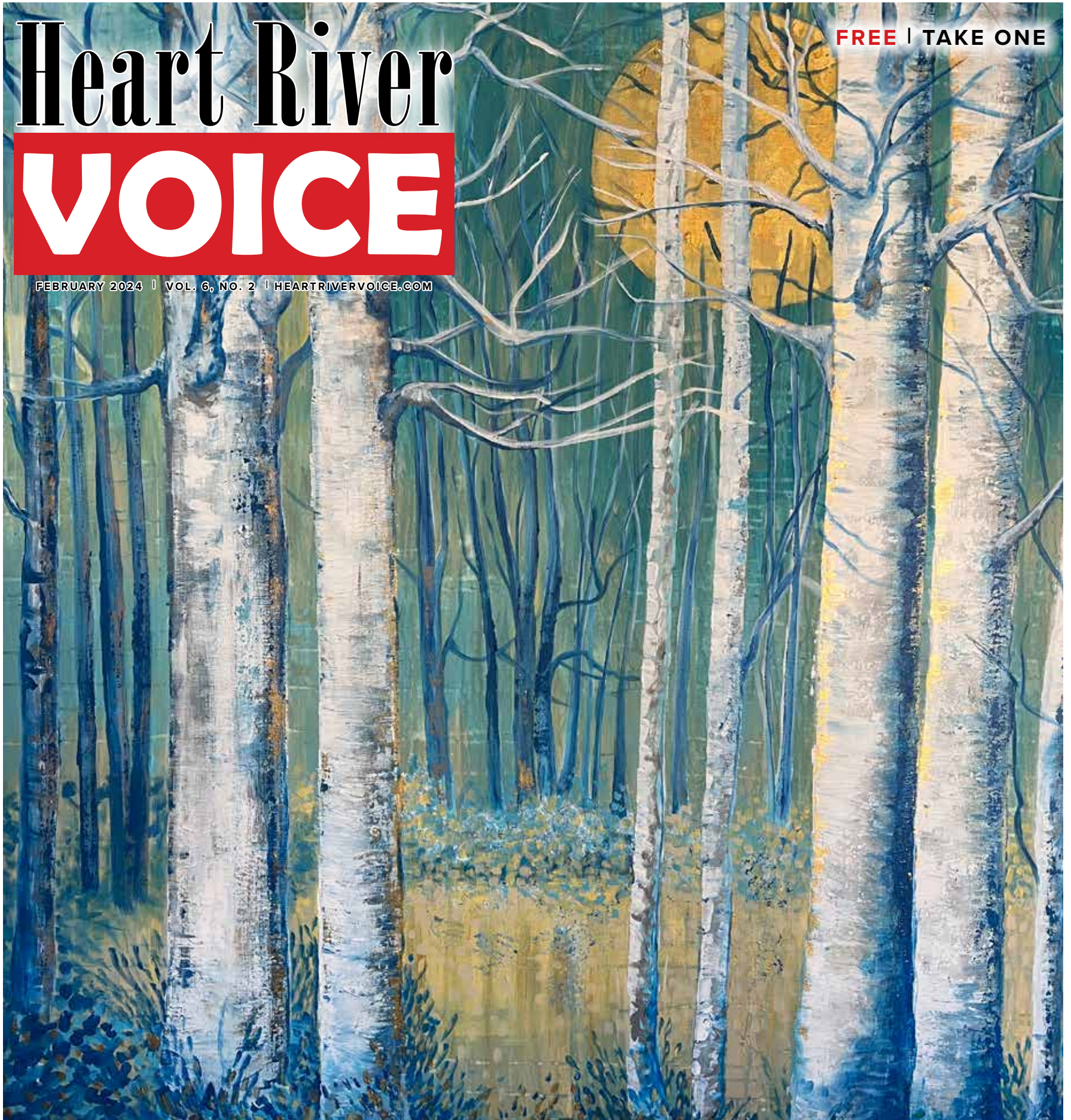


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# VOICE

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## A note to our readers

HRV is YOUR community paper written by readers like YOU who want to share upcoming events and happenings around our community. Feel free to suggest topics or entities for stories or perhaps a new monthly feature. Are you an artist or know of one who might be the perfect fit for our cover? Contact us!

Thank you for your contributions to making Heart River Voice the VOICE of Stark County and beyond.

To get in touch, email us at [kelley@thejileks.com](mailto:kelley@thejileks.com).

**Kelley Jilek**  
*Publisher*

## On the cover

"Moonlight and Mystery" by cover artist Marie Snavey. For more information about the artist, see page 5.

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## #BOOKWORM

## Love your library this February!

By Library Staff



Programming is back up and running after a break month for planning, and February is filled to the brim with fun things for all ages. February is National Library Lovers Month, so we have a lot of programs for you to love this February.

The Winter Reading Program continues through the month of February. The program ends March 1st, and the winners will be announced at our Cookies and Cocoa Party on March 8th. Keep reading and logging minutes and activities in Beanstack! There are a lot of great prizes for all ages.

A great way to get your minutes in is to take advantage of our e-book and audiobook platforms: Libby and hoopla. We now have stats from 2023 for both. The top three e-books our patrons read in Libby were all Colleen Hoover titles: 1) Verity, 2) It Ends with Us, 3) It Starts with Us. The top three audiobooks our patrons listened to in Libby were: 1) All Good People Here by Ashley Flowers, 2)

Spare by Prince Harry, 3) Fourth Wing by Rebecca Yarros. See the graphic below for more top titles. In hoopla, there were 8,963 checkouts for the year! Out of those, 5,823 were Adult Fiction materials. Audiobooks were the top used format, with 6,000 checkouts.

We have so much in store for you this February. We have special programs for all ages. On Wednesday, February 7th, we will be hosting a Pitter Patter Club: Daddy Date Night Valentine's Jam at 5:15pm. This is for ages 0-6 and their dads and sign-up is required. Join us for this special music class, hosted by Andreea Evenson!

Calling all teens (13-17)! Do you hate Valentine's Day? Do you think it is a cash grab by big flower/candy/jewelry to make people feel bad for not living up to an imaginary Hallmark ideal so they throw fistfuls of cash away instead? Have we got a party for you! At our Teen Anti-Valentine's Day Party on February 8th from 4:00-5:30pm, we'll make fun of Valentine's Day by decorating sarcastic heart cookies, poking fun at romance novels, breaking a heart pinata, and more! Join us to stare Valentine's Day in the face and say, "Not today, Cupid!"

Are you looking for something fun to do on Valentine's Day? On February 14th

at 6pm we will be hosting Book Speed Dating for ages 18+. The community room will be decorated like a cozy café and refreshments will be provided. Find your perfect match by going table to table, spending just a few minutes with different books from different genres! Jot down your thoughts after each book and leave with a list of books to checkout next. Sign-up is required, so go to dickinsonlibrary.org to claim your spot!

Join us on Saturday, February 17th at 1:00pm for our Family Puzzle Race! Form a group of 4-6 family or friends and race to be the first team to complete the same 500-piece puzzle. A prize will be awarded to the winning team! All ages are welcome, but at least one adult is needed on each team. We only have space for 8 teams so reserve your spot at dickinsonlibrary.org!

Introducing a new program series: we will be hosting our first How to Art: Watercolor Workshop on February 20th at 6:00pm. Unleash your imagination through art workshops focusing on different media and foundational skills. In this first workshop, we will be learning about watercolor – what it is, how it works, and foundational techniques – plus a little lesson about using the color

wheel! The How to Art workshops are geared toward beginners ages 13+, and sign-up is required to participate.

On February 28th at 4:00pm, we are excited to host a Japanese Tea Ceremony presented by Shunsuke Aoki through the Japanese Outreach Initiative and Dickinson State University in the Library Community Room. Geared toward ages 13 and up, this event teaches the basics of tea ceremony to understand the aesthetics of the tea ceremony. Participants will learn how to participate in the ceremony as a guest, how to make a bowl of matcha tea, and drink it.

This year is a leap year! On Thursday, February 29th we will celebrate by making Leap Day Time Capsules. This event is for ages 6-12 and sign up is required. We will be showing the movie Leap Year at 6:00pm that night. One free bag of popcorn will be provided per movie attendee. Feel free to bring your own drink.

We hope you are able to join us for some of these events this month. There are more listed on our website or on our calendar that you can pick up at the library. Watch Facebook for events, too!

We look forward to seeing you! ■

## TOP TEN LIBBY TITLES FOR DAPL, 2023

### TOP EBOOKS

1. VERITY
2. IT ENDS WITH US
3. IT STARTS WITH US
4. UGLY LOVE
5. SPARE
6. NOVEMBER 9
7. THE SEVEN HUSBANDS OF EVELYN HUGO
8. THE BOYS FROM BILOXI
9. DREAMLAND
10. HEART BONES

### TOP AUDIOBOOKS

1. ALL GOOD PEOPLE HERE
2. SPARE
3. FOURTH WING
4. I'M GLAD MY MOM DIED
5. IT ENDS WITH US
6. WHERE THE CRAWDADS SING
7. IT STARTS WITH US
8. THE PARIS APARTMENT
9. A COURT OF THORNS AND ROSES
10. THE FOUR WINDS

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**COVER ARTIST****Marie Snavely**

I am a retired art teacher. I taught K-12 Art at Bowman and Rhame Public Schools for 33 years. After I retired from public schools, I was hired by Dickinson State University as an Instructor of Art. I was employed by Dickinson State University for 16 years. I taught Art History, Introduction to the Visual Arts, Folk Art and supervised future art teachers.

I have a Bachelors of Arts and English from Dickinson State University. I have a Master of Arts from Northern State University.

While I was employed at Dickinson State I participated not only in solo shows but also as part of the yearly faculty show each year. That experience, working with other artists, enhanced my interest in working in many styles of art.

Throughout my career, I have taught people from six to 85 years old. Each time the emphasis was placed on a sense of place as it related to the individual. I not only taught the elements and principles of design, but also encouraged students to be creative and to find abilities they didn't know they had.

I call myself a color scape painter. I am primarily interested in color. To me, art is problem solving. I use color, composition and line to create landscapes that are ethereal and atmospheric. My currently body of work is based on the memory of the landscape I have seen and experienced while riding my bicycle. Even though I paint from memory, I must first have the experience of being in the landscape.

For a while after I retired from teaching I had a difficult time painting and didn't paint for several years. I knew that I needed to change my life, I bought an electric bicycle and began riding bike with a friend. In the last three years, we have ridden about 3700 miles. Being outdoors has inspired my work. Now, wherever I go, I look at the landscape and let it influence my being. This last series of paintings is based on seeing the big trees in Oregon. The series before that was based on the cottonwoods on the Missouri river. Two years ago, I painted a show of twenty paintings based on my bike riding through the Spearfish Canyon of South Dakota. I



Marie Snavely and her pal rode through nature. I smelled it, saw it, and tasted it as I moved through it, slowly, over the 1500 miles I've put on my bicycle these past ten months.

In this big tree series, I felt the need to paint 4 by 5 foot canvases. Up to this time, much of my work had been on square canvases. Since the trees that I was looking at were so large, I painted large.

I like working with texture. I want to present an ethereal feeling in my work, a landscape unspoiled by technology and left to mother nature.

In the series I am working on now, I am presenting the accident of color applied to the canvas with plastic. No paint brush in sight. I am still working large. My last two paintings are reminiscent of a trip to Montana looking at Makoshika Park.

Light, landscape, color and texture and a mixture of the elements of design make up my paintings. And I will continue to experience nature and interpret my experiences in paint. ■



Plastic bag painting



Of Earth and Sky

**THE ARTS****Call for artists**

Attention North Dakota Artists! Showcase your talent on the cover of Heart River Voice! We're seeking diverse artists to feature and celebrate the rich artistic talent of North Dakota.

**Submission Guidelines:**

- Submit your colorful artwork!
- Include a brief (300 words or less) bio highlighting your artistic journey.
- Send high-resolution images of your artwork and/or you, your family, you creating, etc.

**Deadline:** Anytime, but the 1st of each month would be best.

Selected artists will not only grace our cover but also receive exposure to our wide readership. Let's paint a vibrant picture of North Dakota's creativity! Submit your entries to [kelly@thejileks.com](mailto:kelly@thejileks.com) and be part of this exciting showcase. ■

**NDSU EXTENSION**

**2024 Field to Fork webinar schedule set**

North Dakota State University Extension will host the ninth annual Field to Fork “Wednesday Webinar series Feb. 21 through May 1. The webinars will be held online from 2 to 3 p.m. Central.

Experts from across the region will provide information about growing, preserving and preparing specialty-crop fruits and vegetables safely.

The webinars are free but preregistration is required. Register at the NDSU Extension Field to Fork webpage ([www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork)). Participants will be receive email reminders each week. If participants are unable to attend, the webinars will be archived for later viewing; however, participating in the live webinar allows participants to interact with the presenter.

“These online educational sessions have continued to grow in popularity from the time we launched them in 2016,” says Julie Garden-Robinson, NDSU Extension food and nutrition specialist. “This is an ongoing collaborative effort with the North Central Food Safety Extension Network. We are able to include NDSU Extension experts as well as regional experts.”

Topics that will be covered:

- Feb. 21: How to Create Beautiful Flowerbeds and Landscapes Good Enough to Eat – Don Kinzler, horticulture Extension agent, NDSU

- Feb. 28: Gardening with Arthritis and Pain – Esther McGinnis, associate professor and Extension horticulturist, NDSU

- March 6: Understanding Product Dating: Food Safety vs. Food Quality – Bryon Chaves, assistant professor and Extension specialist, University of Nebraska – Lincoln



- March 13: Spuddles, Vader Tots and Small Fries: Let’s Talk Potatoes! – Susie Thompson, associate professor, NDSU

- March 20: Tips for Preserving the Bounty of the Harvest – Barb Ingham, professor and food safety Extension specialist, University of Wisconsin Madison

- March 27: How to Grow Garlic and Other Alliums – Harlene Hatterman Valenti, professor, NDSU

- April 3: Being Creative and Safe with Fruit and Vegetable Preparation and Storage – Julie Garden-Robinson, professor and Extension food and nutrition specialist, NDSU

- April 10: Play it Safe! Safe Changes to Tested Canning Recipes – Karen Blakeslee, Extension associate, Kansas State University

- April 17: The Role of Bees in my Fruit and Vegetable Gardens – Janet Knodel, professor and Extension entomologist, NDSU

- April 24: Making Nature at Home in Your Landscape – Carrie Knutson, horticulture Extension agent, NDSU

- May 1: Growing Produce Safely for Consumption, Sales or Donations – Londa Nwadike, Extension associate professor, Kansas State University and University of Missouri

This project is made possible with funding from the U.S. Department of Agriculture’s Agricultural Marketing Service.

To register, visit NDSU Extension’s website at [www.ag.ndsu.edu/fieldtofork](http://www.ag.ndsu.edu/fieldtofork) or contact Garden-Robinson at 701-231-7187 or [julie.garden-robinson@ndsu.edu](mailto:julie.garden-robinson@ndsu.edu). ■



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## Kailyn Groves

🏠 Faith, South Dakota

🎓 Dickinson State University  
Bachelor of Science in Agricultural Studies  
Spring 2025

🏆 Goat Tying, Breakaway, Barrels, Team Roping

If you want to hear character-building stories, go no further than Kailyn Groves.

Groves, a senior agri-business major, remembers fondly the day her first horse arrived at the Escott Ranch. For 20 dollars, the blaze-faced sorrel gelding was theirs. His name when he arrived was Kaycee, which was the same as her younger sister. Groves would share this horse with three siblings in total, including sister Kaycee and brothers Hugh and Harland.

Kaycee, whom they called Kaycee Boy, was a tough old steed, missing his left eye. Despite his limitations, the Groves children loved him fiercely. Admittedly, since this was Kailyn's first ever encounter on her own with a horse, she was a bit scared of him. "I was pretty food motivated at that age. My mom said if I didn't get on him and go, I wasn't going to get lunch. So, I hopped on, and it was pretty much go, go, go from there," Groves recalled. The same threat was used to entice Kailyn if she was ever thrown from her horse. "My aunt told me after I fell off and didn't get back on, I wouldn't get lunch, so I had to climb on and try again. That taught me always to get back up and get back on, regardless of what I was doing."

Kailyn was proud to take Kaycee Boy to the neighbors houses for branding. "I remember just sitting there on old Kaycee," Kailyn reminisced. "I was proud of my horse."

After getting used to riding, which occurred in pretty short order, Groves would start her rodeo career. Kaycee would be a trustworthy companion and teacher,



*Kailyn Groves competing in Goat Tying.  
Groves is a champion in this field.*

## My First Horse

By Dr. Holly Gruhlke

First horses are not only a good source of fun for their riders, but can also provide some really great life lessons. This type of education, learned in a pasture, on a prairie, or in an arena, can last forever, and serve as a mechanism for building grit and tenacity.



*Hugh, Harland, Kailyn, and Kaycee Groves on Kaycee Boy*

as Kailyn tried her hand at Barrel Racing, Pop Race, Crepe Paper Race, and the Keyhole Race. The arena education she received would launch something great for Kailyn- an impressive career with a high school state championship in Cutting and impressive college performances in Barrel Racing, Breakaway Roping, and Goat Tying.

When not in the arena, Groves and her siblings would visit Kaycee Boy in the pasture on the way to their grandparent's house. Having him close to their backyard provided them access to play with him whenever they wanted, something the Groves children did often.

After about a year at the Escott Ranch, Kaycee would pass away in the pasture where the kids visited him often. "We only had him a year, but honestly, it felt like we had him forever because we did so much with him in such a little amount of time."

A few years after Kaycee was gone, each Groves kid would eventually get a horse of their own. They would develop a passion for rodeo that each felt likely stemmed from those early experiences with Kaycee Boy. ■



Holly and Butterscotch

**DR. HOLLY GRUHLKE**  
Farm Kid  
Horse Enthusiast  
DSU Vice President




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**COMMUNITY**

**SAX Motors gives away \$100K**

To cap off their 100th year in business, SAX Motors opened up nominations to the public for \$100k to be given to local charities. \$50K went to the new SWCTE and the other \$50K was spread out in \$10K increments each to five organizations in the region. SAX took the top three nominations in five categories – Agriculture/Rodeo, Community/County Improvements, Military/First Responder, Health/Wellness and Education. The public then voted on which groups they felt were most important in each category and chose the five listed in the graphic below. This was a small way SAX Motors could say “Thanks” to our community for supporting them for 100 years. ■

**THE VOTES**

**\$50k GRAND PRIZE WINNER:**  
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**Chasing Horses Wild Horse Advocates**  
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## VOICING SOME THOUGHTS

### Threads in a tapestry

By Nancy Hoff

A light, Sharon, left this world recently.

When I began dating my first husband, he adored his sisters. He took me to meet sister Sharon and her family at their farm home. We were greeted by three preschool bundles of sunshine and energy, bounding downstairs. They were all over me like puppies. It was warm and welcoming.

We went there often. Sharon had a big garden, and I helped her can banana peppers. I had never heard of bananas peppers! She had a big Lazy Susan on her table for hamburger meat, cheese, onions, tomatoes, and she made tacos. I never had tacos! Remember this is the 1970's, when tacos were still an exotic food 'round these parts. We'd help milk on their dairy farm.

And we went hunting with their neighbor. I don't hunt but I love to go for the adventure. Once, the four hunters got out to walk a draw. I stayed behind in the Blazer, glassing the area with binoculars. I spotted a coyote! I had never seen an up-close coyote, at least not through binoculars. I was amazed! I studied it, marveled at it, and noticed it was looking to the right. Slowly I glassed to the right. Four figures are jumping up and down, frantically waving their arms. Realization dawns! I slam the Blazer in drive, bouncing over the stubble field -- shells and hunting equipment, sandwiches and canned banana peppers all flying around in the back. Sharon got the biggest laugh out of it...the other hunters...not so much!

Early relationships, whether a friendship or commitment, are best in the beginning

– simple and pure, young and fresh. As life progresses, clouds set in – both of Sharon's sisters and her best friend all died from cancer in their 40's and 50's. Then mom and dad passed. Then my divorce from her brother. And Sharon called me on the phone to tell me I would always be her sister. Kindness incarnate – just when I needed it most – she gave willingly.

During another phone conversation, she told of their hired hand Justin, who was going through a divorce, and she felt so bad for him. In my mind's eye, I had this picture of a sad, old, disgruntled farmer in bib overalls. Then I met this Justin a few years later. I was pleasantly surprised to find he was neither old nor disgruntled. Nor did he wear bib overalls. Sharon was one of the happiest people at our wedding.

Isn't life funny? We start out on a path, paths cross, intertwine, end. And a new path starts. All of this woven into a tapestry of our lives. We each have our own unique one.

Sharon's tapestry was rich with life and laughter, pain and sorrow, rock and roll and telling jokes where she'd forget the punch line.

I am honored I was a thread in her tapestry – and she in mine. ■



## COMMUNITY

### Alcoholics Anonymous fellowship

#### Preamble

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

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For local meeting schedule, see our website: [www.aanorthdakota.org](http://www.aanorthdakota.org)

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## THE ARTS

## Masters Gallery in Bismarck North Dakota's Newest Gallery

Notable art professionals Marci Narum and David Borlaug have opened their own fine art gallery in downtown Bismarck, "Masters Gallery," showcasing a variety of regional and nationally known artists.

"After forming a partnership devoted to a 'fine art concierge service,' we decided we needed our own space to properly showcase the remarkable artists we represent," says Narum. "Most of these artists reached out to us for representation, and we just couldn't say no!" she adds.

The gallery, located at 212 West Main Avenue in Bismarck, focuses on exquisite "higher end" original art, featuring:

- Kaye Burian, Manning, ND
- Kent Burkhardtsmeier, Florida
- Todd Clausnitzer, Bismarck, ND
- Sam Coleman, Baldwin, ND
- Vern Erickson, Bismarck, ND
- Michael Haynes, Colorado
- Linda Little, Dickinson, ND
- Michael Westergard, Plentywood, MT

Master artist Kaye Burian of Manning says, "I am deeply honored to have my artwork in this beautiful gallery; it's the nicest gallery I've ever been in. It's like walking into a gallery in Old Town Scottsdale."

Since opening in November, the gallery has enjoyed great success, selling paintings and bronzes throughout a broad area, notes Borlaug. "As much as we love having fine art in our own gallery, it's such a joy to deliver artwork to our clients and see how wonderful the pieces look in their new homes!"

With nearly 100 pieces currently on display, the gallery is especially noteworthy for its collection of bronzes, with Dickinson artist Linda Little and Plentywood sculptor Michael Westergard highlighted.

Masters Gallery maintains regular hours Sunday from noon to 4:00 p.m.



Marci Narum and David Borlaug

along with Monday and Tuesday, from 1:00 p.m. to 7:00 p.m. "We also will meet clients any time to suit their schedules," stresses Narum. "We are customer-focused and will be happy to accommodate everyone."

The gallery maintains a website, [www.MastersGallery.net](http://www.MastersGallery.net); and also showcases art regularly on Facebook and Instagram. For more information, including arranging a visit, call them at 701-220-3491. ■



Dusty and Warm by Kaye Burian



Interior of Masters Gallery

### CONNECT MEDICAL CLINIC

## The doctor is in

By Tara Zettel, Executive Director

Starting February 8 (Giving Hearts Day!) Dr. Tom Arnold is seeing patients on Thursdays at Connect Medical Clinic.

With limited physical space in the current clinic location, Dr. Arnold will focus on well-woman exams/PAP



Rachael Marshall, NP and Dr. Tom Arnold

ago with the increasing demand for appointments," says executive director

**CONNECT MEDICAL CLINIC**  
For Sexual Health & Pregnancy

testing, early pregnancy confirmations, and menstrual cycle (Cycle Care) evaluations.

"Rachael Marshall, NP, has been offering these services at Connect Medical for the past two years," says Arnold. "I look forward to working alongside her and offering even more gynecological and infertility services as the clinic expands into the new Connect Complex this spring."

Connect Medical operates out of Suite E on 683 State Avenue. They are renovating the adjacent suite to add exam rooms and office spaces to more than double their square footage in the updated facility known as Connect Complex.

"We outgrew ourselves a while

Tara Zettel. "Adding Dr. Arnold's practice was the push we needed to make the expansion happen!"

As Connect works towards the ability to accept insurance, the clinic is asking for a \$200 donation to see Dr. Arnold. PAP testing is included in that fee; additional lab work will be at the patient's cost (Connect patients receive a reduced rate).

Connect Medical Clinic is a registered 501(c)3 non-profit organization. Anyone can donate to help subsidize the cost of patient services. Donations can be made on our website for those who would like to support our complex expansion financially. Check on appointment availability by calling 483-9353. ■

## FINANCIAL FOCUS®

## Time: A key element in investing

Who knows where the time goes? We've reached the end of another year, so it's appropriate to reflect on the nature of time and how it affects us. And time certainly is a key element in the pursuit of your financial goals.

As an investor, time can be your greatest ally. If you hold some investments for the long term, you could achieve an impressive cumulative growth in value. Furthermore, if you keep adding shares to these investments, possibly through a dividend reinvestment plan, you could attain "growth on growth" through the power of compounding. Of course, when you own equity investments, you will experience market fluctuations, but in general, the longer you hold these investments, the more you can reduce the effects of market volatility.

But you also need to consider aspects of time in these contexts:

- Checking progress on achieving goals – When you establish a goal, such as saving for a child's education or your own retirement, you know the end date of when you'll need the money, but it's also important to mark your progress along the way. So, each year, see how far along you are in meeting your goal. If you're falling behind, you may need to adjust your investment mix.

- Choosing an appropriate strategy – The time needed to achieve a goal should drive your investment strategy for that goal. For example, when you are saving for a retirement that won't happen for three or four decades,

you will need to invest for growth by placing a reasonable percentage of equities and equity-based investments in your portfolio, based on your comfort with the various types of risk, including interest rate risk, credit risk and market risk. You will experience some bumps along the way — keep in mind that the value of investments will fluctuate and the loss of some or all principal is possible — but you likely have time to overcome the "down" periods. On the other hand, when you are saving for a short-term goal, such as a vacation or a new car or a wedding, you'll want a set amount of money available precisely when you need it. In this case, you may need to sacrifice some growth potential for investments whose principal value won't fluctuate, such as certificates of deposit (CDs) and bonds.

Keep in mind, though, that when you're investing for long- and short-term goals, it doesn't have to be just one strategy or the other. You can save for retirement with

primarily growth vehicles but still have room in your portfolio for shorter-term instruments. And even when you're specifically investing for some short-term goal, you can't forget about your need to save and invest for retirement.

And here's one final point about the relationship between time and investing: Your risk tolerance can, and probably will, change over the years. As you near retirement, you may feel the need to adjust your portfolio toward a more conservative approach. That's because you may want to consolidate any gains you might have achieved

while also recognizing that you simply have less time to bounce back from down markets. Still, even in retirement, you'll need some growth potential in your portfolio to help you stay ahead of inflation.

When you invest, one of your biggest considerations is time — so use it wisely.

*This article was written by Edward Jones for use by your local Edward Jones Financial Advisor, Marlene Bradbury, Edward Jones, Member SIPC ■*

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## LESSONS IN BUSINESS

# The buck stops here: The past, present and future of money

By Debora Dragseth, P.D.  
The Past

Money in the United States has a long and interesting history beginning with wampum. According to Glyn Davies's definitive book, "A History of Money from Ancient Times to the Present Day," wampum, typically shells, beads and furs, was used by Native Americans as well as by colonists. Crops were also used as currency. Tobacco notes, one of the earliest forms of paper money, were used in Virginia for nearly 200 years.

When states and banks began issuing their own notes, the British government reacted in 1764 by issuing a ban on paper money in all the colonies. In 1766, Ben Franklin tried but failed to convince the British of the need for the general issue of colonial paper money. Davies notes that this struggle between Britain and the colonies over the right to issue paper money was a significant factor in provoking the American Revolution.

## The Present

Examine the bills in your wallet. They are called Federal Reserve Notes. In 1913, the Federal Reserve Act made these notes the dominant form of currency in the U.S. They look pretty much the same as they did in 1913, although they have become a bit smaller and the words "In God We Trust" were added in 1955.

## The Future

How close are we to a truly cashless society in which money is more of a concept than a physical entity? We pay for gas at our local convenience store, lunch at our favorite fast-food restaurant, even our children's college tuition by credit or debit cards. We Venmo payment to our neighborhood baby sitter after a Saturday night on the town. Our paychecks are deposited electronically in our bank accounts and our utility bills are electronically withdrawn.

The landscape of money has evolved with the advent of digital currencies, most notably Bitcoin. Introduced in 2009, cryptocurrencies represent a massive shift in how we perceive and use money. A

few weeks ago, the US securities regulator approved the first US-listed exchange traded funds (ETF) to track Bitcoin, a monumental moment for the world's largest cryptocurrency.

Stopping by the bank to get money for a vacation or writing a check to buy a record album has become distinctly old school. Research from MasterCard shows that about 60 percent of us carry less than \$20 in cash. After all, who needs it? Today it is possible to get in a car and travel from New York to L.A. with less than \$20 in our wallets.

Perhaps in the near future, Federal Reserve notes and coins will become as obsolete as wampum beads.

## The vocabulary of money: from barter to fiat

**Barter:** The direct exchange of goods and services unmediated by any type of currency.

**Commodity money:** The value of commodity money comes from the value of the commodity out of which it was made. Typical examples are gold, silver, and copper.

**Representative money:** Money that is a token or certificate that can be exchanged for a fixed quantity of a commodity, typically gold or silver.

**Fiat money:** Authorized by a



government but not based on or convertible into gold or silver. Its value is only that an authority (a government) made a "fiat" (a decree) that the money is a legal tender form of exchange. Unlike commodity money or representative money, fiat money is not based on a physical commodity. Today, most world currencies are fiat currencies.

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

## 2024 ANNUAL MEMBERSHIP MEETING



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**11:45 AM**

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**CHAMBER OF COMMERCE**

**Chamber prepares Ag Livestock Forum and "Thank a Farmer"**

By Carter Fong, Executive Director

Although the ground is still frozen, seeds are being planted by the Agriculture Committee



at the Dickinson Area Chamber of Commerce to prepare our local producers for a successful year. With the help of more than 20 major sponsors, the committee seeks to educate while building a sense of community among those who labor to bring food to table.

The Chamber's Fifth Annual Agriculture Livestock Forum will be held on the evening of Tuesday, February 20th from 5 to 8PM at the Biesiot Activities Center on the campus of Dickinson State University. Troy Bockelmann of CattleFax is the keynote on the topic "Welcome to the Cattle Cycle," and he will be joined by Max Cossette of 701x, who will discuss Geo-Tracking. Tickets are just \$25 for adults and \$20 for students, with a roast beef dinner and a cash bar provided by The Eagles Club. Registration is open! Call the Chamber at 701-225-5115 to secure your seat.

Meanwhile, National Ag Day is set for Tuesday, March 19th, and the committee will be active throughout the month to say thanks to our farmers and ranchers. This date coincides with the Chamber's 117th Annual Banquet, and the committee will present awards to its Ag Business of the Year and Ag Family of the Year. The Jeff and Barb Kuhn extended family will also be recognized for their commitment to hosting our 2024 Banquet in a Field for the second year in a row.

Finally, the committee will mobilize in March to distribute activity packets to elementary students at all area schools, and our major sponsors have the opportunity to participate in radio and digital billboard advertising to thank our ag families as they prepare for calving and the spring planting season.

At the Chamber, we recognize that the roots of our local economy remain firmly planted in agriculture, and we tip our hat to those who feed America. ■

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**KUDOS**

# Lisa Wipperling

*"To know even one life has breathed easier because you have lived, this is to have succeeded."*  
 ~Ralph Waldo Emerson



We each get to choose how we approach our jobs. We can merely “do” the tasks assigned or we can embrace opportunities to do more. Lisa Wipperling does more. As Case Manager for the Home and Community Based services program, Aging Services Division for southwestern North Dakota, Lisa was responsible for providing person-centered care in the home and community. With support of her services people could stay in their homes and live independently longer. We know Lisa as a partner who worked – typically on her

own time after hours – to help us distribute holiday gift cards to low income elderly women in our community. Or to identify sources of help for emergency needs. How many lives breathed easier because of Lisa? Probably more than we could even begin

to imagine! Her dedication to those she served is inspiring.

We want to congratulate our friend Lisa Wipperling as she retires. Lisa taught us so much about needs in our community, especially our understanding of the challenges faced by low income elderly women. Lisa spurred our commitment to host our annual Holiday Drive which continues to grow in its impact each year.

What’s next for Lisa in retirement? After some much needed rest from the holidays, Lisa plans to fully immerse herself in her joy of quilting! We imagine a well-deserved time of reflection, relaxation and creativity awaits Lisa. We are thankful for women like Lisa who live quietly remarkable lives leaving a wide wake of impact behind her.

Kudos to you Lisa! ■



Lisa Wipperling

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 TOPIC: *Welcome to the Cattle Cycle*

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 TOPIC: *Geo-Tracking*

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# Leap Day Time Capsules

**Thursday, February 29th**  
 Ages 6-12  
 4:00pm

Make your own time capsule to open in one year, or in four years on the next Leap Day!

## HEALTH

# Fish oil and memory

By Steve Irsfeld

One topic of discussion that concerns most individuals is memory. Whether it is dementia, Alzheimer's disease (AD), brain fog, or just forgetting where you left the keys, people are genuinely concerned about their inability to remember things. When a family member or friend might be "starting to lose it," we hope and pray that it doesn't happen to us. I want to look at a recent study released on this topic

in the most extensive study on this topic, researchers confirmed the favorable relationships between DHA and risk for dementia, with evidence that non-DHA omega-3 may also be beneficial. Finally, researchers have better defined the populations most likely to benefit from omega-3-based interventions.

Taking supplements is not the only way you can decrease your risk. Working on your diet is an area that you can easily control and can have a great benefit from.



that might help you in your healthcare journey.

We know that genetics can play a part in this process, but it is not the only factor that influences what goes on in our brains. Risk genes can increase the likelihood of developing AD, and that specific gene is APOE 4e. Only about 20-30% of the population has this gene, with 40-65% of AD patients having this gene. Determinant genes directly cause a disease, but these are extremely rare for AD. Genetic testing is an excellent option if you are concerned, as it is a one-and-done test; once you have the information, it doesn't change, and you can act on the data if needed.

A recent study showed that omega-3 fatty acids (fish oil) can be a promising nutrient in dementia. Several studies have examined the relationships between circulating omega-3 and incident dementia with mixed results. In the recent release of new data from the UK Biobank, researchers examined the association in a much larger sample, 267,312 patients. They focused on associations with total omega-3, docosahexaenoic acid (DHA), and non-DHA omega-3. Researchers observed that the total omega-3 status was inversely related to the risk of AD and all-cause dementia (the higher the level of omega 3's, the lower the incidence of AD). The strongest associations were observed for total omega-3 and all-cause dementia. Researchers found stronger associations in men and those aged ≥60 at baseline (vs. those aged 50-59). Thus,

If you had the best car in the world, would you use the best gas to fuel it? If you lose your car, that's unfortunate and bad luck, but you can buy another one. You cannot buy another body. The best diet can be summed up in just seven words, "Eat food, not much, and mostly plants."

Remember, there is always time to start taking care of yourself. Starting to make changes in your 60s and 70s is still possible. Is it best to start when you are young? Of course it is, but don't let age get in your way to becoming the optimal you.

Testing for Omega 3s in your blood is an inexpensive easy fingerstick test that yield information that is actionable. Testing is a great place to start if you want to find out what is going on in your body.

I hope this gave you some insight into areas to consider when dealing with memory concerns. It is an honor to provide you with information about different ways to obtain optimal health, and I hope to continue to do that in 2024 and for many years to come. All my articles can be found online at our website, [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com), or our Facebook page. If you want the article emailed to you directly, call the pharmacy and request to be added to our email list. My podcast, "The Irsfeld Pharmacy Optimal You Podcast," can also be accessed through the website. Until next time, be vigilant about your health! ■



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# DICKINSON MUSEUM CENTER

## Dickinson's Confederates: A Postscript

By Bob Fuhrman

In early 2022 we published a three-part series entitled 'Dickinson's Confederates' relating the stories of a handful of Dickinson men who fought for the South during the Civil War. The last chapter in the series focused on an enigma, Albert D. Carpenter, who worked briefly as a barber upon arriving in Dickinson in early 1883 until he was admitted to practice at the Bar in the Dakota Territory in July that same year.

Carpenter's legal career was fairly pedestrian, mainly minor civil cases and acting as a Notary Public. He also dabbled in some local business ventures, Democratic Party politics, lectured to support work on the Baptist church and "let the eagle loose in an oration" marking Independence Day in 1884.

Carpenter's personal life is less visible – it is only through the 1885 Territorial Census that we know he was Virginia-born, circa 1840. As the entire 1886 run of the Dickinson Press (as well as half of the following year) is unavailable to us Carpenter's activities during that time are largely unknown, save a mention from the Bismarck Weekly Tribune in August 1886 that noted Carpenter would be one of three representatives to the territorial Democratic Convention in Aberdeen. Beginning in spring 1887 items begin to appear in the Press related to an unidentified health issue Carpenter was dealing with which necessitated monetary assistance from the Stark County Commission, as he obviously had not the means to support himself. Besides the services of Doctors L.C. Pettit and J. B. McDonald, Stark County also paid for at least two of the four months Carpenter stayed at the Lamborn Hospital in Bismarck, being discharged in June "with improved health."

Carpenter disappears from the pages

of the Press from July 1887 until the next January when it is first reported he would be leaving for Tennessee where he believes "his health will be better in a more southern climate." However, a week later it is reported that he had "suddenly changed his mind" and departed for Portland, Oregon, "believing the climate of the Pacific coast more salubrious and healthier for his peculiar constitution than Tennessee."

After his departure Carpenter disappears from the pages of the Press once again, though, for not as long as we had originally thought. And here's where the pitfall of using searchable text led this author to miss a critical piece of the puzzle that was A. D. Carpenter.

Searching a name like "A.D. Carpenter" through the weekly four-page Dickinson Press will bring you innumerable hits as the term 'carpenter' is used a fair bit circa 1883 – 1917 (that being the span of available digitized on-line issues available via the Library of Congress' Chronicling America Project). Adding initials has a minimal effect on lessening the number of hits in your search so one generally looks for other words or phrases to add to the search that will help separate the wheat from the chaff, so to speak.

Readers of the original article on A.D. Carpenter might remember that our research eventually found out via his obituary that 'Carpenter' was the alias used by Robert J. Christie until 1896, the reason for the alias never being explained, but the subterfuge adding a certain air of mystery to the story along with his unknown health issue.

And then, sometime last year as I was once again using the digitized Dickinson Press collection, I happened to turn to page 3 of the October 13, 1888 edition which, to be frank, I have a hard time

*Like morphine, laudanum is derived from opium, being 10% powdered opium by weight dissolved in alcohol. It is regarded as one of the Victorian Era's most popular medicines, used to treat pain, insomnia, 'female disorders' and, yes, crying babies. As with all opiates, it can be highly addictive.*

*Continued, next page*



*Continued from page 16*

reading due to the faintness of some of the microfilms from these earlier years. Scanning down the page's local news section simply browsing for something interesting I found in column two an entry that brought Attorney Carpenter unexpectedly into focus very quickly:

John Christy, better known in this community as A. D. Carpenter, has been adjudged insane at Helena, Mont., and sent to the Warm Springs Insane Asylum in that territory. Thus, was sunk in cloud and shadow, what was once a brilliant intellect, through over indulgence in the pernicious habit of using that seductive drug morphine.

Reading the entry showed right away why searches in 2022 for Robert Christy/Robert Christie failed to find this item – although the original writer seems to imply that the false name was an open secret (well, open to the Press at least), his mis-naming Christie as 'John' is puzzling as it was actually pretty easy for us to track down what we believe is the source of this report. During the 19th century it was very common for newspapers to subscribe to several of their regional competitors, often times carrying items from them word-for-word in their own columns, sometimes attributed, sometimes not. A search for John Christy in Montana newspapers failed, however, searching Robert Christy/Christie (what we knew to be

the right name based on 2022 research) yielded this from the July 12, 1888 Helena Weekly Herald:

Robert M. Christy, a victim of the opium habit, was adjudged insane by the probate court yesterday, and was ordered taken to the Warm Springs Asylum.

To the Press' credit, their October 13 item is not a word-for-word lift and certainly reflects a certain poetic bent lacking in the Helena piece ("Thus, was sunk in cloud and shadow..." – probably from publisher Joseph T. Scott's pen). As we will forgive the Press for using 'John' instead of 'Robert', so must we forgive the Weekly Herald for substituting 'M' for Robert Christie's true middle initial 'J' which generally came to light in April of 1896 when the Press announced he had been admitted to the North Dakota bar, eight years after Carpenter was 'outed' as 'Christy' when committed to the Warm Springs Asylum.

As things now sit, the rest of the Carpenter/Christie story remains the same – we know he is back in Dickinson by 1890 as he was recorded in the Veterans Census of that year (even though Confederates were not supposed to be enumerated) and then there is little mention of him in the Press until 1891 when his legal career seems to have gotten back on track. Christie's son Daniel came to Dickinson from parts unknown in 1895, and worked at the Stark County Jail and staying in Dickinson until his father passed away

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*Dickinson Press  
mail-order advertisement, 1885*

on December 13, 1897.

LAI D TO REST Died December 13. Robert J. Christie, better known as A.D. Carpenter. Deceased was a well-informed man and in his better days had been a lawyer of good standing. He was his own worst enemy. He was an old timer in Dickinson, having located here in 1883, starting a barber shop in the Wm. Eades place. Some two or three years ago deceased assumed his right name and was admitted to the bar. His remains were laid to rest Tuesday.

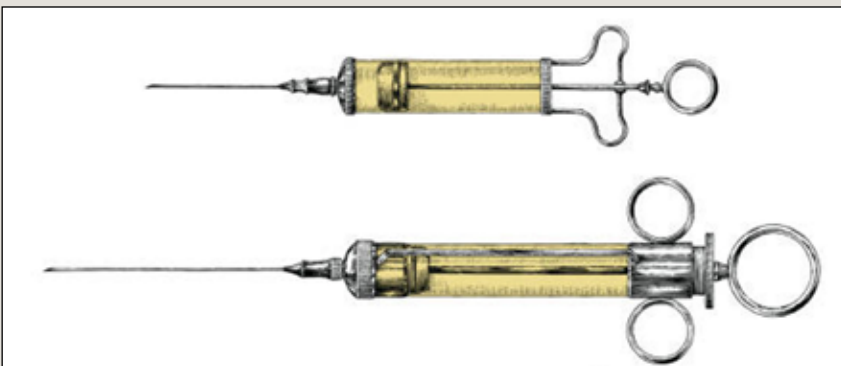
There is so much about Robert Christie that we do not know. There is a Robert J. Christie in the compiled service records of Confederate soldiers held by the National Archives, however, that fellow died in 1909. It might be that Christie served the Confederacy under his alias but none of the seven Confederate records for Albert Carpenters have enough information to prove any was Christie.

However, the line "He was his own worst enemy," from Christie's obituary became much clearer with the discovery of his morphine habit which also helps explain his sojourn in Bismarck's Lamborn Hospital and his destitution early in 1888 before being judged 'insane' and institutionalized in Montana. Sadly, Christie was not alone in his reliance on opiates which became a recognized phenomena amongst Civil War veterans, many of those so afflicted having become drug-dependent while trying to manage the pain of illness, old wounds or injuries – a management that over time called for increased dosages of unregulated and easily obtainable opiates.

These increasing addictions not only took over a veteran's life but often cut them off from succor as many were denied military pensions and beds in the numerous Veterans Homes located throughout the U.S. – their

failure to overcome the need for daily relief via drugs branding them weak, intemperate, of low moral fiber and lacking in manhood. This extract from Jonathan S. Jones' *Opium Slavery: Civil War Veterans and Opiate Addiction* could easily describe the hell that Robert Christie must have endured:

Albert Wymer Henley made an agonizing confession in 1878. "In the army," explained the broken-down veteran of the Thirty-sixth Mississippi Infantry, I had to use opiates for a complication of painful diseases." Chronic diarrhea and typhoid fever debilitated the lieutenant for months after Vicksburg, even forcing him to resign from the army in November 1863. Henley found relief in a bottle of morphine, but "in short, it fastened its iron grip on my very vitals and held me enchained and enslaved for near fifteen years." Henley described his years of morphine addiction as a "cruel bondage" to a "relentless and terrible task-master" because it caused unyielding suffering in myriad forms. According to prevailing Civil War-era views about opiate abuse, Henley's slavery to opiates degraded his manhood and moral character. Like habitual drunkenness, to be "enslaved" to opiates was to be dependent on the drugs, a state antithetical to widely held ideals of masculinity and morality...Over reliance on painkilling opiates signaled that Henley was too weak, or simply unwilling, to stoically endure pain, as was expected of men of his day. Years of drug abuse also triggered debilitating side effects, sapping Henley's physical vigor and ability to work. Worse still, on the Civil War-era taxonomy of vices, opiate addiction fell alongside drunkenness...Henley's addiction thus branded him as morally condemnable and, as his condition deteriorated, even liable to madness. ■



### **Examples of 19<sup>th</sup> Century syringes**

*The introduction of the syringe in the 1840s allowed for quick and efficient administration of pain-relieving opiates. During the Civil War syringes came into more general use as did morphine to deal with the pain of wounds, injuries and some illnesses.*

*Military surgeons who had not received syringes often sprinkled morphine powder directly onto wounds, though the relief was not as immediate.*

## COMMUNITY

## American Legion Post 3 Names Distinguished Service Award Recipient



Post 3 Commander Alan Fehr, left, receives the Post's Distinguished Service Award from Post 3 Legionnaire Art Wanner.

American Legion Matthew Brew Post 3 in Dickinson has selected Alan Fehr for the American Legion Distinguished Service Award, based on his many contributions to his Post, the American Legion, his community, and his profession.

He has 30 years of continuous service in the American Legion. He is currently the Commander of Post 3 and has also served as Past Commander, Chaplain, Vice Commander, and Communications Officer. Under his leadership, Post 3 was reborn from an inactive Post in 2011 to become a model American Legion Post today, initiating Flag Retirements, re-booting the Oratorical Scholarship program, regularly supporting Legion Baseball, creating a Veterans-in-Crisis support program, sponsoring Scouting programs, and using gaming

funds to support numerous community programs for youth, veterans, and needy individuals.

He spent 32 years in the US Military, beginning his career in the US Navy as a mechanic on submarines. He spent 15 years in the Army Reserve and 11 years in the ND Army National Guard. He was deployed to Guantanamo Bay for a year and retired from the military in 2015. A clinical psychologist, he owned and managed Westwind Consulting Center and also worked as a behavioral health officer at the Minot Air Force Base for three years.

He is currently employed by Sanford Health, working as the Dickinson Director of Behavioral Health. He recently secured a \$3.5 million SAMHSA grant to assist youth and young adults in the region. ■

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COMMUNITY

BFMP holds mentor appreciation banquet



On January 11th, the Best Friends Mentoring Program (BFMP) honored its mentors with a mentor appreciation banquet to recognize their dedication and commitment to the program. BFMP is a non-profit organization that pairs adult volunteers with children needing additional support and guidance. The mentors in the program serve as positive role models for their mentees, offering encouragement and guidance as they navigate life's challenges. At the banquet, mentors heard a heartfelt speech from the program's director, thanking them for their commitment to positively impacting the lives of the children they mentor. The purpose of the banquet was to express gratitude and encourage mentors to continue their work with the BFMP, knowing that their efforts are making a real difference in the lives of the children they serve. At the event, mentors were acknowledged for their years of service, and a generous donor provided t-shirts to those who have volunteered for over two years. Michelle Orton was recognized at the banquet as having volunteered with BFMP for 8 years, all eight of these years

matched with one mentee. The mentor appreciation banquet is just one way the BFMP shows its gratitude for the mentors' work and dedication.

To become a mentor or to learn more about the role mentoring plays in our community, visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org) or call 701-483-8615. ■



Michelle Orton



2024 Mentors with BFMP tshirts



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## COMMUNITY

## Meet our Community's Lay Health Ambassadors!

Moving to a new community is challenging with many things to learn and questions to be answered. Where do I live or get my mail, buy groceries, or find a doctor? There is a lot to do and so much to learn. Now, just imagine the added stress of living in an entirely new country. There would be unfamiliar customs or cultures, different foods and even ways to dress. Now imagine if you didn't even speak the local language.

Since 2020, Women Empowering Women has been working on one aspect of this dilemma – accessing health care for women and their families with language or cultural barriers. This began with a series of Health Fairs and Women's Health Circles. Concurrently Southwestern District Health Unit was given grant to hire a bilingual employee to increase their effectiveness reaching the ever growing Hispanic community. Beginning in 2023, a total of five Lay Health Ambassadors are in the community, each empowered to respond to individual needs in Dickinson and the surrounding communities. These Lay Health Ambassadors can provide translation plus make appointments and will even accompany women to appointments. They can help fill out forms, make connections and share health information and resources that may be helpful.

By working together and identifying partner groups and agencies, our

community is able to help new residents of several different countries to settle here as they fill much needed jobs and expand our cultural diversity. Women Empowering Women worked in partnership with the Health Equity Division of the North Dakota Department of Health and Human Services to fund three Ambassadors in this effort. Alondra and Monica will support the Hispanic community, whereas Jana will work with new Americans from Africa. Collaboration with Southwestern District Health Unit expands outreach through their Hispanic liaison hired to serve southwestern North Dakota counties. The Dickinson Area Chamber of Commerce added staff to help settle Ukrainian refugee workers. Nicole and Iuliia have also been provided with information and resources to also act in the capacity of a Lay Health Ambassador. All Ambassadors received training on local resources and received healthcare information on a variety of topics as well as program applications such as Women's Way and the ND Colorectal Cancer project.

Women Empowering Women will be launching a guidebook for working with culturally diverse populations in March. To access the guidebook and learn more about the project or to reach a Lay Health Ambassador, go to [www.wewnetwork.org](http://www.wewnetwork.org). ■

# COMMUNITY Lay Health Ambassadors

*your local resource  
for help with*

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INFORMATION
- SCHEDULING  
APPOINTMENTS
- TRANSLATION
- REMINDERS FOR  
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- KINYARWANDA
- UKRAINIAN
- RUSSIAN





**JANA**

[janarwanda@gmail.com](mailto:janarwanda@gmail.com)

630-649-4695



**IULIA**

[office@dickinsonchamber.org](mailto:office@dickinsonchamber.org)

701-225-5115



**ALONDRA**

[alopez2002@outlook.com](mailto:alopez2002@outlook.com)

701-300-3066



**NICOLE**

[strosconsoto@nd.gov](mailto:strosconsoto@nd.gov)

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WHERE BUSINESS GOES TO GROW

# Is it all about profit?

By Matt Ellerkamp,  
Business Advisor, SBDC



Is life really about wealth, power, and influence? Is business all about profit, cutting costs, efficiencies, and being best in class? As we quickly

start moving through January a number of businesses have set goals, agendas, accomplishment the wish to achieve. If a business hasn't done so yet, it is not too late to reflect on 2023, analyze went well and what didn't and adjust for a robust 2024.

Probably an infinite amount of dollars and hours have been dedicated to making more making profits, increasing power and influence. In all reality money, power, influence, and pride are considered the root of all evil. But in the right hands, business is much more than about profit, power, and influence. The best-in-class businesses tend to be those who understand how to generate profit, power, and influence, but do so for the betterment of employees, families, and society, which in turn oddly enough betters the business. Those who know the taste and fulfillment of being "others focused" versus "self-focused" know the one who gives is truly the one whom receives.

Consider the words of one wealthiest, influential, and powerful men in American history – "I believe it is a religious duty to get all the money you can, fairly and honestly; to keep all you can, and to give away all you can." – John D. Rockefeller. Honestly, Rockefeller has been demonized in modern society as greedy and domineering capitalist, but he was large part of raising the standard of living for the "working man" and their



family during the gilded age. Rockefeller believed in investing in employees, education, and other technology that would improve the common man's life.

Yes, a company cannot give what it does not have, profits are necessary for a business to survive. We should not personally be against wealth and the possession of it, but its corruption. If we consider the words John D. Rockefeller: attain all the money you can, HONESTLY & FAIRLY, but in the end realize it's not rightly for only yourself, there's a God give duty to put wealth to use wisely for others!

Businesses should develop plans and strategies to earn honest and fair profits, but also reflect on were their gifts and talents come from, realize they were given freely, and in return, their own time, talent, and treasure is to be freely given "invested" in others. Remember investments require research, knowledge, and wisdom. Think to invest, means one must also "investigate" their investments, even when giving. I encourage all businesses to reflect & consider how they can give to the greater benefit of society. After all what is life really about – faith, family, virtue, tradition, culture, and community... these are all things we want to give the next Generation. Thus, I ask again, is it really all about profits?

Funded in part by a cooperative agreement with the SBA. All opinions, conclusions, or recommendations expressed are those of the author and do not necessarily reflect the view of the SBA. ■



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## HEART RIVER VOICE | FEBRUARY 2024

# Calendar

SEND YOUR EVENTS TO [EDITOR@HEARTRIVERVOICE.COM](mailto:EDITOR@HEARTRIVERVOICE.COM) OR  
VISIT US ONLINE AT [WWW.HEARTRIVERVOICE.COM](http://WWW.HEARTRIVERVOICE.COM)

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

### FINAL FINAL

Your entertainment spot in Dickinson. We are a destination with a memorable experience. M-F Happy Hour 4-6pm. T-Sat Live DJ 9pm. Every Monday, Martini Night 2 for 1 Martinis. Every Tuesday, International Night \$5 Modelos & Margaritas, Bingo at 6pm. Every Wednesday, Ladies Night, Trivia 6pm, \$1 Drinks 9-10pm. Every Thursday, Country Night, Line Dancing 6pm. Every Saturday, Bingo at 6pm. 640 12th St West (Old Army's West)

### FRIDAY FEBRUARY 2

**FREE FAMILY MOVIE: ELEMENTAL** 4PM PG, 101 minutes. One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 12. Community Room, Dickinson Public Library.

### SATURDAY FEBRUARY 3

**RARE AND ANTIQUE BOOK WORKSHOP** 1PM

Learn more about rare and Antiquarian books and the trade through presentations and fun

interactive group activities. Presented by Erik's Books. Community Room, Dickinson Public Library.

### MONDAY FEBRUARY 5

**ADULT CRAFT CLUB: MARBLED VALENTINE'S DAY**

**MASON JARS** 6PM Crafty people unite! Advanced and beginner crafters welcome (18+) Join us for a new craft each month with all craft supplies and instruction provided. Community Room, Dickinson Public Library.

### THURSDAY FEBRUARY 8

**START-UP YOUR DAY**

8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 18, for more info. Stark County Veterans Pavilion.

### SATURDAY FEBRUARY 10

**VALENTINE'S CRAFT & VENDOR SHOW** 9AM-4PM

It's our annual Valentine's themed Vendor & Craft Show! Come check it out! We will have tons of Vendors and concessions serving lunch! Biesiot Activities Center, 398 State Ave N.

### BEAT THE WINTER BLUES

**FAMILY FUN DAY** 9AM-6PM

Enjoy activities all day long with inflatables, music and crafts along with a pool party and so much more! See ad, next page for more info. West River Rec Center.

### CABIN FEVER BENEFIT

Annual fundraiser for the Ronald McDonald House Charities. Social 4pm; Beef BBQ 6pm; Silent Auction 4-7pm; Dance and Midnight Breakfast. See ad, next page, for more info. Eagles Club.

### SUNDAY FEBRUARY 11

**BEAT THE WINTER BLUES BOARD AND CARD GAME DAY** 1-5PM MT Join Dunn County Museum for an afternoon of fun. For all ages! Kids under 12 with an adult, please. Bring a game to share or enjoy ones we'll have set up, including ND Monopoly & some old classics! Munchies, hot chocolate & coffee served. Tour the museum, too. Free! Visit our website, [dunncountymuseum.org](http://dunncountymuseum.org) for more info.

**TUESDAY FEBRUARY 13**  
**ADULTING 101: INVESTING FOR RETIREMENT** 6PM See ad, page 27, for more info. Dickinson Public Library.

**WEDNESDAY FEBRUARY 14**  
**LIBRARY BOARD MEETING** 4PM Meets the second Wednesday of every month. All are welcome. City Hall

**BOOK SPEED DATING** 6PM See ad, page 13, for more info. Dickinson Public Library.

**THURSDAY FEBRUARY 15**  
**THURSDAY NIGHT TRIVIA** 6PM Put a team together and compete against other teams by answering questions and earning points. \*Sign-up required. Community Room, Dickinson Public Library.

**FRIDAY FEBRUARY 16**  
**LENTEN LUNCH** Serving 11:30AM - 1PM. Cost for a meal is \$15 with cod, \$13 without cod, Ukrainian Cultural Institute, 1221 West Villard. Take Outs Available by Calling 701-483-1486

**DICKINSON AREA CONCERT ASSOCIATION PRESENTS CHRIS FUNK, THE WONDERIST** 7PM Magician Chris Funk - The Wonderist, has traveled the world sharing his



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style of magic that can only be described as refreshingly different. Chris delivers a show that everyone both young and old will love! Trinity High School Auditorium.

**FEBRUARY 16 - MARCH 4 BLU HAVEN SPAS PRESIDENT'S DAY SALE** Come see what we have to offer during our sale! You can also check us out online at bluhavensp.com. Call us! 701.227.0601. 1661 1-94 Business Loop.

**TUESDAY FEBRUARY 20 AGRICULTURE LIVESTOCK FORUM** 5PM The night will consist of a social, dinner, and

will feature two engaging speakers. See ad, page 14, for more info. Biesiot Activities Center, 398 State Ave. N.

**FRIDAY FEBRUARY 23 LENTEN LUNCH** Serving 11:30AM - 1PM. Cost for a meal is \$15 with cod, \$13 without cod, Ukrainian Cultural Institute, 1221 West Villard. Take Outs Available by Calling 701-483-1486

**SUNDAY FEBRUARY 25 BUZZARD BAIT BUCKING PONIES** The Buzzard Bait Bucking Ponies is the "Cutest Thing Happening!" Head on over to the DSU Indoor Are-

na for an afternoon of fun! The event starts at 1PM MT. Admission is \$5/adults and \$2/10 and under.

**MONDAY FEBRUARY 26 ADULT BOOK CLUB: LITTLE FIRES EVERYWHERE** 6PM Read the book and come discuss it with other adults. Ages 18+ The next month's selection will be announced at the monthly meeting. Book Club books are available at the Main Level Circulation desk. Community Room, Dickinson Public Library.

**WEDNESDAY FEBRUARY 28 JAPANESE TEA CEREMONY** 4PM Ages 13+ Community Room, Dickinson Public Library.

**SAVE THE DATE**

**TUESDAY MARCH 19 DICKINSON AREA CONCERT ASSOCIATION PRESENTS: QUARTETTO GELATO** 7PM

**RONALD MCDONALD**

# CABIN FEVER

**BENEFIT**

Hosted by the Dickinson Roughrider Commission

**FEBRUARY 10<sup>TH</sup> - 2024**  
**EAGLES CLUB, DICKINSON, ND**

**SOCIAL 4PM • SILENT AUCTION: UNTIL 7PM**  
**BEEF BBQS SERVED AT 6PM**  
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**LIVE AUCTION - ROSS GLASS (G&G AUCTIONEERS)**  
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Raffle Drawing late evening purchase raffle tickets for \$10 each 4 - \$100 Cash Prizes throughout the evening! Must be present to win.

**Tickets - \$10 Admission**  
Advance Tickets are available from Roughrider Commission Members, Dickinson Eagles Club, and Cabin Fever Committee Members

Scan the QR Code to get all the details at your fingertips.

**SOBER RIDE: NIGHT RIDE 10PM - 2AM**

**Raffle Prizes**

**1<sup>ST</sup> PLACE \$3,000<sup>00</sup>**

**2<sup>ND</sup> PLACE \$1,500<sup>00</sup>**

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**4<sup>TH</sup> PLACE TOKA FOX LITE 275 CAL**

**5<sup>TH</sup> PLACE HENRY PURIFICATION 220MG WEIR OCTAGON BARREL**

**6<sup>TH</sup> PLACE 1/4 BEEF CUT AND WRAPPED**

## COMMUNITY

## Dilse wins District 8 American Legion Oratorical Scholarship Program contest

A Scranton high school senior is the winner of the District 8 American Legion Oratorical Scholarship Program Contest.

Malachi Dilse won the contest held in Stroup Auditorium on the Dickinson State University Campus. Malachi, a senior at Scranton High School, was sponsored by American Legion Post 151 in Scranton.

Malachi earned scholarship funds and will now compete in the Western Division contest, competing with winners of contests in other communities in western North Dakota.

The Winner and Runner-up in both the East and West Division Contests will advance to the State Contest Finals during the American Legion Winter Conference at 1:00 p.m., Saturday, January 27, at the Bismarck Hotel and Conference Center in Bismarck, ND.

Contestants were required give two speeches at the District Contest: a prepared speech and a topic assigned at the contest. The subject in the prepared oration portion of the contest must be about some phase of the Constitution of the United States, emphasizing the duties and obligations of a citizen to the U. S. government. The prepared oration must be the original effort of each contestant and must be 8-10 minutes in length.

Besides the prepared oration, each contestant delivered an oration on a randomly assigned constitutional

topic. Contestants had 5 minutes to prepare this speech, which must be 3-5 minutes long.

This year's contest judges were Richard Brauhn, Carter Fong and Margaret Marcussen.

Since 1938, The American Legion High School Oratorical Scholarship Program has encouraged the nation's high school students to study the U.S. Constitution and to hone their public speaking skills.

For more information, please visit [legion.org/oratorical](http://legion.org/oratorical). ■



Kris Fehr, left, chair of the District 8 American Legion Oratorical Contest, presents Malachi Dilse with his first-place medal and participation certificate.

## PAWSITIVELY POPPY

## Animal rescue: A work of heart

By Miranda Kuhn

In the summer of 2020, my husband and I were discussing getting a dog. We didn't know where to start, and my first thought was a pet store or contacting a breeder. I reached out to my aunt, who works closely with animal rescues and she suggested that we foster a dog to be sure we were ready for a commitment and to help us decide what we might be looking for in a dog. That was the best advice I've ever been given, because after reaching out to Raise The Woof we were able to foster our Poppy.

Our journey to pet ownership was a little different because we initially agreed to foster Poppy and then found out she was pregnant. We decided to foster her anyway and help her have her puppies. We weren't sure whether we would want to keep Poppy or one of her puppies. In the end, we decided that we loved Poppy more than we could have imagined, and we loved that she was already house trained. She officially became a member of our family, and we wouldn't have it any other way!

There are countless animals in our area just like Poppy who need homes, whether temporary foster homes or forever homes. These animals deserve to be loved. No animal should be left out in the elements, abandoned and afraid. Our local shelters and rescues are overflowing with pets like Poppy that need homes, and I strongly encourage my readers to consider fostering or adopting rather than shopping for a pet.

Oreo's Animal Rescue can be reached on Facebook, by email at [oreoanimalrescue@yahoo.com](mailto:oreoanimalrescue@yahoo.com), or at their website <https://oreosrescue.org> Bakken Paws can be reached on Facebook at <https://www.facebook.com/bakken.paws> or by email at [Bakkenpaws@outlook.com](mailto:Bakkenpaws@outlook.com) ■



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## Ask Alfie

Dear Alfie,

I recently read online that animal rescues are overloaded and in need help. Can you give me some suggestions for what people like I can do to help them?

Sincerely, Helpful

Dear Helpful,

Thanks for asking this question! It's true that most animal rescues need assistance, and there are many ways in which you can do so.

One of the most helpful things you can do is to foster. There is an overwhelming need for dog fosters and an even greater need for cat foster homes. In fact, it is estimated that 1.5 million animals are euthanized in pounds and shelters every year in the United States. Rescues everywhere can hardly keep up with the number of animals coming in, and without foster homes, they cannot rescue as many pets. Every time you allow an animal to live temporarily in your home, you are

freeing up space for another pet to be rescued.

If you do decide to foster, please be prepared to provide a home for that animal indefinitely. While there are sometimes issues that can come up which prohibit people from continuing to foster, understand that the rescue organization cannot predict how long it will be before the dog or cat you have will find a permanent home. You may only have the animal for a month, but it could be a much more extended length of time. Commit to allowing it to live with you for however long is necessary. Should you decide that you cannot keep the animal, give the rescue plenty of notice to find alternative placement and be patient with them while they make arrangements.

Another great way to help is by volunteering your time. Rescues that have a facility for housing dogs and cats will need daily help with cleaning, feeding, and socializing animals. They may also need volunteer help with things like processing adoption

applications, advertising, and coordinating and carrying out fundraisers.

If you're not able to volunteer or foster, rescues always needs money! Veterinary care is expensive and ongoing, so donations of any size are much appreciated. Additional expenses for rescues include food, supplies, transportation, and grooming.

Lastly, the one thing each and every one of us can do to help is to take responsibility. Have your pets spayed and neutered and understand that they are a lifelong commitment.

Thanks for reaching out, please spread the word to others on how they can help too!

Sincerely, Alfie ■



Have a question for Alfie?  
Email [askalfiecat@gmail.com](mailto:askalfiecat@gmail.com)



ID\*I\*OM

## Elephant in the room

When someone wants to talk about "the elephant in the room," they mean the controversial or difficult topic that people are avoiding. It's actually attributed not to an English writer, but a Russian one. Ivan Krylov is credited with popularizing its use through the proverbial tale of a man who visits a museum, notices all the small trinkets, but not the elephant. Fyodor Dostoevsky then wrote in his book Demons, "Belinsky was just like Krylov's Inquisitive Man, who didn't notice the elephant in the museum..." ■

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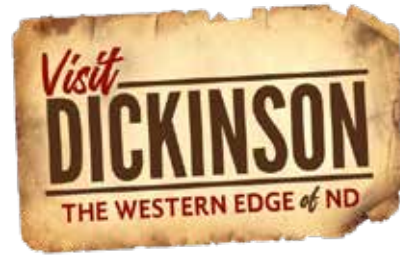
CONVENTION AND VISITORS BUREAU

Local ice fishing

Winter is chilly, but the opportunity for outdoor activity is still all around us, and that includes ice fishing. One of the primary attractions for ice fishing in our area is the variety of fish providing anglers with plenty of options, including walleye, northern pike, bluegill, crappies, perch, and other species depending on the area.

There are many tactics to ice fishing and being on the ice. You can drill the hole and sit on a bucket or a chair out in the open, try an ice shelter, or enjoy an ice camper that provides all the amenities of a regular camper, you can even have a card game while fishing!

ND Game and Fish provides information regarding the regulations,



where to fish, ice safety, and even fish recipes for you online. They also have a YouTube channel with lots of great videos. This year they are reporting that there are several lakes, dams, and a reservoir in SW ND that are doing quite

well for ice fishing, Patterson Lake, Lake Tschida, and Indian Creek Dam have had good sizes and numbers of walleyes. The smaller northern pike have been good at Patterson Lake, Lake Tschida and Gascoyne Lake. Bluegills are numerous in Davis Dam, Camels Hump Lake, and Odland Dam. And perch? Try Lake Tschida or Raleigh Reservoir, both in Grant County. Check out the ND Game and Fish website for valuable information and videos at [www.gf.nd.gov](http://www.gf.nd.gov)

Earlier in the winter the ice was thin and questionable, but with the chilly weather we have thicker ice, but be sure to check your local area before venturing out. Winter ice fishing is a great activity for everyone in the family, get the kids out and enjoy! ■


Photo credit: ND Tourism




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**DEADLINE**  
**FRIDAY, FEBRUARY 9**



Make or buy cards to be given to residents in nursing home and care facilities in the area.



Include notes of encouragement, Bible verses or artwork!



Drop off cards at The Connection office at 2898 5th Ave W or other locations posted on our website.

Questions? Call 483-1037 or email [events@1037theconnection.com](mailto:events@1037theconnection.com).  
[1037theconnection.com](http://1037theconnection.com)

Dickinson Area Public Library

# Adulting 101

*Join us once a month to learn more about an important life skill you might have missed as a kid!*

**February 13th:**

## Investing for Retirement

*Halle and Kai Bertilrud, financial advisors from Thrivent, will be talking about investing and how to set yourself up for retirement!*

**6:00pm**      **18+**

**Community Room**

**COMMUNITY**

## Hopes Landing, WEM, recognizes vital support in 2023

As we start a new year at Hope's Landing sober living homes for men and women, we would like to thank the following organizations for their support:



- Marathon Petroleum
- ConocoPhillips
- United Way of Dickinson
- Roughrider Electric
- Evangelical Bible Church
- Living Word Fellowship
- ProLift Rigging Company
- Winn Construction
- Dickinson Ready Mix
- Dickinson Eagles Club

Without their vital support, Hope's Landing would not be able to continue. Our Mission:

- To provide a safe, sober, and supportive home for those in recovery from drug and alcohol addictions with the goal of successful self-governance.

- To empower those re-entering society from correction to succeed.
- To support efforts to overcome drug and alcohol behaviors.
- To encourage familiar to recover, heal, and thrive.
- To initiate proactive strategies that lower incarceration and recidivism.
- To provide a safe environment to encourage sober socialization.

We saw many men and women complete our program in 2023. We look forward to many more in 2024. Your generosity allows us to continue building safe, accountable places for those that are in recovery.

Thank you! ■

**COMMUNITY**

## Nicole Wadsworth joins the staff of the North Dakota Community Foundation



Nicole Wadsworth

Nicole Wadsworth is the new Executive Assistant for NDCF's office in Dickinson, North Dakota. She has an associate's degree from Dickinson State

University and is currently working toward her bachelor's degree in Business Administration. Wadsworth has previously worked as an Office Manager for companies in North Dakota and California. She will assist with organization, reporting, and other administrative tasks of NDCF's Dickinson

office, which supports communities, donors, and funds in western North Dakota.

The North Dakota Community Foundation was organized in 1976 as a public, non-profit tax-exempt corporation which receives and distributes charitable funds to support a wide range of programs which benefit North Dakotans and their communities. NDCF currently administers over \$130 million in over 900 individual charitable funds, including 69 community foundations and over 200 scholarships for North Dakota youth. It has offices in Bismarck, Dickinson, and Larimore, North Dakota and will be establishing an office in Wahpeton in the near future.

For further information, contact Kevin Dvorak at (701) 222-8349 or visit [www.ndcf.net](http://www.ndcf.net). ■

**COMMUNITY**

## Healthy teen relationships



The moment has come where your teenager wants to start dating. Dating is an exciting time in their life, but it might be a terrifying part of yours. Teenage years can be frenzy of emotions, and understanding romantic relationships can be difficult to navigate. The following are topics concerning healthy relationships to discuss with your teen.

- Sex and Relationships: Reiterate your family's beliefs about the way you love and respect others. Teach your teens about healthy sexual relationships and emotionally healthy relationships. Be sure to approach this conversation lovingly, curiously, and open to discussion.

- Consent: Asking for and receiving consent is key! Consent is affirmative permission to do something, but it's not permanent. Teach your teens that they can revoke consent at any time, and that consent needs to be present for every activity.

- Respecting Boundaries: If consent isn't given (for anything), teach your teen to be ok with it. It's never ok to force someone to do something.

- Clear Communication and Honesty: Empower your teen to make their needs and boundaries known so there isn't a question as to consent, and each partner will understand the other's perspectives.

Remember to revisit these topics with your teen often and be ready to answer questions. Visit [www.loveisrespect.org](http://www.loveisrespect.org), for conversation starters and resources. If you or someone you know has been the victim of dating violence, free and confidential help is available through the national dating abuse helpline. Visit <https://youth.gov/federal-links/national-teen-dating-abuse-helpline>. ■



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### COOKING CRAVE

#### Crowd pleasers

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

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



Laverne and Rhonda

### Homemade Recipes Made Easy!

#### Creamy White Chili

1 Tbsp. vegetable oil  
1 medium onion, chopped  
1 clove garlic, minced  
1 - 15 oz. can garbanzo beans  
2 - 15 oz. cans great northern beans  
1 lb. chicken, grilled and cubed  
1 - 14 oz. can chicken broth  
1 - 14 oz. can niblet style corn  
1 - 4 oz. can green chilies  
1 tsp. cumin  
1 tsp. salt  
1/2 tsp. pepper  
1 cup sour cream  
1/2 cup heavy cream

In a large pot, heat oil and sauté onion and garlic; add beans, chicken, broth, corn, chilies, cumin, salt and pepper. Bring mixture to boil. Reduce heat and simmer 30 minutes uncovered. Remove from heat and stir in sour cream and whipping cream. Serves: 6-8.

#### Dill Pickle Rollups

3 large 10" flour tortillas  
8 oz. cream cheese  
1/4 cup powdered ranch dressing  
1 1/2 tsp. dill  
1 cup chopped ham  
1 cup chopped dill pickles

In a mixing bowl, add cream cheese, ranch dressing, and dill; mix well. Add ham and pickles, mix until incorporated. Spread cream cheese mixture evenly on tortillas. Roll tortillas tightly; refrigerate for 1 hour. Cut into 1-inch pieces.

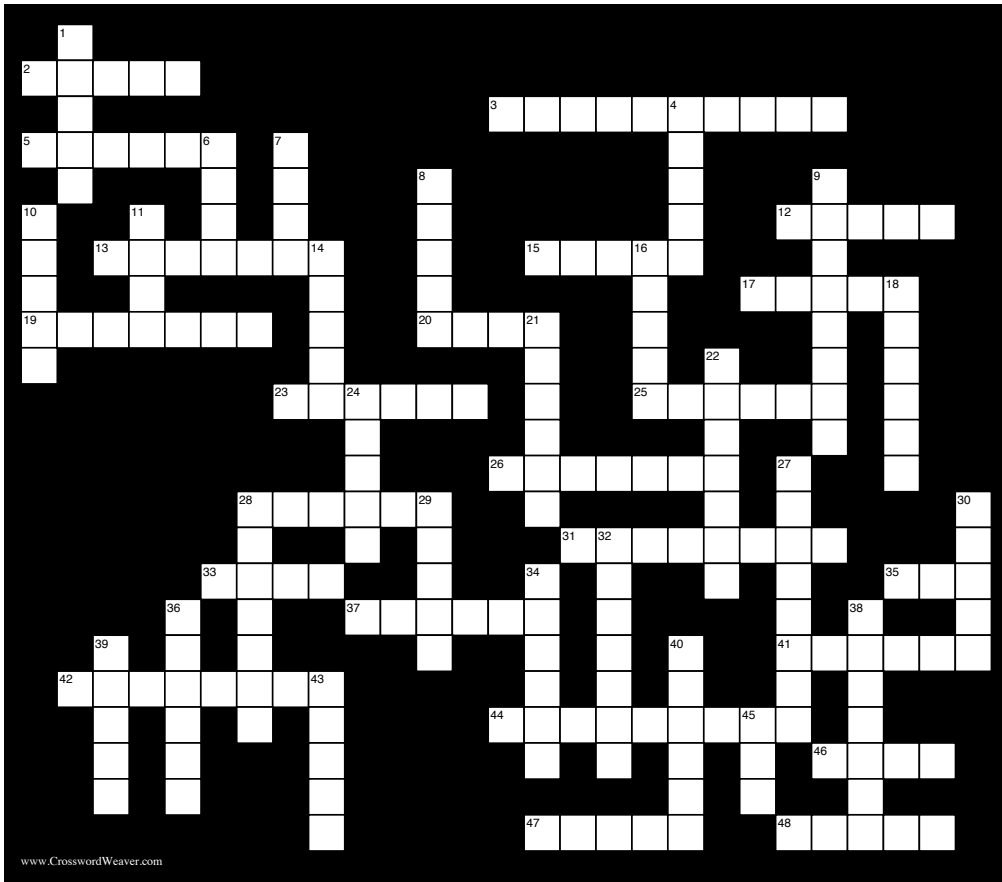


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**CROSSWORD**

**GREAT LOVES** by Carlinka



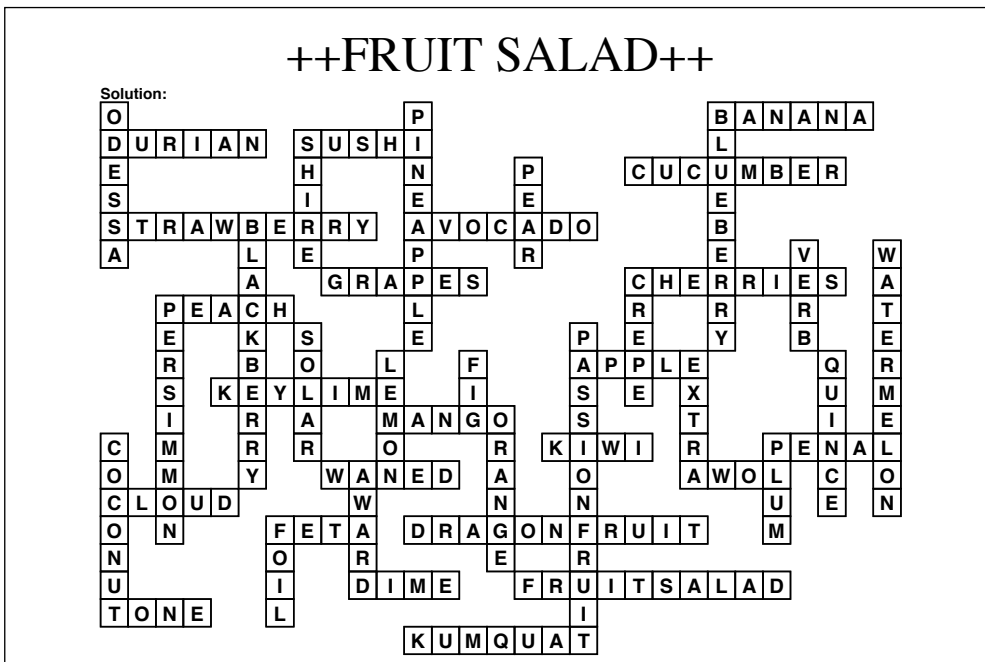
**ACROSS**

- 2 +Biscuits and
- 3 +Porkchops and
- 5 +Plug and
- 12 +Eggs and
- 13 +Chicken and
- 15 +Fish and
- 17 +Gin and
- 19 +Lightening and
- 20 +Yin and
- 23 +Nail and
- 25 Port city in Ukraine
- 26 +Fries and
- 28 +Table and
- 31 +Apple pie and
- 33 +Sweet and
- 35 +Pride and
- 37 +Bait and
- 41 +Chalkboard and
- 42 +Beer and
- 44 +Spaghetti and
- 46 +Bangers and
- 47 +Rice and
- 48 +Peaches and

**DOWN**

- 1 +Bow and
- 4 +Shoes and
- 6 +Surf and
- 7 +Rum and
- 8 +Peanut butter and
- 9 +A good book on a
- 10 +Nuts and
- 11 +Umbrella and
- 14 +Chips and
- 16 +Arroz con
- 18 +Mac and
- 21 +Wasabi and
- 22 +Sausage and
- 24 +Popcorn and a
- 27 +Cheese and
- 28 +Milk and
- 29 +Sugar and
- 30 +A washer and
- 32 +Peas and
- 34 +Salt and
- 36 +Bread and
- 38 +Corned beef and
- 39 +Burgers and
- 40 +Tree and
- 43 +Pancakes and

**LAST MONTH'S PUZZLE SOLUTION**



*Be counted as a Giving Heart on*



# Giving Hearts Day

24-hour online fundraising event

To make a secure online donation to one or more of the charities go to:

*givingheartsday.org*

Support these SW North Dakota charities:

- Assumption Abbey, Richardton, ND*
- Badlands Ministries, Medora, ND*
- Benedictine Living Community, Dickinson, ND*
- Best Friends Mentoring Program, Dickinson, ND*
- Camp ReCreation, Inc., Richardton, ND*
- Chasing Horses Wild Horse Advocates, Dickinson, ND*
- CHI Health at Home - Hospice, Dickinson, ND*
- Dakota Children's Advocacy Center, Dickinson, ND*
- Enchanted Highway Foundation, Regent, ND*
- Heartview Foundation, Dickinson, ND*
- Home On The Range, Sentinel Butte, ND*
- House of Manna, Dickinson, ND*
- Jacobson Memorial Hospital Foundation, Elgin, ND*
- Sunrise Foundation, Bowman, ND*
- West River Health Services Foundation, Hettinger, ND*



Checks are also accepted!

Checks must be dated and received by the charity on or before **Thursday, February 8, 2024!**  
Your donation goes directly to the charity of your choice!

## COMMUNITY

# Dedicated to UCI's founding members and the original Ukrainian immigrants to ND



A few treasures found in the museum

The Ukrainian Cultural Institute has had a museum, Ukrainian library and a chapel since moving into their current location in 1995. Two years ago, a decision was made to put a couple of vintage wedding dresses and three military uniforms on mannequins, purchase display cases to place put-away items in and have a booklet printed of why people are in the

ND Ukrainian Hall of Fame.

Researching what it would cost for display cabinets and mannequins was disappointing because of the cost of everything. A phone call was made to Dickinson's Museum Center for advice from Jessica and Bob. Bob said the open blinds needed to be kept shut to keep the natural light from deteriorating the historical clothing and the mannequins stores use are not good for clothing. UCI would need to make the mannequins.

Over time other ideas materialized as to how to make improvements to the museum, such as covering the west wall and windows with slate walls so pictures and other items that have been stored in cabinets could be put on display.

With a \$2,500 grant from Conoco Phillips and growing funds from memorials donated to UCI in memory of loved ones, in the spring of 2023, it was time to finally put the ideas and plans into action. The museum improvement project ended up even better than expected.

Viking glass replaced a couple of windows before the work began. Signarama was hired to cover the west outside windows with solar panels to help keep some of the heat and cold out so the

windows would not break since they were being covered from the inside. A field of sunflower scene covers the windows on the outside. Andy Prociw, Premier Woodcraft, was hired to do the inside work. August Cabinet made a cabinet for the sheepskin coat. Vi Paluck, with some help, volunteered to make the cloth part of the mannequins and Clarence Hauck made the metal stands. The wedding dresses and uniforms are on display hanging on hangers since the cloth part of the mannequins still need to be made.

Once the slate walls were up and the work finished, Pat Malkowski came in and helped put the many pictures and other items on display. There are a few things that still need to be done but for the most part, the story of the ND



Wedding photos on display



Chapel artifacts

southwestern Ukrainians is on display and not hidden in cabinets and drawers.

In the first room, featured is the cabinet with the sheep skin coat; on display are black and white pictures of immigrants and first born Ukrainian-Americans with quotes; Pysanka eggs; Ukraine's poet Tara Shevchenko and local Ukrainian dancers. Continuing to the back room, a plashchenytsia was added to the chapel; pictures of the Ukrainian Churches; wedding pictures; and military pictures are displayed.

On October 29, 2023 Father Marty Nagel and Deacon Tony Holt with the Ukrainian Churches in Belfield blessed the museum and UCI's building.

UCI is open to the public Monday, Wednesday, and Friday, 9:00am – 2:00pm, through April. May 1st through December 30th, UCI is open Monday through Friday 9:00am – 3:00pm. ■



Part of the museum display featuring the sheepskin coat

## GOING POSTAL

## Love

The 2024 Love stamp features a stylized bird in flight bearing a message of love in its beak. Made of four geometric shapes shown against a rich red background, the white bird carries a pink envelope sealed with a red heart. Antonio Alcalá, an art director for USPS, designed this stamp with an original digital illustration by Katie Kirk.

Customers may purchase the stamps at their local post office or online at [usps.com/shopstamps](https://usps.com/shopstamps).

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