

Toy & Food Drive!

To help needy kids in Southwest ND

Bring in a new unwrapped toy, food or household items, and your name will be entered in a drawing for a new iPad or a \$50 Visa Card!

Drawing on December 14th.



CORNERSTONE BANK

For details go to: consolidatednd.com



701-483-4000 • 888-225-5282

See us at
1661 I-94 Business Loop East
Dickinson ND 58601
701-227-0601
info@bluhavenspaspas.com
bluhavenspaspas.com
www.facebook.com/bluhavenspaspas



Lumenis Optima IPL

Relief from dry, itchy eyes caused by skin and eyelid inflammation*



701-225-7886



Call us for a consultation to see if Lumenis Optima IPL is for you! Dr. Melanie Miller O.D. and Dr. Nate Shilman O.D.

joy inspired gifting.

701.483.1569

235 sims street, dickinson, nd

Heart River VOICE

Publisher
Kelley Jilek

Advisory Board
Tammie Braun
Irene Schafer
Amy Graves
Lorri Stoltz

Advertising Sales
Kelley Jilek
(701)290-2063
kelley@thejileks.com
Irene Schafer
(701) 290-3222
ireneschafer@ndsupernet.com

Web Developer
Ben Hapip

Social Media
Tina Hapip

Graphic Designer
Sophia Jilek

**Photographers/
Feature Writers**
Our Community

**Published Monthly by
Heart River Voice, Inc.**
PO Box 2117
Dickinson, ND 58602

© Copyright 2023 Heart River
Voice, Inc. All rights reserved.
For usage and submission
information, contact us at
kelley@thejileks.com

A note to our readers

Merry Christmas
community friends!

We appreciate your
continued support of
our little local paper. We
hope you always find
something educational,
entertaining and/or
inspirational in each
issue.

We're always looking
for input and content.
Let us know if you have
a story to share. All
submissions need to be
in by the third Monday
of each month for the
next month's issue. Send
in a digital cut-and-paste
format, along with high
resolution images you'd
like to be considered. My
email is to the left.

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

Kelley Jilek

Publisher

Cover art "Animal Alphabet Alliter-
ation" by Greg Walters. For more
information about the artist, see
page 5.

LIFE'S BETTER WHEN YOU'RE PROTECTED UNDER OUR ROOF.

Save up to 23% when you bundle auto and home*

Call to get a quote and start saving today.



Todd Schweitzer, Agent
Todd Schweitzer Agency Inc
1021 3rd Ave W
Dickinson, ND 58601
(701) 483-6228



*Customers who bundle auto and home insurance policies may save up to 23% on both policies together (as of July 2022). Discounts may vary by state, property, policy form and company underwriting the auto and/or home policy. Discounts may not apply to all coverages on an auto or home policy.
American Family Mutual Insurance Company, S.I. & its Operating Companies, 6000 American Parkway, Madison, WI 53783
©2023 21714 - 4/23 - 20096701

the real
estate co.
real estate made simple.

701.483.0111
353 19th street west
dickinson, nd 58601
www.therealestateco.co



Call me. let's talk
Real Estate.

TB
TAMMIE BRAUN
Realtor

701.590.1091

email: tammiebraun@gmail.com
www.tammiebraun.com



#BOOKWORM**Holidays at the Dickinson Area Public Library**

By Cindy Thronburg

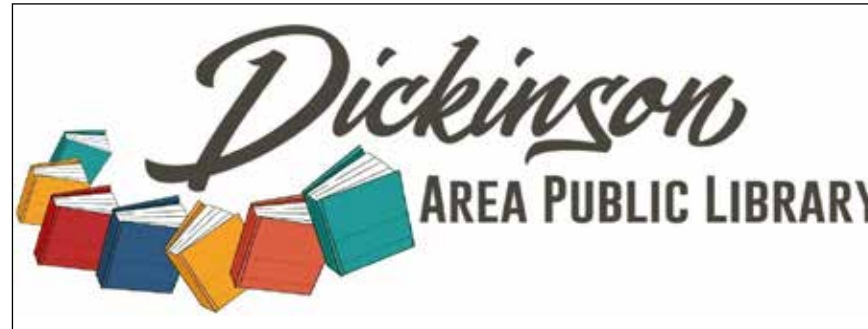
December is one of the busiest months for us at the Dickinson Area Public Library. We have tons of events for all ages to get you into the holiday spirit.

We begin the month with the Library Foundation's annual Old Fashioned Christmas Social. This year's event will happen on Friday, December 1st from 6:00pm to 9:00pm at the library. Enjoy punch, wine, and hors d'oeuvres while listening to live music. There will also be a wine pull and a silent auction. Tickets for the event are \$20 each and can be purchased at the library's main circulation desk or on the Library Foundation's website (dapfoundation.org).

We have several other special events happening at the library this month. We will be participating in the Downtown Christmas Stroll on Saturday, December

2nd. Check out the shops around the Downtown Area and stop by the library for Christmas card coloring and hot chocolate!

On Wednesday, December 6th at 5:00pm, we will have a Pitter Patter Club Family Jingle Jam! Join us for this special music class hosted by Andreea Evenson



of Pitter Patter Club. Sign-up is required for this event, and it is for ages 0-5.

Our topic for our Thursday Night Trivia this month is Holiday Movies. This event will take place at 6:00pm on Thursday, December 7th. Put a team together and compete against other teams by answering questions and earning points! This event is for ages 13

and up and sign-up is required.

We will have a Matinee Movie on Friday, December 8th at 2:00pm. We will be showing Willy Wonka and the Chocolate Factory. This is for all ages, but no unattended children under the age of 12 will be allowed. One free bag of popcorn will be provided for each

attendee. Feel free to bring your own drink. This movie is rated G and is about 100 minutes long.

We will also have a free Family Holiday Movie on Thursday, December 14th at 6:00pm. We will be showing How the Grinch Stole Christmas. Popcorn, hot chocolate, and cider will be provided. This movie is rated PG and is about 105 minutes long.

We will be having a Japanese New Year's Card Activity on Tuesday, December 12th at 4:00pm. Join us for a presentation on the Japanese New Year and a card-making activity to follow. This is for ages 10 and up.

On Saturday, December 16th, join us from 10:00am to 11:00am for our annual Grinchmas Party! This event will take place all around the library. Come for the story! Come for the noise! Come dressed in green or as Who-girls and boys! It's going to be a Who-jubilee! Go on a candy cane hunt, make a grinchy craft, and meet the real live Grinch! This event is geared towards ages 2-12.

Join us for a Present Wrapping Party on Tuesday, December 19th from 4:00pm to 7:00pm. Drop in any time during those hours to wrap some gifts. We'll provide the wrapping supplies and hot chocolate and cider! This is open to all ages.

Ring in the New Year with us at our Noon Year's Party at 11:30am on Saturday,

December 30th. This is for ages 3-12 and sign-up is required. We'll have treats, confetti, and more!

We have a couple of announcements as well. The library will be closed on Monday, December 25th and Tuesday, December 26th. Regular hours will resume that Wednesday. January is a planning month, so there will be no storytimes or programs in January. However, we will be having our Winter Reading Program, and that will start on January 1st. Sign-up for the program can be done on Beanstack through our website. My Golden Valentine will also start in January so that cards can be made and delivered to area nursing homes by Valentine's Day.

The last day to turn in Angel Tree donations is Saturday, December 9th. Take a tag from our Angel Tree for a boy or girl in our area who is in need of new books to read and learn. Please return your generously donated, new, unwrapped books to the library's main circulation desk. Do not feel limited to the tags on the tree. You may donate any kind of new books for children ages 0-17. Monetary donations for books are also accepted and appreciated! We have so many more activities happening this December. Feel free to check our website at dickinsonlibrary.org or our Facebook page for more events. We also have a printed calendar available at the library. We hope to see you soon! ■

Merry Christmas

May your Christmas be wrapped in love and topped with joy, just like the perfect gift.

Susie Lefor, Broker Associate
Infinity Real Estate Group LLC
1269 West Villard Dickinson, ND
701-483-8088 701-290-0538
www.infinityrealestategroup.net

Infinity
REAL ESTATE GROUP

YOU'RE INVITED TO OUR...
GRINCHMAS PARTY!

Come for the story!
Come for the noise!

Come dressed in green
or as Who-girls and boys!

Saturday, December 16th

Join us for our annual Who-bilation!

10:00am - 11:00am

Meet & take pictures with the real live GRINCH!

Grinch Crafting! Candy Cane Hunt!

Geared for ages 2-12

DICKINSON AREA PUBLIC LIBRARY 139 3rd St. W

COVER ARTIST

Greg Walter



Greg and his granddaughter

Greg Walter was born in La Crosse, WI, and grew up in that region of the Mississippi River valley. He has had a love of arts and crafts from an early age, and spent a lot of time outdoors, which had a positive influence on his artwork in later years. When he was in high school there was no Art Department, but a generous and dedicated chemistry teacher began an Art Club, and Greg was the first student president. When he applied for college, he used the portfolio he built in that club to win an art scholarship at Bethany Lutheran College in Mankato, MN. He went to graduate school at the University of Nebraska and began teaching art at the college level in 1998. His preferred method of painting is to work Plein Air, and those who know his work are likely to be most familiar with his landscape

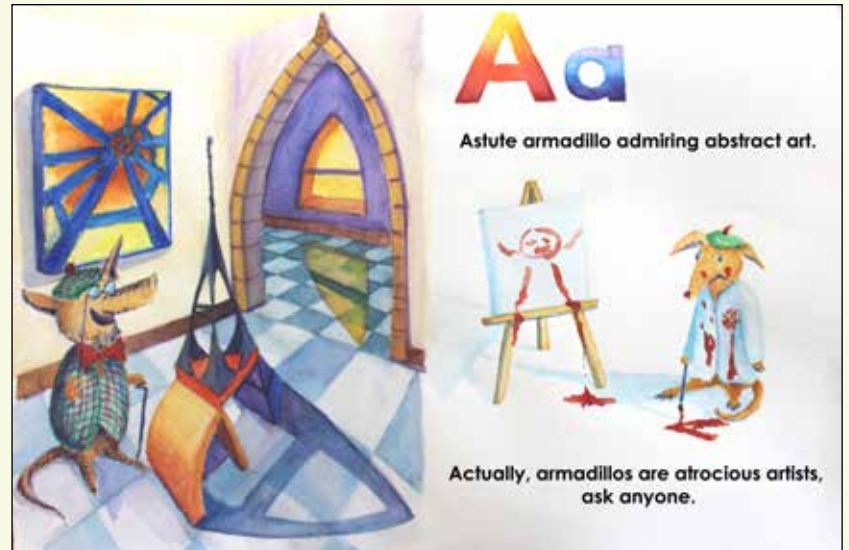
paintings done in this manner.

His latest creative venture has taken him in a completely different direction. In 2020 he became a grandpa, and he is now immersed in the writing and illustrating of a children's ABC book. The purpose of this book is to bring children and adults together, to enjoy time with each other, building a love of reading and learning. "Technology has brought us many wonderful opportunities," he explains, "but, it can have a lasting negative affect on people who rely too heavily on it at the expense of personal relationships. It's just too easy to plop your kids down in front of a monitor, put on a video or a game they like, and then walk away. Spending quality time reading entertaining and educational stories to kids forges strong personal bonds which will last. It shows those kids that they are important to you, too important to ignore in front of a computer or TV screen."

To accomplish this, his ABC book has an amusing narrative for each letter, using alliteration to emphasize the sound of each letter under the principle of 'repetition is the mother of learning.' Playfully creative images made with watercolor and colored pencil illustrate each page.

For example, the text for the letter A (above right) is "Astute armadillo admiring abstract art. Actually, armadillos are atrocious artists, ask anyone."

Greg knows that the vocabulary is above that of children learning their ABCs, but he says that this is the whole point. "Readers should explain what the words mean, this gets everyone engaged in a much deeper way than a simple story would. Additionally, the illustrations have other objects for each letter within them, and searching for those things adds a layer of learning for the kids."



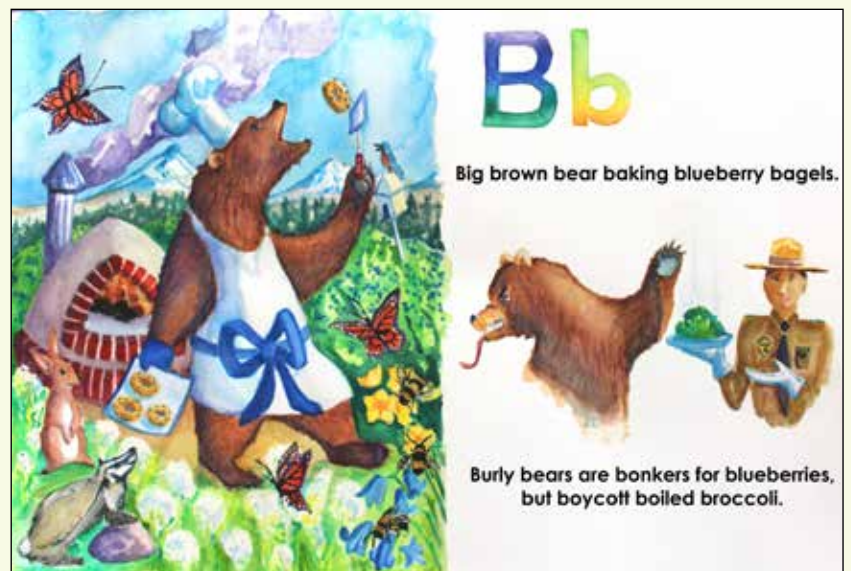
Letter A page

The original artwork has already been scheduled for gallery exhibitions across the state beginning next year. You can see them in Williston in April, Minot in October-November, Cando in December, Watford City in January-February 2025, and Jamestown in March 2025.

Greg hopes to have the book ready for the upcoming Christmas season. Watch for book readings and signings at local community libraries and schools. If you want more information or wish to be put on the list for purchasing a copy, email Greg directly at artistgwalter@gmail.com, or go to GregWalterArtwork.com. ■



Artwork for Letter M



Letter B page

Ready for Christmas?
All Trek Marlins in stock
\$50-\$100 off!



Steffan Saw & Bike
701.225.5075
 121 3rd Ave E, Dickinson, ND

PAUL MEYERS TRACTOR SALVAGE

Good Buys and Service

1000+ Tractors & Combines
 400+ Reground Crankshafts
 500+ Tractor Tires
 300+ Radiators, Rebuilt
*Large Line of Swather, Baler,
 Cutter & Plow Parts*

WANT TO BUY TRACTORS &
 COMBINES FOR SALVAGE
Phone (605) 225-0185

Aberdeen, South Dakota
 Open Monday-Friday 8am-5pm
 Saturdays 8am-3pm
 5 miles east of Junction of
 Hwy. N 281 & 128th St

NDSU EXTENSION Dakota Gardener: Winter is life and death for plants

By Esther E. McGinnis, Horticulturist



With the recent snowfall, winter is on my mind. The hard freeze killed our annual bedding plants and vegetables. Our hardy perennial flowers are very much alive but dormant for the season. How do our plants survive winter?

Our perennial flowers survive the winter underground. Aboveground leaves freeze and die. However, the plant's crown is protected and insulated by the soil. The soil just inches below the surface remains much warmer than the air temperature. In spring, the plant's crown produces new shoots and eventually flowers during the growing season.

It is not unusual to lose hardy perennials over the winter. Several factors may contribute to a plant's death. If we have little to no snow cover, the soil temperature may drop to the point where the dormant crown cannot survive. Snow cover is our friend in the north country.

Many gardeners protect their perennials by applying a layer of leaves over borderline hardy plants to insulate them from a snow drought. I leave the stems and foliage of my perennial flowers intact in the fall to trap the snow. To prevent rotting in spring, mulch and plant debris should be removed before growth starts.

Another factor that can kill perennial flowers is by having "wet feet" over the winter. This happens during a wet fall when the soil does not drain before winter comes. While plants do not have feet, their roots can rot in cold, waterlogged soils. Susceptible plants include Delphinium, Echinacea, Dianthus and Heuchera. Plants in heavy, clay soils are more susceptible to this kind of winter kill than in well-drained soils.

Many of us carefully select plants based on the U.S. Department of

Agriculture (USDA) Hardiness Zone Map. Dakota Gardener readers are generally in zones 3b, 4a and 4b. If we are buying recommended plants for our region, why do some of them still die over the winter?

The USDA Hardiness Zone Map is an imperfect system based upon a 30-year average of each winter's coldest

temperatures. For example, the southern two-thirds of North Dakota is in Zone 4a which has an average coldest winter temperature that falls between minus 25 to minus 30 degrees Fahrenheit. Have we seen temperatures fall below minus 30 degrees F? Yes, both Fargo and Bismarck reached minus 33 degrees F in 2019. Poor Hettinger, North Dakota, reached minus 45 degrees F on January 1, 2018.

So far, we've only talked about our perennial flowers with underground crowns. Our ornamental shrubs have aboveground branches that are exposed to the elements above the snow. In addition to being susceptible to winter's coldest temperatures, we need to think about the dangers of variable weather in fall and spring. For example, if we have a long period of unseasonably warm temperatures in April, the shrubs may leaf out. If followed by a late spring frost, the shrubs may experience damage.

With all kinds of extreme weather, it is a miracle that the vast majority of plants survive and even thrive in the north-central U.S. Let's be grateful that plant breeders are always releasing tough new plants to brighten northern landscapes.



With all kinds of extreme weather, it is a miracle that the vast majority of plants survive and even thrive in the north-central U.S. (Pexels photo)

BETTER FLOORS. BETTER PRICES. BEST GUARANTEE.

Carpet
 Ceramic
 Tile
 Hardwood
 Custom
 Cabinets



Luxury
 Vinyl Tile
 Granite &
 Quartz
 Counter
 Tops

We offer **INSTALLATION** on all of our products
 as well as **FREE ESTIMATES!**

We make floor shopping easy with the SelectAFloor system and completely worry free with the Beautiful Guarantee.
Call 701-483-0173 today for a free in-home estimate.

Store hours: 9am - 5:30pm Mon, Tue, Wed, & Fri | 9am - 7pm Thurs | 9am-4pm Sat
 Address: 1516 I-94 Business Loop East, Dickinson, ND • Phone: 701-483-0173

COMMUNITY

Dorcas Society

Dorcas Society is a membership organization that reaches out to families in need in our community. Established in 1909, the Society connects community support with families or individuals by offering a helping hand. Individual Society members adopt families that are referred by school staff, healthcare providers, and clergy. Forging a personal relationship with the families we serve allows members to help meet their needs in a friendly and confidential manner.

Dorcas Society held its Bountiful Baskets Bingo Charity fundraiser at the Eagles Club on Wednesday, October 4. Twenty baskets containing a pork roast, a pie baked by home economics classes at Trinity High School and a pumpkin decorated by the THS Art Club were given away as prizes. The event was staffed by Dorcas Society members and members of the Dickinson State University Softball team. Dorcas Society raised over \$3,000 to help provide Thanksgiving meals for families in need in the Dickinson community.

Dorcas Society also provides meals at Christmas and Easter, as well as gifts and canned goods at Christmas. The Society is aided in these efforts by the Golden Mass at Trinity High School, PEO glove drives, Queen of Peace Giving Tree and many other donations from the Dickinson Community. ■



DORCAS MEMBERS IN FULL ARRAY—Picture are members of the Dorcas Society as they appeared recently when they were hostesses at a charity tea in the home of Mrs. Chris Dukart. (See other story in this issue). Top row, left to right are: Mrs. L. B. Price, Mrs. Frank Whitsey, Mrs. Theodore Nelson, Mrs. Adolph Gack, Mrs. Vernon McCutchen, Mrs. Frank Hollowell, Mrs. David Price, Mrs. E. W. Rodgers, and Mrs. Robert Lowmy. Bottom row, left to right, Mrs. Sam Christensen, Mrs. Ray Schnell, Mrs. John Lish, Mrs. Andrew Meier, and Mrs. Chris Dukart.

Picture taken from front page of The Dickinson Press on May 25, 1957.



Members of the Dickinson State University Softball team

BUYlocal
* & WIN
* STARK STRONG



REGISTER
to WIN!
WEEKLY PRIZES

How to QUALIFY:

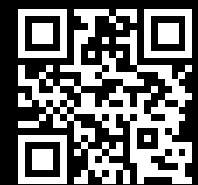
- Must be 21 years of age or older to enter
- Shop at any Stark County business and make a taxable purchase(s)
- Submit dated receipt(s) within promotional time period listed below
- See official rules on website

WEEKLY PROMOTIONS

November 24, 2023 - December 2, 2023
December 3, 2023 - December 9, 2023
December 11, 2023 - December 16, 2023
December 17, 2023 - December 26, 2023

Submit ENTRY:

StarkND.com



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

COMMUNITY

The impact of year-end giving: Empowering DPS Foundation, Inc.

As the year draws to a close, an invaluable opportunity presents itself: the chance to contribute to the betterment of education through year-end giving. Amid the multitude of worthy causes, the Dickinson Public Schools Foundation, Inc. stands as a beacon of hope and progress for the community. Established with a vision to enrich educational experiences, the foundation relies on the generosity of its supporters to make a significant impact on the lives of students and educators.

The importance of end-of-year contributions to the Dickinson Public Schools Foundation cannot be overstated. With these donations, the foundation can fulfill its mission of providing resources, grants, and sponsorships to the public school system. Contributions received during this critical time play a pivotal role in shaping the educational landscape for the upcoming year, enabling the foundation to implement programs and provide resources that directly benefit students and educators.

Year-end giving is not merely a financial transaction; it's a catalyst for



change. The donations received by the Dickinson Public Schools Foundation have a profound impact on the quality of education and the opportunities available to students. These contributions pave the way for innovative learning experiences, access to technology, and resources that enrich the academic journey of every student. They also empower educators by providing professional development opportunities and tools to enhance their teaching methods, ultimately fostering a more robust learning environment.

Moreover, these donations serve as a vote of confidence in the future of the community. They demonstrate a commitment to the growth and development of the next generation, illustrating a collective belief in the power of education to shape a better world. Your generosity can spark a wave of transformation, ensuring that every student receives the tools and opportunities they need to thrive. Join the movement and contribute to this cause, securing a better tomorrow through education today. ■

COMMUNITY

Irene Schafer honored for excellence



Irene Schafer of Dickinson was recently honored with the Stark County Spirit of Excellence Award for her Leadership.

Surrounded by family, friends, colleagues, and other special guests, Colleen was recognized at a surprise celebration at the Dickinson Eagles Club on November 25. She was showered with donated items from Stark County businesses and individuals. Presenting the award was Dickinson Mayor Scott Decker

Irene is 93 years old and is still on every board or committee that moves this community forward. She is active on a Chamber Committee and with Rotary's fundraising. The Dickinson Area Home Builders is fortunate to have Irene on its Board of Directors, a committee member for the Home Builders Show, the golf event, and the Christmas Party.

She is a board member of the DSU Heritage Foundation, a member of API, and an affiliate member of the Badlands Board of Realtors. She is a member of the Republican party.

Irene was a founder, along with Shirley Dukart, of the Power of 100 Women which has grown to a membership of 250 members. These members have given more than \$600,000 to 501(c)(3) Charities. She has been the recipient of the Golden Hawk award from Dickinson State University for her contributions.



Irene Schafer

She was the Parade Marshall in the Roughrider Parade in 2020.

She volunteers and works in many of these organizations. Irene sponsors many events and takes guests to get them involved.

The Stark County Spirit of Excellence Award is awarded quarterly and recognizes the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts in Stark County. All nominations are reviewed in blind format, with all names removed, by the Stark County Mayors.

Nominate and view award information at www.starkcountysheriffnd.com.

Editor's note: Irene is an integral part of Heart River Voice. She's not only our advertising guru, but she is on our advisory board, is a champion for print media and is the BEST ambassador a company could ask for. We are blessed to call her a friend. We are so proud of Irene!



701.483.DOOR (3667)
501 21st Ave E
Dickinson, ND 58601

\$5.00
Insulated Used
Garage Door Panels
For Windbreaks
Any Size
Call for Details

CONNECT MEDICAL CLINIC Tips for the not-so-merry Christmas season

By The Connect Medical Clinic Staff

We are amidst "The Most Wonderful Time of the Year." Yet, even on the happiest of occasions, some families experience well-established patterns that leave them feeling less than joyful.

This year, the staff at Connect Medical focused on prioritizing self-care and developing healthy coping strategies. Together, we identified four common toxic family traits and are here to share

aggressive commentary.

4. The "Gaslighter." This family member lives by their own truth, blames others, and cannot be trusted to show up on time, if at all. They can be unpredictable and unreliable, and for the sake of the holiday, we keep hoping this year will be different.

How can we be prepared to gather and still "Sleep in Heavenly Peace?"

1. Honor the "something is not right here" nudge. Just because "it's always been like this" doesn't make it right to continue that way. Listen to the small voice inside that alerts you to your discomfort or your boundaries being disrespected.

2. Observe, don't absorb. Approach



strategies for protecting your peace at your upcoming family gatherings.

1. The "Here I Am." Inevitably, there is one person at every gathering who believes themselves the main character. Instead of relating to others, the "Here I Am" dominates the conversation, oblivious to the energy of the room.

2. The "Revolve Around Me." This person leads with entitlement and requires accommodation. The timing of the gathering, the menu, and the program are often tailored to their preference. They expect others to happily comply, and noncompliance can lead to fractured family events in the future.

3. The "Negative Nelly." This person has the half-empty glass, no matter how much egg nog is available. The dark cloud following this person rains with pervasive pessimism, victim mentality, judgment, jealousy, and passive-

behaviors that cause triggers like a fascinating art exhibit. Distance yourself from your emotional energy, and rather than absorbing the drama, stay curious and neutral.

3. Hold your boundaries. With your partner, if applicable, determine what is most important to you and your family. Make decisions with these boundaries as true north.

4. Remember "No" is a complete sentence. Sometimes, the way to keep your peace is to limit the time spent in uncomfortable situations.

Bottom line is, your family is a gift, and believing the best in others recognizes that toxic traits signify personal pain. So don't take it personally! With prayer, grace, and healthy boundaries, may this be the year you break unhealthy patterns and establish something new with "Love's Pure Light." ■



Merry Christmas!

20% off
one supplement
for the
month of
December



IRSFELD
Pharmacy *More than just prescriptions.*
Compounding - Nutrition - Alternative Health

33 9th St. West, Dickinson - 701.483.4858
www.irsfeldpharmacy.com



LAURA KARSKY
INSURANCE

GO WITH
FLEXIBILITY.

DACOTAH BANK

BANKING • INSURANCE • MORTGAGE • TRUST

laura.karsky@dacotahbank.com (701) 225-1200

MEMBER FDIC Insurance and Trust not FDIC Insured.

FINANCIAL FOCUS®**Can you make charitable giving less 'taxing'?**

Once again, it's the season of generosity. In addition to considering gifts for your loved ones, you might want to think about charitable gifts as well. But what should you know before making gifts to charities? And what impact might these gifts have on your financial and tax situation?

First, you may want to create a gift budget by deciding just how much you will give to charitable organizations over the rest of the year.

Next, look closely at the groups to whom you wish to contribute. You can find many reputable charities, but some others may be less worthy of your support. One of the red flags of a questionable organization is the amount of money it spends on administrative costs versus the amount that goes to its stated purpose. You can check on the spending patterns of charitable groups, and find other valuable information about them, on the well-regarded Charity Navigator website (charitynavigator.org).

Once you've established a gift budget and are comfortable with the groups you choose to support, you might turn your thoughts to another key issue connected with charitable giving: tax benefits. A few years ago, changes in the tax laws resulted in a large increase in the standard deduction, which meant that many taxpayers found it more favorable not to itemize — and lost the ability to take charitable deductions. But if you still do itemize, your charitable gifts or contributions to tax-exempt groups — those that qualify as 501(c)

(3) organizations — can generally be deducted, up to 60% of your adjusted gross income, although lower limits may apply, depending on the nature of your gift and the organization to which you're contributing.

Other, more long-term avenues also exist that combine charitable giving with potential tax benefits. One such possibility is a donor-advised fund, which allows you to make an irrevocable charitable contribution and receive an immediate tax deduction. You can give cash, but if you donate appreciated assets, such as stocks, your tax deduction would be the fair market value of the assets, up to 30% of your adjusted gross income. Plus, you would not incur the capital gains tax that would otherwise be due upon the sale of these assets. Once you establish a donor-advised fund, you have the flexibility to make charitable gifts over time, and you can contribute to the fund as often as you like.

Another possible tax benefit from making charitable contributions could arrive when you start taking required minimum distributions, or RMDs, from some of your retirement accounts, such as your traditional IRA and 401(k). These RMDs could be sizable — and distributions are counted as taxable income. But by taking what's called a qualified charitable distribution (QCD), you can move money from a traditional or Roth IRA to a qualified charitable organization, possibly satisfying your RMD, which then may be excluded from your taxable income. You must start

taking RMDs at 73 but you can begin making QCDs of up to \$100,000 per year as early as age 70½. (This amount will be indexed for inflation after 2023.)

Establishing a donor-advised fund and making qualified charitable distributions are significant moves, so you'll need to consult with your tax advisor first. But if they're appropriate for your situation, they may help you

expand your ability to support the charitable groups whose work you admire.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisors, Marlene Bradbury and Sheyenne Haugeberg. Edward Jones, Member SIPC ■

Edward Jones®

Sheyenne A Haugeberg
Financial Advisor

244 14th St W Suite D
Dickinson, ND 58601
701-225-7148

MKT-5894N-A

> edwardjones.com

Edward Jones®

Marlene Bradbury
Financial Advisor

1166 3rd Ave West
Dickinson, ND 58601
701-225-1077

MKT-5894N-A

> edwardjones.com

ADVERTISE WITH US

Heart River Voice is the voice of Dickinson and Stark County. We are supported by small and large businesses and non-profits who purchase advertising. Your support in this effort is greatly appreciated.

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

LESSONS IN BUSINESS

How to be a likable leader

By Debora Dragseth, P.D.

"A leader is one who knows the way, goes the way, and shows the way."

~ John C. Maxwell

Have you ever daydreamed about managing a highly motivated team? A team that strives to do its best every time at bat? A team characterized by a positive attitude? A team committed to working together to reach the goals of the organization?

As a leader, you play a key role in shaping your employees' attitudes and level of motivation. Successful leaders provide meaning and direction to the people they lead. Successful leaders are encouraging, optimistic, and likable.

In order to gauge your ability to lead and motivate your employees in a positive way, reflect on these six questions:

1. Would I like doing my employees' jobs? If not, why? What could I do to make each of their jobs better?

2. How would it feel to have myself for

a boss day in and day out?

3. Would my employees describe me as upbeat and enthusiastic most of the time?

4. Are my employees comfortable around me, sharing their concerns with me, giving me advice or even disagreeing with me?

5. Do I genuinely care about each of my employees as individuals?

6. Am I committed to quality and excellence in my own work?

If you answered "yes" to most or all of the above questions, chances are good that you are perceived by your employees as a likable leader who motivates and inspires their employees with a positive attitude and positive energy.

Reflecting on these questions is just the starting point. Below are several strategies and characteristics that can help you become a more likable leader.

Practice empathy

Demonstrate genuine concern for your team members.

- Respect work-life balance by being flexible in work arrangements when possible.

- Regularly express gratitude for your employees' contributions to the

company's success.

Communicate effectively

- Share a compelling and motivating vision.

- Encourage open communication and practice active listening.

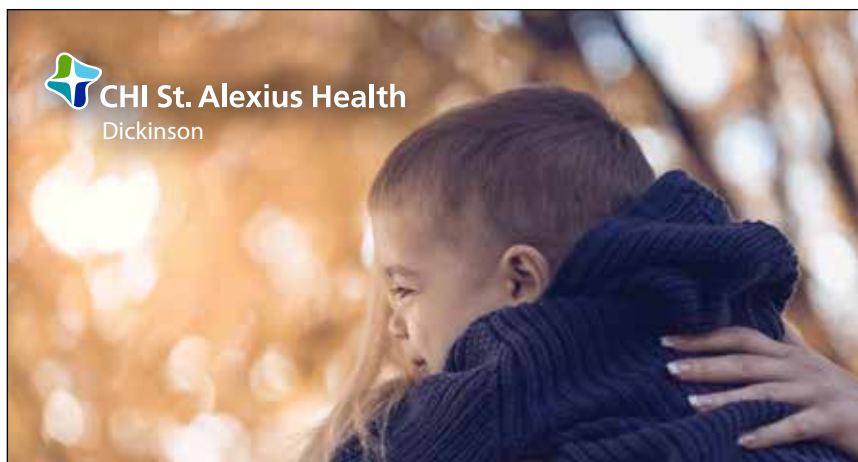
Encourage and Recognize

- Recognize and value your employees' achievements.

- Celebrate successes, no matter how small.

By implementing empathy, communication, and recognition into your leadership, you will not only know, go, and show the way, you will also ensure that the journey is rewarding for your entire team.

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



 CHI St. Alexius Health
Dickinson

Get ahead of flu season.

Schedule a visit today at 701-456-4200



Thursday Night
Trivia

DECEMBER 7TH @ 6PM
COMMUNITY ROOM
DICKINSON AREA PUBLIC
LIBRARY

HOLIDAY MOVIE TRIVIA
TEAMS OF 4-6 (AGES 13+)
SIGN-UP REQUIRED
www.dickinsonlibrary.org/events
or call 701-456-7700

CHAMBER OF COMMERCE Shop local this holiday season

By Alicia Erickson, Marketing and Communications Manager, Dickinson Area Chamber of Commerce

The Dickinson Area Chamber of Commerce encourages community members to shop local this holiday season. Support our local merchants during this gift-giving season, especially on special occasions like Black Friday and Small Business Saturday.

We are fortunate to live in a community with a lot of great shops. For the doors of those shops to stay open, we need to make purchases from them. When you buy local, the money stays here. It goes back to being spent in the community by offering sponsorships for events as well as silent auction baskets for charities. It also means buyers get that item on the spot rather than waiting for it to arrive in the mail. If they don't have exactly what you are looking for, ask an associate if it can be ordered. Most of the time, they are willing to assist.

Shopping local takes the stress out of holiday shopping. The purchase of gift cards or Chamber Bucks can be given to gift recipients to spend after the holidays. Chamber Bucks can be purchased locally at our Dickinson Area Chamber of Commerce and redeemed



at any Chamber merchant. It works the same as cash. A nice gift to give during the holidays especially for the hard-to-shop-for individual. If you are interested in Chamber Bucks, stop by the Chamber at 314 3rd Ave W between 8 AM - 5 PM Monday - Friday or give us a call at (701) 225-5115.

Another perk of shopping locally is some shop owners will even assist in arranging a basket or wrapping the gift as an added service. This takes the stress out of having to wrap a ton of presents. In addition to shopping, you can also have holiday cards custom printed locally. Check out the local print shops for quotes.

We would like to thank our local merchants for investing in our community. They give their time, energy, and monetary resources to make items available for us. Let's reciprocate by making purchases from them during the holiday season as well as throughout the year. ■

ID*I*OM Count your blessings

The ancient Jewish tradition is to try to get to 100 blessings a day. The expression, count your blessings, started with people attempting to count their blessings to find 100 of them. Today we use it as a reminder to be grateful for what we have. ■



COMMUNITY A Night Full of Stars

"Moving pictures," entertainment's newest innovation, will be portraying Bethlehem's very own King David. With the show ready to sparkle and shine on the red carpet, a new and better show comes to steal the limelight when the Messiah is born. Will this truly be the greatest story ever told?!

Come out and support the Hope Christian Academy students as they perform "A Night Full of Stars" on Thursday, December 14 at 7 p.m. MST at HCA, 2891 5th Avenue West, Dickinson. Everyone is welcome to attend this free and family-friendly production to celebrate the true reason for the season! ■



2023 SILVERADO 1500 CREW CAB RST
FOR WELL-QUALIFIED BUYERS

1.9% APR¹
OR
\$2,000 TOTAL CASH ALLOWANCE²

RED TAG

SAX
MOTOR CO

100
YEARS

52 21st St. E., Dickinson, ND • saxmotor.com • 800-489-9430

KUDOS
Sara Rhode



“Be who you were created to be and you will set the world on fire.”
~ St. Catherine of Siena

When Sara and your husband moved to North Dakota, it was supposed to be temporary. But ten years and two career changes later, Dickinson has become home. The change in plans has proved serendipitous for the Rhode’s and for our community.

Driven by a desire to create greater opportunities for young people, Sara has worked tirelessly in the Roughrider Area Career and Technical Center to implement augmented health science student experiences for those in the RACTC Consortium, Southwest Area Career and Technical Education Academy, and Dickinson High School.

Sara has a medical background in respiratory therapy and as an advanced-trained EMT. Five years ago, she transitioned into teaching, finding it a fulfilling joy.

“All I had in high school was anatomy and physiology,” Sara laughs. “To be a part of offering students the chance to leave high school with health science certifications makes this job not a job at all. I look forward to every day!”

As a mom of two young children, Sara values investing in the future generation. Because of her passion and expertise, the program is growing in students and in training specialties. Sara pursues these advancements because she sees the needs and desires to meet them: both the need for industry and for young people to have safe, stable adults building relationships with them.

Sara teaches health science courses, her primary focus being the Emergency Medical Responder class. With the required skills and coursework, students



Sara Rhode

leave high school certified as an EMR: Emergency Medical Responder—the bottom rung of first responders, but an asset to the health of a rural community. Other health occupation certifications Sara’s efforts have succeeded in offering are CNA, Pharmacy Tech, and Dental Assisting.

Sara was not the only Rhode who found a new calling in Dickinson. Her husband came to the area as a welder and is now the Captain of the Fire Department.

Their collaboration led to the creation of the Fire Academy, where students can graduate with a Firefighter 1 Certification. The students in the current class are from the surrounding area, including Hebron, Beach, and Belfield. But what is extraordinary about this class is that 5 out of the 7 are girls.

Sara is deeply invested in the lives and futures of the young people in our area, motivated by the drive to leave a legacy of opportunity and empowerment for the next generation. Those she works alongside are impressed by her commitment to community, energy, and passion. She values connection and is grateful especially for her fire family she’s found in southwest North Dakota. Her students and all of us are grateful for her!

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who’ve lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see wewnetwork.org. ■

📍 402 4TH STREET WEST DICKINSON 📞 (701)456-0007 📱



Your Partner in Parenting

1. BECAUSE YOUR CHILDREN ARE SPECIAL
2. ENCOURAGING EFFORTS OF PARENTS AND FAMILIES
3. RAISING SELF-RELIANT KIDS IN A SELF INDULGENT WORLD
4. PUT FUN BACK INTO PARENTING



VISIT US ON
OUR WEBSITE!



**PUBLIC
THANK YOU**

**DICKINSON AMERICAN LEGION POST 3
STARK COUNTY VETERANS
MEMORIAL ASSOCIATION**

Our veteran organizations desire to publicly say “THANK YOU” for the wonderful support shown by our community during the process of acquiring a SHERIDAN TANK for display at the Veterans Memorial Park.

Special thanks go out to:

WILLIE WINN AND CREW from **WINN CONSTRUCTION**
who took the time from their hectic schedule to make sure the concrete pad was ready for the arrival and placement of the tank.

LEE EBERTS from **JTL TRANSPORT LLC**
who took time away from his own busy work schedule to coordinate and transport the tank from Virginia.

JJ DUKART AND CREW from **PRO LIFT RIGGING**
who took time from their busy schedule to provide the crane, crew, and labor to lift the tank off the flatbed and position it safely on the concrete display pad.

Lest we forget “Thank You” to everyone who encouraged pursuing and supporting this project as tribute to our veterans. We hope everyone enjoys this addition to our community.

HEALTH

Are you fragile?

By Steve Irsfeld



How often have you been asked, "Are you fragile"? Probably never, but the question is something to ponder as you begin aging. If you look at the definition of the word fragile, Merriam-Webster's dictionary says that it means 1) easily broken or destroyed or 2) constitutionally delicate: lacking in vigor. The second definition would be the one we will discuss in today's article. I am confident that nobody wants to be tagged with the label "delicate or lacking vigor," so I will discuss ways to help you avoid that label.

Muscle mass is a considerable part of this conversation, as the more muscle we lose, the more fragile we become. Muscle loss over time is referred to as sarcopenia, and the best way to avoid this is with resistance or weight training and protein intake. The older people get, the less they eat, and getting enough protein in the diet becomes challenging. The protocol to help reduce muscle loss when a person is not getting enough protein in their diet includes branched-chain amino acids, vitamin D and Taurine.

Balance is another hallmark of being fragile. In the Brazilian study, 2002 men and women ages 51 to 80 were followed for an average of 6.3 years, and those who needed to use both hands and knees to get up and down. Participants performed a sitting-rising test (SRT) to and from the floor, which was scored from 0 to 5, with one point being subtracted from 5 for each support used (hand/knee). Each unit increase in SRT score conferred a 21% improvement in survival.

Participants were almost seven times more likely to die within six years than those who could spring up and down without support. Musculoskeletal fitness, as assessed by SRT, was a significant predictor of mortality in 51-80-year-old subjects, and it turns out, is very important.

How does one improve their ability to get up off the floor? Four easy exercises



can help the process:

- **Squats** – Squats help to increase leg strength and improve hip flexibility.
- **Push Ups** – Pushing yourself off the ground improves upper body, trunk, and core strength, all necessary for getting up off the floor.
- **Contralateral Limb Raises** – This is very similar if you have ever laid on your stomach and made a Superman move. Only use one arm and the opposite leg, lifting in unison. This builds core and back strength.
- **Glute Activation Lunge** – Lunges are great for building leg strength, and this lunge's twisting motion helps strengthen the core.

Another paper was published in a JAMA journal titled "Association of Daily Step Patterns with Mortality in US Adults." In this cohort study of US adults, the number of days per week taking 8000 steps or more was associated with a lower risk of all-cause and cardiovascular mortality. These findings suggest that individuals may receive substantial health benefits by walking a few days a week.

Creating a routine incorporating walking or simple exercises is integral to the healthy aging process. These two points are relatively straightforward, yet the results speak for themselves regarding their benefits.

Thinking back to the initial question, "Are you fragile"? Some of my buddies in the day might have thought I was, but my goal is to try my best not to let that happen as I continue aging.

If you would like a different look at how to address chronic disease and illness, stop by or call the pharmacy (701-483-4858). Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



701-483-GRIN (4746)

669 12th St. W | Dickinson, ND
www.highplainsdentalpc.com



BIERSCHBACH
EQUIPMENT & SUPPLY

351 24th St. East, Dickinson ND 58601

Rob Clemow

Branch Manager

701-483-3184

Cell: 701-300-2062

robc@bierschbach.com**WE RENT:**

Telescopic Forklifts
 Skid Steer Loaders
 Mini Excavators
 Scissor Lifts
 Telescopic Boom Lifts
 Air Compressors
 Light Towers
 Lawn and Garden Equipment
 Trench Boxes
 Compaction Equipment
 Power Trowels
 Wall Forms
 Plus Many More items

**WE SELL:**

Concrete Tools
 Diamond Saw Blades
 Safety Equipment
 Electric Tools
 Anchors
 Geotextile Fabric
 Trench Drain Systems
 Skid Steer Loaders
 Traffic Control Devices
 Measuring Equipment
 Personal Fall Protection
 Marking Paint
 Plus Many More Items

DICKINSON MUSEUM CENTER

Our Newspaper Chroniclers Part 2 – Alfred White

By Bob Fuhrman

Alfred White was born in Faversham, Kent, England in 1857. He attended a Church of England school and then a finishing school in Davington before starting work as a mechanic in the shops of the London, Chatham and Dover Railway. In 1878 White and his wife Annie emigrated to the United States after purchasing property in Galveston, Texas from a land agent. Originally scheduled to land at New Orleans, an outbreak of yellow fever forced a change in plans and the passengers debarked in New York, with those heading to Texas taking passage on a small boat that experienced rough weather along the way off the North Carolina coast, an experience "White vividly remembered...the storm off Cape Hatteras which incapacitated many of the passengers."

After a short time in Galveston White concluded he could make a better living returning to railroad work as opposed to working the land so he took a job as an engineer for a railroad in San Antonio. Looking for a better opportunity White moved his family to St. Louis the next

year where he took a position with the Santa Fe Railroad, seeing some work on construction projects in the New Mexico Territory and living for short periods in Denver (where their young son George passed away) and Laramie, Wyoming before coming to Dickinson in 1883.


Upon arrival in the North Dakota Territory Alfred White took a position as engineer with the Northern Pacific Railway, working the Glendive to Mandan run until 1890. In addition to his railroad work, in 1885 White bought and stocked a ranch on Charlie (Charley) Bob Creek in what is today McKenzie County and in 1890 he bought out the Mason & Gates ranch located 20 miles south of Medora, ranching there until 1898; it may be during this period that White adopted the 'W S' brand which he took with him when he traded that ranch for another 12 miles northwest of New England on the Cannonball River. By all accounts White saw considerable success as a rancher. Along with his ranches, in 1886 White had purchased what is now 403 Sims Street which he remodeled into the charming Victorian style residence which is still in existence.

In 1896 White entered the political arena, securing a seat in Bismarck representing the 31st district (Stark, Billings and Mercer Counties). He was also appointed to Governor Briggs' staff as 'Colonel' – an honorary title that did



*Alfred White House
403 Sims Street, Dickinson
White remodeled Jerry Russel's 1883-
built home into this Victorian style
residence
2009.022.013.001
Joachim Museum Collections*

ALF WHITE,
Cattle branded
as shown in cut
on left ribs.
Horses, same
brand on left
shoulder.



**P. O. address, Dickinson, N. D. Range on
Third creek and Little Missouri river.**

Alfred White's W S Ranch
Cattle Brand Listings
Dickinson Press, c.1897

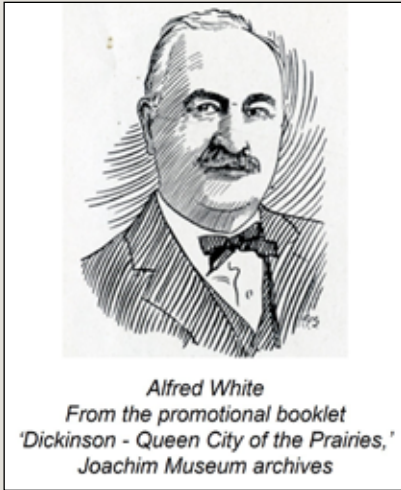
not appear in the 1897 North Dakota Legislative Manual (and eventually disappeared altogether until resurrected in 1961 during the Dakota Territory Centennial, the colonelcy being in the 'North Dakota Theodore Roosevelt Rough Riders'). White was also elected to Dickinson city government, serving on the city council and then as mayor (1914-18).

As if his railroad career, governmental service and ranching wasn't enough to keep this transplanted Englishman

busy, White was involved with several businesses over the years, some directly participating in day-to-day operations and others as an investor or officer – an incomplete list (in no particular order) includes Dakota National Bank (director, vice-president and then president), White & Co. Druggists and Book Sellers, an automobile dealership/repair shop, the Dickinson Laundry Co., White & Reissbeck (wagons, buggies &

Continued, next page

Continued from page 16



agricultural implements) and Rucker Bros. Co. in Billings, Montana (a line of lumber yards). In addition, White belonged to several fraternal lodges (Masonic, Odd Fellows and Elks), served three years as president of the Commercial Club (the forerunner of the Chamber of Commerce) was a member of the Live Stock association and maintained a volunteer weather station on his Billings County ranch.

But there was no denying that railroading was in White's blood. Even though he concentrated on his ranching operations after 1890, White was called back to railroading in 1903 when he was appointed acting general foreman of the Northern Pacific shops in Dickinson, replacing William Littlehales who took sick. White's tenure as general foreman lasted until mid-1907 when he resigned to take another railroad job, this time with the Northwestern and Copper River Railroad in Alaska, the territory's Gold Rush then being in full swing.

In Alaska White served as Superintendent of Machinery and was tasked with installing equipment all along a new 600 mile stretch then under construction. White spent nearly a year in Alaska (during which he twice returned to North Dakota to oversee business and ranching interests) but declined an offer to stay another year. After returning to Dickinson White received a letter from the American Railway Works recommending him for a position with the Columbian National Railway, "at Cartagena, South America," where someone was needed to oversee

converting a line with three different rail gauges to a single gauge (width of track, that is). White was not interested.

However, but he was soon off again in April 1909 in response to an "unsolicited" offer from the American Locomotive Works (ALW) to be their 'traveling engineer' (read that as 'troubleshooter') working out of Montreal, Canada. While in that position he was offered (presumably by ALW) a like position in Johannesburg, South Africa which he fully intended to take but Mrs. White vetoed the plan when presented by Alfred.

The next few years were certainly more settled for White as he concentrated on his several Dickinson businesses. He joined the Dakota National Bank board in 1909 and was elected to the City Council the next year, beginning eight years of service as councilman and then Mayor. But there was also sadness in his busy life as his beloved wife Annie passed away in early 1917. In a rather longer than usual obituary the Press lauded her as "one of the first pioneer women to settle" in Dickinson, who was known as a "lover of nature, particularly flowers (who) insisted on caring for her plants herself."

The next year Alfred married the former Mrs. Jessie Cartwright and resigned from the bank board in 1919. His obituary is very quiet about his later years but did note that "Local reporters and historians had learned to rely on Mr. White's account of matters in the Slope area during its early period," but what the obit writer did not mention was that the Press enthusiastically carried a series of articles penned by White under the title "West of the Missouri" beginning August 13, 1931.

Over the next 5 months Alfred contributed 23 articles on a wide range of subjects starting off with Dickinson's first shootout involving Frank Chase and Jasper Hultz (Holtz) in April 1888. While it was a well-known incident covered in detail by the Press and recounted by Gilbert Cryne in 1912, White does provide a heretofore unrecorded tidbit (as far as we know) regarding Hultz's wife who, although not present, figured in the shooting.

In the very early hours of April 25 Hattie Setter, a 'boarder' at Eva Graham's establishment (read 'brothel') verbally 'abused' the reputation of Mrs. Hultz within hearing of Jasper which ignited



the affray as Hultz knocked Setter down and Frank Chase stepped in to defend her, causing Hultz to draw his gun and threaten Chase, putting in motion the events that led to Hultz's death a few hours later. In his article, White relates that Hultz worked as a cowpuncher around 1883-4 and rode with a 'fellow' referred to as 'Billy, the Kid' (no, not that Billy, he died in 1881). Well, it turns out, according to White, that 'Billy' had "ridden as a puncher for years" and turned out to be a woman masquerading as a man, a fact somehow revealed to Hultz who married the woman. No further information has yet been found to collaborate White's account, but it does add another intriguing facet to the story of the shootout.

White's other articles relate his memories of many topics and events:

- Running railroad snowplows in blizzard conditions
- Ranching (several articles covering the details of ranch life - round-ups, cow punching, ranch hospitality, etc.)
- Hunting on the plains and in the Killdeer Mountains
- The Ed Severson murder trial
- Accounts of the criminal life of Winn Roberts and Dave Bredan

And, of course, more railroading stories, obviously a great love of White's, who also included accounts of his work on the Union Pacific before coming to

the Dakota Territory.

In many ways historians of southwestern North Dakota are very fortunate that Alfred White decided to leave England for America and we're doubly blessed that he chose to venture to the Dakota Territory to seek his fortune. In this article we've only presented a broad overview of his busy life but his "West of the Missouri" columns provide a bit more detail and are worth a read if you care to invest the time - the 1931 run of the Dickinson Press is available on microfilm at the North Dakota Heritage Center in Bismarck and also in the form of two scrapbooks that are part of the Heritage Center's archival collections. Here at the Museum Center, we've obtained scans of those scrapbooks and would be happy to help researchers with access.

Alfred White continued to call Dickinson home until his death in 1943 but his columns continue to benefit researchers today as much as they did upon publication - his obituary concludes with a suitable epithet for this de-facto local historian - "He remembered accurately the vivid events of that time, and was always willing to supply the inquirer with the information desired." Through his surviving columns, he still does. ■

COMMUNITY
WRHS
Foundation's
45th Annual
Community
Turkey Luncheon

By Ted Uecker, WRHS Foundation

Just when you think there's absolutely no way the West River Health Services Foundation and it's huge team of volunteers could exceed last year's phenomenal 625 meals served, they do just that! That's right! On Thursday, November 2nd, the WRHS Foundation and over 100 WRHS and Hettinger area volunteers served up over 700 hot turkey lunches with homemade pie at the 45th Annual "WRHS Community Turkey Luncheon" at the Hettinger Lutheran Church Basement from 11am to 1pm. It's quite an undertaking to cook and slice two dozen, 21-pound turkeys, boil down the turkey bones for eight roasters of homemade gravy, create 8 roasters of tasty dressing, bake 119 various flavored

pies and cut them into nearly 800 huge slices, pour cranberries into 350 to-go containers, build over 400 hot turkey lunch to-go orders, decorate the church exquisitely, provide water and coffee on the tables for everyone, clear the tables, clean the church! Wow!

It all starts with the WRHS Auxiliary. After all, they ran this well-oiled machine for 42 straight years -- until they disbanded in 2019. The WRHS Foundation contacted most of the stalwart leaders of that crew and decided to keep the tradition alive.

THANK YOU area believers. We, at West River Health Services Foundation, West River Health Services and Western Horizons Living Centers are thankful for your gifts. Whether you gave \$5 or \$400 for your meal, ate it here, took it to go or had it delivered -- we are grateful for all gifts. Our West River Ambulance Service will receive about \$8,000 net from this event and we will also be making a \$500 gift toward the Adams County Food Pantry. Amazing.

Our WRHS Foundation is a 501 (c) 3 nonprofit organization, led by a volunteer Board of Directors selected from our service area communities. Our mission is



to provide fundraising and development services for WRHS and WHLC as they provide comprehensive health and wellness services for the citizens and visitors to our region. Because of your loyal donor gifts, we continue to make

improvements to West River Health Services and Western Horizons Living Centers. After all, we need top-quality healthcare "close to home." Onward! ■



PARADE of LIGHTS

SATURDAY | DECEMBER 16 | 5:30 PM



SCAN QR CODE TO
ENTER YOUR FLOAT





Join us for



SINCE 1995

SANTA, S'MORES & BEDTIME SNORES

IMMEDIATELY FOLLOWING THE PARADE OF LIGHTS AT PRAIRIE HILLS MALL

COMMUNITY

The Impact of ND Community Foundation

Community Foundation Week, this year November 12-18, created in 1989 by former president George H.W. Bush, recognizes the work of community foundations throughout America and their collaborative approach to working with the public, private, and nonprofit sectors to address community problems.

"Our local community foundations understand area needs and are in the best position to address the issues their community faces," said Kevin Dvorak, President and CEO of NDCF. "They are a valuable tool in funding projects and programs and provide a way for residents to give back to their area, with built-in flexibility to meet the changing needs of the community."

NDCF currently administers community endowment funds for 69 local community foundations in North Dakota, as well as a variety of other types of charitable funds including scholarships, donor-advised funds, and organizational endowment funds, which support specific charities in the state. Our local foundation is the Dickinson Area Community Foundation, established in 2016.

NDCF has already made over 1,100 grants totaling over \$6.2 million in 2023 through its various funds. These grants are used in a variety of ways to improve the quality of life for North Dakota residents.

Each community foundation at NDCF has an advisory committee made up of local residents that review grant applications and recommend grant awards to the projects and programs they believe will make the most significant impact in their area. They

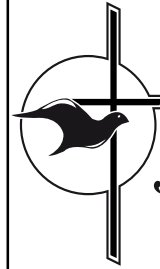


also lead fundraising efforts to help grow their funds for the future. NDCF's board of directors makes grant award decisions for the Statewide Greatest Needs Fund. Grid United, an independent transmission company, utilized NDCF's network of community foundations in southwest North Dakota to distribute grant dollars through their Community Investment Program (CIP). More than \$761,000 was awarded in grants through eight local community foundations under NDCF's umbrella.

Other granting organizations and foundations have also partnered with NDCF over the years to help improve the quality of life for North Dakota citizens through the foundation's grant systems and activities, including the Bush Foundation, the Otto Bremer Trust, and The Funders Network.

The State of North Dakota encourages donors to direct their philanthropic dollars toward qualified North Dakota endowment funds such as the community foundations at NDCF by offering a 40% State Tax Credit on certain gifts.

For more information or to inquire about establishing a community foundation for your hometown, go to www.NDCF.net or contact the North Dakota Community Foundation at 701-222-8349. ■



LADBURY
Funeral Service

701-264-7195

1133 I-94 Business Loop East • Dickinson, ND 58601

www.ladburyfuneralservice.com

Kurt Robinson
Owner



701-483-8900

1283 W. Villard
Dickinson, ND 58601

suresign@ndsupernet.com

SIGNS • BANNERS • DECALS • GRAPHICS

**Specializing in body repair
and refinishing for:**

- ✓ Autos
- ✓ Heavy Trucks
- ✓ Heavy Truck and Trailer Frame Straightening



701.483.6778

North Highway 22 • Dickinson, ND
jayrs@ndsupernet.com



FLUFFY FIELDS
VINEYARD & WINERY

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

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

- Petite Pearl
- Marquette
- Frontenac Gris
- Sweet Bree

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

- Apple
- Haskap
- Sipping Sunshine
- Cherry

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

Get Fluffy!

2708 21st Street East | Dickinson, ND 58601 | 701.483.2242 WINERY | 701.590.2203 CELL

fluffyfields.com



Women Empowering Women
Where women become the best version of themselves

holiday drive

for low-income elderly women

November 1 - December 15, 2023

MONETARY DONATIONS, PREPAID VISA GIFT CARDS OR PREPAID BANK GIFT CARDS PREFERRED

The number of elderly women in Dickinson who are living in poverty continues to increase. The average Social Security benefit is \$604.00, while the poverty level for a 1-person household is \$1215.00. Imagine trying to pay for necessities when you are that far below the poverty level. They are the silent, forgotten poor.

You can help by donating cash, prepaid VISA or bank gift cards. This provides the greatest flexibility to the recipients. Please consider a donation so that these women do not have to go without during the holiday season.

CHECKS OR GIFT CARDS CAN BE MAILED TO:
Women Empowering Women
5 Patterson Lake Drive
Dickinson, ND 58601

OR DROPPED OFF AT:
Haynes Melbye Law Offices
2048 3rd Avenue West, Suite A
(west door)
Dickinson, ND 58601

For more questions or for more information, please contact us at info@wewnetwork.org or by Facebook message.

COMMUNITY

Women Empowering Women holds holiday drive for low-income elderly women

Local nonprofit, Women Empowering Women (WEW), is currently organizing its annual holiday drive to support low-income elderly women in Dickinson.

The organization is specifically accepting monetary donations, prepaid VISA or bank cash gift cards. By contributing to this cause, our community can make a significant difference in the lives of these financially vulnerable women during the holiday season. Every donation is put to good use and is greatly appreciated.

With nearly 100 women over the age of 75 living in poverty in Dickinson, your support can truly have a profound impact. In 2022, thanks to generosity of the community, the organization was able to provide support to 81 women during the holiday season, with additional support provided again to 84 women the following spring. The organization works closely with social

services, as well as the area's nursing homes and churches for referrals, which continue to grow together with the support received.

WEW is dedicated to raising awareness about this underserved population, and they are excited to continue their efforts. It's important to remember that while there are numerous organizations in need, Dickinson's low-income elderly women is an often-underserved population. Let's come together and empower these women to live a better life and maintain their quality of life.

If you wish to contribute, you can make a tax-deductible donation or send gift cards directly to Women Empowering Women (WEW). Checks can be mailed to 5 Patterson Lake Drive, Dickinson, ND 58601 or dropped at Haynes Melbye Law Offices. For more information, email info@wewnetwork.org or message the WEW Facebook Page. ■

Positive Discipline

Creating Respectful Relationships in Homes and Schools

Gain effective tools and techniques to use discipline with your child that is kind and firm at the same time!

Call 456-0007 to register,
email skilwein@dpsnd.org

When: January 8, 15, 22, 29,
Feb. 5, 12, 2024

Where: 402 4th St W (Hagen Building)
Door #3

Time: 6:00-7:30 p.m.
FREE childcare!

THE ACRES

EST 2022

- 1+ ACRE LOTS
- PAVED STREETS
- SOUTHWEST WATER
- NATURAL GAS
- STREET LIGHTS

VENTURE

CALL 701-483-8448 FOR MORE INFORMATION!

WHERE BUSINESS GOES TO GROW

Independently unique, yet one in the same



By Matt Ellerkamp,
Business Advisor, SBDC

Branding and marketing are often intertwined, often misunderstood, this because of their close relationship to one another. Even though branding and marketing are similar, they are two distinct subjects and need to be rightly understood by small businesses.

Branding is the essence of a business and what it symbolizes. Marketing is the deliberate presentation of that essence to a target market through a variety means. Let's break down both subjects a little further.

How to develop a brand? This will be done primarily through an owner, advisory board, or team of leaders. It is necessary to get personal and ask variety essential questions. These questions need to be focused on the core values, beliefs, and practices of the company and how they relate to its product or service. Traditional companies often state and carry out these core beliefs in its Mission-Vision-Core Value Statements.

A great place to start is with an honest assessment one's own beliefs, values, and skills and as well of that of the company. This can be done with a SWOT Analysis. Other good resources to understand how to develop a business brand are to learn about The Golden Circle and The 4 Intangible Capitals of Business. With a basic understanding of business cultural and by performing a SWOT Analysis a company will be well armed to craft



a Mission-Vision-Value Statements. These practices can set the foundation to establish a company's internal environment which in turn creates the external public perceptions.

Marketing is the strategy(s) used to distribute a company's brand that include messaging, symbols, and logos. Good marketing requires branding consistency in words, colors, and imagery. The delivery is more than advertising because marketing goes beyond advertisements. Marketing is heavily involved internally with customer service, sales, environment, pricing, etc. Some external ways used to deliver the marketing are person to person, public appearances, sponsorships, online, social media, mobile texts, television, radio, and even physical print forms.



Branding is involved with every interaction the company has, whether that is internal relationships, business to business, business to end user, and business to general public. Branding overlaps with marketing in the delivery of the "essence" the message, the look, the feel, and perception of the company.

Another distinct difference is branding is steady, consistent and will rarely overhauled. Whereas a marketing strategy may change with the seasons, times, technology, and cultural attitudes of society. A solid example of this is rise of the digital age and decline of the physical print industry. Think about how a person finds the necessary services or items needed today. They don't look in phonebook, they use an internet search engine to find what they need.

It's been proven a company can exist, grow, and succeed without a branding strategy and rely solely on marketing. That being said a company that investing into cultivating a brand and then implementing a marketing plan is more likely to succeed faster, achieve higher success and exist longer. ■

GOING POSTAL

Winter Woodland Animals

Winter Woodland Animals stamps celebrate four beloved animals in settings benefiting the season. Each stamp features a whimsical image of one of four different woodland animals: a deer, fox, rabbit and owl. The animals appear with details of their habitat in winter, such as a full or crescent moon, snow-covered trees, holly branches with berries and delicate snowflakes. Art director Antonio Alcalá designed the stamps with Katie Kirk, who illustrated the stamps.

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



COMMUNITY

Telehealth Outreach Program

When childhood trauma occurs, the effects can last a lifetime. Studies show, most children who need mental health services do not receive them,



particularly those children who have experienced trauma. Rural areas often have significantly reduced access to mental health services due to a shortage in mental health professionals, socioeconomic status, geographic isolation, poverty rates, and transportation hardships. To meet this need, the Dakota Children's Advocacy Center offers Telehealth Services to children and caregivers.

The Telehealth Outreach Program's goal is to reduce barriers and expand access to trauma specific and evidence-based mental health services to the children and families we serve. Research has shown us that telehealth is as effective as in-person therapy and allows

for flexibility and accommodations for families with busy schedules. It decreases the amount of class time missed by a child and the amount of work time missed by a caregiver.

So far in 2023, the DCAC has provided more than 850 telehealth visits. Telehealth services are delivered



utilizing a secure video conferencing platform that meets HIPAA criteria and must take place in a secure, private location to ensure confidentiality. A laptop or tablet with internet is required to connect to telehealth services, however an iPad with internet is available on loan from the DCAC for those who need it.

To learn more about our Telehealth Outreach program, visit www.dakotacac.org/services/tele/ ■

HEART RIVER VOICE | DECEMBER 2023

Calendar

ONGOING IN DECEMBER**DICKINSON AREA PUBLIC LIBRARY**

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

TOY & FOOD DRIVE Bring a new unwrapped toy, food, or household item to Consolidated or Cornerstone Bank and be entered into a drawing for an iPad or \$50 VISA gift card. See ad, page 2, for more info.

NOVEMBER 29-DECEMBER 30

WINNERS' CIRCLE - Show featuring award-winning art from the 53rd Annual BAA Art Show. Badlands Art Gallery, Klinefelter Hall, DSU

FRIDAY DECEMBER 1**CHRISTMAS OPEN HOUSE**

3-6PM Join us for live music and see the Christmas displays in the Joachim Regional Museum. Featuring art by Trinity students. Free admission. Dickinson Museum Center, 188 Museum Dr.

DAPL FOUNDATION'S OLD FASHIONED CHRISTMAS

STROLL 6-9PM Enjoy hors d'oeuvres, Christmas cookies, traditional wassail and live music while socializing in our beautiful library - all decked out for the holidays. Tickets are \$20 each and available online or in the library. Dickinson Public Library

DECEMBER 1-3

TRINITY CATHOLIC SCHOOLS DRAMA DEPARTMENT PRESENTS ELF THE MUSICAL Friday, 7PM Friday and Saturday, 2PM Sunday. See ad, back cover, for more info. Trinity High School Auditorium.

SATURDAY DECEMBER 2**JINGLE BELL 5K Run/Walk**

10:30AM Early Registration on or before Nov. 18 | \$25/adult or \$15 (youth). Registration after Nov. 18 | \$35/adult or \$15 (youth). 1st, 2nd and 3rd place prizes will be given to the best dressed individual after the race.

DOWNTOWN CHRISTMAS STROLL AND LIGHTING OF LEGACY SQUARE

11AM-6PM Shop local businesses, catch story time with Mrs. Claus, peruse the holiday vendors, and enjoy the Lighting of Legacy Square followed by Santa's Arrival. Downtown Dickinson

N'COMPASS CHRISTMAS SHOW

2PM Mark this day and time on your calendar. We will be singing at St. John's Lutheran Church. See article, page 7, for more info.

MONDAY DECEMBER 4

ADULT CRAFT CLUB 6PM Holi-dayscape ornaments. Advanced and beginners welcome. Crafty people unite! Craft supplies provided for the craft or bring your own current project. For adults 18+. Community Room, Dickinson Public Library.

TUESDAY DECEMBER 5 BUSINESS AFTER HOURS

4-6PM Join the Chamber of Commerce and Home & Land Company for their 20th anniversary! Network with businesses and community leaders while enjoying snacks and refreshments. Eagles Club, 31 1st Ave East.

ADULTING 101: BASIC SEWING SKILLS 6PM Learn about basic sewing skills, like sewing on a button, from Dakota Sew and So owner, Holly. Community Room, Dickinson Public Library.

DECEMBER 5-6

CASTING CALL Auditions for DPS Foundation's Mystery Dinner Theater will be held from 5:30-7PM, DPS Central Office, 444 4th St West. Use the east door. If questions, contact Josh at contact@joshcard.com or text 701-260-3152 (text only please).

THURSDAY DECEMBER 7

THURSDAY NIGHT TRIVIA: HOLIDAY MOVIES 6PM Put a team together and compete against other teams by answering questions and earning points!

The Badlands Opera Project cordially invites you to

a Night of Music

Sunday, December 10th, 2023
7:00pm Dickinson High School Auditorium

Select Seating: \$20
Tickets at the door: \$15
Advanced Tickets \$10
Buy your tickets online: badlandsopera.org

This concert will be a celebration of the season with our community of singers from joining together to sing all your Christmas favorites and some new selections to embrace this season.

All proceeds go to the Badlands Opera Project. This event is coordinated by Andrew Jacobs, BSA Troop 1032, as part of his Eagle Scout project.

BADLANDS opera project

Teams can have 4-6 people. Sign-up required. See ad, page 12, for more info. Community Room, Dickinson Public Library.

FRIDAY DECEMBER 8
FAMILY MOVIE: WILLY WONKA AND THE CHOCOLATE FACTORY 2PM (Rated G, 98 min) Free for all ages! One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 12. Community Room, Dickinson Public Library.

SUNDAY DECEMBER 10
A NIGHT OF MUSIC 7PM The Badlands Opera Project invites you to celebrate the season with our community of singers joining together to sing your Christmas favorites. See ad, previous page, for more information. Dickinson High School Auditorium

TUESDAY DECEMBER 12
SIP & STITCH 6PM Bring your knitting, crocheting, or other similar craft to the library for an evening with your people. Share patterns and skills with other stitchers, and we'll provide light refreshments. *No instruction or materials provided. Ages 13+. Community Room, Dickinson Public Library.

WEDNESDAY DECEMBER 13
LIBRARY BOARD MEETING 4PM Meets the second Wednesday of every month. All are welcome. City Hall

THURSDAY DECEMBER 14
START-UP YOUR DAY 8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 27, for more info. Stark County Veterans Pavilion.

FAMILY MOVIE: HOW THE GRINCH STOLE CHRISTMAS 2PM (Rated PG, 105 min) Free for all ages! One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 12. Community

Room, Dickinson Public Library.

A NIGHT FULL OF STARS 7PM Come out and support the Hope Christian Academy students as they perform at HCA, 2891 5th Avenue West, Dickinson. See article, page 13, for more info.

SATURDAY DECEMBER 16
GRINCHMAS PARTY 10-11AM Come for the story! Come for the noise! Come dressed in green or as Who-girls and boys! It's going to be a Who-jubilee! Go on a candy cane hunt, make a grinchy craft, and meet the real live Grinch! Geared for ages 2-12. Dickinson Public Library, all around the library!

PARADE OF LIGHTS 5:30PM Head downtown for the Parade of Lights, then follow the parade route to Prairie Hills Mall. Vote for your favorite float. Floats will be parked in mall parking lot. Join Best Friends Mentoring Program for Santa, S'mores & Bedtime Snores inside mall.

SUNDAY DECEMBER 17
BUZZARD BAIT BUCKING PONIES 1PM Buzzard Bait Bucking Ponies is the "Cutest Thing Happening!" Head on over for an afternoon of fun! MT. Admission is \$5/adults and \$2/10 and under. DSU Indoor Arena.

MONDAY DECEMBER 18
ADULT BOOK CLUB: MAO'S LAST DANCER 6PM Read the book and come discuss it with other adults. The next months' selection will be announced at the monthly meeting. Book club books are available at the Main Level Circulation desk. Community Room, Dickinson Public Library.

TUESDAY DECEMBER 19
PRESENT WRAPPING PARTY 4-7PM Drop in anytime between 4pm and 7pm to wrap some gifts. We'll provide the wrapping supplies and hot chocolate and cider.

Open to all ages! Community Room, Dickinson Public Library.

SATURDAY DECEMBER 30
NOON YEAR'S PARTY 11:30AM-12:15PM Craft, treats and confetti! For ages 3-12. Sign up to reserve your spot! Dickinson Public Library.

SUNDAY DECEMBER 31
NEW YEAR'S EVE ICE SKATING PARTY 1-4PM Dickinson Parks and Recreation invites you to bring the entire family to our annual New Year's Eve Ice Skating Party! We will have both rinks open! Get geared up to ring in the new year by skating to a live DJ and lights on the ice! Door prizes

will be drawn throughout the event (must be present to win). Free food and beverages are provided! FREE Admission. \$2 Skate Rental. West River Ice Center.

SAVE THE DATE

FEBRUARY 8-10
MURDER AT THE BACHELORETTE PARTY Tickets go on sale January 12 at the Roosevelt Grand Dakota Lodge. See ad, page 25, for more info.

DICKINSON AREA PUBLIC LIBRARY

NOON YEAR'S PARTY

Saturday, December 30th

CRAFT | TREATS | CONFETTI

11:30AM-12:15PM

Ages 3-12

SIGN-UP TO RESERVE YOUR SPOT!

VOICING SOME THOUGHTS

How I spent my Autumn vacation

By Nancy Hoff

One more drop in my bucket list – a long-planned fall foliage tour with my two best friends from high school began with a Boston flight and bus tour.

Our first stop was in Stockbridge, MA, hometown/museum of Norman Rockwell. Next was the Vermont Country Store where my mailbox came to life with a dizzying array of stuff. Tastes of local favorites – cider from an apple press, “Snow on the Mountain” at a sugar shack, which is hot maple syrup over crushed ice, with a donut and pickle!?

The crown jewel of our Vermont stay was at the Von Trapp Family Lodge in Stowe, Vermont where the hills came alive with the Sound of Music. The family settled in Stowe after fleeing the Nazis and leaving Austria. It retains Old World charm – the dining room with bay windows wide open to let in fresh mountain air, a sun room, their brewery, goats (think “Lonely Goatherd”) and ox carts used for gardening. Maria, the Captain and children are buried on the property, under mounds of flowers ... sadly no edelweiss.

The crown jewel of New Hampshire – color! The 34-mile Kancamagus highway is paved with gold ... and every shade of red! The hills looked as if God put them to bed, covered with patchwork quilts of deep burgundy, rich scarlet, perky orange, burnished gold and lingering green.

Into Maine, I saw the Atlantic Ocean, a lighthouse and pried open a lobster – all first-time experiences in my advanced age.

On the way to Logan airport for our flight home, the bus driver had to stop next to a cemetery. Our quick-witted guide informed us, “We’ve arrived at the airport. It appears they are still waiting for their luggage.”

My highlights – Stockbridge – the feel of greatness born in minutiae: The general store; Norman Rockwell’s first studio; storybook trail outside the library; the old stone churchyard with colorful Adirondack chairs to encourage a coffee, a visit, a contemplate. There is honesty in a little town, a simplicity and goodness. A tour of Just Little Towns would be great.

The 84-year-old five and dime store in Conway ... wooden floors, angled displays, the compartments filled with small toys, handkerchiefs, penny candy, classic paperbacks like Moby Dick and Tom Sawyer, old cash register ... nostalgia galore.

At a lunch counter in Kennebunkport, with the subtle Atlantic sea breeze wafting through the window, a gracious lady and her son shared her time. Their hometown was Kennebunkport, and at age 14, her son was chosen by the local tennis club to be President George H. Bush’s tennis partner – and remained so until President Bush could no longer play. We visited as if acquainted for a long time. The short hour fled, and we acknowledged the pleasure of a kindred soul on a gorgeous day.

The sights were beautiful – but the real substance was in my highlights. Cherish your highlighted moments – wherever they may be. ■



PAWSITIVELY POPPY

Eggnog for dogs

By Miranda Kuhn

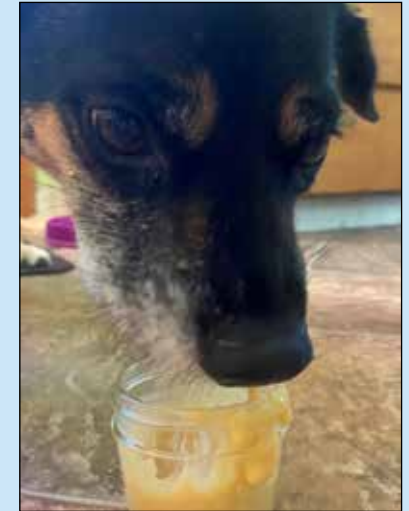
Merry Christmas! ‘Tis the season for decorating, celebrating, and cozying up by the fireplace (or portable heater for some of us) with a good book and a nice festive beverage. In addition to the doggy hot cocoa that I sometimes make for Poppy, she also likes a cool and creamy “dog”nog while we decorate the Christmas tree and jam out to Christmas albums by Celine Dion, Josh Groban, Amy Grant, and Michael Buble! We also love to throw on the 1992 classic “Cow Christmas” cassette tape featuring hits like “Angus We Have Heard on High”, “God Rest Ye Merry Cattlemen” and “Deck the Stalls”.

The secret to enjoying a delicious glass of nog is to shake it furiously before pouring and to slurp it slowly. You’ve got to aerate while you drink, just trust me on that one. This particular drink will keep in the fridge for a few days but could also be frozen into ice cubes for a cool frosty treat later in the season. Merry Christmas, Happy Holidays, and say hi to your pooch for me!

“Dog”nog

1 single serving container nonfat Greek yogurt
1/2 jar apple pumpkin baby food (or any other flavor that has ingredients safe for dogs)
¼ C water
1 egg

Puree all together in a personal size blender cup. Pour into cup for your pooch to enjoy! ■




Steffan Saw & Bike
 Merry Christmas!
\$300 Off
 Select Serfas e-bikes in stock!
701.225.5075 | 121 3rd Ave E, Dickinson, ND

BAIT AVAILABLE


LIQUOR

Wine Ice
 Beer Mixers
 Liquor Snacks

100 Alkali Way Killdeer, ND 58640
701-764-7363
 Hours: Monday - Saturday 8:00am - 9:00pm
 Sunday 11:00am - 7:00pm

Ask Alfie

Dear Alfie,

Now that it's freezing, I had to move my potted plants inside. However, my dogs and cat always want to mess with them! What can I do?

Sincerely, Potted

Dear Potted,

What you're describing is a common experience among pet owners. Our pets are curious creatures, and like to investigate when something new is added to the home. Not only is it a nuisance to have your pets bothering your plants, it can actually be very dangerous as well! This is because many potted plants are toxic to dogs, cats, and other pets. Some plants may merely cause reactions such as

vomiting or diarrhea, but others can cause organ damage or even death.

Some of the most common toxic houseplants include varieties of Lilies, Dumb Cane, Pothos, and Poinsettias. It is important to do your research before bringing a new plant inside and always keep toxic plants out of reach of your pets – or better yet, out of your home entirely! Having a toxic plant in your home is simply not worth the risk. For a more complete list of plants toxic to pets, visit ASPCA.org

For plants that are not toxic but are still being bothered by your pets, try placing them in areas that are out of reach. To keep cats from digging in the soil, cover the top of your planters with a layer of landscaping stones. This will look nice, you'll be able to water over/through them, and the stones will deter your pets from scratching and digging up roots. Some people also use burlap

or aluminum foil to cover the tops of the pots.

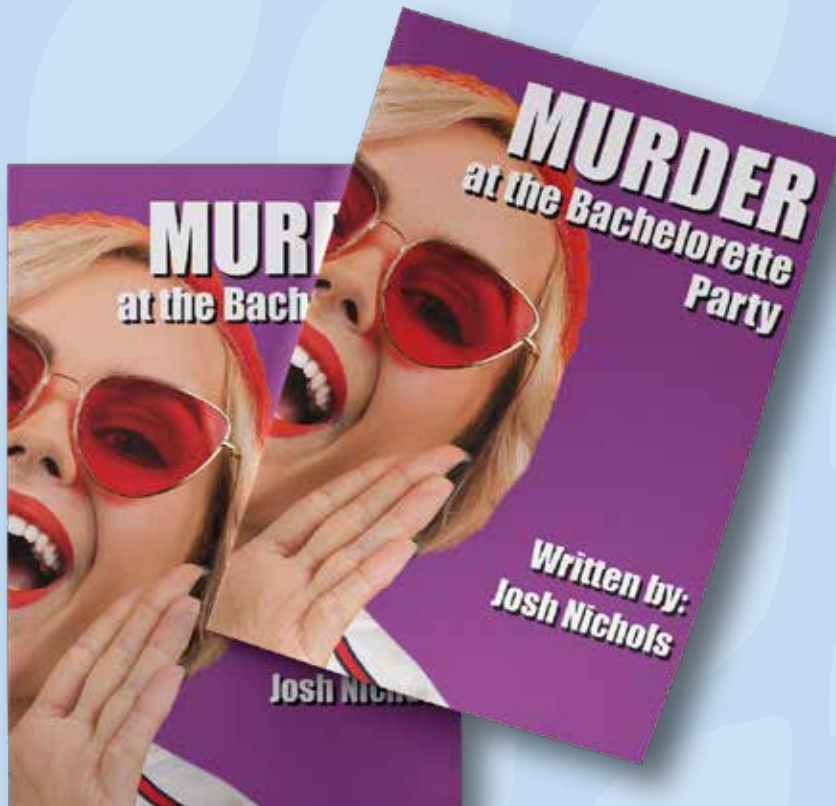
It may be helpful to allow your pet to inspect and sniff the plants while supervised, after they are first brought inside. If you do not give them the chance to examine the plants, chances are they won't be able to forget about them until they do. Patiently sit with them while they look at and smell the plants, making sure they do not try to eat them. Remember to give them lots of positive reinforcement for good behavior. For many pets, once they feel they have satisfactorily inspected the new addition, they will lose interest and not bother it again.

If nothing will stop your cat or dog from bothering the plants, you may look for plant-safe deterrent sprays or consider a glass terrarium.

Sincerely, Alfie



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



Auditions will be held December 5 & 6, 5:30-7 pm, DPS Central Office, 444 4th St West. Use the east door. If questions, contact Josh at contact@joshcard.com or text 701-260-3152 (text only please).

Murder at the Bachelorette Party

Mystery Dinner Theater

February 8, 9 & 10, 2024

Roosevelt Grand Dakota Hotel

Tickets go on Sale:

Friday, January 12, 2024

5-8 pm @ Roosevelt Grand Dakota Hotel

*We start passing out numbers at 3 pm.



"Providing private financial support to enrich the quality of education in the Dickinson Public Schools."

For more information about the DPS Foundation and how you can help enrich education, contact **Karen Heidt**, Director of Development at 701-590-0495.





**ADVANCED COLLISION
CENTER, INC**

**COMMERCIAL, FARM & HOME WIRING & LIGHTING
ELECTRICAL SUPPLIES**

Electric Sales & Service Inc.
EST. 1944

701.483.2171
730 EAST VILLARD • DICKINSON, ND 58601
ESS@NDSUPERNET.COM



DAN PORTER MOTORS

HONDA
TOYOTA

**YOUR VOLUME LEADER
WE WANT YOUR BUSINESS!**

WE MAKE BUYING OR SERVICING YOUR CAR OR TRUCK HASSLE FREE!

*FREE CAR WASHES FOR LIFE
*FREE ALIGNMENT CHECKS

*WITH YOUR CAR OR TRUCK PURCHASE

701.227.1272 DANP@DPMOTORS.COM
2391 1-94 BUSINESS LOOP EAST, DICKINSON ND 58601

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

Find Heart River Voice at the following fine establishments:

DICKINSON

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

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

SOUTH HEART

I Don't Know Bar
Heart Country Gas Station

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy

HEBRON

Bassackward Studios

BELFIELD

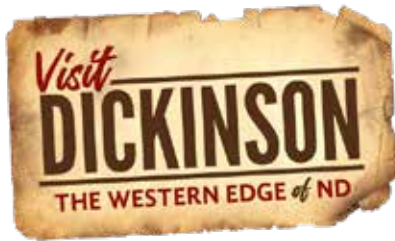
Trappers Kettle

BISMARCK

The Capital Gallery
Bismarck Art & Galleries
Assoc.

CONVENTION AND VISITORS BUREAU

Shop local this Christmas



Christmas is only a few weeks away! The stockings may be hung by the chimney with care by now, but do you have all your gifts purchased, wrapped, and under the tree? If you're the person who is still scrambling to find the perfect gift, you're not alone! According to Fortunly.com, 60 percent of Americans buy their gifts the week before Christmas. Shopping locally can help lower your stress level this Christmas, and Dickinson has you covered!

In downtown Dickinson, you can get to so many small businesses in just a three-block radius! Shopping for clothing? Unique, personal gifts? You can find all that downtown! These downtown shops can help you find that perfect gift

(listed in alphabetical order): A2Z Crafts & Antiques, Aloha Tan, Chambré, Faith Expressions, GG's Little Pink House, Hollyhock House (Antique Charm, Monkey See Monkey Do, and For Craft Sake), Joy, JP Frameshop & Western Edge Gallery, My Pueblito, Salt Kitchen & Co., Salt of the Earth, Sm@rt. Computers & Consulting, The Sweet Melange, and Well Kept. Have a pet you want to spoil this holiday season? Stop in at Paw & Claw Pet Palace!

You can even shop and dine within that same two-block radius. Blue 42 Sports Grille & Bar, Brickhouse Grille, C & K Sweet Shoppe & Coffee, DePorres Lounge, Lemongrass Vietnamese, and The Grub Tub would all be happy to host you and your friends when you're out shopping!

Outside of that three-block radius, there are so many other businesses that would be happy to welcome you throughout Dickinson. Your support of local businesses makes a big difference! These business owners love to build relationships with their customers and greet you by name when you walk



through the door.

A friendly reminder that you can also shop at the Dickinson Convention and Visitors Bureau! We have unique shirts specific to Dickinson, ornaments, caps, magnets, postcards, Little Town Soy Candle Co. candles, and The Smart Seed natural flax seed therapy packs. Maybe

the perfect gift is one that showcases where you call home!

Visit our website at visitdickinson.com to research many of these fun options. If you shop in Dickinson, be sure to tell us about your local favorites! Use the hashtag #visitdickinson to share your stories. ■

DECEMBER 14, 2023

8-9 AM | STARK COUNTY VETERANS PAVILION



SPEAKER



"KEEPING BUSINESS FRESH"

JAKE GAWRYLUK
JAKES AUTO DETAILING



COFFEE & PASTRY SPONSOR



VENUE SPONSOR

EVENTS OFFER OPPORTUNITIES FOR CURRENT AND ASPIRING ENTREPRENEURS AND OUR AREA'S ENTREPRENEURIAL RESOURCES TO COME TOGETHER TO NETWORK.

EVENT BROUGHT TO YOU BY



THE ARTS

53rd Annual Badlands Art Show brings visual arts to western North Dakota

The Badlands Art Association (BAA) hosted its 53rd Annual Badlands Art Show last month at the Prairie Hills Mall in Dickinson. This year saw the organization's biggest turnout, with nearly 2,000 attendees over the week of November 10-16, 2023.

The number of artists who put their works into the show was also another record high, with over 100 artists comprising the Professional and Amateur Divisions. This year, the two divisions were expanded to include digital media, a rapidly growing art form. The Student Division saw over 560 total entries from more than 20 North Dakota schools, as well as an excellent showing by the area's homeschooled students.

The BAA would like to express a heartfelt appreciation to those who made this year's show a great success. Thank you to the efforts of all volunteers, especially the show's honoree, Marcia Sickler, as well as the participation of the local artists and students and the dedicated support of the area's parents and art teachers. Much love to the incredible Peggy O'Brien and the Prairie Hills Mall for allowing the BAA to host

the show in its space for the second year in a row.

Words cannot express our admiration for the show judge, Elizabeth Smith of Terry, MT, who spent hours in careful consideration of each piece, also attending the opening reception to answer questions and provide feedback to the participating artists.

Many thanks to the dedication of Bruce Spencer III, whose scouts made a wonderful addition to the show, BAA member and volunteer, Ashley Faye Knowlen, with whom we were able to organize a special group visit for the tenants of Benedict Court, as well as Watford City High School art instructor, Jane Hadley, who not only encouraged her students to enter but also brought them down to Dickinson to attend the show in person.

The BAA is fortunate to be part of such a caring and compassionate community. The organization would like to express its deepest gratitude to its members and local sponsors, particularly St. Anthony Club, the Fraternal Order of Eagles and Roughrider Electric, without whom none of this would be possible.

Founded in 1970 by community artists, the Badlands Art Association is truly dedicated to promoting the visual arts in western North Dakota, holding its annual art show to provide artists of all abilities and mediums the opportunity to showcase their work and to give the public a chance to see the area's wide range of art. ■



ADVERTISE WITH US

Heart River Voice is supported by small and large businesses and non-profits who purchase advertising. Your support in this effort is greatly appreciated.

Contact Kelley Jilek at 701.290.2063 or email kelly@heartrivervoic.com

Thank you to our advertisers!

Tammie Braun - The Real Estate Co.	Bierschbach Equipment & Supplies
Consolidated	Fire & Ice
Todd Schweitzer - American Family Insurance	Lorrie Nantt - RE/MAX Integrity Realty
Dan Porter Motors	Jay R's Auto Body
High Plains Dental	Susie Lefor - Infinity Real Estate
CHI St. Alexius Health Dickinson	Sure Sign
Stark Development Corporation	Fisher Industries
Dickinson Area Public Library	Fluffy Fields Winery
Blu Haven Spas	ConocoPhillips
Irsfeld Pharmacy	Eyewear Concepts
Steffan Saw & Bike	The Connection 103.7
Dacotah Bank	Midwest Doors of Dickinson
Advanced Collision Center, Inc.	Electric Sales and Service
Venture Homes	Joy Inspired Gifting
Ladbury Funeral Service	SAX Motor Co.
Floor to Ceiling	Paul Meyers Tractor Salvage
Big George Liquor	Pizza Hut
Dickinson Area Concert Assoc.	DPS Foundation
Marlene Bradbury/Sheyenne Haugeberg - Edward Jones	THS Drama Department
Dickinson American Legion Post 3	City of Dickinson
	Women Empowering Women

Heart River VOICE

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

Advertise with us!

Heart River
VOICE

CONTACT KELLEY JILEK
AT 701-290-2063 OR
EMAIL KELLEY@THEJILEKS.COM



COOKING CRAVE Holiday Treat

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

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



Laverne and Rhonda

Homemade Recipes Made Easy!

Apple Pecan Pie with Vanilla Sauce

Pie Filling Ingredients:

1 cup white sugar	1 cup apple sauce
1/2 cup brown sugar	1 cup pecans, chopped
1/4 cup butter	1/2 cup corn syrup
2 tsp. corn starch	3 large eggs
9" pie shell	1/2 tsp. salt

Crumble Ingredients:

4 Tbsps. butter	1 tsp. cinnamon
1/2 cup brown sugar	1 tsp. nutmeg
1/4 cup flour	

Vanilla Sauce Ingredients:

4 egg yolks	2 tsp. corn starch
1 cup cream	1/4 cup sugar
1 cup milk	1 tsp. vanilla extract

Preheat oven to 350 degrees. Thoroughly mix pie ingredients together and pour into shell.

For crumble, work butter into other ingredients until it forms clumps. Sprinkle on top of pie filling. Bake for 50 minutes or until pie is set.

Prepare vanilla sauce by whisking egg yolks, vanilla extract, and corn starch together. Combine cream, milk and sugar, heat to a simmer. Whisk hot cream/milk into egg mixture in a ten stream. Cook in a double boiler until thickened. Do not let mixture boil or sauce may curdle. Spoon over pie and serve.

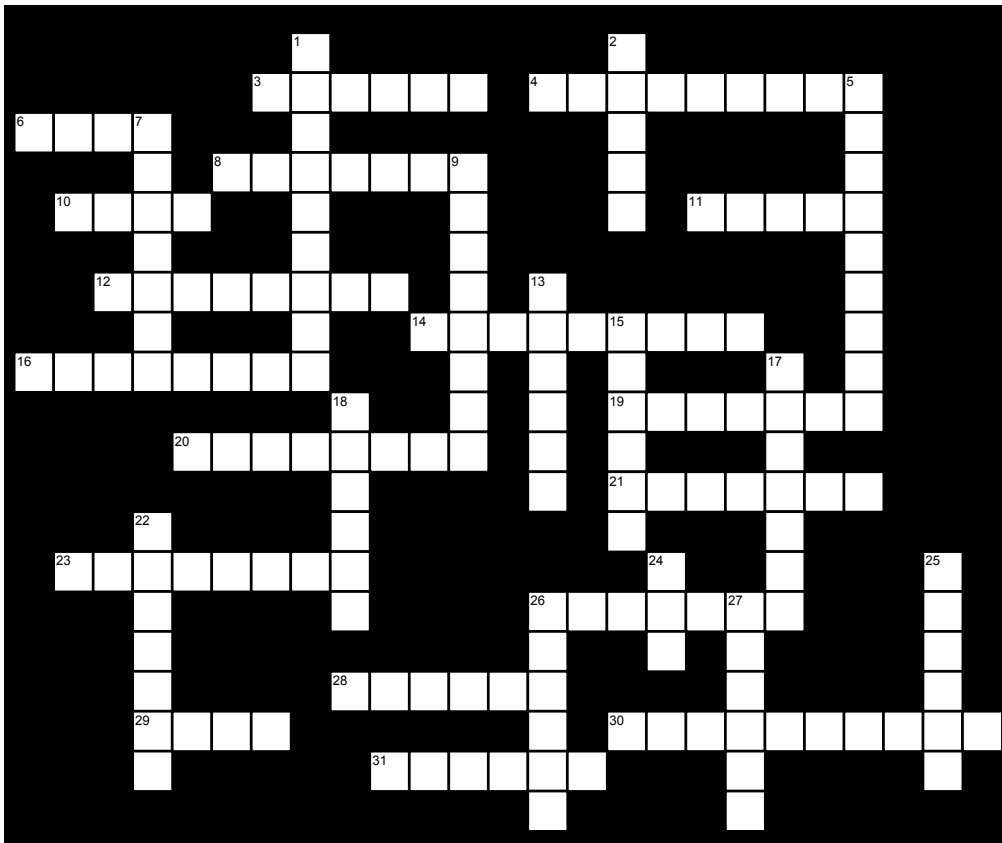
Country Rose
Cafe

CONSOLIDATED
CHANNEL 18

COOKING
CRAVE

CROSSWORD

ELEMENTARY, MY DEAR WATSON by Carlinka



Can you remember your high school chemistry days?

ACROSS

- 3 +He
- 4 +Zr
- 6 +Zn
- 8 +Kr
- 10 +Au
- 11 +B
- 12 +_Ti
- 14 +K
- 16 +Al

- 19 +Li
- 20 +H
- 21 +U
- 23 +Cl
- 26 +Si
- 28 +Ni
- 29 +Ne
- 30 +P
- 31 +O

DOWN

- 1 +Be
- 2 +Ar
- 5 +Mg
- 7 +Ca
- 9 +N
- 13 +C
- 15 +S
- 17 +Si
- 18 +Cu

- 22 +F
- 24 +Sn
- 25 +Na
- 26 +Ag
- 27 Port city in Ukraine

COMMUNITY

Alcoholics Anonymous fellowship

Preamble

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

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

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

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



#UPBEAT

The shot of a lifetime



Some of Joe Hanstad's best childhood memories involve shooting hoops in the driveway of his family's home in Dickinson, ND. Night after night, his mom would scurry to the front door and holler that supper was getting cold, and he'd always beg her to let him score just one more bank shot against the plywood backboard his dad had hoisted above the family's garage.

Both parents would eventually accept that their son wouldn't be back inside anytime soon. They'd simply smile, shake their heads, flip on the floodlight and let him play. After all, Hanstad's father had rigged the makeshift rim for a reason – he lived and breathed the game, too – and he was secretly thrilled that his son had found his niche in the net. This wasn't just basketball.

This was life.

A Full Ride and a Financial Future

It was spring 2015, and outside his window, Hanstad could hear the buzz of the Boise State University campus as students prepared for summer break. As he kicked back onto his couch and picked up a nearby basketball, a smile stretched across his face – the future was looking bright.

Hanstad would soon be marrying the girl of his dreams, school was wrapping up and after earning a full ride on a prestigious scholarship, his team had made it to two NCAA tournaments. Not to mention, he had just wrapped up an incredible internship. But life was about to get even better.

Shortly after graduating, Hanstad



Joe Hanstad

received a random call from a Gate City Bank number. Little did he know, the future he had been so blissfully anticipating was reaching out – from his home town.

Coach to the Customers

On any given day, Hanstad can be found hunched over his desk at Gate City Bank, scribbling to and fro on a sheet of paper while a customer watches intently on his opposite side. It's a game of one-on-one, a basketball-play analogy that's meant to create a helpful financial plan.

Hanstad shares his initial thoughts, then the ball's in their court in terms of how they want to proceed. "People say to me all the time, 'I've never had it explained to me like that before, and now I understand it better.' That's always such a fun win to get," he says.

An Average Joe in the Hall of Fame

Hanstad also has quite an impressive track record for high school basketball. In summer 2023, when he learned he was going to be inducted into the Dickinson High School Athletic Hall of Fame, he was unbelievably honored. "There have been a ton of amazing athletes who have come out of Dickinson High, and to have my name listed next to theirs is an absolute privilege," he says.

Hanstad is all in when it comes to his beautiful community, family and career. It's as if he's been training for this destiny his entire life. But the best is most certainly yet to come.

Just hand him the ball and see what happens.

Editor's note: Do you have a passion for writing, sharing your stories, and inspiring or motivating others? If so, we'd love to hear from you! Heart River Voice is a platform for creativity, and we're looking

for talented individuals to contribute articles that can uplift and inspire. If you have a story to tell or words of wisdom to share, please send us your articles (500 words or less). Together, we can make a positive impact on our community!

Send articles in a cut-and-paste form (Word, Pages, body of email, etc. No PDFs please) by the third Monday of the month to: editor@heartrivervoices.com

Heart River VOICE

DEDICATED TO HONORING AND SUPPORTING THE ARTS IN OUR COMMUNITY

WWW.HEARTRIVERVOICE.COM

DACA
DICKINSON AREA
Concert Association

HERE COMES THE SUN
Monday, September 25, 2023

ODA VOLTERSVIK, PIANIST
Tuesday, November 7, 2023

CHRIS FUNK, THE WONDERIST
Friday, February 16, 2024

QUARTETTO GELATO
Tuesday, March 19, 2024

BRANDEN & JAMES WITH EFFIE PASSERO
Thursday, April 11, 2024

www.DickinsonAreaConcertAssociation.com

TRINITY CATHOLIC SCHOOLS DRAMA DEPARTMENT

Presents



The Musical

Music by
MATTHEW SKLAR

Book By
THOMAS MEEHAN
and
BOB MARLIN

Lyrics by
CHAD BEQUELIN

Based upon the New Line Cinema film written by David Berenbaum

Friday, December 1st at 7:00 p.m.

Saturday, December 2nd at 7:00 p.m.

Sunday, December 3rd at 2:00 p.m.

TRINITY AUDITORIUM

Tickets Available at the Door

Elf The Musical is presented through special arrangement with Music Theatre International (MTI)
All authorized performance materials are also supplied by MTI. www.mtishows.com