

# Heart River VOICE

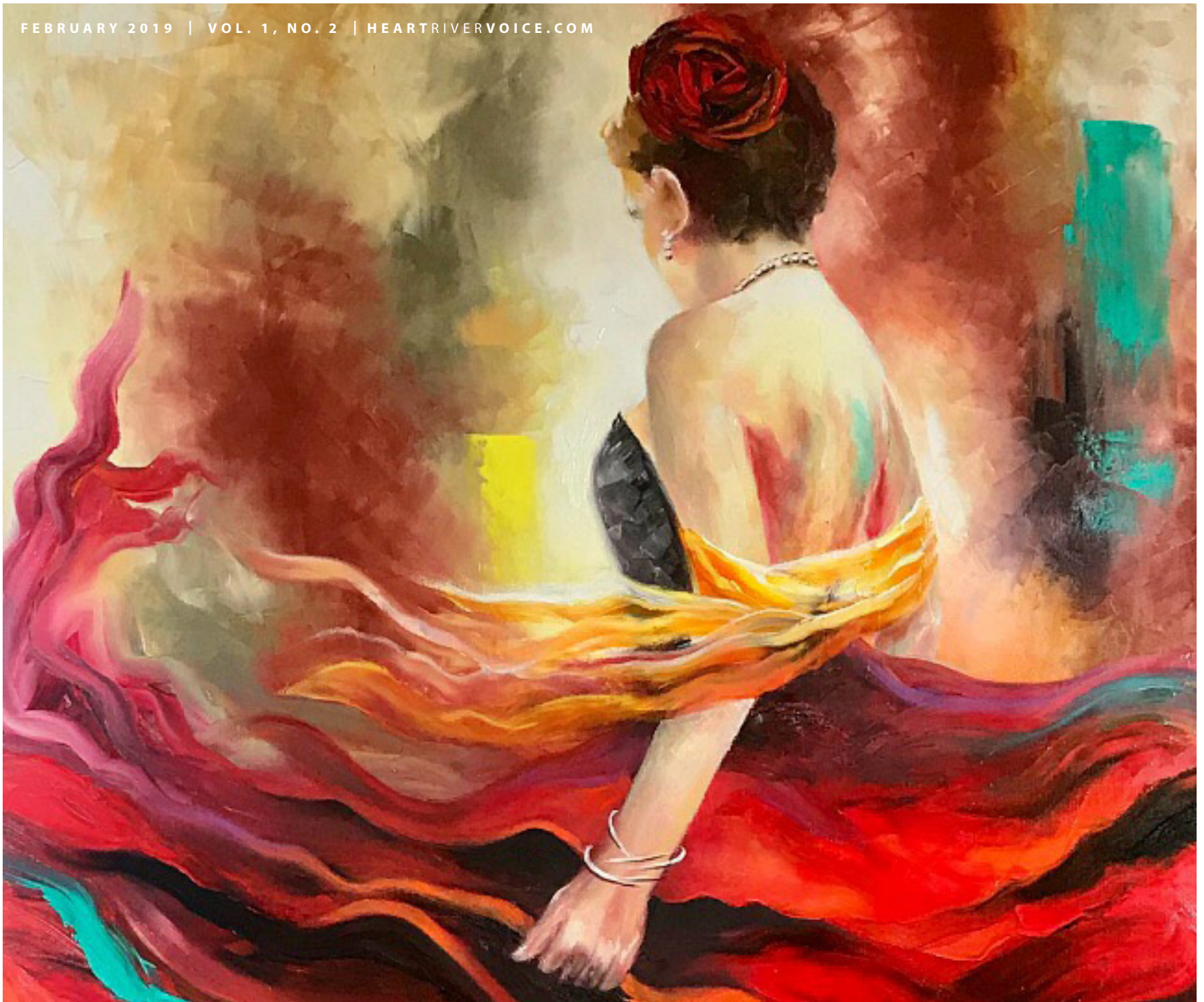
**Sharing the  
love**  
Stanza D'Amore helps  
build confidence **p4**

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passion**  
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strong at 100+ **p15**



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## A note to our readers

As we reach out to our community, we are discovering fascinating people and a wide array of offerings and events in our area that we never knew existed.

Peruse our Calendar of Events and find film festivals, drama productions, gallery viewings, classes for adults and children, and tons of night life.

If you are a fine arts enthusiast, DSU is offering a Film Festival throughout the month of February and Dickinson High School is presenting See How They Run. If you enjoy the bar scene and nightlife, check out happenings at area bars such as The Rock and Army's West in Dickinson and I Don't Know Bar in South Heart.

We are grateful to have this opportunity to share our diverse culture and interests available to our residents and visitors alike. This paper takes a lot of work, but we're loving every minute of it!

Thank you and enjoy!

**Kelley Jilek**  
*Publisher*

## On the cover

"Drama Queen" by Darice Taylor. For more information about the artist, see page 7.

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## Our apologies

We would like to apologize to Salt of the Earth. In our January issue, we failed to include the paragraph explaining their company so everyone would know who they are! Please note that on page 19 of our January 2019 issue, the company we did the Q&A with is Salt of the Earth, Dickinson's only place for Salt Floatation Therapy. They are located at 44 W Villard. Their number is 701-590-5005. Call today to schedule your float session. It's a wonderful way to relax!



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## HEART RIVER VOICE FEATURE

# Stanza d'amore shares the love with customers

By Kaylee Garling

Underwear shopping can be uncomfortable and embarrassing. I remember wanting to crawl beneath the floor tiles to hide from the fact that I needed a bra, and the only way to purchase it was in the middle of a department store, or a catalog that never looked half as good on.

Ann-Marie Grob is hoping to change women's views of themselves and feel good about that change! Crediting her Italian heritage, Ann-Marie named her store Stanza d'Amore, which stands for "room of love" in Italian. You definitely feel the love when you first walk in.

Stanza d' Amore takes the embarrassment and unknown out of the equation. Located in a store all of its own, with a classy vibe that makes you feel proud instead of ashamed to be a woman. The variety of sizes and pieces ensures you'll find something you love. You won't be tugging or pulling on a sweatshirt to hide the fact that you've gone braless once again, because you just can't stand the frayed underwire digging into your ribs.



From the moment you walk through the door, the most important person is you. Ann Marie's smile draws back the curtains of insecurities, making it possible to look at the hundreds of pieces with a new eye, one not filled with embarrassment, but confidence.

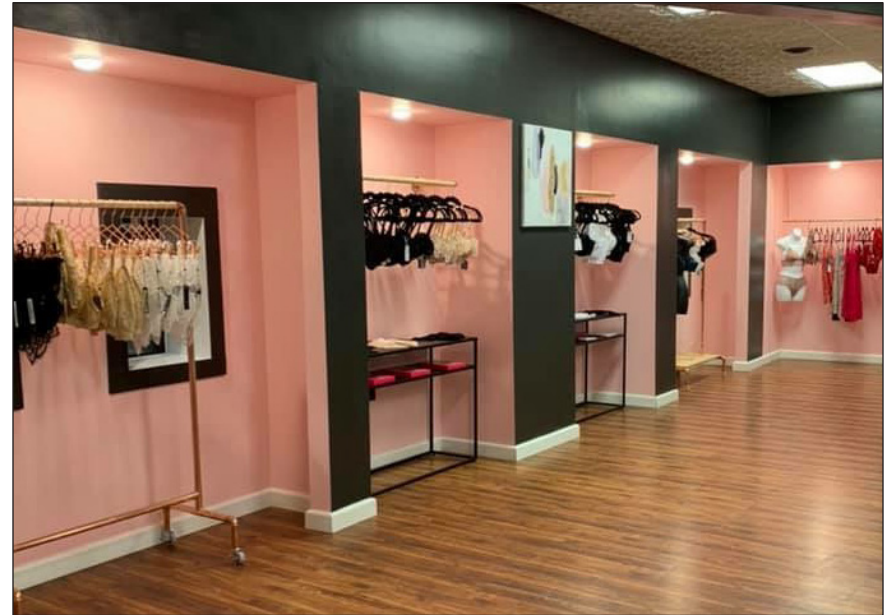
There are several pieces to choose from. Shape wear, maternity (nursing bras, nursing tanks, nursing pajamas-wish she was in business when I was surviving through those long months), every day wear, bridal pieces, lingerie (every person needs at least a couple

good pieces), three-piece sets, panties, commandoes, thongs, seamless, body suits, pajamas, bridal robes, baby dolls, hosiery, bras, candles, and books. If that list isn't long enough, her suggestion box sits on the check out counter.

In order to please customers with quality and comfort, Ann Marie travels to several different designers to touch and feel what they have to offer. She provides products that surpass your neighborhood department store. Each piece has been carefully considered and chosen to fit several different body types.

"As women, most of us are insecure. We have this image in our heads, and when we try on something strappy, it might not look the best, so we get discouraged. But, from the moment customers walk in the door, I know which of my products will look good on their body types. In magazines, there are pencil thin women, and that's great they have that shape, but most women don't. So, we come in with unrealistic expectations. The best thing to find is something that is flattering for you, not everybody else. That's a big goal, to have every woman walk out more confident. It might not be the idea they came in with, but it's a better version of themselves.

"I had a backless dress and could not find anything to wear with it. I either had to drive to Bismarck or try to find something online that could work. I

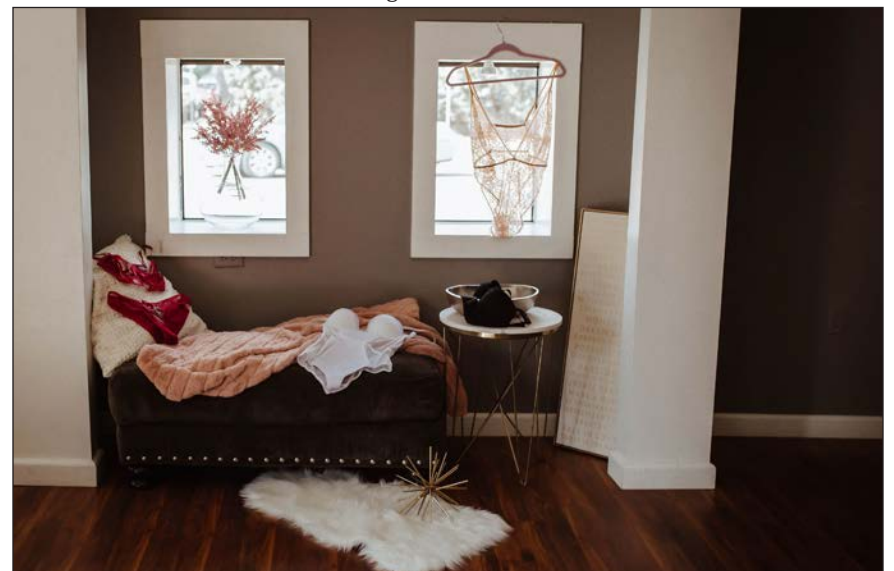


was pretty sure every female in this town has the same problem, so instead of putting money into my next school semester, I decided to start a business. I got a hold of the state, the Small Business Development Center, Ryan Jilek of Stark Development Corporation, and then a lady named Roxie that did my financing out of Bismarck. It took a while. There were definitely times where I felt like I had no idea what I was doing. But once I started seeing everything come to life, it's like the dream came true.

"I had to educate myself. Find the higher quality items. I just went to New York and while I was walking in

downtown Hudson, I found some candles that I wanted to share. So, everywhere I go, I like to find unique things. It is kind of scary having higher quality items, because you don't know how people are going to respond. I have seen several places close, but I hope with the right spirit and marketing it can be a success."

Classy. Sexy. You. The branding says it all. This is a store where you can be all three. When you leave, stand a little taller, strut down the sidewalk with a swish of your hips, because Ann Marie has helped you find your inner confidence that was hidden beneath your baggy sweatshirt.





## GIRL POWER

# Girl Scout cookie program builds lifelong skills

By Stacey Andernacht

Starting on February 13, Girl Scouts in the Dickinson and surrounding area will participate in a comprehensive entrepreneurial program – the Girl Scout Cookie Sale. The largest girl-led business in the world, the cookie program powers a Girl Scout's experience while developing the next generation of female business leaders.

Of the many opportunities that Girl Scouts have, the cookie program is about giving a Girl Scout the experience of running her very own cookie sale, working with others, and building a lifetime of confidence. In addition, she learns five skills essential to leadership, success, and life:

**Goal Setting** is learned when a Girl Scout sets her cookie sale goal and creates a plan to reach that goal. This allows girls to learn how to reach goals to succeed in

school, on the job, and in life.

**Decision Making** comes in to play when a Girl Scout decides where and when to sell cookies, how to market her sale, and what to do with her earnings. In life, girls must make many decisions - big and small and they'll use what they learned selling cookies to easily make the best choices.

**Money Management** is essential to a successful sale. Girls must make a budget, take cookie orders, and handle customers' money. From lunch money to allowance to (someday) their paycheck, girls are sharpening their money

smarts.

**People Skills** are an important aspect in life, helping girls do better on group projects, sports teams, on the playground and, later, in their career. Through the Cookie Program, girls learn how to talk and listen to their customers, as well as

how to work with other Girl Scouts as a team.

**Business Ethics** are learned as girls act honestly and responsibly during every step of the cookie sale. This means a Girl Scout's friends, classmates, and teachers can count on her because she is trustworthy.

Through the Girl Scout Cookie Program, girls not only discover their inner leadership potential but also use their earnings to power amazing experiences. Whether it's a travel experience; a science, technology, engineering, and math (STEM) program that will change the way she thinks about the world; or an opportunity to attend Girl Scout camp and revel in the power of the great outdoors, every experience helps her unleash her leadership potential to do amazing things for herself and her community.

Cookie Sale proceeds support local Girl

Scouts, meaning that when consumers purchase the delicious cookies, they're giving back to their wider community. Many Girl Scouts put their proceeds toward impactful community projects right in their own backyards by solving community needs such as supporting animal shelters and food banks to updating local parks and playgrounds.

The Girl Scout Cookie Program helps every girl be more successful, no matter what future she chooses, by building essential leadership skills. That's the Girl Scout mission - to develop girls of courage, confidence, and character who make the world a better place. ■



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## AROUND TOWN

# Mayor's memo

By Scott Decker

Sitting on a frozen lake in January provides an individual a lot of time to reflect.

This time is interrupted by mad dashes to brazen flags wagging and announcing, "Fish on!" The tap on my jigging rod says, "Pay attention!" to even the littlest fish that is interested.

Ultimately you have more than enough time on that frozen water to look back or gaze ahead on opportunities lost and those to be gained.

Looking back on events that I could have done differently, one thing really stands out. I could have worked harder getting the message out about the Safety Tax. I presented the idea for the tax in 2017 and it was a very basic concept. It would have provided needed money from a sales tax that would supplant general fund dollars used for police and fire services. In addition, Dickinson could have built a needed training facility with classroom space and an indoor firing range to meet the needs of our growing departments plus provide public access to this facility when not being used by the city.

The city held multiple public listening sessions to let the people voice their concerns on the sales tax. To say that attendance was poor at those meetings would be a gross understatement. There were other presentations in front of groups, but most citizens in attendance had questions on other topics and there were no questions that led me to believe there was any concern over the Safety Tax. The vote was held and the sales tax measure failed. It can be attributed to many different reasons but I feel that it basically came down to not getting the right information to the citizens.



Recently I attended a listening session about a possible University Overlay district to hear people's thoughts on letting small businesses and entrepreneurs set up shops alongside Dickinson State's campus. The session dissolved into something other than that because of the lack of correct information. When people are armed with only rumors, and are suspicious of the concept being brought forth, it is hard to have a meaningful discussion.

In the end there will be no University Overlay district.

In the next few months I will be dedicating this post to getting out more information. Not only will it be here in Heart River Voice, but I will also be making visits to local coffee groups, the senior citizen centers, and charitable organizations.

What information will I be coming forward with? I will present material on some of the largest undertakings this city has ever seen. This will include, but not be limited to, the following projects:

- 1) The new Dickinson High School
- 2) A Dickinson Event and Convention Center
- 3) Police and Fire Regional Training Facility
- 4) The Dickinson Town Square
- 5) Census 2020

All five of these projects are going to transform Dickinson in different ways. They are key pieces in the quality of life

puzzle we must assemble to keep Dickinson a regional hub. These projects will make us a more attractive destination when we seek to recruit employees needed to keep our manufacturing industries



vibrant, our retail shops open, and add to the growing energy industry in southwest North Dakota.

As leaders, we cannot just dangle the bait hoping there is interest. We cannot wait for the flag to be tripped and just

reel in the next project. We must clearly articulate what is required for us as city to succeed. Our messages must go out with the correct information so there is no confusion of our vision for Dickinson and southwest North Dakota. ■



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Mayor Scott Decker has served on the Dickinson City Commission since 2014 and was elected City Commission President in 2016. Mr. Decker served as an Infantryman in the US Army from 1989 until 1998 and in the ND Army National Guard from 1998 through 2010. The last ten years, he was the full-time station commander for the SWND Recruiting Office. Scott is the Compliance and Safety officer for ND Pharmacy and spends most of his time fishing.





## COVER ARTIST

## Darice Taylor



Darice Taylor is an artist residing in the small town of South Heart, ND. She mostly looks to nature to paint, however, many things inspire the artist including color, movement, and anything unique. She has created a wide variety of artwork, including trees, flowers, a sailing ship, a dragonfly, a family of elephants, and a Spanish dancer.

Darice was born and raised in Dickinson, ND. She is supported by her family, whom she calls her biggest fans: her husband, Jesse Taylor, and her two daughters Farrah (18), and Zoe (8). Aside from the required art courses in high school, she is a self-taught artist, learning many mediums through countless hours of research, practice, and determination. She is a part of the Badlands Art Association and for the past three years, has been the chairperson for the Badlands Art Show held at the Ramada in Dickinson every November.

Darice uses two very different techniques to create her artwork. Her pallet knife oil paintings are known for their vibrant color and movement. The pallet knife also gives the painting a thick texture, imparting a three dimensional look to the artwork.

Her mixed media acrylic/marbling technique is unique and very time consuming. The movement and different designs create extremely interesting and exclusive pieces of art.

The featured painting "Drama Queen" is one of Darice's pallet knife oil paintings. She describes the dancer as "meant to be." The movement in the dress came so naturally to her in the moment. The pallet knives created texture and movement, and she used her fingertips to create the rest. The artist wanted the audience to see the dancer's personality as well. The dramatic red color, the bright turquoise streaks, and her diva demeanor created the title "Drama Queen." "Drama Queen" won the People's Choice Award and First Place in the oil painting division at the Badlands Art Show last fall. ■

## STANDING STRONG

## DHS mentors rise to the occasion

By Mark Billings

Nearly two dozen male students from Dickinson High School (DHS) have stepped up this year as school-based mentors while helping meet a need for male role models in the public schools.

Coming from a variety of backgrounds, the junior and senior-aged students hope to make a difference while imparting skills they have learned growing up in Dickinson and other parts of the country. Diego Placios, who started in September as a mentor at Heart River Elementary School, moved to Dickinson from Houston several years ago. He said his urban background has helped him relate to his mentee, who moved to the area from a large city in Idaho.

"I was once in my mentee's position," said Placios. "A kid in a big school in an even bigger city growing up fast then feels like he's nowhere moving here to North Dakota."

Two-year mentor and DHS senior Brendan Johnson said the reciprocal relationship he has formed with his fifth-grade mentee makes the experience extremely rewarding. "Best Friends is a great program," he said. "My mentee has a great personality, and when I come, that doesn't only make it fun for him, it makes it fun for me as well."

"If you give 100 percent of your effort to mentoring, the kids give you 110 percent back," said Dalton Berger. "I expected to learn about my mentee but

what I didn't expect is experiencing all of the life lessons and happiness that comes with being a mentor."

Two-year mentor and DHS senior

Jaren Berger said he likes hanging out with his mentee because he's a "really great and intelligent kid" and it's rewarding spending time with someone of an age he would not typically seek out.

"I have learned that being a good role model is very important to kids," he

said. "I can teach them how to be a good overall person, as well as teach them good habits."

New DHS male mentors include: Brandon Groll, Brandon Krebs, Brady Thompson, Aiden Jung, Evan Showalter, Zachary Sprague, Diego Placios, Austin Raatz, Alex Praus and Joey Pavek.



**BEST FRIENDS**  
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They join returning mentors Matthew Meschke, Brendan Johnson, Dalton Berger, Jaren Berger, and Ryan Bren.

Continue the local mentoring movement by donating to Best Friends during Giving Hearts Day on Feb. 14, [www.givingheartsday.org](http://www.givingheartsday.org). For information on making mentoring part of who you are by volunteering or donating, visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org). ■

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## #BOOKWORM

# The library: Not just for kids

By Cindy Thronburg

Happy February! We are crawling out of the coldest time of the year, so what better time than now to partake in some fun indoor activities? Many of you know about the TONS of activities and programs for kids, but did you know that the Dickinson Area Public Library also has a wealth of programs for adults? Adult programs provide opportunities to participate in fun, stimulating activities while socializing with other community members who enjoy similar interests.

Meeting typically once a month, Adult Craft Club provides the opportunity to be creative while making a fun project to take home. All of the materials are provided to create the craft. February's meeting will take place on Monday, the 11th at 6:00pm, and participants will be creating Love Potion Necklaces.

We also host a monthly book club in which attendees discuss a book that was provided at the previous meeting. Bonus: snacks are always provided! Recent titles discussed include *There, There* by Tommy Orange. February's meeting will be Monday, the 25th at 6:00pm. If you prefer to host your own book club with a book of your choosing, we have dozens of book club bags for checkout in the library. Each kit contains 10 copies of a book and discussion questions.

The Film Society meets one Saturday a month to view a film (typically a documentary) and viewers engage in a discussion afterward. The film for February will be *Last Men in Aleppo*, showing Saturday, February 9th at 2:00pm.

We are exploring the possibility of adding a new club: Adult LEGO Club. The first meeting took place on Monday, January 28th. Adult LEGO enthusiasts brought their own sets to build while connecting with others in the community who love LEGO. If successful, we would like to continue to offer this club in the future.

The best thing about all of these activities is that they are absolutely free! All events can be found on calendars that are provided in the library and on our Facebook page, along with the calendar of events in Heart River Voice.

The Winter Reading Program is well under way, but there is still time to sign up before the program ends February 28th. It is for all ages, including (you guessed it) adults! Don't forget to join us for the Cookies & Hot Cocoa Social on Friday, March 8th from 3:00pm to 5:00pm. Winners of prizes for the Winter Reading Program will be announced.

New titles added to the collection:

• **Adult Fiction:** *Lake Success* by Gary Shteyngart; *Killing Commendatore* by Haruki Murakami; *Night of Miracles* by Elizabeth Berg; *A Ladder to the Sky* by John

Boyne; *Everything Here Is Beautiful* by Mira T. Lee

• **Adult Nonfiction:** *One Goal: A Coach, a Team, and the Game that Brought a Divided Town Together* by Amy Bass; *This Will Only Hurt a Little* by Busy Philipps; *To Shake the Sleeping Self* by Jeediah Jenkins

• **Adult DVDs:** *The Americans: The Final Season*; *Atlanta: Season One*; *Star Trek Discovery: Season One*; *Computer Chess*; *This Must Be the Place*; *Butter*; *Leave No Trace*; *Juliet, Naked*; *Searching*

• **Children's DVDs:** *Bubble Guppies: On the Job*; *Wild Kratts: Adventures on the African Savannah*; *A Doggone Adventure*; *Rusty Rivets*; *Top Wing*; *Barbie: Dolphin Magic*

• **Children's Easy Books:** *A Round of Robins*; *Someday, Narwhal*; *We Don't Eat Our Classmates*; *Look and Find: Frozen*; *Min Makes a Machine*; *Dear Substitute*; *Good Rosie!*

• **Children's Fiction:** *Darius the Great Is Not Okay*; *Thea Stilton and the Riddle of the Ruins*; *Wild Blue Wonder*; *Dragons in a Bag*; *Whatshisface*; *A Map of Days (Miss Peregrine's #4)*; *You Don't Know Everything, Jilly P!*

• **Children's Nonfiction:** *Many: The Diversity of Life on Earth*; *Illumanatomy*;

*How We Got to Now*; *The Sun Is Kind of a Big Deal*; *Otis and Will Discover the Deep*

## Monthly Mini-Review:

I'm a big fan of short stories, a genre often overlooked by readers. Currently I am reading *If You See Me, Don't Say Hi* by Neel Patel (which, to be honest, I decided to read based on the title alone). The collection of eleven stories features characters who are first-generation Indian Americans. The development of the characters in each story is meticulous and bold. My favorite story of the group is "hare rama, hare krishna," about a gay teen navigating his first love while simultaneously dealing with his parents' separation. If you tend to enjoy the characters more than plot of a story, this is definitely a book worth reading. ■



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



## IN LIVING COLOR

# Rainbow Dancers make a colorful splash



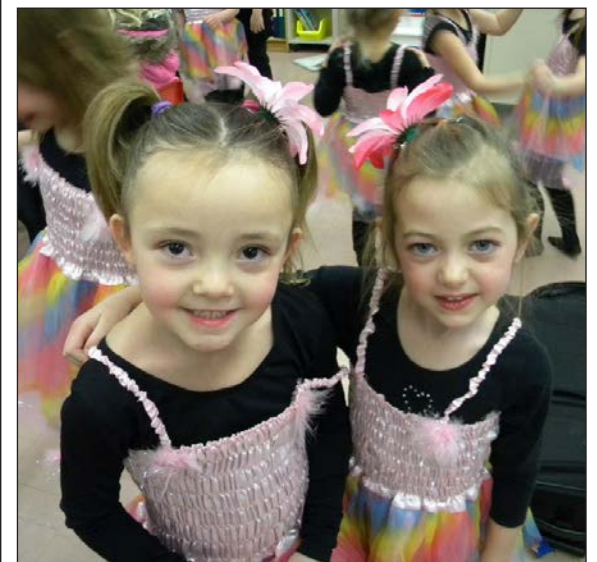
By Suzy Rummel

Rainbow Dancers is a dance group from Richardton/Taylor and the surrounding area. The group was established around 20 years ago by a couple of ladies who wanted to give the area students a creative outlet. The dance troupe is still going strong with around 35 dancers enrolled for the 2019 season.

The dancers rehearsed at three consecutive Saturday sessions. The students will perform on February 4th at the basketball game in Taylor and on February 5th at the basketball game in Richardton.

The dancers are ages 4 years through 6th grade, divided into two groups. The younger group will dance to ABC, 123 by the Jackson Five and the older group will be performing to *Mama Mia* by Abba. Choreographer, Joni Kennington was assisted by Katie Rummel, Lindsey and Payton Taylor, Kazanne, Chesney and KoKo Gjermundson, and Alyssa Hoff along with Suzy Rummel.

We are not professional, but we sure have fun! The children, as well as the helpers, enjoy practice, getting dressed up, and dancing for the crowds. It is rewarding for everyone and a great way to break up our lovely ND winters. ■





**WHERE BUSINESS GOES TO GROW**

# Who doesn't want to live in a beautiful place?

**By Stark Development Corporation**

Quality of life and quality of place are two significant factors when considering whether to stay in a community or move to a new one. Aesthetically pleasing neighborhoods and vibrant, attractive cities are often key examples of these factors. Stark County is trending towards a younger population with a median age of 34.1 years old, and with this youthful movement comes greater pressure to build a place that exemplifies these key characteristics.

Revitalization to residential or commercial districts can often be triggered by a single or small group of properties taking the initiative to improve their property or storefront. For commercial properties in Stark County, this effort can be stimulated by a relatively new incentive program through the economic development efforts of Stark Development Corporation (SDC). The Community Development Program is a program targeting facade improvements and community enhancements and provides matching funds up to \$25,000 to qualifying applicants.

Several local businesses have successfully used this program to build their business, their brand, and have significant impacts on our overall community image.

De Porres House of Barbering and Lounge successfully completed their facade renovation and built a unique business in a building that was previously vacant. The new lighting, awnings, front entry and signage completed

the transformation of the building's facade into a welcomed and growing business they call, "not just your average barbershop."

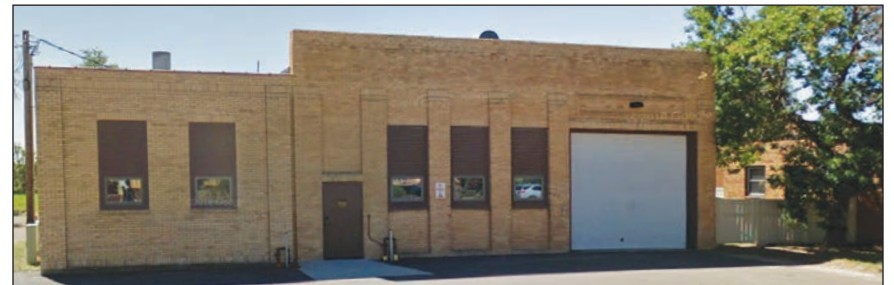
Other completed projects include a new pergola and outdoor gathering space at the Spur Bar, new facade at Suzy's Stash in Richardton, new facade on Badlands Music, new facade, sign and lighting project for the Western Wellness building, new entry and facade on the Consolidated building, and planters, benches and tables at the Dickinson Area Public Library.

One project to watch for in the future that has been approved by the SDC board is the highly anticipated Phat Fish Brewing Company opening spring/summer 2019. Revitalizing what started as the Stark County shop and was most recently the DSU south campus building, Phat Fish will be restoring the facade to more closely resemble the original industrial look of the building and creating an outdoor gathering place where patrons can enjoy a cold craft beer and hot artisanal pizza.

These transformations within our community are key building blocks necessary to help stimulate others to continue the revitalization efforts. For us at SDC, it is one program we offer where the community can see the direct results and we can further our mission: to promote economic development, innovation and entrepreneurship making Southwest North Dakota a great place to live, work, and grow.

Through these efforts from our local businesses, we start seeing their community pride and willingness to create a better quality of life and quality

of place right here in Dickinson and Stark County. ■





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## THE URBAN HOMESTEADER

# Backyard wildlife

By Jon Stika

Most folks enjoy watching wildlife around their property throughout the year. Watchable wildlife might range from butterflies to bats, depending upon the time of year, and time of day. If you enjoy having wildlife around your place, here are a few things to consider.

Regardless of the type of critters you wish to attract to your yard or garden, they all need the same thing; suitable habitat. Habitat for wildlife includes the three basic elements of: shelter, food, and water. Each animal has its own preferred habitat. The details of what each species of wildlife needs varies throughout the year, depending upon whether they might be rearing their young, or just trying to survive the winter.

The primary consideration for attracting wildlife to your place is to ponder which specie(s) you would like to have around. Bees, butterflies, birds, squirrels, rabbits and bats are probably the most common creatures folks enjoy seeing around their yard or garden. Bees and butterflies are not only beautiful to behold, but pollinate many of the fruit, nut, and vegetable crops we enjoy. Squirrels and rabbits are fun to watch but can be destructive if you don't fence or shield them from places you do not wish for them to go. Bats eat mosquitoes, and anyone that eats mosquitoes is my friend.

The first element of habitat to consider is shelter. Sure, you can usually lure wildlife to an area with food and/or water, but they won't make it their home without shelter. Shelter for bees and butterflies could be an area of undisturbed soil, some old leaves left in place on the ground, or a block of wood with holes drilled in it where bees might lay their eggs. Birds need roosting cover to perch during the night for protection from predators or the cold wind. They also need nesting cover, such as a hidden place in a tree, or an actual bird house constructed by humans. Squirrels need a fork in a tree in which to build a leaf nest, a hollow spot in a tree trunk or limb, or a squirrel-house; like a bird house, only

bigger. Rabbits need some cover to hide in while resting, or a place to escape when they feel threatened, such as shrubs, a pile of branches, or a stack of firewood. Bats need a warm place to hide during the day such as a wide crevice in a tree or its bark, a small space in a building, or an actual bat house that provides a narrow space for them to crawl up into. Plans for building bird, squirrel, or bat houses can be found online, or in books at the library.

The next element of habitat is food. Pollinators such as bees and butterflies need flowering plants that supply pollen and nectar. Birds will eat seeds, fruit, or insects, when available, depending on the time of year. If you want birds to eat

the insect pests in your yard or garden, it is best to stop filling the bird feeder in late spring, once a consistent supply of insects is available. Continuing to supply birds with seeds during the spring and summer is not a problem, but birds will eat more insects and weed seeds in your garden if you are not feeding them seeds in a feeder. Hummingbirds can be attracted with a feeder containing prepared nectar, specially designed for them to feed from. Just be sure to keep it stocked with the proper concentration of sugar solution (1/4 cup table sugar per cup of water) that is changed regularly to keep it fresh and healthy for them. Hummingbirds sip the sugar solution as a source of energy to power them as they hunt for their primary diet of insects. Squirrels mostly eat seeds and nuts, but also eat buds, leaves, fruit and mushrooms. Rabbits eat a wide array of vegetation during the growing season, but will also eat grain, dried vegetation, and bark during the winter. Bats eat flying insects, so if they have a suitable place to hide during the day and open space to pursue insects at night, they can make themselves at home.

Water is essential for every living thing on Earth. Some animals get some, or all, of their water from the foods they consume,



PHOTO COURTESY OF JENNIFER STIKA



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

but most need an additional source of water besides the moisture contained in what they eat. A bird bath or shallow pan of water, cleaned and replenished at least every other day works well. I keep a shallow rubberized pan of water at ground level so that even the rabbits can sip from it. During the winter, backyard wildlife benefit from a source of liquid water (usually maintained by some type of heating device) but birds, squirrels, and rabbits can get the water they need by eating snow also. My pan of water remains out in the garden year around, and on sunny winter days, the ice melts around the edges of the black colored pan to provide some liquid water that the wildlife will utilize instead of snow.

Almost any yard or garden will host a variety of wildlife if essential habitat is provided for them. First consider the species of wildlife you would like to have around, and then plant or place the shelter, food, and water that they require. Hopefully, you will be rewarded with some watchable wild creatures to brighten your day! The North Dakota Game & Fish Department has a number of wildlife and conservation publications available at: <https://gf.nd.gov/publications/order> or visit the Dickinson Area Public Library for more information about backyard wildlife. ■



PHOTO COURTESY OF RYAN JILEK

## KUDOS

## Jepson named 2018 Weed Warrior

By Kaye Jessen



Welcome to the world of weeds! This is the domain of Travis Jepson, Stark County weed officer.

The North Dakota Weed Control Association recently recognized Travis as a "weed warrior" at its annual meeting in Bismarck. This award is presented to someone who is currently involved in some capacity of weed control. Dwight Schank nominated Travis for this award on behalf of the seven-member Stark County Weed Control Board.

Travis' employment with the Weed Board spans 12 years. He has performed a variety of duties as a member of the spray crew and since 2017, as weed officer. These duties include spraying road ditches, building spray equipment in the off-season and performing administrative tasks.

This award is attributed to Travis' knowledge of weeds and weed issues, his positive demeanor in dealing with others and his communication skills.

Congratulations on a job well done to a very deserving recipient! ■



## COMMUNITY FOUNDATION

# Community endowment funds provide cities with annual cash flow

By John Heinen

Does your community need new playground equipment in its park? Do you have an aging theatre that needs repairs? Maybe you have a public library that would like to offer computers and updated technology to its users?

Most towns have or want to offer amenities and programs that improve the quality of life

for their residents, but funding them can be a problem. One solution may be to work with a community endowment fund located in your city.

Richardton did that in 1981 they set up a new Community Foundation under the NDCF umbrella. Through gifts each year from community members, Lions, Bremer Bank and others, the fund today is over \$419,000 and grants back to the community around \$18,000 a year. In 2018, the following projects were funded: Richardton-Taylor Public -- Multipurpose outdoor court; Park District - Basketball Court; Legion Post #180 electrical upgrades.

Other communities with Foundations in this region are Dickinson, New

England, Golden Valley, and Killdeer. All of them, with the help of a volunteer committee are growing their funds so they can provide for the community during good and lean economic times. As the fund grows, the more impact it has in the lives of the residents.



**NORTH DAKOTA  
COMMUNITY  
FOUNDATION**

The advantage of an

endowment fund is that the principle stays intact, and only the earnings are given as grants every year. Money raised stays in the account forever and increases the amount of money that is available for grants. Local advisory committees determine which projects to fund every year.

"That's what I like best about it," says Jordan Selinger, the chair of the Dickinson Area Community Foundation. "Our local eight-person committee leads fundraising efforts and recommends annual grant awards. Our committee also supports philanthropy generally. People come to us, like Greg Pruitt with the Little Buddy Foundation, or Sarah Carlson with Friendship Park.

We helped both of them set up their charitable processes within NDCF, then our local committee helps support them in fundraising like writing grants or answering questions of donors and company leaders. To date, there has been nearly \$200,000 raised. We used the NDCF because it was local, simple, and we are able to tap into their state-wide donor support network and 40 years of history helping North Dakotans fund their community projects. It is like having full-time staff without having to hire someone." Even if community members move away from Dickinson, philanthropists can still benefit Dickinson through NDCF state-wide services which then brings money back to Dickinson."

North Dakota community foundation helps make charitable giving fun and easy. In Greg Pruitt's case, he set up his own "foundation" or Donor Advised Fund, which took 5 minutes, within the NDCF. Greg "advises" where the giving of his fund goes each year and is able to focus on building his fund and telling his story. As a result, Greg can spend his time building the fund rather



than having to deal with the headache of IRS paperwork, gift paperwork or annual audits. He gets all of those "services" through NDCF and the local committee.

We help donors, non-profit entities and companies fulfill their charitable goals simply, easily, and personally. We don't fundraise for ourselves, we are here to support the charitable needs of those who call North Dakota "home."

Questions? Contact Dickinson Community Foundation at [dickinsonfoundation@ndcf.net](mailto:dickinsonfoundation@ndcf.net) or NDCF Western ND Representative in Dickinson, John Heinen at [john@ndcf.net](mailto:john@ndcf.net). ■

## PLAYING IT SAFE

## 7 tips to prevent tax ID fraud

Cornerstone Bank cautions customers to take extra precaution when filing their return to prevent their exposure to tax fraud.

"Fraudsters are using very clever tactics to get a hold of your personal information and submit false tax returns," said Vaune Johnson, Market President at Cornerstone Bank in Dickinson. Consumers must be suspicious of any communication from the IRS that requests personal information.

Tax identity fraud takes place when a criminal files a false tax return using a stolen Social Security number in order to fraudulently claim the refund. Identity thieves generally file false claims early in the year and victims are unaware until they file a return and learn one has already been filed in their name.

Cornerstone Bank is offering the following tips to help prevent tax identity fraud:

**File early.** File your tax return as soon as you are able, giving criminals less time to use your information to file a false return.

**File on a protected Wi-Fi network.** If you use an online service to file your return, be sure you are connected to a password-protected personal network. Avoid using public networks like a Wi-Fi hotspot at a coffee shop.

**Use a secure mailbox.** If you file by mail, drop your tax return at the post office or an official postal box instead of your mailbox at home. Some criminals look for completed tax return forms in home mailboxes during tax season.

**Find a tax preparer you trust.** If you plan to hire someone to do your taxes, get recommendations and research a tax preparer before handing over all of your financial information.

**Shred what you don't need.** Once you have completed your tax return, shred

the sensitive documents that you no longer need and safely file the ones you do.

**Beware of phishing scams by email, text or phone.** Scammers may try to solicit sensitive information by impersonating the IRS. Know that the IRS will never contact you by email, text or social media. If the IRS needs information, they will contact you by mail first.

**Keep an eye out for missing mail.** Fraudsters look for W-2s, tax refunds or other mail containing your financial information. If you don't receive your W-2, and your employer indicates they've been mailed, or it looks like it has been previously opened, contact the IRS immediately.

If you believe you are a victim of tax identity theft or if the IRS denies your tax return because one has previously been filed under your name, alert the IRS

Identity Protection Specialized Unit at 1-800-908-4490. In addition, you should:

**Respond immediately** to any IRS notice and complete IRS Form 14039, Identity Theft Affidavit.

**Contact your bank immediately**, and close any accounts opened without your permission or tampered with.

**Contact the three major credit bureaus** to place a fraud alert on your credit records:

Equifax at [www.Equifax.com](http://www.Equifax.com)

1-800-525-6285

Experian at [www.Experian.com](http://www.Experian.com)

1-888-397-3742

TransUnion at [www.TransUnion.com](http://www.TransUnion.com)

1-800-680-7289

More information about tax identity theft is available from the FTC at [ftc.gov/taxidtheft](http://ftc.gov/taxidtheft) and the IRS at [irs.gov/identitytheft](http://irs.gov/identitytheft). ■

*Contributed by Vaune Johnson, Cornerstone Bank and the American Bankers Association*



## HEALTHY HEARTS

# February is a great time to look at your heart

By Steve Irsfeld

February is the month of the heart for many reasons. Valentine's Day is February 14th, the holiday of love and the emotional heart. The month of February is also designated as heart month by the American Heart Association. Go Red for Women is the American Heart Association's national movement to end heart disease and stroke in women. Both of these causes focus on the physical heart.

So why is there so much focus on heart disease? The physical heart is one of the most important organs in our body. If our heart stops beating, life will not continue. Many people don't know this, but heart disease continues to be the No. 1 cause of death in the US. This accounts for nearly 1 out of every 4 deaths in our country.

The universal testing to monitor cardiovascular disease (CVD) is by checking your cholesterol. One thing to keep in mind is that all cholesterol is not bad, only bad cholesterol is bad. Taking that a step further, high levels of bad cholesterol are bad. I say this because cholesterol is a building block in our bodies, it is what every hormone is derived from, and it is also involved in transport of our fat-soluble nutrients.

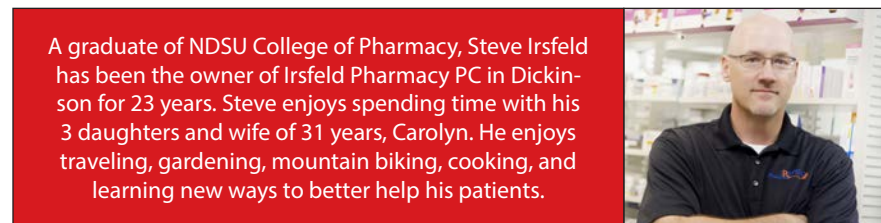
I will use the example of a recent conversation with one of my patients. He is currently taking a statin drug and his cholesterol is 88. Normal would be less than 200. This may be looked at as a great level, however, he is also being treated for low testosterone possibly due to the lack of building blocks in his system.

A standard lipid panel will check total cholesterol, LDL, HDL and triglycerides. Total cholesterol is composed of bad + good cholesterol. LDL or "Lousy" cholesterol is the bad cholesterol. Triglycerides or "Terrible" is bad as well, while HDL or "Healthy and Helpful" is the good cholesterol. It is as important to know these numbers just like we know our blood pressure.

Keep this statistic in mind - only half of people who die of heart attacks have high cholesterol. Underlying inflammation can play a big part in that and there are two blood markers that can help find out if it is an issue: C-reactive protein (CRP) and homocysteine. Both tests can be requested from your practitioner.

Once you obtain these numbers, you can plug them into an online CVD risk calculator. The one I like to use is the Reynolds Risk Score found at: <http://www.reynoldsriskscore.org>. The reason I like this one is that it incorporates not only cholesterol but the inflammatory marker CRP. The Reynolds Risk Score is designed to predict your risk of having a future heart attack, stroke, or other major heart disease in the next 10 years.

The next monitoring item I would recommend



A graduate of NDSU College of Pharmacy, Steve Irsfeld has been the owner of Irsfeld Pharmacy PC in Dickinson for 23 years. Steve enjoys spending time with his 3 daughters and wife of 31 years, Carolyn. He enjoys traveling, gardening, mountain biking, cooking, and learning new ways to better help his patients.

is to find out your Coronary Calcium score. This is a CT scan of your heart based on the amount of calcification you have in your coronary arteries. A negative cardiac CT scan indicates a very low risk of heart attack in the next two to five years. This test can be done in Dickinson at the Sanford Clinic West and is not covered by insurance. The out of

pocket cost is \$100.

I recently had one done because my cholesterol was elevated, and even though my Reynolds risk score was good, I have a family history of CVD, and I wanted to see if I was having any calcification. Fortunately, my score came back as a zero, which means I had no calcification at this time.

And lastly, you could do Advanced Lipoprotein Particle testing for cardiovascular risk assessment. This test will look at particle size of your LDL and HDL. This is important because small dense particles can increase your risk of CVD because they are easily taken up into the vascular wall with inflammation eventually causing calcification of the arteries.

All of these tests give you a great picture of what is happening with your cardiovascular system. You can influence the path you take going forward with diet, exercise and supplementation. Please stop in or call the pharmacy. We would be happy to help guide you down the road to better health.

Until next time, be vigilant about your health! ■



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## THAT'S CHEESY

# Eiffel Tower Canadian Baby Brie

By Tara Laber, Owner of Salt Kitchen & Co

The most prized and celebrated of all French cheeses, Brie is believed to have been created prior to the Eighth Century. Brie has been made in Canada since the French colonization. Brie cheeses are known world-wide for their downy white rind and cream-colored, soft interior that oozes when at the peak of ripeness and temperature. Brie's taste is sweet and buttery with hint of almond flavor. ■



## Basil, Bacon & Peach Baked Brie

### Ingredients:

- 1 sheet of puff pastry
- 1 8 oz Brie round
- 2 slices of thick sliced bacon, cooked crisp
- 2 Tbsp fresh basil, sliced
- 1/4 c peach jam
- 1 beaten egg for wash

1. Preheat oven to 375 degrees.
2. Lay out sheet of puff pastry. Place round of cheese in the middle (rind may be left on).
3. Top with jam, basil and bacon.
4. Bring up the edges of the pastry and work your way around making tucks in the dough.
5. Press to make sure edges are sealed.
6. Brush with beaten egg over top and sides.
7. Place on baking sheet and bake for 20 minutes or until golden brown.

Serve with baguette bread slices, and enjoy it with a glass of champagne!

## HEALTH AT HOME

# Comfort when you need it most

By Wendy Baumgarten, Director, CHI Health at Home-Home Health and Hospice-Dickinson

The first patient was admitted to the Home Care Service in Dickinson under St. Joseph's Hospital in March 1979. The movement in home health quickly took off in the Dickinson area. In the beginning, Home Health served Stark, Dunn and Billing's counties. The program grew under Sister Mary Noel's guidance.

By the year 1982, there was a group of Hospital employees that began exploring the idea of Hospice in the Dickinson area. In October 1983, the first paid staff member was hired, a MSW became the first employee as the Hospice Coordinator. Right away the community supported hospice with 25 volunteers coming forward to help with Hospice. The program was funded by donations as well as grants.

The Light Up a Life Memorial event was started in 1985. The tree was originally on the St. Joseph's Hospital property and was moved in 2013 on the west grounds of West River Community Center, just east of the CHI-St. Alexius Hospital-Dickinson. The very first memorial received for the Light Up a Life was given by Govern George Sinner in honor of his brother William F. Sinner. In 2017, the memorial brick campaign was started for the bricks circling the Hospice tree.

In April 2010 Home Health and Hospice moved out of the Hospital setting and had a change in ownership to CHI Health at Home- Home Health and Hospice. Home Health and Hospice in Dickinson covers the following counties; Billings, Dunn, Golden Valley, Hettinger, Morton, Slope, and Stark. We cover a 60 mile radius from Dickinson. We have 5 RNs, 1 Clinical Coordinator, 4 CNAs, 1 Director, 1 Physical Therapist, 1 Occupational Therapist, 1 Office Administrator, and 1- Social Worker. We

currently have 17 Hospice Volunteers. We contract for our Chaplain Services and additional therapy services as needed. Last year we had 75 Hospice patients and 192 Home Health patients.

Home Health services focus on rehabilitation, education, disease and medication management. The goal is for the client to return to optimum level of functioning. In order to qualify for home

health services, there must be a physician's order with recent change in status with a need for skilled assessment or treatment. Home Health can be provided in a client's home, basic care facility, group home and assisted living facility. The interdisciplinary

team that is involved with home health is a Registered Nurse, Physical Therapy, Occupational Therapy, Speech Therapy, Home Health Aide, and Social Worker.

For Hospice service, the focus is physical, emotional and spiritual support for the client and support system. The



overall goal is comfort and quality at the end of life. The prognosis for a hospice patient with a physician's order is a life expectancy of 6 months or less if the disease runs its normal course. Hospice can be provided in a client's home, basic care facility, group home, assisted living, and skilled nursing facility. We are newly offering alternative therapies with our Hospice Program which include Healing Touch as well as Aromatherapy and essential oils. The interdisciplinary team that is involved with hospice includes a Registered Nurse, Social Worker, Medical Director, Hospice Aide, Spiritual Services, Volunteer, Bereavement Services, and Therapy-comfort Focus. ■

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### SOUTH HEART

I Don't Know Bar  
South Heart School

### RICHARDTON

Springfield Market  
Cenex C-Store  
Suzy's Stash  
The Country Drug Store  
Pharmacy  
Richardton-Taylor High School

### BELFIELD

Superpumper  
Trappers Kettle  
Belfield Public School

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know if you'd like copies delivered for your customers to enjoy!*

## PIECE BY PIECE

# Shine all day

By Suzy Rummel

I grew up on a ranch north of Richardton on the Knife River so naturally, I was a tomboy. I was also born with glitter in my veins so I would go from making mud pies, riding horse and digging for worms to becoming Miss America wearing curtains as hair. I never knew what I was going to wake up as so life was always an adventure. Then I grew up, and the busyness of life made me forget about the glitter for a while.

My sister recently gave me a book entitled, "Be More Unicorn - How to Find Your Inner Sparkle" by Joanna

Each thread has thin strands called plies. These plies are twisted together to create the thread. Some 50-weight threads have two plies, and some have three, so a 50/2 thread and a 50/3 thread are different. The first number follows the Gunze Count standard; the larger the number, the finer the thread. The second number indicates of the number of strands or plies twisted together. All in all, it really is up to the individual person as to what thread they like.

For quilting, it is best to use only 100% cotton thread. Thicker thread



Gray. One page of the book says, "Eat glitter for breakfast and shine all day." That is what I intend to do, and I encourage you to do so also. Another page in the book has a quote by Johann Goethe; "Magic is believing in yourself. If you can do that, you can make anything happen." Great advice!

Something magical happens when you sew, crochet, knit or craft. You create something beautiful that someone will cherish. It leaves you with a good feeling when you make someone smile. You can be creative and artistic even if you think you aren't. That is why we do what we do.

Here is your knowledge for the month; understanding thread weight. Standards for classifying the size of thread are very different. There is no single standard but the most common one used in the US is weight. Most threads are labeled 30, 40 or 50 weight. There are also questions about what exactly makes a 50-weight thread a 50-weight thread.

makes the quilting stitches stand out more. The gold standard for piecing quilt tops is a 50-weight cotton thread.

Monthly events at the stash are our Sew Sisters and Table Topper Club. Sew Sisters is on the second Tuesday of each month from 2 - 4 pm MT. It is open to the public with a cost of \$12 for the entire year. We share tips, see what's new, laugh, see a demo and starting in February, we will be doing service projects following the meeting. We are making baby quilts in February. Everything will be provided and helping is optional. Come and join us!

Our Table Topper Club meets on the second Saturday of each month from 8:30 - 11:30am. Cost is \$25 for the year or \$5 a time. For more information and other classes, look on our web page: [www.SuzysStash.com](http://www.SuzysStash.com) or our Facebook page - Suzy's Stash.

Have a wonderful February and remember to shine even when there are clouds and snow. ■



## HEART RIVER GEMS

# Helma Lein, born March 28, 1916

By Kaylee Garling



It's easy to overlook someone with an age-rounded back, wrinkled hands, and smile lines as deep as the Mississippi River. But this Gem of a woman has been refined, polished, and shines beneath the years of life she's lived. She's proven you're never too old to try something new. I sat down with Helma to ask a few questions about her life.

**What is the secret to living to 100 years old?** Lots of people ask me that. I was stumped at first, but I decided: clean living. I didn't smoke or drink alcohol, and I was always a church goer, and kept active by dancing. My husband liked to dance, and we used to dance together.

I'm from the Bismarck area, where I worked three jobs. Symphony office and the hospital, along with the Bismarck Tribune. Lived there 30 years, but when my husband died and I didn't have any children there, I called my daughter in Dickinson, and she said I should come out here. So, I moved. Seen it change a lot in the last 15 years.

**What is the greatest challenge you've faced?** That's a hard one to answer. Probably the decline of

my health. I was at St. Lukes for a few weeks after I fell, and there were lots of sick people. I kept busy writing stories and poems in my room. I hope I can be healthy until the end.

Speaking of writing, I entered a contest in Pennsylvania and became a semi-finalist. There were over 100 contestants, so that was quite the feat. I've written 35 poems, and about 25 short stories within the last 5 years when I started writing. We were living in Wing, ND when the big storm of 1966 came through. The snow was so deep, that people were confined to their homes. One lady had to be shoveled out because she couldn't open her door. We had to close our store, Lein Super Valu, for a few hours. Then, people came in droves because they needed things. Thankfully, there haven't been any storms as bad as that one since.

**What was the happiest moment of your life?** My wedding day in 1941. I was 25 years old. We got married in Bismarck at the Trinity Lutheran Church. It was the typical wedding, with sermon, singing, prayers, and reception. If I could relive one moment of my life again, that would be it. We were married for 40 years before my husband passed away.

**What advice would you give to someone who is just starting out**

**their life?** To be honest. To be hardworking. That's what we told our children...*pause*...we had 3 children, 2 girls and 1 boy. One girl lives here, one lives in California, and our son lives in Fargo. We have 5 grandkids. And 16 great grandkids. My children and grandchildren are the joy of my life. I make crafts here, and they love the crafts I give to them.

**How did you start writing?** That was strange. I didn't think about writing until my children were grown. They said I was born in a time when things were very different and wanted me to write my memories about my life as a child. I started writing and couldn't quit because I like it so well.

I write about new topics, because I've covered our family, and I feel like there are a lot of people who haven't experienced the things I write about. So, that's what I usually spend my extra time on. I write everything long hand and my daughter types it.

May we all be like Helma Lein, who at the age of 97, found an uncovered passion deep within her soul and lived a life worth writing about. ■

## Winter Wonderland

By Helma Lein

The winter world was silent

Wrapped up in silvery white.

Snow was drifting everywhere

And formed an awesome sight.

Sometimes the perfect whiteners

Swirled against the trees,

Looking like an artist's work

Of white and silvery freeze.

Sometimes it grew more quiet

As the snow fell all around.

Even people walking through

Enjoyed it on the ground.

And with daylight fading

The snowfall was so high.

At times it seemed the winter world

Had changed both earth and sky.



Putting stories into words is one of Kaylee's greatest joys. She looks forward to meeting new people each month, who make Dickinson and surrounding areas the place she loves, 'home.'



## CULTURE OF CHAMPIONS

# Van Ells has powerful Dickinson gymnastics team seeking fourth straight title

By Dustin Monke

For 36 years, Kent Van Ells has overseen a gymnastics program that annually boasts around 300 athletes from ages 3 to 18.

It's a time-consuming role with a loaded year-round schedule of late hours and long weekends. But all that time has been worth it for Van Ells.

Dickinson High School has won five of the past six North Dakota state gymnastics titles and will go for its fourth straight championship later this month during the state meet in Jamestown.

"A culture develops," said Van Ells, who is both Dickinson High School's head coach and the Dickinson Gymnastics Club coach. "The girls expect the other girls who are coming into the program to keep up with them. They expect to win and to be the best out there."

In Van Ells' 36 years as head coach, the Midgets have won nine state championships. The program has 12 titles overall.

As the Midgets enter their final month of the 2018-19 season, they boast the top-two ranked all-around performers in the state -- junior Ayanna Fossum and senior Dacia Rambuisek -- and have six gymnasts with top-five ratings in either the all-around or individual events.

"I've been in gymnastics for 10-plus years, and thinking of it being over in a month or two is really hard to take," said Rambuisek, who is also ranked first in

the balance beam.

Dickinson is far-and-away the top team in the state so far this year. Their all-around average team score is a full five points better than second-ranked Grand Forks. Yet, just like any other season, Van Ells said it isn't without challenges.

"We didn't have as much depth this year as we were expecting, but they've really come around and there appears to be enough depth to be fairly dominant," he said, noting injuries and the loss of six gymnasts from last year's championship team as other hurdles Dickinson has had to overcome.

While many North Dakota high school programs have had stints where they've splintered talent between the high school and local club programs, creating long stretches of down years for the high school program, Van Ells and Dickinson have maintained consistency for the better part of four decades.

Fossum, a homeschooled junior who commutes from Gladstone to Dickinson daily to compete for the Midgets, has witnessed the program's slow build into the state's powerhouse in the sport from the time she was a Tiny Tots gymnast. She remembers long before she was on the high school team -- back when her older sister, Acacia, was just starting out on varsity as a seventh-grader.

"It wasn't expected for us to win," Ayanna Fossum said. "Now I think it's

kind of expected from people. If we lose, it's rare."

Van Ells believes the program's emergence as a longtime state power can be traced back to the 2006-07 season when Dickinson won its first of back-to-back state titles -- their first since consecutive wins under Van Ells in 1987 and 1988.

"Two years before we won the state meet in 2007 -- which was really the start of the culture thing -- we didn't even qualify for the state meet," Van Ells said. "That was the breakthrough."

Since that 2007 title, Dickinson has never finished worse than second place at the North Dakota state gymnastics meet and its gymnasts have captured 24 individual state titles. The Fossum sisters alone have combined to win the past eight straight floor exercise state titles.

With Acacia Fossum leading the way from 2011 to 2016, the Midgets blossomed into the team to beat. Fossum finished as the most decorated gymnast in the Dickinson program's history with 15 individual state titles, and the rating for the second-best all-around score (39.067 out of 40) and the best floor exercise score (9.867 out of 10) in state history.

Dickinson senior Meghan Ackerman said she learned a lot from teams captained by Acacia Fossum and Keana Kudrna, also a former state champion.



PHOTO COURTESY OF JIM BERGER/SPORTS WIDE OPEN

Dickinson gymnastics coach, Kent Van Ells, assists a gymnast on the vault during the Milo Dullum Memorial Invitational on Nov. 30, 2018 at Dickinson High School.

"They made sure everyone played a role," Ackerman said. "Our seventh-graders have been competing every meet and they are up in those top rankings. We've let them know they can't just rely on us -- that it is a team effort."



PHOTO COURTESY OF JIM BERGER/SPORTS WIDE OPEN



This season, like many others, veterans are beginning to pass on knowledge to the Midgets' underclassmen. In gymnastics, that typically means girls who are still in junior high.

It has translated into eighth-grader Brooklyn Deguzman and seventh-grader Addison Fitterer being ranked fourth in the state in the all-around and balance beam, respectively.

"They come in and these older girls expect them to keep up," Van Ells said. "You'd like to think it's all coaching brilliance, but I think it's a culture. The girls expect each other to do well."

Passing that brand of leadership on to the next generation of gymnasts is part of the legacy Van Ells will leave at Dickinson, his gymnasts said.

"We have had different gymnasts come in and out with different talents and different abilities, but he has been a major part in how everything runs,"

Rambousek said.

After more than three-and-a-half decades leading Dickinson's gymnastics program, Van Ells said his retirement day is near.

If he does decide to hang it up after this season, or in the next few years, Van Ells may even end on an extremely high note. The four-time North Dakota High School Coaches Association coach of the year is a finalist for national coach of the year.

"I put in the time. My wife will attest to that," he said with a smile.

Van Ells said he spends more time doing paperwork, determining schedules and paying bills than anyone often imagines.

Yet he's quick to admit he may be a bit lost after he steps away from coaching.

"Evenings, that'll be weird," he said as he laughed. "Weekends? To me, that's the weirdest thing. Sometimes I don't know what I'm going to do with myself." ■



PHOTO COURTESY OF JIM BERGER/SPORTS WIDE OPEN

Dickinson senior gymnast, Dacia Rambousek, throws herself off the balance beam during the Milo Dullum Memorial Invitational on Nov. 30, 2018 at Dickinson High School.

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



## WOMEN'S VOICES

# Women Dreaming America: Pioneers, Patriots, and Mavericks

By Lara Carlson McGoey, Chair of Women's Voices and Instructor of English, Dickinson State University

I want to invite you to attend our four Women's Voices events coming up in March. Our overarching theme,

Women and the American Dream, prompts us to question how women create and embody unique definitions of the American dream. Our keynote speaker, Maya Rao, will offer a reading of excerpts from her book, *Great American Outpost: Dreamers, Mavericks, and the Making of an Oil Frontier*, on March 4 at DSU. North Dakota is oil country, and Rao's book explores how North Dakota has faced the oil boom and what the effects are on the state's culture, economy, and environment. Rao is a journalist and D.C. correspondent for the *Minneapolis Star Tribune*.

Our next event, "Women and the American Dream: We, Too, Are America," will be a community reading of a collection of poems, short stories, and novel excerpts, all written by women, that feature some facet of the American dream. We will listen to these texts together and then discuss how we define the American dream today. This reading will take place on March 19 at DSU.

The Women's Voices Committee is partnering with Humanities North Dakota to host Dickinson's first Think

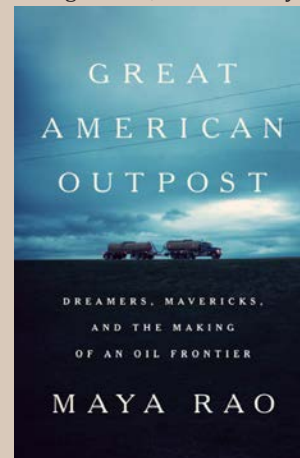
& Drink on March 24. Think & Drink is a happy-hour discussion series that begins with a short, thought-provoking presentation by a local humanities scholar and concludes with lively discussion and a beverage

of your choice. This session will be titled, "North Dakota: A State of Happiness" and feature Dr. Debora Dragseth, professor of business. We are excited to get the community involved in this event at The Rock's Corner Bar. A small cover charge will buy participants a drink ticket, and participants must be 21 years of age or older.

Our final event, "Hidden Figures: Calculating the American Dream," will be a special film screening of *Hidden Figures* on March 28 at the Dickinson Area Public Library. This movie portrays the extraordinary lives and work of

the women involved with NASA's first successful orbit of the Earth by astronaut John Glenn. These brilliant African-American women faced discrimination and hardship; still, their work pushed America ahead in the race to space. They made the American Dream of landing on the moon much more feasible.

I am thrilled for our upcoming schedule, and I hope to see you all at these events, which are free and open to the public unless otherwise noted.



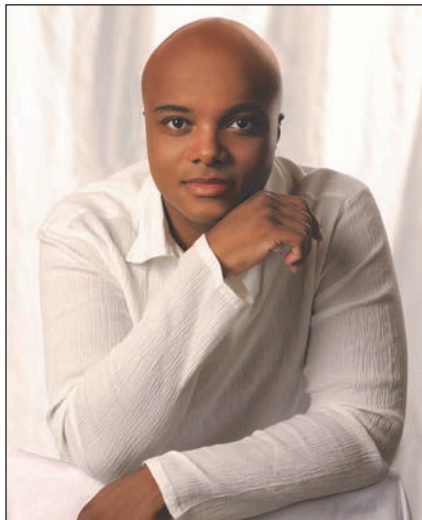
Dr. Debora Dragseth  
DSU Professor of Business



# MUSIC TO OUR EARS



## Dickinson Area Concert Association



The Dickinson Area Concert Association is bringing Leon Williams to Dickinson, ND on Sunday, February 17, 2019 at 7:30 pm at Trinity High School Auditorium.

Classically trained, Leon is an extremely versatile baritone who soars to tenor-like heights with ease and power, is committed to every word of text, and takes the listeners to a place which completely surpasses mere entertainment. Leon has wowed audiences around the globe with his impassioned interpretations of everything from the cantatas of J.S. Bach to his performance of the leading role of Coalhouse Walker Jr. in the original Broadway production of the hit musical *Ragtime*.

Leon is a native of Brooklyn, NY and currently resides in Honolulu, Hawaii where he assists in leading worship at First Presbyterian Church of Honolulu. He continues to tour the world as baritone soloist, recitalist and guest artist with symphony orchestras and opera companies.

This is Leon's third tour in the mid-west, each of which met with rave reviews for his "warm and handsome" voice, excellent programming and outstanding stage presence and rapport

with the audiences, and his "charismatic personality." His program will include a blend of spirituals, Broadway, opera and songs from the Great American Songbook.

Admission is by membership or tickets may be purchased at the door.

More information is available at [www.dickinsonareaconcertassociation.com](http://www.dickinsonareaconcertassociation.com) or by calling 227-1673. ■



**SAVE THE DATE**

STUPID cupid

**Scavenger Hunt**

**Thursday, February 14**

**5pm-8pm**

MUST BE 21 YEARS OF AGE

**Participation is FREE!**

**PRIZES TO BE GIVEN AWAY!**

**INCLUDING LARGE PRIZE AND GIFT BASKETS**

DOWNTOWN DICKINSON ASSOCIATION

## PIPER'S PALS

# The Cat Barn Project: Offering hope

By Beth Hurt, President, Second Chances

Throughout North Dakota, hundreds upon hundreds of homeless cats struggle to survive in communities of all sizes. It is common for these stray animals to be looked upon as pests or as a nuisance no different than a mouse infestation or family of skunks. But there is a difference.

Cats are a domesticated species. It is not the natural habitat of a cat to survive on a diet of dumpster scraps or to look for warmth in the undercarriage of parked vehicles or sewer vents. Stray cats are struggling to survive solely because of the irresponsibility of humans. They're there because of every pet owner who changed his mind about having a cat and decided it would be easier to turn the cat outside. They're there because of every person who allows their unspayed or un-neutered cat to wander the neighborhood, potentially creating dozens more litters to be born into a harsh and unfair environment.

When feral cats are brought to the city pound in Dickinson, they are given a limited amount of time to find homes before they must be euthanized. These cats are nearly impossible to adopt out because they are essentially "wild animals" and the majority of adopters are looking for tame lap cats.

Second Chances, a non-profit volunteer organization, believes that just because they are wild animals does not mean they should be destroyed. Instead, the cats should be given a safe environment in which they may serve a purpose and have a chance at a good quality of life. That is why we created The Barn Cat Project.

Barn cats are the best non-toxic method of rodent control. There are no poisons for children and pets to get into and no need to set nasty traps. When you support a barn cat, you should immediately see less rodents and their droppings in your barn and outbuildings. This is because the mere presence of a cat is often enough to drive many critters away. As a bonus, you'll likely notice less snakes on your property too; snakes go wherever there are rodents to eat.

Cats in the project are spayed & neutered (thanks to Oreo's Animal Rescue and the hardworking volunteers who fundraise for Second Chances), vaccinated for rabies, and fully examined by a licensed veterinarian to determined

to be of good health. Barn cats are FREE for adoption, however, we do ask that barn cat adopters or "hosts" agree to some basic stipulations, such as providing adequate shelter, food, and water.

When you choose to be a part of this project, not only do you get the benefit of having environmentally friendly, money-saving pest control, you'll also save the lives of cats who would otherwise be killed. To sign up, visit [secondchancesvolunteers.org](http://secondchancesvolunteers.org) or pick up an application at the City of Dickinson Animal Shelter or West Dakota Vet Clinic in Dickinson. ■





## THE ARTS

## Emotions expressed through art

By Janelle Stoneking

There are many blessings that come from working at ABLE, Inc., and I am honored that I've been welcomed into people's homes and lives for the past 21 years. Being able to stand beside people offering support, through the ups and the downs, hasn't always been easy but that's what makes our journeys together so beautiful. Every once in a while, those moments can be so raw, they touch me to the core of my being.

This fall, my friend Linda learned that her mother would be leaving us soon. This is something that we had spent years trying to prepare for because her family is everything to her. While many of us often take our families for granted, Linda's love for her family is awe inspiring. She is the reminder that we must value, challenge, and show the love, gratitude and togetherness that is family. For this, I'm so thankful.

As we all faced this news together, we knew that the road ahead wouldn't be easy. But nonetheless, we journeyed ahead. On the week that most Americans were sitting around a table being thankful for the turkey dinner in front of them, Linda's family was saying goodbye to a loving mother, a beautiful wife.



At her mother's service, Linda was the definition of strength, getting up to share precious memories of her mother and their family, touching the hearts of all in the room.

We all find ways to cope with the emotions that surround these moments. For me, it sometimes happens through art. As I walked this journey with Linda, I was inspired to put it on canvas. I created a mixed media piece titled "Loving Wings." It is a testament to the harshness, pain, and tears, yet gentleness, beauty, and gratitude that comes when we have to learn to let go.

Although it's hard to see in photographs, it features actual metal window screen, raised raindrops/tears and delicate beautiful colors and patterns woven in the dress of the angel. The words written on the angel come from a Dave Matthews song stating, "And I give to you my everything because you've given me these loving wings, and angels have all gathered round to hear me sing my love out loud." Those words ring twofold for me. They speak of my love and friendship for my dear friend Linda because I've learned and gained so

much from her. They also speak to her mother, a woman of great faith, finally going to meet her maker. The piece was more than an art endeavor. For me, it was a journey of healing and strength at a time when it was needed most. ■



## SPREAD THE LOVE

## Local charities participate in Giving Hearts Day

By Katie Vidmar

"We all have a need to be part of something bigger than ourselves, to know we make a difference," says Scott Holdman, Director of the Impact Institute. It is this basic human drive that Holdman believes is the reason for the success of Giving Hearts Day, a 24-hour online fundraising charity event.

First held in 2008, the event has grown from just over a dozen charities in its first year to over 450 charities in North Dakota and Minnesota. Over the course of 11 years, more than 28,000 givers have donated on this day, raising more than \$54 million dollars, all going directly to support charitable efforts in our region. This year, there are 13 charities in southwest North Dakota participating, all working together and each hoping to gain momentum for their missions through this day of online giving.

"The more everyone in our area is aware of the day, the more of an impact we can make in the lives of people in our community. It's really energizing to work together and celebrate each other's successes," states Emily Gran of Best Friends Mentoring, Chair of the Dickinson Area Collaborative.

Local businesses are joining in, taking steps to foster generosity among employees and in the community.



Some are offering employee match opportunities, while others are offering discounts or free gifts to anyone who donates during the 24-hour drive. A leader in promoting a culture of generosity, Gate City Bank invites its patrons

to nominate their favorite charities between January 24th and February 7th. Each charity nominated has a chance at one of thirty cash prizes offered by Gate City

Bank, each totaling \$2,500.

This year's event takes place on Valentine's Day, February 14th 2019. Local charities participating include American Cancer Society - Relay for Life, Assumption Abbey, Badlands Ministries, Best Friends Mentoring, Camp ReCreation, CHI Health at Home - Home Health & Hospice, Connect Medical Clinic (formerly Badlands Choice Clinic), Dickinson Backpack Program, Home on the Range, Sacred Heart Benedictine Foundation, St. Benedicts Health Center, Sunrise Foundation of Bowman, and West River Health Services Foundation of Hettinger.

"We can all make a difference, right here, right now," states Scott Holdman. Whether you feel drawn to providing guidance to a young person, giving food

to a child going hungry, improving the quality of life of the elderly, supporting places of spiritual renewal, or offering medical care and compassionate support to the most vulnerable in our midst, making a donation on Giving Hearts Day can connect you to a cause bigger than yourself. Visit GivingHeartsDay.org on February 14th, and find a charity to love! ■



Members of the Giving Hearts Day Southwestern North Dakota Collaborative along with the City of Dickinson Commissioners

Katie E. Vidmar, MTS is the Executive Director of Connect Medical Clinic (formerly Badlands Choice Clinic). This is her sixth year connecting generous people with causes they believe in through Giving Hearts Day.





## THEN... and Now: Independent Order of Odd Fellows

By Bob Fuhrman

While the threat of fire is always with us, today's detection systems, alarms, efficient first responders and specialized training and equipment provides a much safer environment than 1905 when Dickinson was just a young city. Like many places Dickinson experienced its share of fires with damage exacerbated by the ready fuel provided by wooden structures constructed in the first 20 years of settlement. When fire struck a quick response by the volunteer hose company or ad-hoc bucket brigades could prevent the loss of a building but often the rapid on-set and spread of flames reduced the fight to a holding action, concentrating on saving adjacent buildings as the original site of the fire was quickly reduced to ashes. The loss of the Klondike saloon and Blackburn restaurant buildings on the night of February 9th, 1905 is a case in point and the starting place for the story of the erection of a designated Dickinson Local Landmark.

Around 10:30 that cold (-23 F) Thursday night, fire was discovered in the basement of the Klondike, a wood structure located on Villard Street four doors east of Sims. No cause of the blaze was identified by the Dickinson Press, however, it was reported that the first alarm was quickly followed by others as flames enveloped the building and spread to the wooden Blackburn restaurant one door west. Firefighting efforts quickly became centered on

bringing down the doomed structures and saving the building just to the east of the Klondike, the International Order of Odd Fellows (IOOF) Hall which was also home to the Dickinson Press.

The 1904 Sanborn Fire Insurance map for Dickinson colored the Odd Fellows structure green for being a 'special hazard' probably for the combination of newsprint, inks and a 1 ½ HP gasoline engine that ran the newspaper's press. As would be expected, the Press gave special attention to the work done to save the building, noting that when fire broke through the walls into the Press' upper rooms three times, Northern Pacific baggage man Joe Leisch and a two other fellows extinguished the flames with buckets of water they carried to the second floor before local firemen were able to prevent further spread via water

hosed on the IOOF hall, though by this time the editor had decided to evacuate the Press' belongings to the street, just in case.

Besides the bone-chilling cold and the work to bring down the burning buildings, water to fight the fire was another challenge that night. The City's well furnished "only a drop in the bucket" to the effort and firemen were fortunate to be able to run a hose from the Northern Pacific's roundhouse, across Villard, to the site of the fire. Quick thinking by Trainmaster John Rapelje ensured an uninterrupted supply as he telegraphed Richardton to hold all trains lest they come through Dickinson and cut the hose laid across the tracks.

Besides smoldering remains of the buildings, the next day presented an opportunity for 'urban renewal'

to Edward Berry who owned both structures. Even before arriving in Dickinson he had telegraphed, "Let her flicker. Will be down on (train) No. 4. Rebuild at once." Berry made plans for a two story brick block on the site while the Odd Fellows decided to accept an offer from hotelier Frank Kihm who also planned a two story brick block as part of his St. Charles Hotel complex located just east of the fire site. These plans came together very quickly with work on Berry's foundation starting about a month after the fire and plans for a new Press building on Oakes Street (today's 1st Street W) settled in April for mid-summer completion (the old IOOF/Press building would be moved in July to become a residence at the corner of Oakes and Hannaford (1st St. W & 2nd Ave. W).

The Dickinson Odd Fellows, the City's second oldest fraternal organization (after the Masons, though there has been some debate), founded their Frontier Lodge on November 17th, 1887 and the lodge hall on the second floor of the Press building was regularly used by several organizations in town. When the Odd Fellows actually bought the property from the Press is unclear but the sale to Frank Kihm in mid-May brought the lodge \$3,000. Just prior to completing that sale, lodge trustees had purchased a vacant lot for their new Hall from George Drenkel on Barnes Street (1st Ave. W) for \$1800.

*Continued, next page*

**ODD FELLOWS HOME.**

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**Beautiful Twelve Thousand Dollar Property on Barnes Street.**

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**Building One of the Best in the City Erected at a Cost of \$9,000, Affording the Three Link Fraternity a Hall, Parlor and Banquet Room, Which for Finish and Arrangement Surpasses Anything of the Kind West of Fargo.**





*Continued from page 20*

The Drenkel lot presented a bit of a problem when local surveyor James Saunders found that the property was 9 inches short in width – that is, the adjoining fruit store of P.A. Moir to the north was 3 inches over its lot line and the Drenkel grocery store on the south side was 6 inches over as well. Moir's brick building could not easily be moved so he entered into a party wall contract with the Odd Fellows. The Drenkel grocery was a wood frame structure and the owner opted to move it over the 6 inches (this was an era when moving buildings in North Dakota was a fairly common occurrence) although it is unclear if he took the trouble to excavate a basement as the Press had suggested in its columns.

With the lot in hand and solutions to the lot line violations settled the Odd Fellows moved ahead with plans for their building which was to be a 25 x 90' two-story brick block (facing brick to be russet-colored with portage red trim stone provided by the Dickinson Fire & Pressed Brick Company) with retail space on the ground floor with the lodge hall above. The contract for the building was awarded to the Dickinson contractor Walton and Davis for \$7,684 (excluding the heating plant) with work starting in July. Sub-contractors were Sandy Stewart for basement excavation, noted local mason Charles Bakke (an IOOF member) for brick and stone work and Andrew Walsh for the woodwork and finishes. A Bismarck firm's bid of \$985 won the steam heating contract. While construction was getting underway the Press reported the Odd Fellows met on July 18th for the last time in their old Hall and one week later carried the announcement that L.J.

Dickinson had signed a three year lease for the retail space where he would offer "exclusive gents' clothing and furnishing(s)".

Construction coverage of the IOOF Hall was sparse after that, probably due to the great many buildings going up that year (including several brick blocks: McDonald (& Pomroy), Berry Block, The Press, Ray Block, Mandan Mercantile office, Kihm Block, Hughes & Dieters' office and the Odd Fellows

story in the January 27th, 1906 Press.

Today the Frontier Lodge of the International Order of Odd Fellows is still active and its members are fully cognizant of the building's historic nature. Designated a Dickinson Local Landmark in 2012, the Odd Fellows have been renovating the interior of the building, making huge progress while staying true to the design of the time. The Odd Fellows, totaling only a handful of current members,



Blocks – valued together at \$80,400 or \$2.1M today). It was noted in November that the first floor retail space in the Odd Fellows' Block had opened on the 11th, with 500 small hand bells distributed to children - "such a ringing of bells on the streets...was never before heard in Dickinson." In the meantime finishing work continued on the upstairs Hall which was completed in early 1906 and celebrated with a 3-column front page

have their meetings in the large, open room upstairs. A local band uses the space for rehearsals. Other bands have entertained in the location as well.

The organization has plans down the road for future projects to restore and recapture the essence of what used to be. They have the original, beautiful pool table, from between 1905-1911, that has been reworked with new pockets, bumpers, and felt. Many of the

refurbishments have been completed through donated materials that add to the aesthetic appeal.

The Odd Fellows mission, in a nutshell, is to bring the community together, which they aptly do with First on First. The majority of their focus is hosting these huge summer affairs, with the money going to the bands to make the events happen. They barely started to break even this past summer, but still enjoy helping our community come together.

All in all, with the current revitalization going on in downtown Dickinson, the Odd Fellows building adds to the vibrancy of our downtown while staying true to the historic preservation of our downtown buildings. Watch for future updates on this local landmark building as we record the institutional memory for our historical preservation.

This is the second in a series of articles about our local landmarks. One thing these articles have opened up is the possibility of further and completely documenting the history of this building and others. So many of our downtown buildings can be documented from the conception, to construction, to completion, but many have blanks to fill in. There can be a 60-80-year gap on some.

If anyone has information to share on any of the historic buildings in town, please contact Bob Fuhrman at the Dickinson Museum Center to help preserve the memories of our city.

Thank you to Jeff Pokorny, the Noble Grand of our local IOOF, for the information he provided to finalize this article. He was most gracious in sharing what he knows about the building and its history. ■



# Heart River VOICE Events

## VARIOUS DATES

**DICKINSON STATE UNIVERSITY PRESENTS LATIN AMERICAN AND SPANISH FILM FESTIVAL** A unique opportunity right here in Dickinson! The Spanish Film Club series was made possible with the support of Pragma, SPAIN arts & culture, and the Secretary of State for Culture of Spain. See individual dates below.

**JANUARY 14 - FEBRUARY 7 DECADES: A MARIE SNAVELEY RETROSPECTIVE** An art exhibition in Mind's Eye Art Gallery in Klinefelter Hall on DSU campus.

## FEBRUARY 1-28

**ART EXHIBIT** An exhibit for Badlands Art Association artists. The exhibit will include artworks from a variety of mediums such as oil, watercolor, pastel, pencil, clay, as well as mixed mediums. Dickinson Museum Center. Museum hours are Monday-Saturday 9AM to 5PM.

## FRIDAY FEBRUARY 1

**TAYLOR FARM INSTITUTE** 12:30-3:30PM Immanuel Church of Taylor. More info contact Kurt Froelich 701.456.7665.

**FAMILY MOVIE NIGHT** 4-5:30PM Open to all ages. 1 free bag of popcorn per movie attendee. Bring your own drink! No unattended children under 10. Hosted in the Dickinson Area Public Library Community Room by the West Entrance 139 3rd St W.

**DSU 3RD ANNUAL FIRST PITCH CRAB FEED** 5:30-11PM Biesiot Activities Center. \$75/person. Free shuttle. Must be 21 to attend. More info contact kristin.fleury@dickinsonstate.edu.

## SATURDAY FEBRUARY 2

**CLINT RIDL'S BIRTHDAY PARTY** 5PM Food and \$2.50 Black Velvet drinks all night. Karaoke starts at 8PM I Don't Know Bar,

207 4th St NW, South Heart.

## SUNDAY FEBRUARY 3

**SUPERBOWL PARTY** 12PM Homemade pizzas all day and night. Call order in or dine in and watch the big game. Large pizza and a pitcher of your favorite flavor of tap beer \$25. I Don't Know Bar, 207 4th St NW, South Heart.

## FEBRUARY 4-8

**KINDERGARTEN REGISTRATION** 7:30AM-4PM Central Administration Office 444 4th St W. Questions call Lisa Myron 701.456.0002. Child MUST be 5 before August 1, 2019.

## TUESDAY FEBRUARY 5

**DICKINSON HIGH SCHOOL'S JAZZ BAND/SWING CHOIR CONCERT** 7PM Dickinson High School Auditorium.

**I DON'T KNOW BAR PUBCAST** 9PM 207 4th St NW, South Heart.

## WEDNESDAY FEBRUARY 6

**BLOOD DRIVE** 12-6PM West River Community Center Rooms 1 and 2. 2004 Fairway St. Go to <https://bloodhero.com/index.cfm?group=op> to sign up and get an appointment.

**FOREIGN FILM** 6-8PM Spider Thieves/Niñas araña, Dir. Guillermo Helo, Chile, 2016. Part of DSU's Latin American and Spanish Film Festival. Beck Auditorium in Klinefelter Hall. Free to the public.

## THURSDAY FEBRUARY 7

**TINY TOTS DRIVE-IN MOVIE** 10-10:30AM Drive on in and add some wheels to your car, find a "parking spot", grab some snacks, and enjoy the show! Please feel free to bring a pillow and/or a blanket. Ages 0-5. Community Room at Dickinson Library.

## FEBRUARY 7-9

**MURD-AAR ON THE HIGH SEAS** 6PM Dickinson Public

School Foundation's 14th Annual Mystery Dinner. Tickets on sale January 25 5-8PM and January 26 10AM-12PM at The Ramada. \$45/Thur and \$50/Fri & Sat.

## FRIDAY FEBRUARY 8

**OPEN FORUM WITH DSU PRESIDENT** 2-3PM Hear campus updates from President Mitzel as well as heads of departments. Questions are welcome. Popcorn with the President to follow in the lobby. Beck Auditorium in Klinefelter Hall.

**32 BELOW LIVE** 9PM Army's West Sports Bar 640 12th St W. \$5 cover charge.

## SATURDAY FEBRUARY 9

**CRAFT AND VENDOR SHOW** 10AM-4PM Come support local vendors and crafters at the Biesiot Activities Center 398 State Ave.

**PUTTS & PINTS PUB CRAWL** 11:30AM-8PM 4 person teams \$80 per team. Sign up at The Rock and The Spur. Sober bus will be running free of charge for participants. Registration will begin at The Spur. Holes will open at noon and close at 6PM. The Spur will be open at 10AM with a Bloody Mary bar and light breakfast. Awards will take place at 7PM at The Rock's Corner Bar 113 1st St West.

**FILM SOCIETY** 2-5PM Last Men in Aleppo by Feras Fayyad. All are welcome! There will be the film showing and discussion to follow. Dickinson Area Public Library 139 3rd St W.

**28TH ANNUAL RONALD McDONALD CABIN FEVER BENEFIT** 4PM-Midnight This event supports Ronald McDonald House Charities. A fun-filled night of great food, games, silent & live auction items from generous donors & toe tapping music! Midnight breakfast with raffle to follow. \$10 tickets available at Dickinson Eagles Club or any Roughrider Commission or Cabin Fever Committee member

Send your events to [kelly@heartrivervoices.com](mailto:kelly@heartrivervoices.com) to list your events for FREE!



Julianne Skaff, Presley Weiler, and Kayla Kilwein pause for a picture while studying the close harmony they will sing as the three high school dropouts who narrate Little Shop of Horrors.

## Thursday, February 28

**LITTLE SHOP OF HORRORS** Show opens February 28 at 7PM in DSU Stickney Auditorium in May Hall. Tickets are \$10 and can be purchased in advance or at the door.

and at the door. Eagles Club 31 1st Ave. East.

## MONDAY FEBRUARY 11

**FOREIGN FILM** 6-8PM On the Roof/El Techo, Dir. Patricia Ramos, Cuba/Nicaragua, 2017. Part of DSU's Latin American and Spanish Film Festival. Beck Auditorium in Klinefelter Hall. Free to the public.

## FEBRUARY 11-MARCH 7

**FINE ARTS PRINTS FROM THE DSU COLLECTION** Mind's Eye Art Gallery in Klinefelter Hall on DSU campus.

## TUESDAY FEBRUARY 12

**ANTI-VALENTINE'S DAY PARTY** 4-5:30PM Party for Teens only (Ages 11-17). Make a craft, take anti-valentine photo booth pictures, eat some snacks, and break a heart...piñata! Dickinson Area Public Library.

## BUSINESS AFTER HOURS

4-6PM Appetizers, drinks, door prizes, tours. Wear Red in honor of American Heart Month. Main hospital lobby CHI St. Alexius Health.

## ADULT CRAFT CLUB

6-7PM Make a Love Potion Necklace. All supplies provided. For ages 18 and over. Dickinson Area Public Library.

## FOREIGN FILM

6-8PM Red Gringo/Gringo Rojo, Dir. Miguel Angel Vidaurre, Chile, 2016.

Part of DSU's Latin American and Spanish Film Festival. Beck Auditorium in Klinefelter Hall. Free to the public.

**THURSDAY FEBRUARY 14 FINE ARTS PRINTS FROM THE DSU COLLECTION ARTISTS' RECEPTION** 2-4PM Mind's Eye Art Gallery in Klinefelter Hall on DSU campus.

**LEGO CLUB** 3-3:45PM All ages welcome. Kid's and teens can build and play with LEGOs. Prizes drawn at the very end. Dickinson Area Public Library.

**STUPID CUPID SCAVENGER HUNT** 5-8PM Downtown Dickinson Association presents a fun filled evening. Ages 21+. Free to participate. One large prize along with several small prize baskets will be awarded. Watch for flyers to be distributed around town the first week in February.

**GIVING HEARTS DAY** 24-Hour online fundraising event. Go to [givingheartstoday.org](http://givingheartstoday.org) to make a secure donation to your choice of one or more charities involved.

## SATURDAY FEBRUARY 16

**A FAIRY TALE TEA PARTY** 10-10:45AM Join us for treats, a craft, and some tea! All fairy tale characters and creatures are welcome! Sign-up at the Main Level Circulation Desk at the



Dickinson Area Public Library.

**22ND ANNUAL API GUMBO COOKOFF** 6:30PM Public taste testing (until gone). 8:30PM Thunder Road. No one under 21 allowed after 8:30PM. \$10 admission. Ramada Grand Dakota Lodge. More info email apidickinson@gmail.com.

**ANNUAL "ANTI" VALENTINE'S PARTY** 8PM Single or don't want to be alone? Join us for \$2 taps and \$2 tequila shots. I Don't Know Bar, 207 4th St NW, South Heart.

**FEBRUARY 16-17 COCA COLA BLUE HAWK BASKETBALL TOURNAMENT** Adult basketball tournament with proceeds going to DSU Football travel expenses. Registration deadline Feb 5. More info 701.456.2074 or dpr@dickinsonparks.org.

**SUNDAY FEBRUARY 17 SIP & PAINT** 1-4PM \$50 includes kit, stencil choice, 2 paint colors, and 2 glasses of wine. Medora Uncork'd 370 Pacific Ave, Medora ND. Tickets at medorauncorkd.wine

**SACRED MUSIC IN SACRED SPACES** 2PM DSU Music Department performs at St. Wencelaus Catholic Church 525 3rd St East.

**DICKINSON AREA CONCERT ASSOCIATION PRESENTS RENOWNED BARITONE LEON WILLIAMS** 7:30PM Trinity High School Auditorium. Admission is by membership or available at the door. More info dickinsonareaconcertassociation.com or 701.227.1673.

**TUESDAY FEBRUARY 19 FOREIGN FILM** 6-8PM The Queen of Spain/La Reina de España, Dir. Fernando Trueba, Spain, 2017. Part of DSU's Latin American and Spanish Film Festival. Beck Auditorium on DSU campus. Free to the public.

**THURSDAY FEBRUARY 21 FOREIGN FILM** 6-8PM The Future Perfect/El futuro perfecto, Dir. Nele Wohlatz, Argentina, 2016. Part of DSU's Latin American and Spanish Film Festival. Beck Auditorium in Klinefelter Hall. Free to the public.

**AGRICULTURE LIVESTOCK FORUM FEATURING DR. TEMPLE GRANDIN** 5-9PM Educational event with social, supper, and speakers. \$15 general/\$10 students. Registration

deadline February 15. Ramada Grand Dakota Lodge. More info 701.225.5115 or 701.456.7765.

### **FEBRUARY 21-24**

**DHS PRESENTS DRAMA PRODUCTION** See How They Run 7PM THURS-SAT 2PM SUN Dickinson High School Auditorium.

### **FEBRUARY 22-23**

**WESTERN EDGE BULL RIDING FINALS** 7PM DSU Indoor Arena. Tickets \$15, sold at door. 6 and under free. More info 701.225.8058.

### **FEBRUARY 23**

**ROCK'N IN FEBRUARY** 8PM 7th Annual Abate District 11 Biker Ball featuring Paper Ways. Eagles Club. More info contact Dave 701.590.0911 or Joe 701.290.7614.

**BEAT THE WINTER BLUES FAMILY FUN DAY** 9AM-6PM Activities all day with two main events. \$2.00 Entry Fee or Free to WRCC Members. Free food. Donations for Amen Food Pantry appreciated. West River Community Center.

**JUDD HOOS** 9PM LIVE at Army's West Sports Bar 640 12th St W.

**TUESDAY FEBRUARY 26 SCREENING AND PANEL DISCUSSION OF MISSION OF HERMAN STERN** 6:30PM A documentary about North Dakotan who was crucial in facilitating the immigration of 100 Jews to the US to escape Nazi Germany. Panel discussion to follow. Beck Auditorium on DSU campus. Free and open to the public.

**WEDNESDAY FEBRUARY 27 BLOOD DRIVE** 11:30AM-3PM BJ's Services conference room 242 34th Street West. Go to <https://bloodhero.com/index.cfm?group=op> for appointment.

**PRIVATE PESTICIDE APPLICATOR CERTIFICATION** 1-4PM Producers who will buy or apply restricted-used pesticides for their own use must be certified. Pre-registration is required and seating is limited. Call 456-7665. Cost is \$30 for the three-year certification period.

**THURSDAY FEBRUARY 28 LITTLE SHOP OF HORRORS** 7:30PM DSU Theatre Department performs their spring musical in Stickney Auditorium. \$10. Tickets may be purchased

in advance and also at the door. More information at dsuarts.com or 701.483.2154.

**LEGO CLUB** 3-3:45PM All ages welcome. Kid's and teens can build and play with LEGOs. Prizes drawn at the very end! Dickinson Area Public Library.

## **Ongoing events**

### **DINING, NIGHTLIFE, BARS**

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

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

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

**PLAYERS** 3-10PM Tuesdays Kids eat free with adult meal purchase. 2050 1st Ave E. 701.483.1733 [www.players-bar-grill.com](http://www.players-bar-grill.com)

**PERKINS** 4-10PM Tuesdays Kids eat free with adult meal purchase. 188 Museum Dr. 701.227.3001 [www.perkinsrestaurants.com](http://www.perkinsrestaurants.com)

**APPLEBEES** Tuesdays Kids eat for 99 cents with adult meal purchase. 289 15th St W. 701.227.8573 [www.applebees.com](http://www.applebees.com)

### **FOOD KITCHENS**

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

**ANGEL 37 KITCHEN** 6-7PM Tuesdays Free food to everyone.

Nourish your body and soul. Queen of Peace Catholic Church 725 12th St. West.

### **SUPPORT GROUPS**

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

### **LIBRARIES**

**DICKINSON AREA PUBLIC LIBRARY** Winter reading program runs through February 27. Feb 1-27 Emoji Reads. Grab a wrapped book with an emoji on the cover and challenge yourself to read that book. See Featured Events for more!

### **FAMILY FUN**

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

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

**UNIVERSITY THEATRE** Free, different family movie the first Saturday and Sunday of every month at 10 AM! Join us for some free family fun in luxury electric recliners. First come first served, doors open at 9:30 AM. DSU Student Center, Campus Drive.

### **CLUBS/GROUPS**

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

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

**TOASTMASTERS** 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at **1967.toastmastersclubs.org**. Held at Dickinson Chamber of Commerce. Contact Deb Kerner for more info 701.260.9292.

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

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

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

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

### **MEETINGS**

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

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

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

## **Save the date**

**VARIOUS DATES IN MARCH DSU INVITES YOU TO WOMEN'S VOICES** See article on page 17 for more information on upcoming events. Also, watch for individual events in the Calendar of Events in our March issue of Heart River Voice.

**SATURDAY MARCH 9 TRINITY FINE ARTS DIVINE WINE AND DINE** 7-Course Meal paired with wines. Contact Trinity Catholic Schools for more information at 701.483.6081 or go to [trinitycatholicschools.k12.nd.us](http://trinitycatholicschools.k12.nd.us).



## NDSU EXTENSION

## New agent welcomed



It is our pleasure to announce that Holly Johnson has accepted the Family and Community Wellness (FCW) Extension agent position for Stark and Billings Counties. A native of Galesburg, ND, Holly graduated from NDSU in 2018 with a B.S. in human development and family science with a minor in Extension education and wellness. Holly's first day in the Extension agent position was January 16. She works out of the NDSU Extension office in Stark-Billings County, 1340 W. Villard St., Dickinson.

Holly has a passion for 4-H, having served as a 4-H member in her local club as a Cloverbud all the way through high school. She also served as a 4-H Ambassador and has been active in the NDSU Collegiate 4-H program. Holly interned in the Center for 4-H, where she helped to analyze Common Measures data from across the state, as well as assisted with social media posting and developed the curriculum for consumer decisions.

Holly's academic background, along with her knowledge of and passion for 4-H, communication skills and strong interest in helping others, make her a great fit for the Extension agent position.

Contact Holly at NDSU Extension/Stark-Billings County 701/456-7665 or by email at:

Holly.Johnson.4@ndsu.edu

Please join us in welcoming Holly to the NDSU Extension family! ■

## TRINITY CATHOLIC SCHOOLS

## THS Tiny Tots to offer Pre-K

By Kelli R. Schneider

In the fall of 2019, Trinity Catholic Schools is launching a new facet to early childhood education – prekindergarten!

Titan Tots – the umbrella under which falls our 2-day, 3-day and 4-day preschool offerings – will now also include a 5-day, full day option known as pre-kindergarten. Providing a needed option for the parent seeking a full-time early childhood education, pre-kindergarten has been designed with the 4 and 5 year old child in mind.

Prekindergarten at Trinity Elementary School will operate within the time frame of a regular school day – beginning at 8:15 AM and ending at 3:15 PM. Students can be dropped off as early as 7:45 AM. A student enrolled in pre-kindergarten is also eligible for Trinity Extended Care (the Trinity Elementary School afterschool care program), which allows the student to stay at school in a professionally staffed environment until 6:00 PM on school days. Trinity Extended Care is also open on many holidays and features a special summer care session.

A day in the prekindergarten classroom will include ample time for lessons across all academic areas – including math and science; reading and social studies. Students are also privileged to have multiple religion and bible study lessons throughout the week and prayer is a central part of each school day. Prekindergarten will also feature time for music and movement, arts and crafts, physical education and free play. There will be scheduled afternoon rest time built into the school day, taking into consideration that time of rest is important as young brains grow and develop.

“We are very excited to bring this new early childhood offering to the Dickinson community,” said Steve Glasser,



President of Trinity Catholic Schools. Glasser continued, “A strong educational foundation is of utmost importance. It is a great blessing that parents allow us the opportunity to partner with them in developing that educational foundation – and that they entrust their children to our care, in mind, body and soul.”

Titan Tots will also continue to offer half day options for preschool for the 3, 4 and 5 year old: morning and afternoon sessions of 2-day, 3-day and 4-day

preschool. “We offer many different options, and we do that because we know there is not ‘one size fits all’ for families looking for early childhood education,” Glasser added.

For further information on Titan Tots – early childhood education at Trinity Elementary School – please call, (701) 483-6081. Enrollment for the 2019-2020 school year opens on February 1. ■

## Enrollment opens February 1st for the 2019-2020 school year!

At Trinity Catholic Schools, our administration, teachers, and staff partner with parents to develop the whole student into a well educated, values driven, faithful disciple of Jesus Christ.

### Titan Tots: Early Childhood Education

Preschool (half-day options for ages 3-5)

Prekindergarten (full day, Monday-Friday, ages 4 & 5)

### Trinity Elementary East and Trinity Elementary West

Grades K-4

### Trinity Elementary North

Grades 5-6

### Trinity Junior High

Grades 7-8

### Trinity High School

Grades 9-12



Trinity Catholic Schools

Educating the whole student—  
mind, body and soul.

### Monday, February 11 Titan Tots Open House

@ Trinity Elementary West  
Classroom Visit: 6:30-6:45 PM  
Presentation: 7:00 PM

### Scheduling a tour or shadow day

is a great way to learn more about Trinity Catholic Schools!  
Please call to schedule!  
**(701) 483-6081**

### Visit us online:

[www.trinitycatholicschools.com](http://www.trinitycatholicschools.com)

### Check us out on social media!

 @trinitytitans

trinity.titans 

Scholarship opportunities and tuition assistance are available.



## CHAMBER HAPPENINGS

# What's cookin' with Eggs and Issues

By Sarah Trustem, Dickinson Area Chamber's Executive Director

Starving for quality networking, along with educational & professional development opportunities? The Dickinson Area Chamber of Commerce Professional Development committee is now serving-up Eggs and Issues, a NEW professional development breakfast series featuring speakers on current topics, to the community! This NEW series was created to provide useful content (and delicious breakfast) for the community to consume, first thing in the morning. Did I mention that it starts at 7 AM?

## Made-to-Order Content

If you're anything like us, you need a really good reason to get up earlier in the morning! Well, here it is! Eggs & Issues hits the spot first thing in the morning by whipping-up custom content to please your palate. By far, it is one of our favorite ways to start the morning! Here's a three-course look at our first Eggs & Issues!

In our first made-to-order Eggs & Issues, we worked with Dickinson State University Student Support Services to

learn more about the important qualities to look for in new hires.

In our second, the Public Safety Tax Committee educated us on the proposed ½ cent sales tax increase on the November ballot.

In our third, Cindy Steiner from American Trust Center went through the importance of saving for retirement and the different vehicles employees can use to save.

## Order's Up

Our next event will provide another opportunity to fill-up on knowledge, as we will be learning more about the proposed Dickinson Public Schools bond

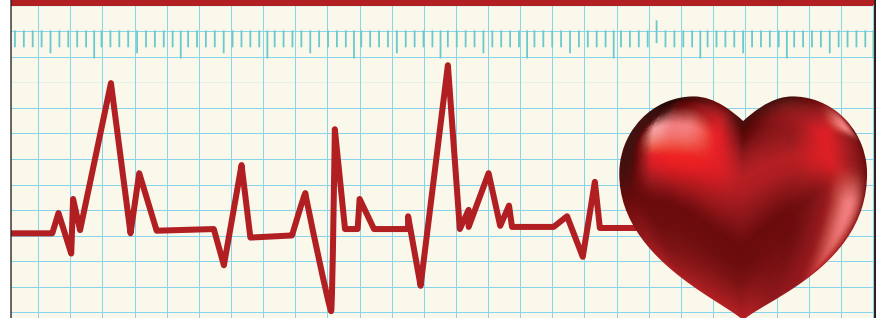
referendum on March 20 at DSU's Biesiot Activities Center (BAC). Treat yourself!

This event is FREE for members and \$20 for nonmembers, breakfast is included. Breakfast will be served-up by Sodexo.

To register for this event, visit the Chamber website or call us at 701.225.5115. ■



## 20% off Cardiovascular Supplements in the month of February



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## SHARE WITH US!

We welcome articles from the community, so send us your submissions. Go to [www.hearttrivervoic.com](http://www.hearttrivervoic.com) or email [kelly@hearttrivervoic.com](mailto:kelly@hearttrivervoic.com).



# BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



DSU Jazz Ensemble performs "Creep" during their concert.



Kelley Jilek, Ryan Jilek, Fletcher Klaasen, Megan Klaasen, Tammie Braun, and Barry Braun decked out in 80s gear for the Murder at the Museum fundraiser.



Troy Kuntz, Todd Selle, Bailey Waldal, Logan Caulk, and Tori Barnum hamming it up at the Karaoke League Finale at The Rock.



Corey Lee and his pal, The Widow Maker, at South Heart School's Donkey Basketball event.



Hesston Garling and his Hip Hop instructor, Franklin Wickstrom, pose for a smile at the Artistic Exchange Winter Dance Recital.



## COMMUNITY ACTION

# Senior food assistance through Community Action

By Brittany Brown

Community Action Partnership (CAP) assists low income seniors, age 60 and older, who are experiencing hunger through the Commodity Supplemental Food Program. This program provides non-perishable food items that include canned fruits, vegetables and meats, pasta, beans, dry cereals, shelf-stable milk, and more. Participants receive a distribution of food items every other month.

In 2018, CAP distributed 1028 boxes to 210 individuals. More than half of these individuals live on less than \$1,372 per month and over 80% of participants are single person households. The majority live on fixed incomes via Social Security Benefits or Veteran's Benefits.

CAP has a limited number of boxes that they can provide to the area. Eligibility is recertified twice per year, and participants may become ineligible due to changes in their living situation, such as moving to an assisted living or nursing home facility, or receiving larger benefit payments. Due to these changes there are generally program openings throughout the year. As of January 1, 2019 there are approximately 19 openings.

CAP serves the following counties for CSFP: Adams, Billings, Bowman, Golden Valley, Hettinger, Dunn, Slope, and Stark.

To apply or to find out more information, please call 701-227-0131 and ask for Brittany. ■



## LOVE IS IN THE AIR

# Will you marry us?

By Jude Bullinger

It took about 30 seconds to for me to reply "Yes. Yes, I would love to marry you!". My great nephew and his bride-to-be wanted a non traditional ceremony that was as unique as they are. I was very pleased to be offered such a place in their lives.

It turns out there are many options available online to be ordained as an officiant. After spending some time reading through the various sites, I settled on the Church of Dudism. Their philosophy of "Abide" seemed to be a aligned with my own . After the couple obtained their legal marriage license from their county, we were ready to make some memories.

Since that day, there have been other weddings, couples, locations, and joyous celebrations. It is my honor to help make their dream come true. If you want to write your own vows, or have me come up with something that speaks for you, that is part of the fun. I can be your voice.

Readings or not? There are so many options with no restrictions on content. Quotes from Sesame Street to The Golden Compass or The Hitch hikers Guide to the Galaxy, there are words that hold meaning to someone everywhere.

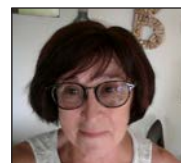
My job history is as long as it is varied and adding officiant to the list has been a perfect fit for a retired person. It's all the fun with none of the stress. I get to travel to beautiful places, feeling the love of all that are gathered, and get to socialize with new people. What a bonus!

In addition to being the unofficial patron saint of love, do you know what occupation St. Valentine is also believed to be the patron of?

Beekeeping.

The heart is associated with Valentine's Day as it is considered the source of all human emotions. Have you ever seen a heart shaped like a Valentine?

Be kind to one another and abide. ■



Humble enough to know I'm far from perfect, but confident enough to do anything I set my mind to.

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## CONVENTION AND VISITORS BUREAU

# Educate, network, and fun

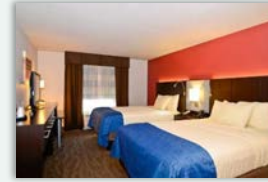
Dickinson is large enough to host conferences, meetings and seminars, while still focusing on your organization's needs. Dickinson is perfect for a retreat, a trade show, or a family reunion. Meeting professionals appreciate our level of teamwork and experience in planning, facilitating, and customizing events of all sizes.

Convention and Visitors Bureaus have long played a critical role for meetings and events, providing destination expertise and a range of free services, from arranging site inspections, to sourcing local venues, providing marketing materials, facilitating logistics and generally serving as a resource.

The Dickinson Convention & Visitors Bureau offers many free services and works closely with the local contacts to make sure that their meeting or convention is a success.



Julie Obrigewitsch, Sales Coordinator at the Dickinson Convention & Visitors Bureau can assist you with your next meeting in Dickinson.



## Meeting & Planning Services

- ♣ Free personalized video
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- ♣ Gather Room Bids & Blocks at Local Hotels
- ♣ Provide a Convention Planning Manual or Reunion Planning Manual
- ♣ Contact Local Hotels & Convention Facilities to Arrange Bid Proposals *and/or* Give Bid Presentations to the Executive Committee
- ♣ Work with Chosen Convention Site & Local Planning Committee
- ♣ Assist in Planning Tours/Spouse Programs
- ♣ Provide Entertainment & Speaker Ideas
- ♣ Digital Save the Date
- ♣ Offer Transportation Information
- ♣ Contact Local Media and Mention Event on Social Media
- ♣ On-Site Registration  
*Advance notice required*
- ♣ Provide a Western Edge Hospitality Packet for Each Attendee or Set Up an Information Table During Your Event
- ♣ Name Badges – 1-day adhesive, 2-day pre-printed  
*Pre-Printed badges include badge, holder & lanyard. Ribbons upon request. Advance notice required for pre-printed name badges.*
- ♣ Provide a Welcome Banner Designed Specifically for Your Event  
Free for multiple day events
- ♣ VIP Welcome & VIP Gifts

Call 701-483-4988 or email [julie@visitdickinson.com](mailto:julie@visitdickinson.com) for more information!

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# Heart River VOICE

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CONTACT KELLEY JILEK AT 701.290.2063 or email us at [kelley@heartrivervoic.com](mailto:kelley@heartrivervoic.com) or [www.heartrivervoic.com](http://www.heartrivervoic.com)



## DICKINSON STATE UNIVERSITY

# DSU offers community entertainment

## Latin American and Spanish Film Festival

You won't want to miss the unique opportunity to attend a Latin American and Spanish Film Festival hosted by Dickinson State University and organized by Assistant Professor of Spanish, Cheri Robinson. During the month of February, five different films will be shown. This event is free to the public. The scheduled dates for the film screenings are:

### Wednesday, Feb. 6, 2019

Spider Thieves/Niñas araña, Dir. Guillermo Helo, Chile, 2016

### Monday, Feb. 11, 2019

On the Roof/El Techo, Dir. Patricia Ramos, Cuba/Nicaragua, 2017

### Tuesday, Feb. 12, 2019

Red Gringo/Gringo Rojo, Dir. Miguel Angel Vidaurre, Chile, 2016

### Tuesday, Feb. 19, 2019

The Queen of Spain/La Reina de España, Dir. Fernando Trueba, Spain, 2017

### Thursday, Feb. 21, 2019

The Future Perfect/El futuro perfecto, Dir. Nele Wohlatz, Argentina, 2016

Supported by:



BRINGING  
SPANISH FILMS  
TO THE WORLD

# PRAGDA



All screenings are scheduled to be in Beck Auditorium on the DSU campus and will run from 6-8pm.

To view film trailers and for more information, please visit the "Events" tab on DSU's Facebook page [facebook.com/dickinsonstate/events](https://facebook.com/dickinsonstate/events).

The Spanish Film Club series was made possible with the support of Pragda, SPAIN arts & culture, and the Secretary of State for Culture of Spain.

## Little Shop of Horrors

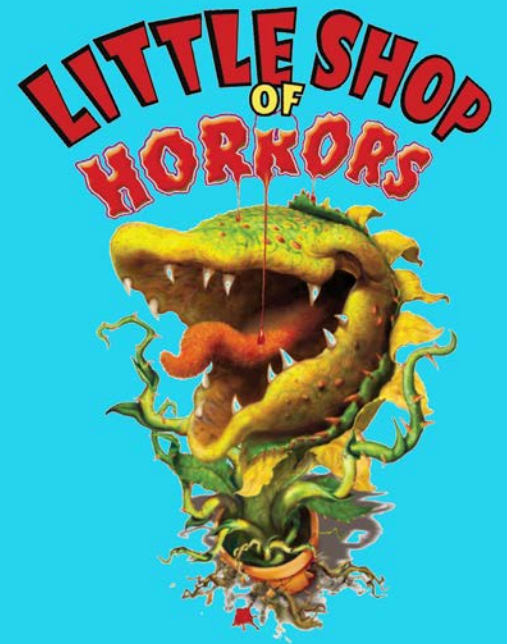
The deviously delicious Broadway and Hollywood sci-fi smash musical, Little Shop of Horrors has devoured the hearts of theatre goers for over 35 years. Howard Ashman and Alan Menken (Disney's The Little Mermaid, Beauty and the Beast, and Aladdin) are the creative geniuses behind what has become one of the most popular shows in the world.

Dickinson State University Theatre is proud to announce that Little Shop of Horrors will be their third show of the 2018-2019 season. Performances are scheduled for Dorothy Stickney Auditorium in DSU's May Hall on February 28, March 1, and 2 at 7:30 with a matinee on March 3 at 2:30.

Meek floral assistant Seymour stumbles across a new breed of plant he names after Audrey, the beautiful coworker he loves but doesn't feel he deserves. Audrey has her own self-esteem issues and can't break away from the sadistic dentist she is dating. But the plant proves to be an R&B singing carnivore promising Seymour unending fame and fortune, not to mention the girl, as long as he keeps feeding it human blood. Amazingly, the plant seems to deliver. But over time, Seymour discovers this plant asks for more than it delivers and may have a portentous ultimate goal.

Senior music major Tanner Bush and junior theatre major Rachael Solberg will play Seymour and Audrey. DSU audiences will remember Tanner for his roles in Bark, the Musical and The Great American Trailer Park Musical and his frequent solos with the DSU Chorale. Rachel's memorable recent performances include The Great American Trailer Park

The  
Deviously  
Delicious  
Broadway  
Sci-Fi  
Smash  
Musical  
by  
Alan  
Menken  
and  
Howard  
Ashman



February 28 and March 1 and 2 at 7:30  
and March 3 at 2:30

Musical, Time Stands Still, and As You Like It. They are supported by theatre majors Sarah Ramsey and Chris Prchal and music majors Cole Beck, Julianne Skaff, and Presley Weiler. Community guest artist Kayla Kilwein rounds out the talented cast.

Dr. Ken Haight, Professor of Theatre, is directing. Jarvis Jahner, Associate Professor of Theatre, will design and build the scenery. Instructor of Music,

Cheryl Hewson, is the musical director. Ann Wittkopp, Instructor of Exercise Science, will provide choreography.

Little Shop of Horrors is rated PG for adult themes. Tickets are \$10.00 each. DSU students, staff, and faculty are free with valid ID. Reservations are available at [www.dsuarths.com](http://www.dsuarths.com), at 483-2154 during business hours, or by coming to May Hall Room 3 during business hours. Tickets will also be sold at the door. ■



Tanner Bush and Rachael Solberg rehearse the duets their characters, Seymour and Audrey, sing during Little Shop of Horrors.







FEBRUARY 2019

# HOROSCOPE

by Hilda De Anza



**ARIES**

March 21- April 19

In early February, the urge to make a break from all restrictions gets stronger. Very positive trends are happening on the social scene. The friends and wise folk you meet are a source of real inspiration. End of the month, your energy is concentrated on consolidating your income, with the knowledge that changes which became apparent in mid-2018 are really going to kick in, showing new sources of income for many years to come.



**TAURUS**

April 20- May 20

Early February is a time to concentrate on long-term goals to improve your credentials. There is a strong awareness about the environment, aging and chronic conditions. Mid-February brings a greater ability to actualize your goals, and this sets in motion a lifestyle change. Your partners will be motivated to work for your interests. Ultimately you will be embarking on a new direction this year.



**GEMINI**

May 21- June 20

February gets off to a great start. It's a wonderful time for friendships and partnerships. New horizons are opening up. After February 10th represents a period in your professional life which gets very tricky. It's an interesting period for creativity, music, and social media. Make sure your communication is clear, that everything is written down. Promises are not to be trusted, stick to what you factually know. Stay real.



**CANCER**

June 21- July 22

February gets off to an exciting start. You can expect expansion and success in your working life as extraordinary initiatives take off. There continues to be a strong influence on relationships and partnerships, whether in your personal life or business. The full moon brings a change and highlights a period which can be rather chaotic. People you work with may not deliver on their promises. Trust facts, not vague assurances.



**LEO**

July 23- August 22

Most of February is a very outgoing and exciting period for you. New horizons are opening. You are in an optimistic frame of mind, and positive thinking leads to positive results. The full moon on the 19th highlights a transition period for you, when you are looking for emotional and material backup in your working life. The focus must be on building up and consolidating financial structures and working on security issues.



**VIRGO**

August 23- September 22

February begins with positive trends in your daily life. Agreements are easily reached, important connections are made, and your message gets out to the people who matter. Things change around the 10th, an important two-month period begins highlighting relationships. It's a time you will go out on a limb for others. Be sure to not put all your eggs in one basket. The full moon on the 19th awakens you to practical possibilities.



**LIBRA**

September 23- October 22

Early February is an excellent time socially, and it is not bad for love and romance either, if you don't mind a bit of excitement. Potential partners come from far away or are just there for a visit. Independence seems to be an important principle. Later in February, there is a stronger influence on work, and the full moon on the 19th highlights the need for better organization. Mechanisms need to be put in place to ensure people deliver.



**SCORPIO**

October 23- November 21

Early month brings exciting developments financially and at work. You extricate yourself from influences that limit your freedom and find that there is a very supportive environment where you live. Mid-February, you gravitate your interest to relationships and are more sensitive to the needs of others. There is a need to study or learn something which will be good for you in the long term, so you will have to get down to hard work.



**SAGITTARIUS**

November 22- December 22

Early February brings exciting opportunities for fun and romance, and it is a very expansive time, with plenty of opportunity for adventure. Later in the month, communication is tricky. There is a greater emphasis on your working life in the 2nd half of the month, and it is time to invest in achieving practical results. Consolidating and reconstructing your personal economy is important. The harder you work, the better it goes.



**CAPRICORN**

December 21- January 19

The new moon on the 4th heralds a favorable period for both business and personal relationships. This is a time to focus on your personal values and to make long-term commitments. There are very positive trends to connect with group enterprises and networking. After the 19th, relationships get more complex. Latter February is good for educational projects, especially if there is an altruistic element involved.



**AQUARIUS**

January 20- February 19

After February 4th, you develop much greater hope and optimism for the future. Mid-February, another introspective phase begins, evoking a lot of emotional sensitivity about security issues. The less you think about your situation, and the more empathy you develop, the richer you will be. Latter February is an excellent time for building and home improvement. Channel your energy and willpower to practical matters.



**PISCES**

February 19- March 20

Early February brings a lot of excitement in your professional life. Partnerships work magic, agreements are quickly reached, and everyone is hopeful. You need to filter everything you hear and everything you want to hear through a fine sieve to extract what is practical and eliminate what is not. If you can sort out the truth from the falsehoods, and be skeptical of even your own enthusiasm, then you will prosper.



## What kind of care have you been searching for?

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## RINGO



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





**Saturday, March 9, 2019**

**THS Fisher Commons**

**810 Empire Rd.**

**5:30 pm Social**

**6:30 pm Dinner**

**9:00 pm Raffle Drawing**

**7 Course Meal with Wine Pairing**

**\$75/TICKET** *Purchase of a ticket is not a charitable donation.*

*LIMITED DINNER TICKETS SOLD*

**For Information or to buy dinner tickets stop by the  
administration office at Trinity High School or  
[www.trinitycatholicschools.k12.nd.us](http://www.trinitycatholicschools.k12.nd.us)**

*Proceeds benefit all K-12 Trinity Fine Arts Programs*

**Must be 21 to attend**

THS Student Art Show in the Wald Family Theatre

Need not present to win raffle prizes. Must be able to pick up prizes.



**PRIZES \$5.00/ticket**

1<sup>ST</sup> DRAWING: 50 Bottles of Wine

2<sup>ND</sup> DRAWING: 25 Bottles of Wine

3<sup>RD</sup> DRAWING: \$100 Brickhouse Gift Card

4<sup>TH</sup> DRAWING: \$100 De Porres Barbering LLC Cigar Basket

5<sup>TH</sup> DRAWING: \$100 Odermann's Spirits Basket including a 750ml bottle of Bouck Brother's Distillery Coffee Whiskey

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