month's puzzle solution

Some Say Why, I Say Why Not!!



APRIL 2019

HOROSCOPE

by Hilda De Anza



ARIES
March 21-
April 20
Early April

heralds a period of dynamic communication. You are full of enthusiasm about new initiatives. When it comes to relationships you are in a non-committal mood and like to keep your options open. During the 2nd half of the month there is a lot of activity in your life, with a major emphasis on relationships, both personal and professional and power players help widen your horizons, even if it means some restructuring.



TAURUS
April 21-
May 21

This is an important period of renewal and change in your personal life. Early April, the focus is on your social life and the ideas and values that are important for you in your community. You are willing to experiment with your life now. This is a good time for a new angle in your professional life, where freedom and independence assume greater importance. This is not a time however to be naïve.



GEMINI
May 22-
June 21

An excellent time for you, especially the 2nd half of the month. Early April is a good time to reconnect and consolidate your alliances. Dynamic friends will act on your behalf to make things happen. After mid-April, past issues will have been wrapped up with a sense of enthusiasm. Your focus is on friendships and your social life. This is when mutually beneficial alliances are formed, and good friendships are made.



CANCER
June 22-
July 22

Professionally, April is a dynamic month. The issue is that others want to play it safe, while you don't mind a risk. You are confident of your capacity to expand and attain success. Grab the opportunities that come your way and don't look a gift horse in the mouth. The 2nd half of the month, a new epoch is heralded affecting your social life and societal engagement. Now is the time to connect and consolidate friendships.



LEO
July 23-
August 22

It is a positive period for you with new initiatives and new horizons opening up. Fortune is on your side, particularly in mid-April, when happy events build up your confidence and increase your charisma and energy. By the full moon on April 20th, you are ready for a change, and the focus shifts from expansion to consolidation. Important new openings are taking place on the professional front. It's a time to discover your innovative side.



VIRGO
August 23-
September 22

A lot of complex issues in relationships are resolved this month. Now is the time to streamline things; drop the essentials and decide what to commit. In mid-April, you feel a burst of energy and confidence. This puts you on a good trajectory, and you can expect favorable developments financially and in partnerships. End of April, there is a new focus on widening your intellectual horizons, exciting subjects attract your interests.



LIBRA
September 23-
October 22

There is a lot of focus on relationships with others both in your private and professional life. Just after the full moon in your sign, the emphasis changes and highlights the important relationships in your life. It is a time when you are willing to take a risk in love and you are not shy about jumping in feet first. The single Libra can expect efforts to connect to be rewarded, if not April then certainly in May.



SCORPIO
October 23-
November 21

Your interest is channeled into communication on a deeper level. In partnerships you are motivated to have conversations about intimate matters, and you will find that partners are open and responsive. This is quite a romantic month. This is a new outgoing era when you relate to people from outside the normal social circle. It is a time when you become part of alliances which have an agenda to change.



SAGITTARIUS
November 22-
December 21

April is a positive and outgoing month for you. It is a wonderful period for you, especially for self-expression and putting yourself in the spotlight. Your persuasiveness and charm are irresistible, which makes this a great month for romance. The good times continue well up to the end of April and beyond. The stage is set for recognition and success and excellent trends kick in for happy partnerships and creative success.



CAPRICORN
December 22-
January 20

There is likely to be a personal transformation or lifestyle change. One beneficial influence in early April is a connection to a child or sibling, who is very loving and you can share your thoughts with. Your musical and poetic side is awakening and so is a growing awareness of the need for something magical to enrich your life. This can relate to a growing social conscience and a need to develop your compassionate nature.



AQUARIUS
January 21-
February 19

A period of gypsy-like living gives way to a new domestic era. This is a month of pioneering activity and travel. It is a great time for expansion of your social circle and the enjoyment of friendships. Mid-April is wonderful for happy and intellectually-stimulating connection. Communication increases in intensity at the end of April and you can expect a lot of interaction with fellow students, traveling companions, siblings and other people.



PISCES
February 20-
March 20

A highly-developed compassionate side of your nature is awakening. It's time to stop and check out the basis of what you have achieved since the beginning of the year. Nevertheless, April is going to be a great month for you, not the least financially. New initiatives bring an expansion of resources. New factors affect your economy as talented people offer their resources to help you out.



Coming in April...

Dr. Brian O'Hara

is joining CHI St. Alexius Health Dickinson's team of clinic providers!

With a focus in both Pediatrics and Internal Medicine, Dr. O'Hara has been serving patients of all ages in the Dickinson area for nearly three decades.

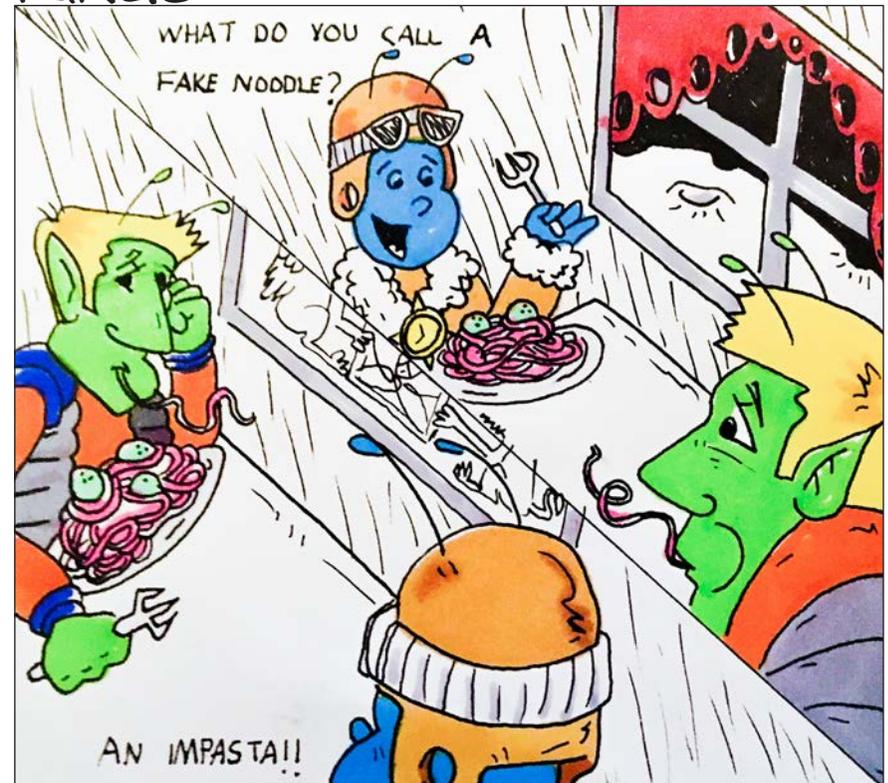
For more information about scheduling, medical records procedures, and more, please call our clinic at 701-456-4200.



Imagine better health.™

2500 Fairway Street, Dickinson, ND | CHiStAlexiusHealth.org

RINGO



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

10TH ANNIVERSARY

Chocolate AFFAIR



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