

# Heart River VOICE

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DECEMBER 2019 | VOL. 1, NO. 12 | HEARTRIVERVOICE.COM



**True Crime**  
Hebron podcaster  
dissects big crime in  
small towns  
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## A note to our readers

This is the final month of 2019 and marks a year of publication for Heart River Voice. We couldn't be happier with our first year!

There's something for everyone in this issue. Music, theatre, dinosaurs, crime stories, art, and holiday foods. There's plenty of holiday inspiration as well. Turn to page 4 for an idea on how to spend the days leading up to Christmas as a family with giving hearts.

Enjoy the spirit of the season in whatever way you and your family choose to celebrate. Christmas blessings to all!

**Kelley Jilek**  
Publisher

Highlighter dinosaur art by Cameron Brown. For more information about the artist, see page 5.

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The Dickinson Area Public Library  
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## Old Fashioned Christmas Social

Friday, December 6th  
6pm to 9pm

Enjoy hors d'oeuvres, Christmas cookies, traditional wassail, music, a wine pull, and a silent auction while socializing in our beautiful library - all decorated for the holidays! This ticketed event is free for all Platinum Card holders and Twice Sold Tales volunteers.

Tickets are available at the library for \$20.



## COMMUNITY

## A forever Christmas tradition

By Kristin Seaks

"25 Days of Giving" was the quiet message I heard 8 years ago. What is 25 Days of Giving? Have I seen this on television? Have I seen a book about this? As I explored the Internet, I couldn't find anything that answered my questions. As I thought about it throughout the day,

I tried to piece together what I felt God was telling me. I called my husband and stated, "I heard this message today, 25 Days of Giving. I feel God is telling me that we need to give of our time, talents and treasures every day from December 1-25." Skeptically, my husband stated all the reasons why this would not work in our lives, however he did agree to follow when he saw I was not going to let God's message slip away.

25 Days of Giving 2011 was our first year of spreading God's love to others. My husband, children and I found creative ways to give to others. We gave of our time, talents and treasures by shoveling others' sidewalks, delivering meals to homebound folks, ringing the Salvation



Day 18 of 25 Days of Giving

Army bell, caroling at nursing homes, baking for others, making Christmas cards for others, donating to charities and buying Angel tree gifts for children. We loved our first year of giving. Before, we were frustrated with the commercialism of Christmas. Now, we had a new, forever tradition to keep our focus on Jesus being the reason for the season. During the last 8 years, we have been able to share our tradition with people in other states and countries. We have found joy in doing some of the activities together, in ND, and would welcome others to join us.

Check out 25 Days of Giving on Facebook. Help us make 25 acts of giving become 25,000 acts of giving. ■

## MUSIC

## Interfaith Christmas concert

By Kelsey Rogers

The Church of Jesus Christ of Latter-day Saints is excited to host a second Interfaith Community Christmas Concert this year on Saturday, December 14 at 6:00 pm at their Dickinson meetinghouse (510 Museum Drive). Members of at least three other churches will also be represented at the event: St. John Lutheran Church, St. Joseph Catholic Church and St. Patrick Catholic Church.

This is an opportunity to celebrate the birth of Jesus Christ with uplifting music performed by talented musicians from roughrider country. Music will include Christmas standards like "Oh Come, All Ye Faithful" and "Silent Night", as well as less known favorites like "Breath of Heaven" and "I Wonder as I Wander". Matt, Abigail, and Elizabeth Goettle will be performing as members of Interfaith Ensembles and representatives of St. Joseph's parish. Rhonda and Lauren Ehlis are members of St. Patrick's parish and will present "Ave Maria."

A strong Christian faith, family principles and generosity towards others have been distinguishing characteristics

in the Dickinson area since it was founded by pioneers. We hope to strengthen that tradition in our community this Christmas season by sharing our faith in the Savior, our "light of the world." All are welcome and encouraged to participate in the event without reference to their religious creed.

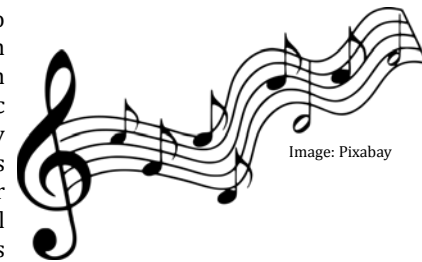
As one church leader said, "When we keep the spirit of Christmas, we keep the spirit of Christ, for the Spirit of Christmas

is the Christ Spirit. It will block out all the distractions around us which can diminish Christmas and swallow up its true meaning." We pray that all are able to feel warmth from the light of Christ this holiday season. We

welcome all visitors by our hearth during the chilling evening winters that can be life on the western edge.

The church will also feature nativity displays, and light refreshments of hot chocolate and pastries will be served to the audience following the program. Please join us for this uplifting, free event!

For more information or to schedule your group to participate contact: Kelsey Rogers 701-260-6349 or Amie Wride 385-225-1771. ■



## LIVE RIGHT

## Shake the salt habit

By Gabrielle K. Hartzel, RD, LRD

Break the habit of automatically reaching for the salt shaker. Even if you rarely use the salt shaker, you're likely getting more sodium than you need. It's difficult to control sodium intake when more than 70% comes from packaged and restaurant foods. Dietary guidelines suggest limiting daily intake to 2,300-milligrams (mg), which may sound like a lot but really isn't, especially when only a ¼ of a teaspoon equals 575 mg of sodium.

Here's how to help cut back:

**Be Smart at Home:** The principle of rinsing canned food products does have merit, so much so that sodium content can decrease by 40%. Substitute salt with spices, herbs, and salt-free blends. Opting for seasonings without salt (i.e. choosing onion powder over onion salt). Choose poultry that hasn't been injected

with sodium solution by checking the fine print for terms like broth, saline or sodium solution and select unseasoned meats.

**Read Labels When Shopping:** Search for lower-sodium options. Sodium is disguised in various forms such as disodium guanylate (GMP), disodium inosinate (IMP), fleur de sel, monosodium glutamate (MSG) and kosher salt - essentially any word or phrase containing salt or sodium. It's also a good idea to search through identical food items finding the one with the least amount of sodium since it varies from brand to brand. Aim for 140 mg or less of sodium listed on the nutrition facts label.

**Know the High Sodium Foods:** Items like milk, bread, olives, some salad dressings, cottage cheese, ketchup even instant oatmeal packets can be sky-high

in sodium while fruits and veggies contain very little. Avoiding instant and packaged foods is best and preparing your own foods allows you to control how much is in it.

**At restaurants:** Ask for your food to be prepared without added salt. Research which items contain the least amount of salt by visiting the restaurants website. Err on the side of caution with these high sodium food terms: au jus, barbecued, brined, broth, cured, miso, pickled, smoked, soy sauce or teriyaki sauce. Smarter options include baked, grilled, poached, roasted, or steamed items.

Most of the population believes sea salt contains less sodium than table salt though this is false. Most sea salts contain roughly 10% sodium by weight - same as table salt. Salt substitutes



usually imply salt being replaced with potassium. Certain medical conditions and medications have interactions with potassium. Be sure to discuss whether a salt substitute is right for you with your doctor or dietitian.

**Bottom Line:** The acquired taste of salt can be unlearned but may take 6-8 weeks for taste buds to adjust. However, studies have shown by following a lower-sodium diet, individuals begin to prefer it. Those high sodium foods they used to enjoy taste too salty. ■

## COVER ARTIST

## Cameron Brown

Hello, I am Cameron Brown, art teacher, father, husband, coach and avid fossil hunter. Dinosaurs. What else is there to say? Since second grade, when I saw "Jurassic Park" in movie theaters, I have been fascinated with dinosaurs. That was the moment I told myself I wanted to be a paleontologist and discover dinosaur fossils. (Thanks Dr. Alan Grant.) Fast forward a few years, and I have been able to share that love of dinosaurs with my girls. Although I may not hunt for fossils for a living like I once dreamed of as a child, I do get the opportunity to hunt for dinosaur fossils with my father in the summer months; another tradition I get to pass along to my girls. As an artist, dinosaurs make such a great theme to create works from. They are full of wonder and mystery. With so many different species, the possibilities are nearly endless. I love the idea of series work where things are interconnected.

As an artist, I love challenging myself and finding new media to create art with. I drew out four of my



Cameron with his girls and their dinosaur paintings.

favorite dinosaurs and thought, "Why not try using highlighters; give these larger than life animals an abstract flair." I was inspired from various science fiction movies by the way they use color reflection and lighting. Highlighters were a unique media to give my drawings a similar color and reflection effect. Please check out more art adventures on my social media pages (Facebook and Instagram) - just search for Cameron Brown Art! ■



Cameron and his wife with a fossil they found.



Other drawings from Cameron's highlighter dinosaur series.

## PIECE BY PIECE

## Gift giving

Here it is, the deadline for my article and I haven't even though about what to write about, so I did what everyone probably does; I Googled it. I typed in 'What to write about in December' and was instantly given numerous ideas. I wonder if anyone has an original thought anymore or if we all just rely on Google or another search engine. Oh well, they're great tools.

One of the ideas was, "Why do you like to give gifts?" I figured that would be a good one. I love to give gifts because I like to make people happy. It brings me as much joy to give a gift that someone loves as to receive one (well almost). Actually, it is a lot of fun to surprise people with gifts especially when they aren't expecting one. I remember getting a letter from my mom when I was in college. She wrote me news and ended it with a PS that stated, "I found these two wrinkled up dollar bills and thought you could use them more than me." I still remember the feeling I had when I got them; it was a, "Wow, my mom thought enough about me to send them to me." It was a warm fuzzy feeling that I want to pass onto other people.

This month's lesson is on quilting batting. There are many types of batting. Cotton batting is made of all natural fibers and is favored for its soft texture and comfort. Polyester batting holds its

shape and thickness compared to other fibers. It is thicker but lighter and keeps you warm without the weight. It is non breathable but resists mold and mildew. Wool batting is very lightweight and is used for its warmth. It holds its shape and it springs back. It is excellent for hand and machine quilting and can also be tied. Cotton/Poly blends are typically 80% cotton and 20% polyester. It has the benefits of cotton but has more loft. Bamboo batting is made from bamboo and cotton. It is very breathable and ideal for machine quilting.

Bonded batting has a light adhesive on both sides to hold the fibers together. Fusible batting contains a fusible web so you can baste layers together. Needle punch batting is mechanically felted together by punching them with lots of needles. It is firmer and denser.

Check out our website to see what's happening at the Stash in December ([suzysstash.com](http://suzysstash.com)).

You still have time to get some Christmas projects sewn! If not, we have minky blankets, weighted blankets, table runners, Flowers of the Month, Fabric of the Month, candles, jelly, honey, pot holders - the list goes on. Have a Merry Christmas and Happy New Year. ■



# Heart River VOICE

## SHARE WITH US

Heart River Voice is the VOICE of Dickinson and Stark County. Share your story with our community! Contact us for more information.

Kelley Jilek at 701.290.2063 or email [kelley@heartrivervoices.com](mailto:kelley@heartrivervoices.com)



## HEART RIVER GEMS

## Scott Obrigewitch, part 2 of 2

By Kaylee Garling

Last month, we scratched the surface of some of Scott Obrigewitch's memorable military experiences. This month, we're going to dive right back into his life and share some more details about this humble, Heart River Gem.

Having an opportunity to represent the North Dakota National Guard in our State Partnership countries while teaching leadership classes to soldiers from other countries has been a highlight of Scott's military career. "I am the senior leader liaison between three countries in Africa (Ghana, Togo, and Benin), so I get to go to West Africa and teach African soldiers. It's a program that started in the late 1980s. Basically, each state's National Guard has a partner country that would

the first to have weapons, metal, things that no other African civilizations had. Their democracy is very stable today and still very well off because of it. I had the opportunity to tour a slave castle that's the oldest European-built structure in sub-Saharan Africa, built by the Portuguese in the 1400s."

He has collected several items from Africa that he keeps on display at his home. From tribal masks, carved ebony wood, handmade bracelets, woven creations and musical instruments, there's a story attached to each item, a peek into the country across the ocean few have experienced firsthand.

Scott says that his greatest academic achievement was at the United States Army Sergeant's Major Academy in Fort



Scott met Timothy Payne, who lost both legs in Iraq, while at the Academy. Timothy is now a motivational speaker.

be considered 'at risk' because their democracy, freedoms, or equality isn't very stable. National Guardsmen train their soldiers with the intent to stabilize that region. It's been a huge success. Every country that we've had a partnership with, their democracy has gotten better, their freedoms have increased, and their equality has improved. A lot of people live in poverty in Africa, but Ghana is actually one of the richest countries. The Ashanti tribe (Ghanaian people) went to central Africa and encountered other Africans, brought them to the coast, and sold them to the Europeans. They're fully aware they had a huge part in enslaving Africans. Because of their history of trading with the Europeans, their country is more advanced over some of the other countries in Africa. They were

Bliss, Texas in 2018. As a guardsman, he was picked #1 in the nation to attend the academy. While there, he finished in the top 5%. He received the William G. Bainbridge Ethics Award for displaying a positive attitude, unquestionable morals, and unsurpassed ethical values. At the same time, he graduated with a Master's Degree in Leadership Studies from the University of Texas at El Paso. When he counted up how many words he'd written that year, it came to 79,834. "One of the guys I met the first week was from Norway. I was telling him about the Minot Norsk Hostfest, a Scandinavian festival. He told me that those people were more Norwegian than he was. Later, I was telling him about North Dakotan, Woody Keeble winning the Congressional Medal of Honor and asked



Scott during the Bataan Memorial Death March in the White Sands Missile Base, NM.

him if they had something like that in Norway. He leaned toward me and said he had one. Come to find out, he's one of only two guys in Norway to have one since World War II. He's Special Forces, has his own Wikipedia page, and when he retires from the military, he wants to become the Norwegian Ministry of Defense, which is the equivalent of our Secretary of Defense. I gave him a bison painting from ND, since that's what we're known for, and he gave me a Hammer of Thor necklace. The hammer actually exists in a museum in Norway. He says that if you wear it, it gives you strength."

Scott spent more time in the south, serving his country. "We did a southwest border mission a few years ago for a couple months for two summers. A lot of people don't realize we've been building 'The Wall' since 2006. They gave us a tour of the border patrol station and in one of the drug rooms, probably 250 feet long by 50 feet wide, they have bales of confiscated marijuana. They actually take it out and have an incinerator in the middle of the desert where armed guards wearing masks, burn tons of confiscated

marijuana. It was really eye-opening. We weren't authorized to have our weapons with us when we were constructing the fence and border road, but we had Border Patrol agents escorting us, so they were our protectors. We had to survey the area where we were going to build the road and fence, so we were told not to go into Mexico because they could shoot us. I had a map and a compass, trying to figure out where the fence needed to go, and one of the guys said, 'Hey, take two steps toward me.' So, I took two steps toward him. And he said, 'You were in Mexico.' Then he said, 'Turn around and look at that hill.' He kind of explained where the hill was, over my shoulder, so I looked and sure enough, there were two guys with a scoped rifle, ready to shoot. The Border Patrol agent said they were probably cartel. So, when people ask me if I've ever been to Mexico, I say, 'Yes, illegally.'" He laughs, knowing the border can be deadly.

Speaking of deadly, he shares another experience, attached to a walking stick on display within his "Love Me" room, a place where his military awards, coins,

*Continued next page*

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Continued from page 6

and treasures can be found. He jokes about how his name is misspelled on several awards, which he says, "just adds character." "One of the most difficult physical challenges I was able to achieve was the 26.2-mile Bataan Memorial Death March in the desert and mountains of White Sands, New Mexico. When I was in Germany, they had a lot of walking days, since walking is their national pastime, so I got a walking stick. When I was down in El Paso, I had that walking stick with me. It had a metal tip on it, but it fell off with all the miles I put on it."

Another neat achievement Scott shared was being awarded the Noncommissioned Officer of the Year in 2008 while competing in and winning the Best Warrior Competition at the age of 38, which is really something extraordinary. "I competed against some of the finest soldiers I ever met who were considerably younger than me. And to lose to the eventual Department of the Army NCO winner by a mere three points



Scott, along with the 709 students of Class 68 United States Army Sergeants Major Academy.

was again something hard to believe. The competition was both physically and mentally challenging."

I hope this two-month article on our Heart River Gem, Scott Obrigewitch, has been as inspiring to you as it has been to me. Though he states in the previous article that he's nothing special, just had some incredible opportunities,

he's proved that life is full of character-growing opportunities we all need to take advantage of. He likes to ask himself, "If someone wrote a book about your life, would anyone want to read it?" Well, I, for one, have loved learning, and then writing about one of our very own, local heroes, who continues to serve, whether in the classroom, across the world, or

within our borders. If you are lucky enough to meet Scott, or your child is in his class, be sure to ask for more of his riveting stories, including one about a small-town cathedral where a wooden statue of Jesus cries literal tears when something significant happens around the world. ■

## CONVENTION AND VISITORS BUREAU Retail beautification



What does beautification have to do with the Dickinson CVB? The number one activity for visitors is shopping. They shop, dine, and seek entertainment. Promoting all our assets is important as we target geographic areas as defined by our marketing analytics.

**Retail appearance** - It may be true that we shouldn't judge a book by its cover, but also true we all do. Each entryway into your business is the cover to your book. It provides the first hint about the character and quality of the people, and products or services, within your business.

You want customers to come, spend money in your business, and then go home and tell family and friends how great it was. Look as potential customers approach your business. Look at the sidewalks, look at the signage, look at the

lighting, and look at the landscaping. What do YOU see? And what can you do to help improve what others see?

**Sidewalks** - Are they swept? Are weeds growing up and threw the cracks? Has the snow been shoveled off? Be

sure that there are not large gaps or unlevel concrete for pedestrians. Try using a concrete cleaner occasionally if there are stains, gum or tar on the sidewalk. Improve your sidewalk area with welcoming pots or planters.

**Signage** - Many shops in a downtown area place their signs above the door or have them painted on the windows. Often, these signs are missed by potential customers, eyes are forward while driving. By instead using perpendicular blade signs, which are hung beside the building, the potential customer can visually see them as they either drive or walk along the district. No lower than 7', no higher than 9', no wider than 42' (pedestrian downtowns only). Do you have an awning? Be sure to check it periodically. Make sure it is clean, and not fading.

**Lighting** - In a downtown, you want it to feel warm, and that is what LED lighting can do for a business. It looks good during the day and evening. Lights around the windows and under the awnings create a welcoming atmosphere. Soft white, 2,700 lumens or less can last up to 30,000 hours, and you can frame out your windows, doors, or hang below your awning. And make sure you get a soft white, while it's not the brightest lighting, it does give a welcoming illumination for the potential customer.

**Landscaping** - A lot can be written about landscaping, and this can include benches, large floral pots, window boxes and street artwork. Benches provide not only a public resting area, but also produce the image of a public welcoming area. Benches should always be at the facade facing out and flanked with pots or planters on either side of the bench. Pots or planters can be used for all four seasons, and should make a statement, particularly large pots. Window boxes add interest and when there's not much room, inset window boxes work perfectly. Street artwork can range from community sculptures to local designs and props that can also reflect a season



or holiday.

Nothing has a quicker return on investment than beautification. Visitors and local customers all understand that appearances are the beginning of their experience even before entering the doors. ■

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## #BOOKWORM

# Changes are afoot

By Cindy Thronburg

At the end of September, I attended the North Dakota Library Association's annual conference in West Fargo. It was wonderful to be around so many people who are passionate about libraries with a drive to continually improve them. After attending several sessions and listening to other librarians' experiences, it got me thinking about the evolution of libraries.

The purpose of the public library has changed dramatically over the decades. Libraries have evolved from being a place to access physical books into so much more. Now, libraries exist for a multitude of reasons. They are a community hub: a place to not only access materials, but to access a wealth of information, including online materials; a place to participate in community events; and a place to learn, grow, and connect with other individuals.

When I tell people I work at the library, the first thing they say the majority of the time is, "Do people still go there?" Yes! Absolutely. The library is always busy with people checking out materials (not just books), using the computers, reading newspapers, attending programs, etc. If they aren't in the physical building, they are accessing materials online, such as e-books and audiobooks via OverDrive, or they are a patron of our bookmobile. The library is no longer just a building confined to a set structure. It is an entity that encompasses several communities, especially a library like ours that serves

multiple counties.

As a community hub for Dickinson and the surrounding areas, we are constantly evolving and growing in order to better suit the needs of our patrons. From the smallest change, like re-labeling call numbers to make things easier to find, to the biggest: our upcoming expansion to the library. We will be almost doubling the size of our current building, and it will feature areas for community involvement, including meeting rooms and an auditorium. We are looking forward to being able to offer a wider variety of programs as well as more multi-use spaces for the public.

Starting in December, we are also making a large, statewide change. We, along with several other libraries in the state that are members of the ODIN consortium, will be changing to a new integrated library system (ILS). The ILS is basically what operates the library: what we use to check materials in and out, what we use to catalog materials, all sorts of things. What this means for our patrons is hopefully a better user experience. The online catalog will be easier to use, and patrons will be able to manage their library accounts online, among other things. What this means for library staff is a big learning curve, but we worked diligently to get ready for the migration in order to make it a smooth transition. We hope that you will enjoy the new

tools that will be available for you.

In short, libraries are ever-changing, ever-growing. With the new expansion, the library will have morphed into something completely different than it is now. This will be a beautiful, tangible example of how libraries continually evolve, and it will hopefully inspire ways for all of us to imagine what a library can be to its community.

New titles added to the collection:

- **Adult Fiction:** The Dutch House by Ann Patchett; Dark Illusion by Christine Feehan; Everything Inside: Stories by Edwidge Danticat; We Love Anderson Cooper: Short Stories by R. L. Maizes; Rules for Visiting by Jessica Francis Kane; The World That We Knew by Alice Hoffman; The Water Dancer by Ta-Nehisi Coates

- **Adult Nonfiction:** Plaintiff in Chief: A Portrait of Donald Trump in 3,500 Lawsuits; Inside Out: A Memoir by Demi Moore; She Said: Breaking the Sexual Harassment Story That Helped Ignite a Movement; How To: Absurd Scientific Advice for Common Real-World Problems

- **Adult DVDs:** Billy Lynn's Long Halftime Walk; Child's Play; Elementary: The Final Season; The Alienist; American



Image: Pixabay

Horror Story: Apocalypse; X-Men: Dark Phoenix; MIB International: Yesterday; Killing Eve: Season One

- **Children's DVDs:** Arthur Celebrates Community; T.O.T.S.—Bringing this Baby Home; Shark School; The Secret Life of Pets 2; Pokémon Detective Pikachu; Sesame Street Dance Party!

- **Children's Easy Books:** When Aidan Became a Brother; The Wall in the Middle of the Book; Snow Pony and the Seven Miniature Ponies; Bad Kitty: Searching for Santa;

- **Children's and Teens' Fiction:** Cursed by Tom Wheeler; Mac B., Spy Kid: The Impossible Crime by Mac Barnett; Touchdown Turmoil by Jake Maddox; For Black Girls Like Me by Mariama J. Lockington; The Boxcar Children: Secret on the Thirteenth Floor

- **Children's Nonfiction:** The Thrifty Guide to the American Revolution; Dreams on Fire; The Children of Willesden Lane ■

## REFLECTION

# M's mental moments: Christmas season

By Melissa Gjermundson

I don't know about you, but I can hardly remember November – running from one thing to the next with work, basketball games, boy scouts, Bible study, community events, a baby shower, celebrating an anniversary, hosting Thanksgiving, hunting and let's not forget the never-ending housework. Whew! As with most families, this is normal life. In between all the running, I did manage to prepare one thing for Christmas... writing out my to do list! Every year is the same plan: buy the presents early so that I have time to relax and enjoy the Christmas season. Well, I usually fail at the "relax and enjoy" part. No matter how prepared I am, it seems I can rush that countdown to December 25th. But this year, I challenge myself to shift my

perspective by allowing Love to be my guide instead of stress. From buying gifts (which I love doing!) to decorating the house (which gets a complete transformation) to listening to Christmas songs while baking or cleaning to attending Christmas programs and other events, I will remember it is a privilege that I GET to do all those beautiful things, and they are not a chore.

As my kids grow older, I want them to remember the times by the Christmas tree as a loving family being together, not me being busy with tasks. Love is the reason we have this season – so why wouldn't I listen to that little nudge that tells me to sit down, be present, and enjoy the random stories my kids are sharing about their day. Allowing Love

to guide me allows love to fill me and reminds me how blessed I am. Christmas is about family and friends. It is about being thoughtful with our giving (items bought or handcrafted or a simple act of kindness). Christmas is about being gracious, kind, and loving (even when fighting the holiday traffic in the stores). But, primarily, Christmas is about God's gift to us with the birth of Jesus. No matter what religion you are, you can feel peace and love in the air during Christmas time.

When the holiday stress is bogging you down, breathe. Refocus on your blessings. And take those precious moments to relax and be present. The



Prince of Peace was born in this season; let the peace surround you and bring you joy! God is Love. He loved the world so much He gave us Jesus. God loves every single person in this world. And His Love never fails. So, complete the holiday (and everyday) to-do list and gather with family and friends, while remembering the reason for this season and let Love guide you...today and always. ■



TRINITY CATHOLIC SCHOOLS

# Leadership at Trinity Junior High: Formation in value

By Kelli R. Schneider, Marketing Coordinator



Seventh and eighth grade students of Trinity Junior High having a great time at the Fall Fun Night.

A student in junior high has a multitude of new opportunities that open for them as they embark in a new chapter of student life. Along with enhanced academic rigor, students at Trinity Junior High have a number of extracurricular offerings available to them.

One such offering comes in the form of leadership: being a part of the Trinity Junior High Student Council. This group of student-leaders took on

the challenge, for the first time this year, of managing the Snack Shack – the concessions open for home and hosted athletic events. Amy Grinsteinner, Trinity Junior High School Student Council Advisor (and co-advisor for the Trinity High School Student Council) said, “The Snack Shack brings in a great deal of revenue for the school, and we needed a more consistent way to manage it. School events often are coordinated and run by

high school students, however, as faculty we thought management of the Snack Shack would be an excellent way for junior high students and their parents to really get involved at school. Junior High Student Council is now in charge of scheduling staff to work whenever the Snack Shack is open; and all junior high students and their parents take turns working shifts.”

Josie Schieno, eighth grade student and a member of the Trinity Junior High

School Student Council said, “Being responsible for the Snack Shack has been a challenge, but it has also been fun. I think it has made us [students] accept increased responsibility for important tasks – and it has instilled confidence in us that we can take on duties like this and do them well.”

The junior high student council consists of 16 members – students from seventh grade and eighth grade. They meet each Friday during lunch and the top agenda item is always going



over the Snack Shack schedule for the week. The remainder of the meeting includes brainstorming and planning for events that can have a positive impact on the culture of Trinity Junior High. Eighth grade student council member Harper Skaare offered, “I look forward to our student council meetings. The discussions remind me that it’s important to be open to ideas that are not my own. I see value in the ideas of others.”

To date in 2019-2020, the junior high student council sponsored a Zinger bar during Spirit Week, supplied breakfast smoothies for students during quarter exams, and hosted a Fall Fun Night for junior high – which included volleyball, basketball, video games, Spike Ball, “Just Dance” and snacks. McKenna Ernst and Jake Shobe, two eighth grade students who attended the Fall Fun Night said, “I would definitely go to a fun night again! Most of our classmates came and a good number of seventh graders. It was good to have something for everyone.”

“It has been wonderful to see the student council members step up to both a vital responsibility in our school [that of managing the Snack Shack] and also achieving their goal of making Trinity Junior High a place where every student feels welcome and valued.” ■



Seventh and eighth grade students of Trinity Junior High having a great time at the Fall Fun Night.



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## THE URBAN HOMESTEADER

# Ice fishing

By Jon Stika



Growing up in a northern climate, I was introduced to ice fishing at an early age. "Hard water" fishing, as some call it, is always an interesting and rewarding way to experience the outdoors. While there are many things that ice fishing shares with open water fishing, there are many significant differences that one must consider before venturing out on the ice.

The first major difference between open water fishing and ice fishing is safety. While ice fishing, you will literally be walking on water, so make sure that water is solid enough to support the way you intend to travel out onto it. Ice is never 100% safe! Ice that is four inches thick should support a person on foot, five inches should support a snowmobile or 4-wheeler, eight to twelve inches should support a small car, and twelve inches plus should support a pickup truck. These thicknesses are for clear, hard ice, not dark or slushy ice that often exists in the spring. Personally, I

never drive a vehicle on the ice and do not walk out on the ice until it is at least six inches thick. As with any outdoor activity, always let someone know when and where you will be going.

Needless to say, it's going to be cold out there on the ice, so well insulated, water resistant/water proof clothing is essential to stay warm and dry, particularly boots. When I was a boy, we stood out on the ice without a shelter, so our clothing was very important. Nowadays, I often pull a sled that pops up into a shelter from the wind. Getting out of the wind can make all the difference when you are outdoors in the cold, and there is a wide array of portable lightweight shelters available to help you do just that. Combining a small portable heat source and a wind shelter can make ice fishing a true all-day pleasure.

Ice thick enough to support you can also be a bit of a chore to cut through. A properly sharpened and adjusted ice auger can make the job fairly easy. I have both a hand-powered auger and a battery-powered electric model that get the job done very well. Some type of perforated dipper to scoop the ice shavings out of the hole is also essential to have a clear hole in the ice from which to fish through without difficulty.

Unlike open water fishing, there is no need to cast your line when ice fishing. Therefore, a short pole with a simple reel is all that is needed to drop a line down into the water. Because fish are not as active during the cold winter months, it is better to

fish with light monofilament line and small hooks or colorful lures to entice them to take the bait. While live bait is not essential, the likelihood of success is much greater if your lure/hook includes a minnow (where allowed as legal bait) or a waxworm (the larvae of the wax moth). Both of these types of live bait are available where ever live bait is sold during the time when lakes are frozen over and folks are wishing to fish through the ice. Though obviously not alive, frozen smelt are also good bait for Northern Pike.

Finding a place to fish is often as simple as going to nearby waters and observing if, and where, other people are fishing. Folks out ice fishing are often very willing to share where and how they are catching fish to help others do the same. Patterson Lake and Dickinson Dike, immediately southwest of Dickinson, are both good places to fish during the winter. Be sure to check the North Dakota Game and Fish fishing regulations ([www.gf.nd.gov](http://www.gf.nd.gov)) before pursuing fish through the ice to be sure how you plan to fish and what you plan to use for bait are legal in your chosen body of water. Be safe, stay warm, and good luck! ■



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.

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## YOUR HEALTH

# Being cloaked in darkness has adverse health risks

By Steve Irsfeld

I thought an article on darkness would be appropriate as we enter the shortest days of the year where many people go to work in the dark and return home in the dark. I am not a big fan; however, my wife always tries to convince me of the uniqueness of this time of year. Personally, I am more of a fan of long summer days and like to take the longest day of the year off to bask in the really long day but that seems really far away right now.

Several things start to happen about this time each year. I typically see the number of colds and flu increase, an increased number of patients experiencing depression, and hear more people complaining of aches and pains than during the summer months.

In a study done in 2011, the prevalence rate of Vitamin D deficiency was a whopping 41.6%. This number increases in the winter months when sun exposure drops drastically. So, one reason to be afraid of the dark is that your vitamin D levels can drop drastically. Without enough sunlight and dietary D, children may be at greater risk for rickets, a softening of the bones, and adults may be at greater risk for osteoporosis. Vitamin D deficiency may also increase the risk of high blood pressure and type 2 diabetes. What should you watch for if you're concerned you might not get enough? Here are a few signs you might need more vitamin D:

**Your bones ache.** Especially in winter, vitamin D-deficient adults feel more achiness in bones; muscles and joints are a little stiffer when you get up in the morning.

**You've got the blues.** Vitamin D seems to improve levels of the neurotransmitter serotonin, which in turn could lift your spirits. In a small 1998 study, healthy people given vitamin D supplements during the winter reported greater positive feelings than people given no D.

**You're 50 or older.** The skin simply

doesn't make as much vitamin D as you get older, and the kidneys start to grow a little less productive when it comes to converting that D into the form the body puts to good use, according to the American Cancer Society. Older adults may also spend more time indoors, according to the NIH.

**You're overweight or obese.** There's no change in vitamin D production in people carrying excess weight, but the higher concentration of body fat affects the levels of vitamin D in the blood. That's because vitamin D is fat soluble, meaning the more body fat you have, the more it gets "diluted." People who are overweight or obese may require more daily vitamin D to make up for this effect.

**You have darker skin.** Studies have shown distinct demographic differences in rates of vitamin D insufficiency and deficiency. Someone with very dark skin needs up to ten times the amount of sun exposure than someone with a very pale complexion to make the same amount of vitamin D.

The best way to find out if you are deficient is to do a 25-OH-Vitamin D test. This can be done at your practitioner's office, purchased at a pharmacy or ordered online. I recommend getting a blood level taken within 3-6 months after starting on D3 so that dosage adjustments can be made. The reference range may vary depending on the lab, but most range from 20-100ng/ml. That is a large range and there is some controversy on what level you should shoot for. Optimal from some sources would be 50 to 80 with a level of 50 being acceptable by the Vitamin D Council, Endocrine Society and Institute of Medicine.

If you have any questions or concerns about vitamin D, please don't hesitate to stop by and speak with one of my staff. You can access this and other articles on our website at [irsfeldpharmacy.com](http://irsfeldpharmacy.com). Until next time, be vigilant about your health. ■



Image: Pixabay

## BEST FRIENDS

# Building up the next generation

By Mark Billings

Few high schoolers return to their old elementary schools for anything, let alone to encourage the next generation.

Not so for Dickinson High School (DHS) senior Alex Praus, who travels to his youth stomping grounds -- Lincoln Elementary School -- once a week as a role model and guide for fourth-grader Kenzo Atohoun. Praus is one of nearly 20 DHS students who are helping local youth see the best in themselves as volunteers with the Best Friends Mentoring Program (BFMP).

The 18-year-old Dickinson native said he can still remember mentors visiting other kids at Lincoln when he was a student there. That positive memory, coupled with other DHS students he knew were mentors, including Brendan Johnson and Matthew Meschke, now freshman at Dickinson State University (DSU), drew him to BFMP last year.

"I honestly didn't know that much about Best Friends prior to joining and I wasn't sure if I would have enough time to do it but I'm glad I'm a mentor," said Praus.

Third-grade Lincoln Elementary teacher Sandra Hood referred Atohoun last year to BFMP because of issues he was having in class. In addition, Atohoun was struggling with transition, having moved from Minnesota to Watford City and then Dickinson. Prior to Lincoln, he briefly attended Prairie Rose Elementary.

Praus, who combines athleticism with an easy-going, quiet nature, was the perfect choice for the 9-year-old. The pair began meeting just before Thanksgiving last year.

Over the course of their many lunch and recess hours, along with other activities organized by BFMP now spanning one year, Atohoun says he has gained a trusted friend he looks up to and can count on.

"Alex is a lot of fun, he's nice and a lot of people think we're brothers," he said. "That's kind of funny because I do have a brother at DHS who is Alex's same age.

It's a good friendship. Alex is fun, cool and nice and I look forward to him coming."

Praus, a DHS wide receiver, was the first to commit to the DSU's 2020 Blue Hawks football recruiting class. With other club and organizational commitments he maintains, he was not sure about continuing to commit to BFMP. In the end, he says, he's glad he has persisted. The extra effort is rewarding.

"Now that DHS has a long lunch period on Wednesday, spending an hour or so at school with someone like Kenzo is worth it," he said. "There is a personal benefit to mentoring I didn't realize came with it, where you feel good about yourself, of giving to someone else."

Praus and Atohoun have continued to cultivate their mentoring relationship by taking advantage of several BFMP organized activities. Last summer, they joined a group of 20 mentors and mentees on a half-day trip to Badlands Ministries and hiked, played sports, contributed to a mentoring "quilt" and made s'mores around a campfire. The duo has also volunteered together at BFMP events.

"Starting the mentoring relationship was probably the most challenging but once you establish it, the conversation and connection just better and better, and you create a situation where the kid wants you there," added Praus.

In addition to the 20 DHS student mentors, BFMP's mentoring team includes more than 50 others from various stages of life from Bowman, Billings, Hettinger, greater Stark and western Morton counties. Mentors commit to spending one hour per week with their mentee either in a public school or community setting. There are certain age and other requirements.

For more information, contact BFMP Program Coordinator Mark Billings at (701) 483-8615, [mark@bestfriendsnd.org](mailto:mark@bestfriendsnd.org) or by visiting [www.bestfriendsnd.org](http://www.bestfriendsnd.org). ■





## MISS BEA'S KITCHEN

Holiday  
brunch

By Laura Beth Walters

I used to love reading for pleasure. Thank you, college, for ruining that for me. But, before I went to college, I read every Mary Higgins Clark book I could get my hands on. I found her storytelling to be captivating and thrilling and wanted to be just like her when I grew up.

But what does that have to do with brunch? In all of her books, the only thing I ever questioned was her choice of food her characters would enjoy! They would eat scrambled eggs with just about anything and she used all these strange sauces I had never heard of. Her characters hosted dinner parties and brunches and receptions all the time, and I wondered what all of that would feel like. Now that I'm older, I find myself eating eggs on my burgers and experimenting with "strange sauces" and I'm loving it! I also hosted my very first brunch a while back and had so much fun.



I made three simple dishes that anyone can make. They might seem like an odd combination as you read through the recipes, but they really do work together! Trust me. I hope you enjoy this simple Holiday Brunch menu and that you have a wonderful holiday season filled with family and friends!

Now. Who else wants to come over so I can experiment more with brunch menus?! Anyone?!

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

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**Zucchini Pie****Ingredients:**

- 4 T. butter
  - 1/2 yellow onion, sliced super thin
  - 2 large zucchini (about 4 cups), sliced thin
  - 4 oz sliced mushrooms
  - 1 T. basil
  - 1 T. oregano
  - Salt to taste
  - 12 oz shredded cheese (I used mozzarella & cheddar)
  - 4 eggs, beaten
1. Preheat the oven to 375° while you warm the butter in a large, deep skillet over med-high heat. Add the onions, zucchini, and mushrooms and sauté until browned. (The zucchini will cook down quite a bit.)
  2. Remove the pan from heat and let it sit for a few minutes to cool down. Once it's cool, stir in the basil, oregano, salt, cheese, and beaten eggs. Stir well until the zucchini is evenly coated with egg and cheese.
  3. Prep a pan for baking. You can use a 9x13 or a pie pan like I did. Either way, grease the pan well or line with parchment paper. I used olive oil to prep my pan and it worked well.
  4. Transfer the mixture to the pan and take the time to make sure the zucchini is evenly distributed and lying flat on top. Top with more cheese.
  5. Cover with greased tin foil and bake for 20-25 minutes. Uncover, and bake for 5-10 minutes more, or until the top is lightly browned and bubbly. Let it sit for 10-15 minutes before slicing and serving.

**Spiced Hot Fruit****Ingredients:**

- 2 c sliced apples
  - 2 c sliced pears
  - 1 1/2 c fresh cranberries
  - 1 c pineapple chunks (save the juice)
  - 1 T. lemon juice
  - 1/3 c brown sugar
  - 1 T. maple syrup or honey
  - 1 tsp. cinnamon (extra for topping)
  - 1/4 tsp. nutmeg (I used allspice)
  - 4-5 T. melted butter
- Optional:*
- 1/3 c chopped walnuts
  - 2 T. melted butter to coat walnuts
1. Preheat oven to 300°F.
  2. In a large bowl, combine your melted butter, spices, and honey or maple syrup. Mix in a few tablespoons of the pineapple juice as well.
  3. Add the sugar/butter mixture to your fruit and coat evenly. Put fruit evenly into a 9x13 baking dish. Pour leftover sugar/butter mixture over top.
  4. Bake for 1 hour.
- Optional:* Toss walnuts in a tiny bit of melted butter and a pinch of cinnamon. Sprinkle nuts atop fruit before baking. You can top with additional spices before serving, if desired. I served this mixture with Greek yogurt.

**Baked Ham & Cheese Rollups****Ingredients:**

- 1 tube crescent dough sheet
  - 3/4 lb thinly sliced ham (lunch meat works great!)
  - 12 slices thinly sliced swiss cheese
  - 1/2 c melted butter (I used salted)
  - 1 T. poppyseeds
  - 1 1/2 T. yellow mustard
  - 1 T. minced onion
  - 1 tsp. Worcestershire sauce
1. Preheat oven to 350°F and grease a 9x13 baking dish.
  2. Roll out your crescent dough and press into a rectangle approximately 13x18". Top with ham and cheese.
  3. Starting on the long side, roll the dough up tightly. Pinch the ends together and place with the seam facing down. Cut into 12 pieces.
  4. Place your rollups in your baking dish evenly spaced.
  5. In a small bowl, combine the butter, poppyseeds, mustard, onion, and Worcestershire sauce. Pour mixture evenly over rollups.
  6. Bake, uncovered, for 25 minutes or until lightly browned.



**PIPER'S PALS**

**Pet Name Match**

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

- A: Daisy (#\_\_\_)
- B: Lamont (#\_\_\_)
- C: Ernie (#\_\_\_)
- D: Tinker (#\_\_\_)
- E: Barkley (#\_\_\_)
- F: Candy (#\_\_\_)

(Answers in our January issue!)

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

Last month's answers:

- A: #2 Raina            D: #6 Geni
- B: #3 Gypsy         E: #1 Gary
- C: #5 Dixie          F: #4 Puddles



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**SOUTH HEART**

I Don't Know Bar  
South Heart Public School

**RICHARDTON**

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

**BELFIELD**

Trappers Kettle  
City Hall  
Belfield Public School

**FINANCES**

## Six ways to avoid holiday shopping scams

In the wake of numerous data breaches, shoppers should be on high alert while purchasing gifts this holiday season.

"While millions of credit and debit card transactions are conducted safely every day, it's important that consumers are aware of the potential for holiday scams," said Vaune Johnson, Market President at Cornerstone Bank in Dickinson.

Here are some tips to help keep your information safe whether shopping in the store or online:

- Monitor your account. Use online and mobile banking to keep an eye on your transactions, especially during the holidays. Notify the bank right away if there's any fraudulent activity.
- Beware of phishing scams. During the holidays, criminals will create a fake email for a deal that's too good to be true. If you click on any links within the email, you may be downloading malware onto your computer or you may be asked for payment information that could lead to fraud.
- Limit large sums of cash. Even though we've seen financial crime migrate from physical to cyber, customers should be careful not to carry around large sums of cash when shopping. A bank will make you whole if there's fraud against your account. If cash is stolen or lost, your money is

gone.

• Secure your internet connection. If shopping online, make sure you do so from a password protected Wi-Fi network. Never access online banking from a public Wi-Fi network. Many hotels, restaurants and coffee shops offer free Wi-Fi, but these can pose a risk if you utilize unsecured networks on sites where your credit card information is stored.

- Shop safely. Before making an online purchase, make sure the website uses secure technology. When you are at the checkout screen, verify that the web address begins with https. Also, check to see if a tiny locked padlock symbol appears on the page.
- Read the site's privacy policies. Though long and complex, privacy policies tell you how the site protects the personal information it collects. If you don't see or understand a site's privacy policy, consider doing business elsewhere.

Always remember that your bank and credit card company will NEVER ask you to provide your account numbers to them. We already have them! It's best to discontinue the call and not open attachments you were not expecting to receive.

Happy Holiday Season 2019 from all of us at Cornerstone Bank! ■



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WHERE BUSINESS GOES TO GROW

# Census 2020 - Frequently asked questions

**By Stark Development Corporation**

As we approach the New Year and start thinking ahead to what the future will bring for our own lives and the communities we live in, it is our civic duty to participate in the 2020 decennial census.

Many of us ask ourselves what is the census, and why is it so important for the federal government to know some basic facts about our lives? From an economic development perspective, we use census data for anything from recruiting new businesses to better understanding the makeup of our community and strategic planning.

While the data is important for planning purposes, the real impact of the census directly relates to the amount of federal funds we receive as a state and community based off of our population. For every person we miss on the census, we lose \$1,910 in funding. For every household not counted, we lose \$44,312.

Census Day is April 1st and marks the first day of the 2020 US Census. So over the course of the next few months, we will work to help you better understand what the census means to you and also dispel some of the myths associated with the census.

**WHAT IS THE DECENNIAL CENSUS?**

Every 10 years, the federal government conducts a population count of everyone in the United States. Data from the census provides the basis for distributing more than \$675 billion in federal funds annually to communities across the country to support vital programs—impacting housing, education, transportation, employment, health care, and public policy. They also are used to

redraw the boundaries of congressional and state legislative districts and accurately determine the number of congressional seats each state has in the U.S. House of Representatives.

**WHY IS IT IMPORTANT TO ME?**

Responding to the census is not only your civic duty; it also affects the amount of funding your community receives, how your community plans for the future, and your representation in government. Specifically, data from the 2020 Census is used to:

- Ensure public services and funding for schools, hospitals, and fire departments.
- Plan new homes and businesses and improve neighborhoods.
- Determine how many seats your state is allocated in the House of Representatives.

**WHEN WILL I COMPLETE THE CENSUS?**

The next census will take place in 2020. Beginning in mid-March, people will receive a notice in the mail to complete the 2020 Census. Once you receive it, you can respond online. In May, the U.S. Census Bureau will begin following up in person with households that haven't responded to the census.

**WHAT INFORMATION WILL BE REQUESTED?**

The decennial census will collect basic information about the people living in your household. When completing the census, you should count everyone who is living in your household on April 1, 2020.

**WHAT INFORMATION WILL NOT BE REQUESTED?**

The Census Bureau will never ask for:

**TEST YOUR CENSUS KNOWLEDGE**



I work in Dickinson on a rotational schedule with three weeks on and one week off. On my off week, I travel home. Should I claim Dickinson as my residence in the 2020 Census?



My Census information will remain completely confidential for 72 years or until 2092.



I work and live in Dickinson 80% of the year and my family lives out of state. Each of my family members that are not with me in Dickinson should be counted back home, but I need to be counted in Dickinson.



If I claim my primary residence where I work and lay my head 51% of the time or more, it will NOT affect where I register my vehicle or driver's license, or where I draw a home state hunting license.



The 2020 US Census will have an impact on both state and federal funding Dickinson and Stark County receive as well as voting power in the North Dakota Legislature.

- Social Security numbers.
- Bank or credit card account numbers.
- Money or donations.
- Anything on behalf of a political party.

**HOW CAN I RESPOND?**

In 2020, for the first time ever, the U.S. Census Bureau will accept responses online, but you can still respond by phone

or mail if you prefer. Responding should take less time than it takes to finish your morning coffee.

**WHERE CAN I GO TO LEARN MORE?**

You can learn more about the 2020 Census by visiting [2020census.gov](http://2020census.gov).

[2020census.gov](http://2020census.gov)





## TRUE CRIME

## Hebron podcaster dissects big crime in small towns



Distraught family members in front of Zeeland Bank, July 11, 1976.

## By James Wolner

For Dickinson resident Norb Sickler and the rest of the nation-Sunday, July 11, 1976 was supposed to be a day of rest. Just one week earlier, on July 4th, the nation had thrown itself one heck of a birthday party, and the United States was still nursing a Bicentennial hangover. People

had seen enough confetti and fireworks for a while. The only thing Americans wanted to hear on this afternoon was the sweet sound of normalcy.

For Norb Sickler, all sense of normalcy came to a very abrupt end at 3pm when he got a call from his employer-the North Dakota Bureau of Criminal Investigations.

'Hey Norb.' It was the familiar voice of Special Agent Dick Hilde of Minot. 'Sheriff Wiest of McIntosh County just called and asked for assistance in an investigation. Bank robbery, and the bank manager and his wife are missing, possibly kidnapped. Get down there and take the lead on this one.'

Agent Sickler hung up the phone, and within just a few minutes, he was headed east on a 200-mile journey to a tiny town named Zeeland in south central North Dakota. He wouldn't be back to Dickinson for days.

In Zeeland, the day had begun in its usual Sunday manner. But at Zion Lutheran church,

things were not running as usual. Two people were missing from the service that morning and not just anyone; it was Wade and Ellen Zick. Wade Zick, Zeeland's bank manager, was the church organist and choir director. His wife, Ellen, was a member of the choir. The Zicks never missed church--certainly not without letting people know ahead of time.

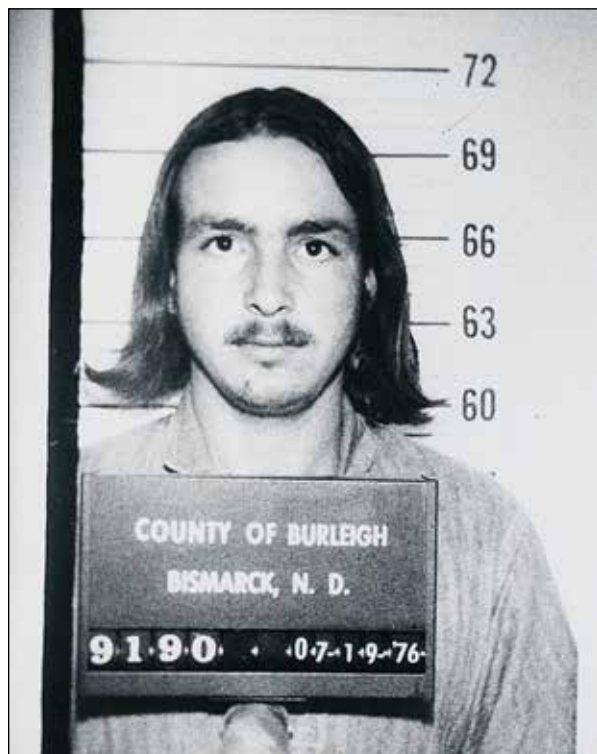
John Reede of Bismarck was 14 years old that summer. "We were all in church, but it was a church service that wasn't really there that day; everyone was more worried about where the Zicks were."

One Zeeland resident was quite worried. Lorraine Reiner tried calling the Zicks on the phone. No answer. Finally, she couldn't take it anymore, and she drove to the

Zeeland, the day had begun in its usual Sunday manner. But at Zion Lutheran church, things were not running as usual. Two people were missing from the service that morning and not just anyone; it was Wade and Ellen Zick. Wade Zick, Zeeland's bank manager, was the church organist and choir director. His wife, Ellen, was a member of the choir. The Zicks never missed church--certainly not without letting people know ahead of time.

Before long, half the town, including agent Norb Sickler, and other BCI agents were combing the town and countryside looking for the Zicks. The Sheriff even enlisted the help of teenagers on motorcycles and bikes to help in the search. John Reede was one of them.

"We were at a baseball game I believe,



David Feist

Zicks' home on 3rd street. She knocked

STATE LABORATORIES DEPARTMENT		ALLIANCE OF STATES	
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PHYSICAL EVIDENCE RECEIPT			
Autopsy No. A76-69			
LABORATORY NO.: C76-626	DATE SUBMITTED	12 July	1976 HOURS
SUBMITTING AGENCY: BCI and Dr. Bakken	CASE NO.: BCI: 09-76015		
VICTIM: Mr. Wade Zick	AGE/DOB:		
Receipt is hereby acknowledged for the following described property to be held and examined as evidence and to maintain chain of custody prior to presentation of evidence in a court of law.			
DESCRIPTION: (Including serial numbers, make, model, identifying marks, etc.)			
Exhibit 1: Clothing from Mr. Wade Zick			
a) Bathrobe			
b) Nightshirt			
c) Shorts			
Exhibit 2: Keys from pocket of Bathrobe			
Exhibit 3: Fingernail scrapings from each finger			
Exhibit 4: Fingerprints and palm prints			
Exhibit 5: Tissue (wound area of upper chest)			
Exhibit 6: Tissue (wound area of chest - lower shot)			
Exhibit 7: BB's removed from chest			
Exhibit 8: BB's removed from wound area			
Exhibit 9: Liquid blood			
Exhibit 10: Clotted blood			
Exhibit 11: Urine			
RELEASED BY:		WITNESSED BY:	
(Signature & Date)		(Signature & Date)	
		The Exhibits were turned over to Aaron E. Bash on July, 12, 1976 by Mr. Jack Westphal, S.A. and Dr. C.L. Bakken.	
		(Signature & Date) <i>Aaron E. Bash July 12, 1976</i>	

Continued, next page



Continued from page 16

and we came back and we stopped at the bank and they said, 'OK you guys go out and look through homes and underneath buildings,' and you know, a lot of us that had motorcycles and stuff like that, we went out and searched around."

The residents of McIntosh County were shocked that a bank robbery might take place in their own backyard. "It's not something we thought could happen here," they insisted. Little did they know, their level of shock and horror was about to increase tenfold.

At around 10:30 pm, two searchers found the lifeless bodies of Wade and Ellen Zick two miles outside of Zeeland.



The Zick's were found in a gravel pit.

They had been shot gunned to death in their pajamas and half buried under some debris in a gravel pit.

But the sense of disbelief and horror did not end there. On top of all that, the community would soon learn that three local men were suspected of the crime and were now on the run. Four days later, 22-year-old David Anthony Feist, his younger brother 18-year-old Sebastian Feist, and another 18-year-old named Gregory Huber were apprehended at the border as they attempted to enter Canada.

A few years ago, a pay-television channel named FX created a tv series entitled Fargo, based off the movie of the same name. Season 2 takes place in 1979 Minnesota, North Dakota and South Dakota. Kirsten Dunst, Ted Danson and other great actors get caught up in a potpourri of



The Zicks were found concealed under debris.

violence, crime, murder and mayhem.

Friends here in North Dakota have pointed out to me that both Fargo the movie and the TV series are extremely exaggerated and not based on anything factual at all. Yes and no. The show is certainly exaggerated, which is why we watch movies in the first place. We want to be entertained, surprised and titillated. But to say that violent crimes did not take place in the 1970s, right here in North Dakota, well that's not true. Case in point is the murder of Wade and Ellen Zick in July of 1976.

I only know all of this because I've spent endless hours researching archives for the purposes of producing my true

## Car left near Cottage Grove led to arrest of three murder suspects

Three North Dakota men detained at the Washington-Canadian border early Thursday morning on state murder charges and federal warrants charging them with violation of the Hobbs Act were in Cottage Grove Wednesday.

That visit and what they did in Cottage Grove probably led to their eventual capture at the Canadian border, according to a Federal Bureau of Investigation spokesman in Portland.

The three men, accused of murdering a Zeeland, N.D., bank manager and his wife, abandoned a 1968 Chevrolet in a pile of brush in a farmer's field of Mosley Creek Road near Cottage Grove, according to John O'Rourke, special agent in charge of the Portland FBI district.

The car was found by the farmer. An

Cottage Grove who said he sold them a second car at 2 p.m.

Joe Pingelton, sales manager at the Bud Betz dealership in Cottage Grove, said a man showed up at about 2 p.m. Wednesday and bought a 1969 Pontiac two-door hardtop for \$900 cash.

The man gave his true name, according to state police, and gave a California address when filling out the car registration. Pingelton said the man even said where he was going — to Canada to try to find a job.

Pingelton said the man didn't act like he was in a hurry and didn't do anything out of the ordinary.

"He seemed like a pleasant fellow," Pingelton said.

Pingelton said he offered to have the car cleaned for the man, and he agreed

watched to make sure we did a good job," Pingelton said.

Arrested without resistance by sheriff's deputies in Blaine, Wash., David Anthony Feist, 21, his brother Sebastian, 19, and Gregory Gene Huber, 18, all of Zeeland, N.D.

Each is being held in custody by U.S. Marshal's Office in Bellingham, Wash., in lieu of \$1,000 bond.

The federal warrants were issued in connection with the robbery of McIntosh County Bank in Zeeland, N.D., according to O'Rourke.

North Dakota state charges were filed against the men in connection with the murders of Wade Zick, 66, the manager of the bank, and his wife, Ellen Zick, 65. Their bodies were discovered in Zeeland Sunday night.

find out what happened, listen to Dakota Spotlight, Season One.

Season two of Dakota Spotlight is a deep dive into the story of Wade and Ellen Zick of Zeeland. I wanted to learn more about Wade and Ellen Zick and this senseless crime that took their lives. Who were the Zicks, and who were the men that killed them? I traced the minute-by-

minute movements of Norb Sickler and other law enforcement agents as they arrived and processed the crime scenes, interviewed witnesses and I followed the perpetrators as they attempted to flee justice. I even asked the perpetrators why they did it, all in an attempt to understand this terrible event. For more info, visit [dakotaspotlight.com](http://dakotaspotlight.com). ■

## How to Listen to Podcasts

Don't know how to listen to a podcast? Well, you're not alone. Podcasts are a new phenomenon and many people have never listened to one. It's basically like listening to an audio book or radio program but you use your phone or computer or home device to listen. There are thousands from which to choose. Using Dakota Spotlight as an example, here are a few ways to listen.

- On your smartphone: Install a podcast app on your phone (some good ones are Podcast Addict, Spotify, OverCast, Google Podcasts, and Apple Podcasts). Search for Dakota Spotlight and subscribe. Sync your phone to your car audio or ear buds and enjoy.
- On your computer: Most podcasts have their own website. Navigate to [dakotaspotlight.com](http://dakotaspotlight.com) and hit the play button on the episode of your choice.
- On your home device: "Okay Google, play Dakota Spotlight Podcast."

Another great thing about podcasts is that they are FREE!

Merry Christmas!



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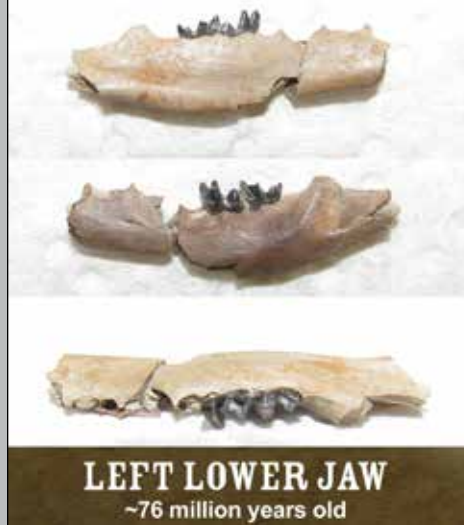
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**JUDITH RIVER MAMMAL**

**LEFT LOWER JAW**  
~76 million years old

Photo 1



Photo 2



Photo 3

**DICKINSON MUSEUM CENTER**

# Discovering new dinosaurs for Badlands Dinosaur Museum in Dickinson, North Dakota

By Denver Fowler

There's a somewhat old-fashioned but romantic view of paleontologists, cast as rugged explorers, trekking across faraway lands making fabulous discoveries. The reality is rather less glamorous (we are a scruffy lot!), but equally captivating. Every summer, the Badlands Dinosaur Museum sends a rag-tag team of dedicated volunteers out into the badlands, scouring the buttes and creeks for signs of dinosaur bones.

Our target since 2017 has been the Judith River Formation of Montana. 77 million years ago in the Late Cretaceous Period, North America was divided into eastern and western halves by a great inland sea stretching from the Arctic to the Gulf of Mexico, and covering what is now the US Great Plains (including North Dakota). The western edge of the seaway was flanked by the newly formed Rocky Mountains. Erosion of the Rockies produced gravel, sand and silt which was carried down from the mountains by streams and rivers. Where these rivers flowed into the seaway, their sediment load was dumped, gradually building a vast delta reaching out across Montana from the foothills of the Rockies almost as far as the border with North Dakota. Rivers that criss-crossed the delta periodically burst their banks, spilling sand and mud across the floodplain. It is these

alternating layers of sand and mud that we now call the Judith River Formation.

A whole community of different dinosaurs, mammals, crocodiles, and turtles lived on the ancient floodplain. Occasionally their bones would become fossilized, and it is these rare remains that our field crew have been diligently collecting and documenting. Although scientists have collected fossils from the Judith River Formation for over 150 years, not very many good skeletons have been collected compared to other rock formations. Consequently, we have a relatively weak understanding of the Judith River Formation fauna and how it fits in other similar-aged formations in North America. Our fieldwork therefore, aims to fill in these knowledge gaps by finding new fossils and studying the rocks.

The story of how we came upon our current field area is rather serendipitous. In June 2015, we were collecting in a different area, part of the Hell Creek Formation, and were visiting a Bureau of Land Management (BLM) field office in order to get our permits signed (to collect vertebrate fossils from public lands you need to have a permit and a recognized museum where the fossils will be stored). Within a small lobby display of local fossils from public lands was a beautifully preserved dinosaur jaw, labeled "hadrosaur

(duckbill)". My wife Dr. Freedman Fowler (also a paleontologist, and an expert on duckbills) noted that the label was incorrect - the jaw belonged to a ceratopsid, the group of horned dinosaurs that includes Triceratops. The jaw was pale brown in color, with pristine almost porcelain-like preservation, rather different from typical Hell Creek Formation bone. Could it be from the Judith? This was important as horned dinosaur skull bones were rare in the Judith River Formation. We asked the BLM officer where it had been found - even if there was only a small chance of more bone, the rarity of Judith ceratopsids made it worth going back and looking. Indeed it was from the Judith. He said he would take us there.

Fast forward to July 2016 and finally we were able to visit the site! A small contingent of BLM officers led us through streams, up and down through small valleys and canyons, and past herds of bemused cows until we eventually arrived at a remote spot



where a small cliff poked up out of the prairie. The exact place where the jaw was found four years previously had not been recorded, but we knew that it had been found at the bottom of this cliff, somewhere. We would therefore need to carefully search around the rocky outcrop to see if we could relocate the spot, to find more of the skeleton.

My field assistant Jack leapt up and eagerly strode out towards the cliff, but he didn't get very far. Stopping after only a few meters at some boulders, he made an instant discovery: there on the surface of a slab of hard sandstone was an articulated arm of a duckbilled dinosaur! Taken slightly aback by this instant success, the group became

*Continued, next page*



*Continued from page 18*

rather excited, and quickly set about looking for more. However, as these things often go, we spent the next hour or so enthusiastically finding very little; a few crocodile bones at one spot, small fragments here and there... then suddenly, a tiny mammal jaw complete with teeth (see photo 1). This mouse-sized marsupial would have scurried around the feet of the enormous dinosaurs that shared its habitat. A rare and important find, we carefully collected the remains, documented the site and kept looking for those ceratopsid bones.

The BLM decided to head off to survey another area, promising to check back with us in a couple of hours. As more time passed, I nearly gave up hope of finding this site; maybe it would end up being a wild goose chase after all. Suddenly Jack shouted down from half way up the cliff: he had come upon lots of bone weathering out on a ledge, and it looked very promising. I clambered up to join him. Sure enough, there were pieces of ceratopsid skull scattered all along the narrow ledge, their porcelain-like preservation confirming that this was the same specimen as the jaw in the BLM office. Exciting!

We took stock of what we could see: there were pieces of frill, an eye horn, teeth... As the bones had weathered out they had broken up into inch-sized pieces, but most pieces had what we call "clean breaks" - a sharp snap, meaning that there was a good chance we could fit the pieces back together in the museum's fossil preparation laboratory. We gathered up everything that we could find, even tiny fragments, taking photos before and after, and carefully labeling which bag of pieces came from which area. A large squamosal bone (part of the flattened frill at the back of the skull), and the second eye horn were still "in-situ": embedded in the rock, so we suspected that there would be more of the skeleton preserved at the site if we dug in.

Soon the BLM returned. We showed them what we had found, and they kindly granted permission to collect the exposed in-situ bones so that they would not be damaged during winter. We worked till sundown, carefully applying strips of burlap soaked in plaster of paris to make a tough jacket to protect the bones. While waiting for the plaster to dry we climbed to the top of the cliff (ever looking for more bones!) and looked out across the land

that lay beyond our new site. More cliffs stretched into the distance. I decided then that the next year we would apply for a surface collecting permit to return and explore these promising badlands. Each year since 2017 we have returned to this area, and have found many more new sites, some rather spectacular, which we will be collecting over the coming years.

Although it is in the field where the initial excitement of discovery takes place, you never really know exactly what you have found until the fossils are cleaned up back in the lab. Liz has been working on Jack's duckbill arm that we found in 2016. When carefully cleaning away the rock surrounding the arm, she made another fantastic discovery: fossilized skin, with delicate scales and even a mummified pinky finger! As of June 2019, we have put Jack's mummified duckbilled dinosaur arm in the main display at Badlands Dinosaur Museum so that you can come and see this exciting fossil (see photo 2).

The 2016 ceratopsid skull has proven to be quite a challenge to fit together, like a 3D jigsaw without a picture for which you can be pretty certain that some pieces are missing! Even so we have puzzled together enough to be able to tell that we have quite a lot of the skull already (see photo 3), including the most important part - the middle of the flat frill that would have jutted out from the back of the skull. You need this part to tell what species you have found. Likely our specimen is from a horned dinosaur called Centrosaurus, which is otherwise known mainly from a rock unit in Canada called the Dinosaur Park Formation.

In April of this year, Badlands Dinosaur Museum hired a fossil preparator, Darrah Steffen. While previously our lab was staffed by a small crew of dedicated volunteers, now we have Darrah working full-time cleaning up our discoveries so that they can be studied and put out for display more quickly than before. We are also much more able now to take on new volunteers, so if you or someone you know is interested in helping us clean up dinosaur bones, drop me an email at: [denver.fowler@dickinsongov.com](mailto:denver.fowler@dickinsongov.com).

We have many different projects to work on including lots of puzzles! ■

*Happy New Year*  
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*Meal and Celebration Toast*  
*Entertainment by G.L. Berg's*  
*James Wedgwood Comedian/Ventriloquist*  
*Hosted by Richardton Healthcare Foundation*  
*Tickets are \$60 per person or \$600 Table of 8*  
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## Call for Artists

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

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

We'd love to show off your talents!

Email to:  
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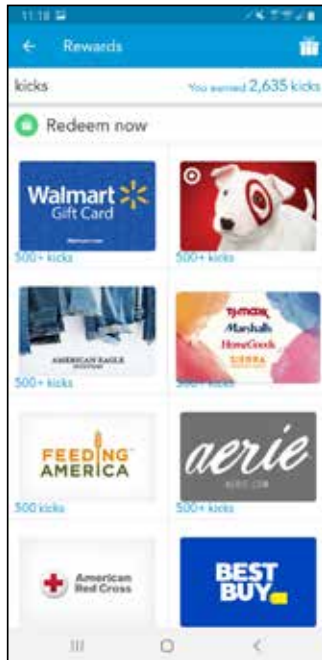
By Laura Beth Walters

What to do when it's December and -4,000° outside with 200 mph winds? Not much! But something my husband and I like to do during the colder months (and even the not so cold months) is Shopkick. Have you heard of it? It's actually pretty fun and kind of feels like a scavenger hunt for adults. We have done this for a quick, easy "out-of-the-house" activity when there's nothing else going on in town but we want to be out. Shopkick is a great way to earn gift cards for literally just walking around the store and scanning various items. If you have a smartphone, you're all set. Here's how it works.

First, download the Shopkick app. It's easy and free! Once you set up your account, you can select whichever gift card you would like to start earning. Gift cards from Target, aerie, Best Buy, eBay, Yankee Candle, Sephora, UBER, and so many other options are available. You then select the gift card amount you would like to work toward and it tells you how many kicks you will need, and you can track your progress through the Kicks Center. Gift cards start as low as \$1 or \$2 and go up from there. You can also select a card for places like Feeding America and donate your earned kicks to a good cause.

After selecting your gift card, simply make sure your WiFi and location are turned on so the app can show you the local store options, then select the store you would like to start scanning. Here in Dickinson we only have two stores who participate - Walmart and Family Dollar - but keep reading! Some stores give you kicks simply for walking in the door, others may not. Once you are in the store and have the app open, be sure to select the store you're in and then hit "Scans". This will open the next window which will show you all available kicks. Scans are organized by category, so it's easily navigated, and you won't be backtracking all over the

store. Simply tap on the item you wish to scan, hit "scan", and hold your phone over the barcode on the item to collect kicks. As you scan, you will see that various items can earn you anywhere from 10 to 75 kicks just for scanning them with your smartphone, but you also have the opportunity to earn several hundred kicks if you purchase the item. You may also choose to link your card to your Shopkick account and the app will add kicks when you purchase items using that card.

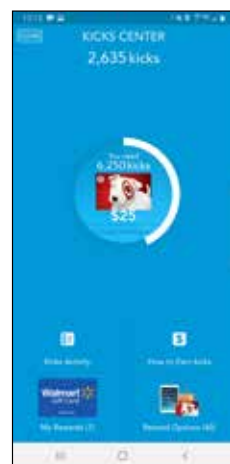


As you make your way through the store scanning items, the kicks will automatically be added to your account and if you earn enough points for whatever goal you've set, you can claim the card electronically and use it that day. There's no wait time! The first cards my husband and I earned using Shopkick were \$5 Walmart cards. We earned them and were so excited that we bought snacks with our very first rewards just 10 minutes later!

Currently, we are both working on \$25 Target cards and plan to use them to buy a new set of dishes that we both love.

Now, why am I sharing this info with you if there are only two local places to Shopkick. Well, a couple of reasons. It's getting down to the wire on Christmas shopping and I know a lot of us make the trip to Bismarck or we shop online. Shopkick has SO MANY kicks available both in Bismarck and for all of that online shopping I know we ALL do! Places like Sam's Club, BarkBox, Lucky Brand, Home Depot, 1800Flowers.com, and even Hulu offer kicks. It's a great way to earn rewards for doing the shopping we will all be doing anyway, and it will make the pang of spending all that dough sting just a little less.

So, the first reason is because it's good for you, the second reason is that if you sign up and use my code, I earn 250 kicks and we will be one step closer to getting that set of dishes! WOOHOO! Not only



will I get kicks if you join, but you will also earn 250 kicks and for each friend you invite using your own code you will earn another 250 kicks when they use the app for the first time, and if they invite someone who joins then they will get another 250 kicks, and so on and so on and so on...it's really the gift that

never stops giving, and we all like those kinds of gifts.

I hope your Holiday Season is filled with love and joy and that you are surrounded by friends and family as you celebrate the season. Eat lots of cookies, drink lots of eggnog and coffee, and, seriously...Use my code: NICE745567. ■

## NDSU EXTENSION

### Help in times of stress

This fall has been extremely challenging due to the amount of rain we've received. As farmers and ranchers, you may find yourself getting frustrated, worn out, and discouraged. Yet you are unlikely to reveal the stresses you face or the frustrations you feel. When frustration

and ranchers can control some situations. Planning ahead is one method. Replace worn machinery parts during the off season to take one thing off your already full plate. Also, say no to extra commitments. It's okay to say no to avoid stretching yourself too thin.



and helplessness build up, they lead to intense family problems. If left unresolved, these feelings can lead to costly accidents, poor decisions, strained relationships, health concerns and deaths.

Many people learn to screen out unpleasant circumstances and related stresses. Much of the time, people do not know they are feeling stress or do not give much attention to what is going on in their bodies and in their relationships with others. But early warning signs of stress are like a flashing red light on the dashboard of your car when the engine is overheating. If you ignore it long enough, the engine will malfunction. Rising blood pressure, rapidly beating heart, clenched teeth, aching neck and shoulders, sweating hands and feet, churning stomach, dropping sexual interest — these are all red lights flashing on your body's dashboard and warning you that trouble could lie ahead. However, you have things you can do to feel better and find help if you need it.

Learning to control events, attitudes and responses will help you manage those hectic, stressful times. The goal is to keep you and your family physically and mentally healthy.

To reduce the pileup of too many stressful events at one time, farmers

How those in farming or ranching view situations is key in creating or eliminating unwanted stress. While you cannot control the weather, you can control how you respond. One way to do this is to try to see the bigger picture; find even the smallest positive in a negative situation. Think about how to turn your challenges into opportunities. It is also important to notice what you have accomplished rather than what you have failed to do. These mindset changes are vital in reducing stress in situations that are outside your control.

Self-care is crucial to managing stress. Exercising regularly, eating well-balanced meals, and getting sufficient sleep go a long way in staying healthy. Getting run down only adds to one's stress. Don't be afraid to talk to someone about your worries and frustrations. All of us have times when we need help and support whether from a friend or a professional. Be sure to take time for yourself: take a break or do something you enjoy for a few minutes.

NDSU Extension Stark/Billings County has additional resources for farmers, ranchers, and their families who are experiencing heightened stress. If you have any questions, call 701-456-7665 or stop by the office. ■



## THAT'S CHEESY Cream Cheese

Cream cheese has a mild, sweet taste with a pleasant slight tang. It is a smooth, spreadable cheese at room temperature and comes in various flavored varieties including those with herbs, fruits blended in. The cheese is widely consumed in United States where it used to enrich cheesecakes, frostings, dips, toppings, sweet & savory dishes and desserts.

### Pecan Pie Cheesecake

#### Ingredients:

##### For the Crust:

- 1 3/4 cups vanilla wafer crumbs
- 1/4 cup brown sugar
- 1/3 cup unsalted butter, melted

##### Pecan Filling:

- 1 cup sugar
- 2/3 cup dark corn syrup
- 1/3 cup unsalted butter, melted
- 2 large eggs, lightly beaten
- 1 1/2 cups pecans, chopped
- 1 tsp. vanilla extract

##### For Cheesecake Filling:

- 24 oz cream cheese, softened
- 1 1/4 cups light brown sugar
- 2 T. all-purpose flour
- 4 large eggs
- 2/3 cup heavy cream
- 1 tsp. vanilla extract

##### Topping:

- 3 1/2 T. unsalted butter, melted
- 1/2 cup brown sugar
- 1 tsp. cinnamon
- 1/4 cup heavy whipping cream
- 1 cup toasted pecans, chopped



#### The Crust:

1. Line the bottom of 9" springform pan with parchment paper and set aside.
2. Combine vanilla wafer crumbs and brown sugar, stir in melted butter, then press the mixture evenly into bottom and halfway up the side of 9" springform pan. Set in the fridge to firm the crust while making the filling.

#### Pecan Filling:

In a medium saucepan, combine sugar, corn syrup, melted butter, eggs, pecans and vanilla and bring to a boil over medium-high heat, stirring constantly. Reduce heat and simmer, stirring constantly until thickened, 5-7 minutes. Pour into prepared crust and set aside.

#### Cheesecake Filling:

1. Preheat the oven to 350°F.
2. Beat the cream cheese until creamy, then add brown sugar and flour, and beat until fluffy.
3. Add eggs, one at a time, beating just until combined after each addition. Do not overbeat. Stir in heavy cream and vanilla, then pour cheesecake mixture over pecan filling.
4. Place springform pan on a cookie sheet, put it in the oven and reduce the heat to 325°F. Bake for 60-70 minutes (until toothpick inserted in the center comes out almost clean). Turn off oven and leave cheesecake in with oven door closed for 1 hour.
5. Run a knife around edges of cheesecake but don't take out of the pan until completely cooled.

#### The topping:

1. In a small saucepan, combine butter and brown sugar. Cook for 3-5 min or until very bubbly. Stir in cinnamon, heavy whipping cream and chopped pecans. Cool to room temperature.
2. Release the sides of springform pan and spoon the topping over cooled cheesecake. ■

Contributed by Tara Laber

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## **NOVEMBER 1-DECEMBER 13 GIVE THE GIFT OF READING**

Take a tag from the Angel Tree at the Dickinson Public Library and return your generously donated, new, unwrapped books to the Library between November 1 & December 13. You may also donate any kind of new books for ages 0-17. Books and more will be available for purchase. You may buy them for donations for the Angel Tree, keep them for your personal library, or give them as gifts!

## **SATURDAY NOVEMBER 30 NO SHAVE NOVEMBER FOR ND MAKE-A-WISH 7PM**

Event includes a live shave off, meat raffle and drink specials. Trophies for best and worst beard. All proceeds go to Make A Wish North Dakota. I Don't Know Bar, 207 4th St NW, South Heart.

## **DECEMBER DATES FOR SANTA AT PRAIRIE HILLS MALL**

**SATURDAY DECEMBER 7**  
11AM-2PM; 3-5PM

**SUNDAY DECEMBER 8** 1-4PM

**FRIDAY DECEMBER 13** 4-7PM

**SATURDAY DECEMBER 14**

11AM-2PM; 3-6PM

**SUNDAY DECEMBER 15** 1-4PM

**FRIDAY DECEMBER 20** 4-8PM

**SATURDAY DECEMBER 21**

10AM-1PM; 2-4PM; 5-7PM

**SUNDAY DECEMBER 22**

1-4PM; 5-7PM

**MONDAY DECEMBER 23**

10AM-1PM; 2-4PM; 5-7PM

## **WEDNESDAY DECEMBER 4 THE FEMALE GAZE ARTIST RECEPTION 2-3:30PM**

Meet artist Jamie Azevedo. Her exhibit runs December 2-31 at the Mind's Eye Art Gallery, Dickinson State University, 233 Campus Drive.

## **HERE COMES SANTA CLAUS**

4-5PM Get your photo taken with Santa! Enjoy cookies, hot chocolate & tell Santa what you want. If you've been good this year, receive a printed photo in the mail following the event. Edgewood Hawks Point, 1266 Signal Butte.

**THURSDAY DECEMBER 5  
BOOKS & BREW 7-8:30PM** A book-club for adults set in a relaxing atmosphere. Discussing *Hotel on the Corner of Bitter and Sweet*. Must be 21+. Deporres House of Barbering and Lounge, 17 2nd Ave W.

**FRIDAY DECEMBER 6  
VINTAGE CHRISTMAS OPEN  
HOUSE 4-6PM** Enjoy a vintage Christmas open house at the Joachim Museum in the Dickinson Museum Center. FREE admission during event. Live music, refreshments, and an art show by DHS students.

**DICKINSON AREA PUBLIC  
LIBRARY FOUNDATION'S  
OLD FASHIONED CHRISTMAS  
SOCIAL 6-9PM** Enjoy hor d'oeuvres, cookies and wassail, along with music, a wine pull and silent auction. This ticketed event is free for Platinum Card holders and Twice Sold Tales volunteers. Tickets for all others—\$20, available at the Library and at Twice Sold Tales. Community Room, Dickinson Area Public Library.

**DECEMBER 6-8  
TRINITY HIGH SCHOOL  
PRESENTS FIDDLER ON THE  
ROOF** Friday/Saturday 7PM, Sunday 2PM Join Trinity Junior and Senior High School for the winter musical. More info, 701.483.6081. Trinity Catholic School Auditorium, 810 Empire Road.

**24TH ANNUAL COWBOY  
CHRISTMAS CELEBRATION**  
5PM Friday, 10AM Saturday, 9AM Sunday Shopping, dance, entertainment, Eats on the Streets, Cowboy Poetry and lots more. Fun for the whole family! Downtown Medora.

**SATURDAY DECEMBER 7  
BREAKFAST WITH SANTA &  
VENDOR SHOW 9AM-1PM** Join us for a buffet-style breakfast and FREE photos with Santa. While there, be sure to shop local vendors and enter their drawings for door prizes. Cost

is \$20 per family or \$5 per individual. All proceeds earned will go to the purchase of a new piece of playground equipment for the east side of the playground. Event sponsored by Steffes LLC. Roosevelt Elementary School, 230 3rd Ave E.

**JINGLE BELL 5K RUN/WALK**  
9:30AM Check in/10:30AM Race time. Dress up in your best holiday attire. Jingle bells will be given to all participants to carry during the race. Enjoy hot cocoa and a bowl of chili after the race, door prizes will be drawn (must be present to win). Registration: \$30/\$35 on race day. West River Community Center.

**AMERICAN LEGION DISTRICT  
8 ORATORICAL SCHOLARSHIP  
CONTEST 10AM-1PM** A great way for local area high school students to earn money and learn how to give speeches about the Constitution and citizenship. Public welcome. Beck Auditorium, Klinefelter Hall, DSU.

**SANTA PAWS: PET PICS WITH  
SANTA 10AM-3PM** Bring your pet to meet Santa and get a picture! All proceeds to Raise the Woof animal rescue - \$10 fee. Photos by Beth with Hipcat Creative. Hosted at Runnings.

**CLAUS & PAWS 11AM-6PM** Pet photos with Santa benefiting Best Friends Mentoring Program. Photos \$20. \$5 from each photo donated to Oreo's Animal Rescue. 137 1st Ave West.

**COWBOY CHRISTMAS CRAFTS**  
1-3PM Kids of all ages are invited to make their very own Victorian Christmas ornaments and try their hand at historical games. All supplies are provided for free! Hot chocolate and coffee will be available (at no charge) to keep the creative ideas flowing. Chateau De Morres, Medora.

**ASSUMPTION ABBEY ANNUAL  
OPEN HOUSE 1-4PM** The Gift Shop and Wine Cellar are open

as well as home-made breads and fruit cake for sale. Come enjoy a cookie (or more) and some hot cider while visiting with friends. Assumption Abbey, 418 3rd Ave. N, Richardton. More info, 701-974-3315.

**OLD-FASHIONED CHRISTMAS  
STROLL 11AM-5PM** Join the Downtown Dickinson Association for an old-fashioned Christmas Stroll along with a ceremonial Christmas tree lighting and a Parade of Lights to follow. Downtown merchants will host special events and in-house specials. To be held in downtown Dickinson. More info, contact Val Decker 483-3276 or Christina Dawson 483-3251.

**SANTA S'MORES & BEDTIME  
SNORES 6:30-8:30PM** Prairie Hills Mall and Best Friends Mentoring in partnership have created an amazing, fun-filled event for the entire family. Activity stations, s'more makings, caroling, Santa, and more! Free will donation. Inside Prairie Hills Mall.

**SUNDAY DECEMBER 8  
8TH ANNUAL CRAB CRACK  
ON THE PRAIRIE 5:30-8PM** Support St. Benedict's Health Center. Socialize, dine, and enjoy the talented Shawn Oban. Menu includes a delicious dinner of crab, BBQ ribs, savory side dishes, a variety of micro-brew beer and hard ciders, and sweet desserts. Tickets \$100/person. Lady J's Catering, 20 E Broadway.

**MONDAY DECEMBER 9  
PAINTING WITH SANTA**  
6:30-8:30PM Join Best Friends Mentoring Program and Santa for a fun night of canvas painting. Bring your friends! All ages and abilities are welcome. Save \$5 by purchasing tickets in advance: \$25 for adults, \$15 ages 12 and under. Cost is \$30 at the door. Canvases, brushes and all other painting supplies provided. More info, 701-483-8615. Phat Fish Brewing, 1031

W. Villard St.

**WEDNESDAY DECEMBER 11  
CLAUS & PAWS 4-9PM** Pet photos with Santa benefiting Best Friends Mentoring Program. Photos \$20. \$5 from each photo donated to Oreo's Animal Rescue. 137 1st Ave West.

**PERCUSSION STUDIO RECITAL 5-6PM** The DSU percussion studio presents a fall recital. The event is free and open to the public. Band Room, May Hall, DSU.

**WEDNESDAY NIGHT WINE  
CLUB 6PM** Join us for a casual wine enthusiast gathering with a special guest host as they present featured wines and knowledge as you sip and snack on Chef Collin Wehner's appetizer pairings. Event cost varies depending on featured wine. Space is limited, so call ahead to reserve your spot: 483-9900. Brickhouse Grille, 2 W Villard.

**THURSDAY DECEMBER 12  
BLOOD DRIVE 1:30-6:30PM** DSU Nursing Student Association Blood Drive. For more information, contact Erin Berger at erin.berger@dickinsonstate.edu. Ballroom 116B, Student Center, DSU.

**FREE FAMILY MOVIE: THE  
GRINCH 6-8PM** Enjoy a fun family film in our Community Room! We will provide the popcorn, hot chocolate and cider, and you may bring blankets if you wish! For all ages! No unattended children under 10. Community Room, Dickinson Area Public Library.

**SATURDAY DECEMBER 14  
HOLIDAY VENDOR SHOW**  
10AM-2PM Grab all your gifts and goodies from a multiple of local vendors on-site. Edgewood Hawks Point, 1266 Signal Butte.

**GRINCHMAS PARTY 10-11:30AM** Watch the movie, go on a candy cane hunt, make some crafts, and meet the real live Grinch! Geared towards



ages 2-10. Come dressed in green or as Who-girls and boys! Photos with Santa benefiting Best Friends Mentoring Program. Photos \$20. \$5 from each photo donated to Oreo's Animal Rescue. 137 1st Ave West.

#### SUNDAY DECEMBER 15

**CLAUS & PAWS** 1-4PM Pet photos with Santa benefiting Best Friends Mentoring Program. Photos \$20. \$5 from each photo donated to Oreo's Animal Rescue. 137 1st Ave West.

#### DECEMBER 16-18

**KIDS BOARD GAMES** 3:30-5PM Kids' Board Games available to play with old or new friends at the children's library circulation desk. Ages 6-17. Dickinson Area Public Library.

#### SUNDAY DECEMBER 22

**SOUTH HEART SANTA CLAUS DAY** 5-7PM Bring the kids to meet Santa Claus and enjoy free hot cocoa, candy canes and hot dogs. Brock White Entertainment will be set up with a selfie station photo booth and holiday music. Accepting donations for school hot lunch program for families in need. I Don't Know Bar, 207 4th St NW, South Heart.

#### MONDAY DECEMBER 23

**KIDS BOARD GAMES** 3:30-5PM Kids' Board Games available to play with old or new friends at the children's library circulation desk. Ages 6-17. Dickinson Area Public Library.

#### TUESDAY DECEMBER 24

**FREE FAMILY HOLIDAY MOVIES** 10AM-NOON Showing the family classic "Elf." Also showing "White Christmas." Doors open at 9:15AM, show begins at 10AM. We will be stocking the food shelf this year and ask that those who are attending to please bring a canned food item, or a monetary donation when you come. We will also have free coffee, hot apple cider and cookies in the lobby. Odyssey University Theatre, 900 Campus Drive.

#### TUESDAY DECEMBER 31

**NOON YEAR'S EVE PARTY** 11:30AM-12:15PM We're ringing in the new year at Noon! We'll have crafts, treats, confetti, and more. For ages 2-10. Sign-up required! Community Room, Dickinson Area Public Library.

#### NEW YEAR'S EVE PARTY

6:30PM Join Richardton Healthcare Foundation to enjoy a meal, celebration toast, and entertainment by JL Berg's James Wedgwood comedian/ventriloquist. Tickets \$60/person, available at Suzy's Stash in

Richardton and Dakota Community Bank in Taylor. Held at Lady J's, 20 E Broadway, Dickinson.

### ONGOING EVENTS

#### DINING, NIGHTLIFE, BARS

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

#### THE EAGLES CLUB

6-9PM Mondays Join us Mondays during the NFL season for beer & drink specials. 5:45PM Wednesdays Stop in and play Bingo. Games played in succession. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

#### I DON'T KNOW BAR

11AM-3PM Lunch specials Monday-Friday. Mondays Pizza and a pitcher \$11. Tuesdays \$2 Long Island Teas. Wednesdays 2-4-1's wells and domestics 6-10PM. Thursdays \$2 pints. Friday prime rib 5-9PM and \$6 pitchers. Saturdays \$15 beer buckets. Ladies night free wells and domestics 8-9PM then 9PM-close only \$1. Sundays \$5 Bloody Mary bar 11AM-3PM and \$3 pounders 5PM-close.

#### FOOD KITCHENS

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

#### ANGEL 37 KITCHEN

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

#### SUPPORT GROUPS

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

#### FAMILY FUN

**PUBLIC ICE SKATING** 7-9PM Friday & Saturday; 1:30-3:30PM Saturday & Sunday. Fees: Daily admission - \$4.00 (5 & under free). Skate Rental - \$2.00/pair. West River Ice Center.

#### DICKINSON AREA PUBLIC LIBRARY

9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). See dickinsonlibrary.

# Toy & Food Drive!

Please help us help kids this holiday season:

- Bring a minimum of three food items, or one much-needed household item such as baby diapers or laundry detergent.
- **OR** bring a NEW unwrapped toy which will be distributed to needy kids in Southwest ND.
- Drop off items at Consolidated, 507 S Main, Dickinson or Cornerstone Bank, 3095 15th St W, Dickinson

YOU will be entered in a prize drawing!

1st Prize: iPad from Consolidated  
2nd Prize: \$50 Visa Gift Card from Cornerstone Bank

See official drawing rules at [cornerstonebanks.net/rules](http://cornerstonebanks.net/rules) Drawing will be held on December 16th.

**Consolidated**  
Reach the World, from here.



**CORNERSTONE BANK**  
Member FDIC

org for up-to-date information and more fun activities that may require sign-ups.

#### CLUBS/GROUPS

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

**SEW SISTERS** 2PM Sew Sisters, 2nd Tuesday of each month. Other classes available and info, see [www.SuzysStash.com](http://www.SuzysStash.com). 118 N Ave, Richardton. 974.7899.

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

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

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

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

dvornik 690.8958 or MaryAnn Brauhn 290.4013.

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

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

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

#### MEETINGS

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

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

**EAGLES CLUB** 5:30PM Auxilia-

ry Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month.

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

#### COMMUNITY OFFERINGS

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

### SAVE THE DATE

#### JANUARY 24-26

**TRINITY CATHOLIC SCHOOLS 56TH ANNUAL MARDI GRAS** Join us Friday, Saturday, and Sunday for our annual Mardi Gras. Fun for the whole family! Visit our Facebook page for more info: [facebook.com/TrinityMardiGras](https://facebook.com/TrinityMardiGras)



## THE ARTS

## Badlands Art Show Winners

## Student Division

The Badlands Art Association is proud to announce the 2019 Student Art Show winners. In the kindergarten through 3rd grade division; two first place awards "Toucan" by Ryan Woehl, Jefferson, "Big Sunflower in Brown Pot" by Nora Maier, Killdeer, second place, "Hungry Shark" by Kaci Kadrmas, Lincoln, two 3rd placers, "Fossil" by Mark Hystad, Jefferson, and "Fat Little Bird" by Abby Cook, Prairie Elementary. Honorable mention ribbons were awarded to: Brier Arndt, Sawyer Pennington, Cassie Bang, Lauren Jackson, Haag, Emerson Sickler, Adalyn Milner, Ira Haag, Keturah Haag, Kylee Sickler, Jett Fridrich, Ella Brown, Zoey Brown, David Sitter, Jacob Evoniuk, Joselyne Walkowiak, Scarlet Lucas, Brooke Barnhardt, Thaer Hussien, Brea Kadrmas, Paxon Wilkinson, Hadley Hausauer, and Sage Hoots.

In the fourth grade through sixth grade

division: two first place awards: "A View from Within" by Grace Bieber, New England and "The Moon" by Lucas Weidner, Beulah, two second placers "Autumn on My Mind" by Emelyne Anderson, Hebron and "Inspiration" by Brad Krebs, New England, two third placers "My Mind on Autumn" by Emelyne Anderson, Hebron and

"Spirit Bear" by Raegan Corneliusen, Roosevelt. Honorable mention ribbons were awarded to: Joy Calkins, Landry Dvorak, Anna Leigh Hutchinson, Brandtly Klatt, Manuel Quintero, Ali Schettler, Coy Schleppenbach, Marek Ficek, Talitha Haag, Lydia Thompson, Sadie Kuntz, Gage Madler, Cary Wolf, Aram Kabanuk, Serenity Brown, and Serena Schilling.

Seventh grade through ninth grade award winners were: "Girl and Splash" by Sofia Schantz, Beulah, second place "Danny Devito" by Jenna Koppsloen Beulah, and third place "Great Grandpa's Farm Truck" by Heather Cabral. Honorable mention awards went to: Taryn Hauf, Shay Buckman, Joey Breitzman, Abigail Sadowsky, Kadden



"Sapphire Tide" by Isabelle O'Brien. People's Choice in Student Division.

Larrea, Morgan Vesey, McKenna Mettler, and Jaycee Flesman.

High school division awards went to; first place "Vase" by Mattea Binstock, South Heart and "Grapevine" by Nicole Ferebee, Beulah, second placers "Untitled" by Genessa Ayuyu, "Soul Sista" by ChristiAnna Schmidt, Beulah, "Little Snail" by Magdalene Hanell, and "untitled" by Jacob Shilman. Third place winners were; "Out There" by Jordanna Baumann, Killdeer, "Praus" by Shalee Praus, South Heart and "In the Wild" by Abigail Hodell, South Heart. Honorable mention ribbons were awarded to; Claudia Domingo, Abigail Hodell, Meg Sibernagel, Momoha Iijina, Kassandra Rosales, Jocelyn Baranko, Merssaydees, Kostelecky, Addison Krueger, Genavive Robbins, Ian Sibernagel, Daicie Mindt, Jasmine Augare, Aaron Phillips, Nicole

Ferebee, Devin Askim, Tasla Homong, Sierra Kopp, ChristiAnna, Schmidt, and Allison Leintz.

BAA's Student Art Show's special award winners were: Austin Cole Rosler Memorial award "Come In" by Wyatt Reis, Prairie Elementary, and "Joy" by Lydia Thompson, homeschooled. The Most Innovative, "Every BODY Is

Beautiful" by Emily Wenning, Beulah, the Beverly Haas Award, "Sapphire Tide" by Isabel O'Brien, South Heart.

The two most prestigious ribbons awarded in the Student Show are People's Choice which is chosen by the viewing public and Best of Show which is awarded by the show judge to the art work that she deems to be the best art work in the entire student show. The 2019 People's Choice award was given to "Sapphire Tide" by Isabel O'Brien of South Heart Junior High. The 2019 Best of Show ribbon was awarded to "Wonder" by Nareen Trent, Lincoln Elementary. The judge for the 2019 student art show was Lauren Evans of Dickinson, ND. ■

## Professional/Adult Division

The Badlands Art Association proudly announces the award-winning professional artists of the 49th Annual Fall show. In the acrylic category the award winner is: First place "Dakota Thunder" by Cherie Roshau, second place "do Not Enter" by Anthony Nelson, third place "Lakota Blessing" by Kim Renner: Honorable mention awards in acrylic



"Dakota Thunder" by Cherie Roshau. People's Choice Award for Professional Division.

were given to Cameron Brown, Chris Herold, Lauren Evans, Cherie Roshau, Anthony Nelson, and Kim Renner.

Dimensional art award winners were: First place "Globe II" by Ian Mabry, Second place "Untitled II" by Julie Schuster, and Third place "Around II" by Ian Mabry. Two honorable mention ribbons were also awarded to Julie Schuster.

In the drawing category first place was awarded to "The Lost Art of Keeping a Secret" by Parker J. Anderson, second place to "Kevin" by Anthony Nelson, third place to "Thought Clouds" by Donovan Slag. Drawing honorable mention ribbons were awarded to Cheyenne Hansen (2), Tina Schloss, and Parker J Anderson.

Mixed media award winners were: First place "Sunday Morning" by Janelle Stoneking, second place "Whaling Out" by Scott Gordon, third place "Bob Dylan" by Aaron Anderson. Drawing honorable mention ribbons were awarded to Heather Adam, Bob Thomas, Daphne Clark, and Tina Schloss.

The largest category in the show was oil painting and its first-place winner was "Memories" by Daphne Clark, second place "Composition in Purple" by Anthony Nelson, third place "Poinsettias and Oranges" by Lauren Evans. Honorable mentions in oil were awarded to; Larry Maslowski, Darice Taylor, Carol Retterath, Marcia Sickler, and Beverly Haas.

In the medium of pastel painting first place was awarded to "Alexis" by Barbara Nechiporenka, second place "Derby Dreams" by Marcia Sickler, and third place to "Ellie" by Daphne Clark. Honorable mention ribbons were also given to Beverly Haas, Marcia Sickler, and Barbara Nechiporenka.

"Walking to Work" by Jason Galonski

was awarded first place in photography, second place "Twirling at Sunset" by Sabrina Dolezal, third place "Binek Coal Mine" by Bob Thomas. Honorable mentions in photography were awarded to Jessi Johnson, Austin Stockert, and Marie Kenitzer.

Watercolor painting's first place award was "Harmony in Green: Plains" by Anthony Nelson. Second place to "Sun Break" by Lauren Evans, and third place to "Old Days" by Beverly Haas. Watercolor honorable mentions were awarded to Bob Thomas, Chris Fulton, Lauren Evans, and Sara Welk-Anderson.

In the Professional Division the Best of Show award was "Sunday Morning" by Janelle Stoneking. The Most Innovative Award was presented to Aaron Anderson for his overall body of art work in the show.

The 49th Annual Show's amateur artists also had their award winners. In Dimensional art first place was awarded to "Untitled Vase I" by Twig Zahn, second place "Pitcher" by Samantha Wohletz, and third place to "Teapot" by Samantha Wohletz. Honorable mention ribbons were awarded to Keisha Sparks, Twig Zahn, and Samantha Wohletz.

In the Painting/Mixed Medium category first place and Best of Show was awarded to "Forgotten" by Carla Rustad, second place "Sierra" by Janell Tachenko, third place "Got Your Back" by Debra Kahn. Honorable mention ribbons were given to Lisa Tuhy, Kristen Porter, and Sasha Quijano-Edwards.

The judge for the show was Jennifer Wheeler. The People's Choice award which is voted on by the viewing public and considered to be a very special award by all artists was awarded to "Dakota Thunder" by local artist Cherie Roshau. ■



**HELPING OTHERS**

# Dickinson woman collects over 2 tons of food for AMEN Food Pantry



Charlie and Anna delivering to the pantry.

Over the past four years and under the guise of having a lot of fun, Anna and Charlie Bothum, ages 9 and 11, have helped their mom collect over 5,948 pounds of food for the Amen Food Pantry. Their mom, Krista Bothum of K Bothum Photography, is a professional photographer in Dickinson.

Each year, the Bothum family gets out the word, packs up the cameras, sets up the backdrops and hosts a Halloween photography mini session in exchange for food donations.

Krista demonstrates the impact of one person's efforts by combining her love of photography, her love of her clients and her love of community with the added benefit of teaching Charlie and Anna the importance of giving back.

This year's fourth annual Halloween Food Drive collected 2,136 pounds of food, \$300 in cash and basic



Krista Bothum and kids at the fourth annual Halloween Food Drive.



Krista Bothum

household items. Bothum took 160 photographs at her studio. Bothum is being recognized for her work by Women Empowering Women, a local nonprofit, that seeks to empower and recognize residents who've quietly, joyfully or creatively made important contributions.

Jane Goodall, noted anthropologist, said "What you do makes a difference. You have to decide what kind of difference you want to make." Women Empowering Women challenges you to think about how you can make a difference. Whether following in Krista's example to use her talents to organize something or following in the footsteps of those who brought bag after bag of food,

have fun and do something! Be the light! Visit us at [www.wewnetwork.org](http://www.wewnetwork.org). ■



**PARKS AND RECREATION**

# New Group Fitness Coordinator

The Before Beto Perez, creator of Zumba, became a household name there was another man who took over Americas living room with dance; his name was Richard Simmons. Andrea has fond memories of 'Dancing to the Oldies' in her family's living room with her mother. Her mom owned numerous fitness VHS tapes, and Andrea knew them all. Little did she know that this would eventually be her career path. As a child, Andrea spent countless hours in ballet class and at gymnastic meets. She also spent a lot of time practicing her piano and violin skills. These talents and skill sets would be the basis from which Andrea would build her fitness career.

After Andrea's childhood, she moved away from dance and music and focused more on being a wife and mother. After the birth of her daughter, Catherine, and

with Zumba. She took Zumba back to Rock Springs, and turned that little town of 20,000 people upside down. Soon she was known by all as the "Zumba girl". Within a month she was teaching all over town, to anyone who wanted to shake-it. Zumba's popularity soared, and by April she was hired to launch the Zumba Fitness program at the Rock Springs Family Recreation Center. That very same month Zumba class attendance was over 150 people per week, and by May, was triple that. By 2012, Andrea continued to teach Zumba but had added other classes she had previously enjoyed back into her teaching rotation.

Andrea was an integral part of the Rock Springs Family Recreation Center instructor development program. She conducted instructor evaluations and



son, Shane, she decided it was time to get back in shape. She soon found that classes were more her thing than the dreaded treadmill, and you could find her taking anything from Tae-Bo to yoga. By 2005, Andrea had gone from a class participant to teaching fitness classes, and training members.

By January of 2010, shortly after the birth of her 3rd child, Tavin, Andrea attended her very first Zumba class, which also happened to be her Zumba training with Lindsay Taylor, at Golds Gym in Sandy Utah. This was a game changer! Andrea had found her passion. Sure, fitness was her calling, she knew that. But her passion for music, dance and movement were married together

trainings, chaired events, implemented new programming and sat on a hiring committee. By 2015, she was overseeing the department and continued her duties until relocating to Dickinson in June of 2019.

On November 4, 2019, Andrea became Group Fitness Coordinator at West River Community Center. Andrea's overall goal is to empower her team to bring you, the citizens of Dickinson, the best possible group fitness programming she can. We hope you will stop by and check us out, or maybe pop-in and visit with Andrea about the program. We want to meet you, and look forward to having you in class! Keep an eye out for exciting new programming set to launch in January. ■



# BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Christmas in New England kicks off the holiday season.



Santa and Sherri the Elf with friends at the United Way of Dickinson's Festival of Trees.



Infinity Real Estate Group hosted an in-house Trick or Treat event which included the Toy Story gang and many community children.



Twig Zahn created an urn from one piece of wood and wins 1st Place for Dimensional Art in the Amateur Division at the BAA Art Show.



The Dickinson Rotary Club's November Community Kindness Initiative was money, pet food and leashes donated to Raise the Woof animal rescue. Committee members Deb Dragseth, left, and Dawn Pruitt display some of the many items donated by the Club members.



Instructed by Cherie Roshau, participants created their own personal paintings at the Fearless Faith Women's Retreat held in Medora.



## DICKINSON STATE UNIVERSITY

# Responding to STEM workforce development needs

By Co-Chairs of the Department of Natural Sciences - Dr. Craig Whippo, Associate Professor of Biology & Dr. Corinne Brevik, Professor of Physics

Employers constantly stress the need for college graduates to have strong critical thinking skills and the ability to apply knowledge in real-world settings. The most effective and lasting way to learn these skills is through face-to-face interactions with a teacher who also serves as a mentor outside of class. These faculty-student interactions



have always been a hallmark of Dickinson State University's Department of Natural Sciences.

In keeping with this tradition, several years ago our science programs refocused their student learning objectives on the process of doing, communicating, and evaluating science. This refocusing represents a departure from traditional undergraduate science learning objectives that emphasize the memorization of specific details and rote problem-solving. In today's society, the ability to think critically and creatively is more important than rote memorization skills because nearly everyone has immediate access to online information.

To improve student success, we have moved away from passive lectures to a mixture of lectures and active learning. For example, in the introductory biology sequence, students learn the core biology concepts by interacting with real scientific data to construct an understanding of a concept based on evidence. By approaching science through evidence, students learn science in the way that practicing scientists learn new concepts – in the context of data. We have found that this approach decreases the gap between struggling students and thriving students while increasing overall rigor. Students also engage in the material more deeply and learn to think like advanced scientists earlier in their career.

We have also improved access to formal mentoring opportunities by instituting a required capstone research experience. This research experience starts with a student choosing a faculty-

research mentor in their junior year and writing a research proposal. During the fall semester of their senior year, students perform the research that they proposed, and they learn how to analyze the data that they generate. In the spring of their senior year, students write a formal scientific manuscript about their research project and give presentations to the public. The mentoring students receive from faculty in this process is unique because all of our students are given this opportunity, unlike other universities where undergraduate research experiences are reserved for honors students alone.

Our faculty interactions with students can be characterized by more than what happens in our classrooms or research settings. Because we are a small community, the students encounter our faculty many times over the course of their undergraduate career in a wide variety of situations. This allows faculty to relate to each student individually and provide targeted support and encouragement. As students prepare to graduate, our faculty help by reviewing graduate school and job applications. We also write letters of recommendation that are based upon our intensive interactions with each student.

One of the goals of DSU's science department is to build a competent and flexible STEM workforce. By being more deliberate in our approach to establish and grow strong student-faculty relationships, DSU's science faculty are helping to build and grow the desperately-needed STEM workforce in western North Dakota. ■



## MUSIC CORNER

# Music. It's everywhere.

By Joel Walters, MM, DSU, Department of Fine & Performing Arts

Music is a part of our daily lives to varying degrees when we aren't even aware. It affects our mood, it uplifts, it distracts, it helps us reflect, and it conjures up memories from our past. Music is a part of celebration, of mourning, of meditation, and of worship.

Whether relaxing at home or fighting our way through the crowds in the supermarket, music has a constant presence in our lives and has the ability to subliminally influence the way we see the world.

Follow us here in the Music Corner of Heart River Voice for periodic articles related to music. We will hear from professional musicians, from music

pedagogues, from psychologists, and from local celebrities who will share their perspective and their expertise in the field of music.

We look forward to sharing what we love with all who love music! After all, music makes the world go around. ■



## DICKINSON PUBLIC LIBRARY

# Foundation Christmas Social is coming quick...

By Ian Anguiano, Administrative Support Librarian



The Old Fashioned Christmas Social (hereafter Christmas Social) is a luxury experience. It is a luxury in that it allows you the opportunity to disconnect from the fast-paced world for no other reason than your pleasure, it is a luxury in that you can join other likeminded individuals in an evening of wine, conversation, and let us not forget the epicurean pursuit so generously catered by the fine people at Lady Jay's, and the fondly re-membered Stix and Twigs. If all of those things aren't enough to paint a picture of what the Christmas Social is all about (and why you should go), then I have a few more thoughts to offer. The Christmas Social is unique here in Dickinson, because our library membership is so wonderfully diverse, and those are the people that make up this spectacular event. So, if wonderful food, once a year Wassail, an incredible silent auction, and some wonderful piano music aren't enough to get you to the Christmas Social, do it for the opportunity to meet your fellow Library enthusiasts. ■

With all of that being said I am going to answer the question that has been posed so many times, "What is the Old Fashioned Christmas Social all about?"

The Old Fashioned Christmas Social (hereafter Christmas Social) is a luxury experience. It is a luxury in that it allows you the opportunity to disconnect from the fast-paced world for no other reason than your pleasure, it is a luxury in that you can join other likeminded individuals in an evening of wine, conversation, and let us not forget the epicurean pursuit so generously catered by the fine people at Lady Jay's, and the fondly re-membered Stix and Twigs. If all of those things aren't enough to paint a picture of what the Christmas Social is all about (and why you should go), then I have a few more thoughts to offer. The Christmas Social is unique here in Dickinson, because our library membership is so wonderfully diverse, and those are the people that make up this spectacular event. So, if wonderful food, once a year Wassail, an incredible silent auction, and some wonderful piano music aren't enough to get you to the Christmas Social, do it for the opportunity to meet your fellow Library enthusiasts. ■

## RICHARDTON HEALTHCARE FOUNDATION Celebrate New Year's Eve with us!



Celebrate the blessings of 2019 and ring in 2020 at Lady J's with the Richardton Healthcare Foundation. Enjoy a delicious dinner and be prepared to laugh as we usher in 2020.

Sponsored in part by Ladbury Funeral Services, Celebrate New Year's on Tuesday, December 31. Doors open at 6:30 pm for dinner, followed by GL Berg's James Wedgwood.

He's a tremendously talented ventriloquist, but James Wedgwood is equally talented as an entertainer who always gets his audience involved. His show is simply "The Most Fun You Can Have Without Moving Your Lips!"

James uses amazing comic ventriloquism, outrageous characters, and hilarious audience participation to bring truly memorable entertainment to your event. Like a one-man variety show, James makes virtually everything talk - from wooden "associates," to purses, bottles, and even audience members (yes, they just open their mouths and James provides the surprising words)! A

game show, singing (without moving his lips!) and much more are all part of the fun.

James is a true professional and a wonderful option for corporate parties, appreciations and recognitions, fairs, festivals, and other special events. He can tailor his show to whatever the age and make-up of the particular audience. He truly is that good!

The Richardton Healthcare Foundation was established in 2009 and is dedicated to the success of the Richardton Health Center, a 28-bed skilled nursing home. The nursing home is located on the west edge of town among the beautiful rural landscape.

The caregivers at Richardton Health Center are committed to enhancing the quality of life for those in their care. Whether long-term care or short-term rehabilitation, each resident receives personalized, unique care in a homelike environment.

Reminisce about 2019 and ring in 2020 as we watch the Times Square New Year's Even Ball Drop at 10:00pm with a toast to a special evening.

Tickets are \$60 each. You can reserve a table of 8 for \$600 and receive two bottles of wine with your dinner. Proceeds from the evening support the efforts of the Richardton Health Center, a skilled nursing facility. The Foundation raises funds annually for resident and caregiver needs that fall outside of the regular operating budget.

Tickets are available by contacting Suzy Rummel at Suzy's Stash 974.7899 or Dakota Community Bank - Taylor 974.2101. RHF Board Members: Sue Hoff, Suzy Rummel, Karen Zent, Rhonda Bloom, Deb Dressler, Kathy Hueske, and Dori Hauck. Visit us at [richardtonhealthcenter.org](http://richardtonhealthcenter.org). ■

## COMMUNITY Family friendly event

Moe Events LLC was established in May 2019 with a goal to bring more fun, family friendly events to Dickinson and to assist others in doing so as well. In August, Moe Events LLC's launched with "A Taste of Culture." This event provided area residents with cultural entertainment, shopping, kids' activities, and ethnic food. Moe Events LLC's next event, Winterfest, will be 11am-4pm on January 18, 2020. At Winterfest, families will enjoy indoor kids' carnival activities, a snowman-making contest, art classes (pre-registration required), shopping opportunities for Valentine's day, and an opportunity to purchase items from the winter photography/art contest. The event will take place at the Henry Biesiot Activities Center, 398 State Avenue.

Admission tickets can be purchased for the early bird fee of \$1 per person or \$5 per family (6-10 people) and can be



picked up at Dickinson's Convention and Visitors Bureau, 72 Museum Dr East. The price will increase to \$2 person or \$10 per family (6-10 people) the day of the event. Ages 5 and under are free.

Moe Events LLC is seeking volunteers, entries for the snowman-making contest, and businesses to sponsor winter carnival booths. Contact Sarah Moe for more info: [smoeevents@gmail.com](mailto:smoeevents@gmail.com). ■

## 56th Annual Trinity Mardi Gras Concert Fri. Jan. 24 2020

with *Dirty Word* featuring *Kat Perkins*

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## LUTHERAN SOCIAL SERVICES Dove awards

Lutheran Social Services of North Dakota (LSSND) held a centennial celebration in its Dickinson office on Monday, November 4 to thank friends and supporters and to honor generations of action, justice, love and mercy.

The Dickinson event was one of nine centennial celebrations throughout the state. Each celebration featured a screening of the LSS historical documentary. It tells the story of how LSSND was developed through the Lutheran churches in the state in response to the needs of individuals and communities.

Following the documentary, LSSND CEO Jessica Thomasson presented "Dove Awards" to recognize individuals, churches, businesses and organizations who partner with LSSND and who work to help the people in their communities. LSSND uses a dove to symbolize God's presence in the world, a source of direction and guidance. Dove award recipients received a certificate and a hand-crafted glass dove ornament, made by local artist, and former-Dickinson

resident, Joyce White.

In Dickinson, Dove awards were presented to St. John Lutheran Church in Dickinson, Sonja and Jim Ozbun, Jerry and Carolyn Erickson, Rudy's Lock and Key, and Venture Homes.

The centennial celebration concluded with an original song, "Like a Dove," written for the LSSND Centennial by a current staff member, echoing the call to act justly, love mercy, and walk humbly.

LSSND reaches out to people of all ages, cultures, races, and religions, and incomes throughout the state of North Dakota. In-person and tele-health counseling for children and families, support for over-burdened young parents, treatment for gambling addiction and domestic violence, affordable housing, immigration services for new Americans, disaster assistance, support for childcare providers, and programs for elders to help maintain independence are provided throughout the state. Programs and services vary by location in response to the needs of each community. ■



Rudy's Lock and Key, Michelle and Brian with Emily Gran and Jessica Thomasson.

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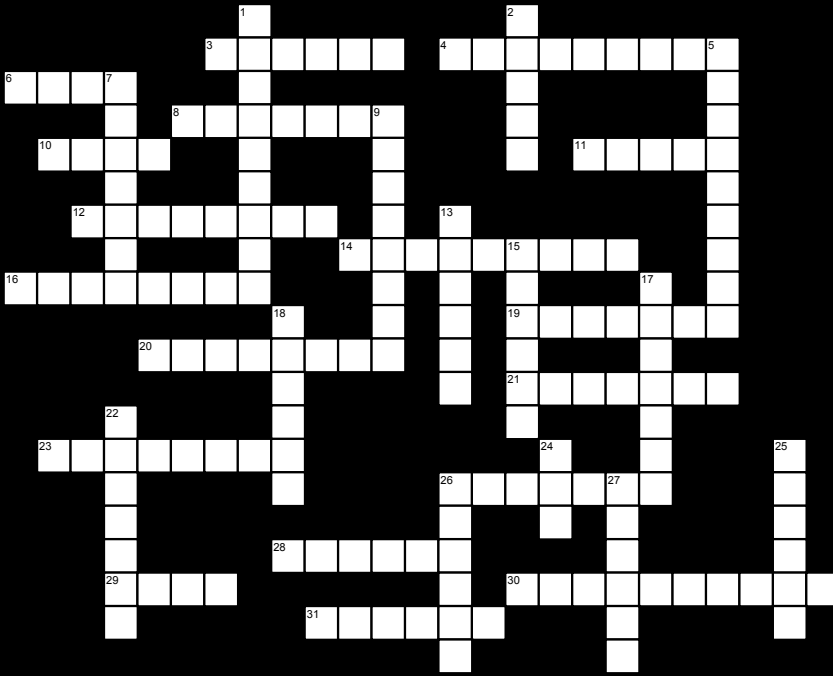
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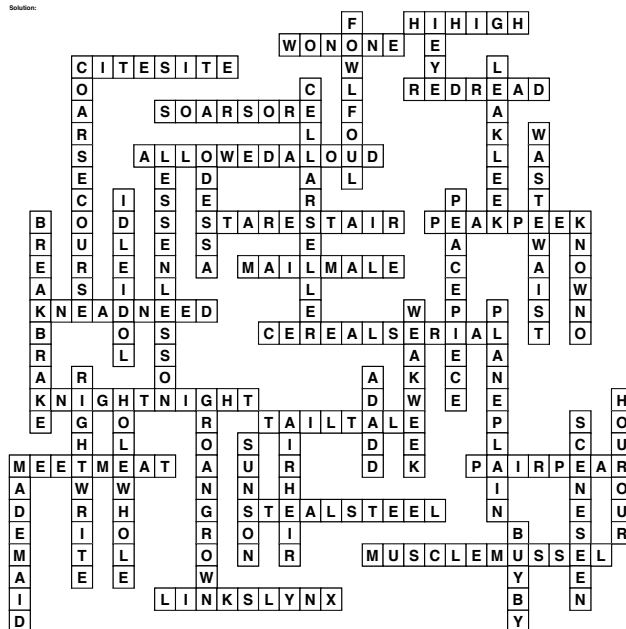
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DECEMBER 2019

# HOROSCOPE by Hilda De Anza



**ARIES**  
March 21-  
April 20

Your professional life gets a lot more intense and there is a lot more power play as competitive people jostle for position. You are in an excellent position to influence from behind the scenes and people will be looking to you for moral support. All partnerships are favored in December. Potential partners are ambitious and driven and they need you. Family politics can play a dominating role.



**TAURUS**  
April 21-  
May 21

This is a time when you are dealing with ideologies of people who impose their beliefs and principles on conversations, and a time to shed ideas which are too oppressive, especially around mid-December. This is a time when powerful partners play an important and supportive role in your life. Together you can explore new territory and help each other fulfill each other's ambitions.



**GEMINI**  
May 22-  
June 21

Around the 9th, life gets lighter. There may be more travel, and you will enjoy an expansion of your social horizons. There is quite a lot of emotional drama this month, but it tends to go on behind the scenes. The period between Christmas and the new year is perfect for discussing deeply felt issues and for developing a new strategy with partners who find themselves in a very different situation.



**CANCER**  
June 22-  
July 22

For much of December there is a big focus on your working life. Meanwhile, there are major developments in partnerships, both professional and personal. New and bigger players appear on the horizon and greater demands are made on your ability to expand and commit. On Christmas Day, the new moon brings a key development in relationship commitments.



**LEO**  
July 23-  
August 22

This is a month to live up to your reputation as a party animal, and you may want to exercise restraint when tempted by yet another exotic cocktail, as there are important questions arising, and a clear head is recommended. Thoughts on how to make your life more fulfilling get more intense in the period between Christmas and the new year.



**VIRGO**  
August 23-  
September 22

On December 8th, there is a change of focus because of important developments in your home and professional life. This may relate to a widening of your horizons and a need to move out of your comfort zone with your family. This is a period when your judgment is not at its best, and decisions benefit by being put off until January. A productive period is on the way but there is a lot of hard work first.



**LIBRA**  
September 23-  
October 22

Tectonic plates are on the move, which will rearrange family circumstances, enabling you to create new and stable roots by the end of the year. It is time to set limits, make decisions and consider how much you want to take on at home. It is an excellent time for working constructively with demanding partners. Together you can turn things around financially, reconstruct, restore and get every ounce of value from the things that are important to you.



**SCORPIO**  
October 23-  
November 21

December is going to be a month when your superpowers come to expression, and when anything you set your heart on will be achievable if you work hard. You have a strong bond with partners and potential partners are fascinated by your magnetism and attraction is mutual. Your powers are at your peak and you have both the willpower and drive to achieve almost anything. Your persuasive and hypnotic powers enable you to get your way.



**SAGITTARIUS**  
November 22-  
December 21

You will experience a new and serious focus which is supposed to enable you to achieve something concrete and measurable. There are new ways of earning money and of organizing your daily working life. The old ways are coming to an end. December 9th heralds an excellent period for partnerships, both business and personal. You will prevail; when 2020 arrives, you are ready to focus on what really works.



**CAPRICORN**  
December 22-  
January 20

December 2nd, Jupiter the largest planet in the solar system moves into your sign. You will find that there is an immediate expansion of your influence and authority in December. The new moon in your sign just after Christmas evokes in you a real need to plan for the future. There are amazing new and creative opportunities arising and also for those you love. You are entering a period when major goals can be achieved.



**AQUARIUS**  
January 21-  
February 19

There is a nice, even giant leap as the month starts. This involves an expansion of possibilities which can affect your social and home life, which evokes a sense of possibility. You also see the value of time alone to create the inner foundations for growth and change. After mid-December, work pressures ease off and a very social Christmas period begins. With so much going on, you will actually be longing for precious private time.



**PISCES**  
February 20-  
March 20

Recently you may have found that good fortune has smiled on you and that important goals have been reached. In December, there is a major opportunity to reach out to inventive people who know how to give dreams a practical form. Your job is to gently guide other dreamers toward your version of reality, so that by the end of December you can focus together on achievable goals. You can rely on your loyal friends for advice and guidance.



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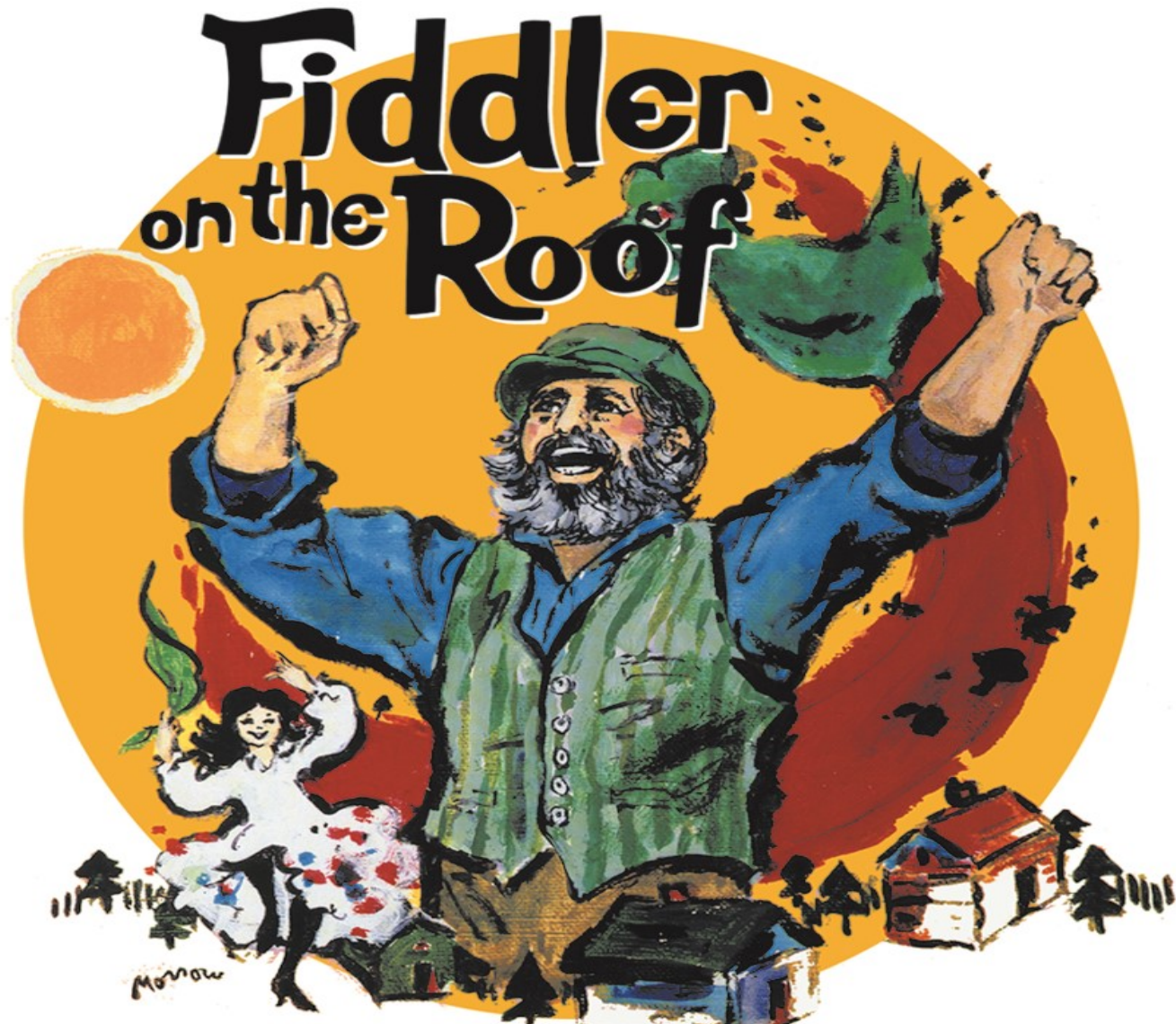
## RINGO



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



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