

# Heart River VOICE

**Newcomer joy**

Far from home, but  
happy **See p8**

**Blessed with  
speed**

Kaden Kuntz is more than  
just sports **See p16**



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## A note to our readers

Thank you for picking up our debut issue of Heart River Voice. A lot of heart and hard work has gone into this issue along with meaningful coincidences.

The plan for the paper came to be on a beautiful fall afternoon while talking with a childhood friend. She has started a similar paper, Mission Village Voice, in our hometown in California. She has been gracious enough to share her model with us. We have been friends since childhood, remaining friends over the years, always being there for each other through the good times and the bad.

From our fall conversation on, it was all systems go and everything fell into place. We like to think of our papers as "sister papers."

The support and enthusiasm from our community has been overwhelming. Our goal is simple - a positive, informative monthly publication supported by our wonderful community!

Thank you and enjoy!

**Kelley Jilek**  
Publisher

## On the cover

"Fragmented" by Janelle Stoneking. For more information about the artist, see page 7.

## IT'S NEVER TOO EARLY FOR THE RIGHT CHILDREN'S LIFE INSURANCE.



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Check out our sister paper, Mission Village Voice, in California!



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

## #BOOKWORM

# Pandas and kitties and llamas, oh my!

By Cindy Thronburg

Welcome to the inaugural issue of Heart River Voice! In this column, I hope to keep you informed of the various goings-on at the Dickinson Area Public Library, about new additions to our collections, and other fun things happening in the book and library worlds. I also hope to give some mini reviews from what DAPL staff members are reading and/or watching.

A little information about me: I was raised in Dickinson from the age of 6. I am a graduate of Dickinson High School and of Dickinson State University. I have been working in libraries for over 10 years, and I joined the Dickinson Area Public Library as a full-time staff member in May. As the cataloger at DAPL, I'm responsible for getting all those new materials onto the shelves, so you will get to know about the newest of the new materials we have!



The holiday season is a busy time for everyone, and here at DAPL it was no exception. In December, we had the Library Foundation's Old Fashioned Christmas Social, our Grinchmas party, and several other holiday-themed events.

In January, we kick off our Winter Reading Program, which runs through January and February. Beginning January 2nd, patrons of all ages can sign up to participate. The reading program gives patrons chances to win prizes by handing in reading coupons, and what a better time to read than in the chilly winter days! Patrons will have until February 28th to turn in as many reading coupons as they can. There is also a coloring contest for all age groups! Also, teens (ages 11-17) can earn entry to an all-night lock-in by turning in 10 or more reading slips. At the end of the program, we will celebrate with a Cookies & Hot Cocoa Social on Friday, March 8th from 3:00pm to 5:00pm.

In February, patrons can look forward to an Anti-Valentine's Day Party for the teens, a Fairy Tale Tea Party for the children, and Film Society for the adults.

New titles added to the collection:

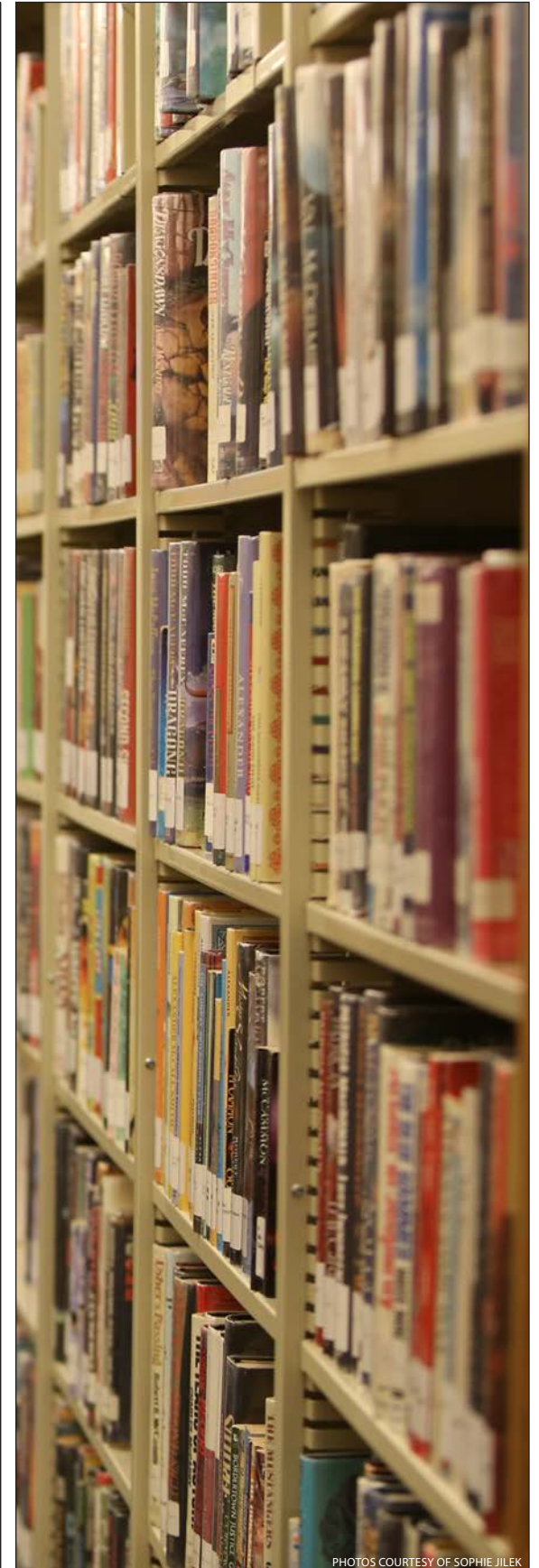
- **Adult Fiction:** *Look Alive Twenty-Five* by Janet Evanovich; *Long Road to Mercy* by David Baldacci; *Vendetta* by Iris Johansen; *Past Tense* by Lee Child; *Not Quiet Over You* by Susan Mallery; *You Don't Own Me* by Mary Higgins Clark & Alafair Burke
- **Adult Nonfiction:** *Gmorning, Gnight!* by Lin-Manuel Miranda; *The Greatest Love Story Ever Told* by Megan Mullally & Nick Offerman; *Lessons* by Gisele Bündchen; *Homebody* by Joanna Gaines, *Hindsight* by Justin Timberlake
- **Adult DVDs:** Criminal Minds: Season 13; Sorry to Bother You; Crazy Rich Asians; Hearts Beat Loud; BlacKkKlansman; Won't You Be My Neighbor?
- **Children's DVDs:** Hotel Transylvania 3; Christopher Robin, Incredibles 2
- **Children's Fiction and Easy Books:**

*Good Night, Mr. Panda; Pete the Kitty and the Groovy Playdate; Llama Llama Loves to Read; The Last Kids on Earth and the Cosmic Beyond; Dork Diaries: Tales from a NOT-SO-Happy Birthday*

• **Children's Nonfiction:** *Year in Sports, 2019; Try This! Extreme; Ultimate Dino-pedia; What Would She Do?*

#### Monthly Mini-Review:

With the DVD release of the film BlacKkKlansman, I, of course, needed to read the memoir on which the movie was based. In his book, Ron Stallworth details an undercover investigation he led while he was a detective in the Colorado Springs Police Department in the 70's. Ron, an African-American, goes undercover to infiltrate the local chapter of the Ku Klux Klan. The book was a very interesting look at the inner workings of a police investigation, set within an incredible situation. The movie, directed by Spike Lee, adds Hollywood flair to the basic story, and will definitely be nominated for some Oscars. Overall, either the book or the movie would be worth your time. ■



PHOTOS COURTESY OF SOPHIE JILEK



## WHERE BUSINESS GOES TO GROW

# TMI Systems Corporation celebrates 50th anniversary

## By Stark Development Corporation

Celebrating local business is one of the most satisfying and rewarding aspects of what we do at Stark Development Corporation (SDC). By creating an environment that fosters innovation, expansion and development, we work just as hard for our budding entrepreneurial ecosystem as we do for the cornerstone businesses that create our diverse economy.

Many of our local cornerstone businesses started as an entrepreneurial venture at one point or another in the history of Dickinson. Celebrating its 50th anniversary in 2019 is a business that our community is very proud and honored to call our own. In February of 1969, Larry Strand, at the age of 31, made an agreement with the financially-bankrupt Hauck Millwork Company to acquire some of their assets and liabilities and create what we know today as TMI Systems Corporation.

The early vision of the corporation focused on manufacturing laminate casework for the national education segment and creating a nationwide network of independent dealers. Since that time the company has invested millions of dollars in equipment, factory space, and proprietary engineering software that enables TMI to manufacture a highly customized line of laminate casework, architectural woodwork, and counter-tops. With its manufacturing scale, capability, and additional product lines, TMI expanded into the national healthcare and commercial markets. Since its early days, TMI has expanded its sales channels. It currently has 23 independent dealers with nearly 50 national sales office, its own specialty contracting division, and several other specialty contractors with whom the company does business.

The culture of the company is defined by their mission statement and their four strategic business pillars. Their mission statement is "TMI Cares" and

their business pillars are focus on people, be market driven rather than product driven, be technologically current, and



do business from a position of financial strength. Their mission is to care about customers, employees (each other), and community. Company President, Dennis Johnson says, "Company culture is a competitive advantage for TMI. It is our commitment to open book management, to the business pillars, and our mission to care that has enabled TMI to be successful."

TMI's 140,000 square foot state-of-the-art manufacturing facility located in Dickinson is home to approximately 250 careers. Several current employees were awarded at a recent company luncheon for years of service and on their transportation milestones of million(s) of miles driven. Numerous five, ten and fifteen year achievements were awarded but with several awarded for twenty-five, thirty and forty years of service, you truly understand the culture of what makes TMI a pillar in our community!

Being technologically current has established TMI as the market trendsetter in world-class laminate casework manufacturing. It is technology that allows the company to manage massive amounts of information, be efficient, and be responsive to customer needs. Modern manufacturing IS TMI, and as you

look through the facility, it is evident in virtually every corner. Where precision and repeatability are necessary, automated saws make the cuts, dowel

holes are drilled and dowels are inserted automatically with speed. Where design, craftsmanship and finesse are required, skilled carpenters create exquisite, artistic and architectural pieces to add the finishing touches to modern workspaces, classrooms and healthcare facilities.

SDC is honored to be a part of this historic milestone in the history of TMI. For 50 years they have been committed to our community while delivering world-class casework to customers nationwide. One of the best compliments given to a carpenter is seeing and using their craftsmanship on a daily basis without cause for undue attention. But next time you enter a school, clinic, hospital or office building throughout Dickinson, take note of the casework. Quite likely it was created right here at TMI. ■



**"Company culture is a competitive advantage for TMI. It is our commitment to open book management, to the business pillars, and our mission to care that has enabled TMI to be successful."**

Dennis Johnson - TMI President



## AROUND TOWN

# Mayor's memo

By Scott Decker



My favorite time of the day is morning.

A fresh start to a new day and there is no place I would rather be than in North Dakota watching the sunrise.

2019 brings a new year and much like the dawn, a fresh start. Yet I would be remiss to start a new year without reflection on all that we accomplished in 2018. As a city, we continue to work with area stakeholders to deliver a behavioral health facility. It is essential to our growing population, the development of our workforce and to the overall health of the region. The time I have spent with area health care providers and our local legislators gives me hope that in 2019 we will see progress in our community and western North Dakota in this arena.

The Dickinson City Commission worked hard in 2018 to deliver a sustainable single stream recycling program. Many hours were spent working with city staff to bring this service that minimizes costs to the public yet extends the life of our regional land fill.

I have made it a priority to get the word out that Dickinson is open for business. We continue to engage entrepreneurs and national chains to locate in our area. I have emphasized to state legislators and state agency leaders that any money invested by the state in Dickinson, Stark county or western North Dakota will come back to the state two-fold. I will continue to work with our local Senators and Representatives during the upcoming legislative session in Bismarck to drive this message home.

Another item of local interest has been the development of the Town Square. Currently we have an appraisal in the works for the property the city may need to purchase to complete the initial design. The City Commission is committed to the overall development of our city. The Downtown Dickinson Town Square is one key piece in that puzzle. We are encouraged by further development of new entertainment venues, along with a new microbrewery and the potential construction of a new shopping center.

The Theodore Roosevelt Regional Airport continues its progress on reconstruction of the existing runway and they have a few other projects ongoing that keep the staff very busy. As a city, we have made a financial commitment to the airport and continue to assist them in upgrading their facilities.

Moving forward into 2019, we continue to work with our local partners to provide the quality-of-life features and events for our growing population. A key point in the upcoming year will be our work with the Dickinson Public School District in the development of a new high school. When recruiting new job seekers to our area, one of the main factors in their decision to relocate to Dickinson is the educational facilities. Dickinson High School has served our community for over 50 years in its current location and our growing student enrollment taxes it daily. DPS has engaged local groups and professionals in talks designated to provide them with information that will aid them in the building of a new high

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.



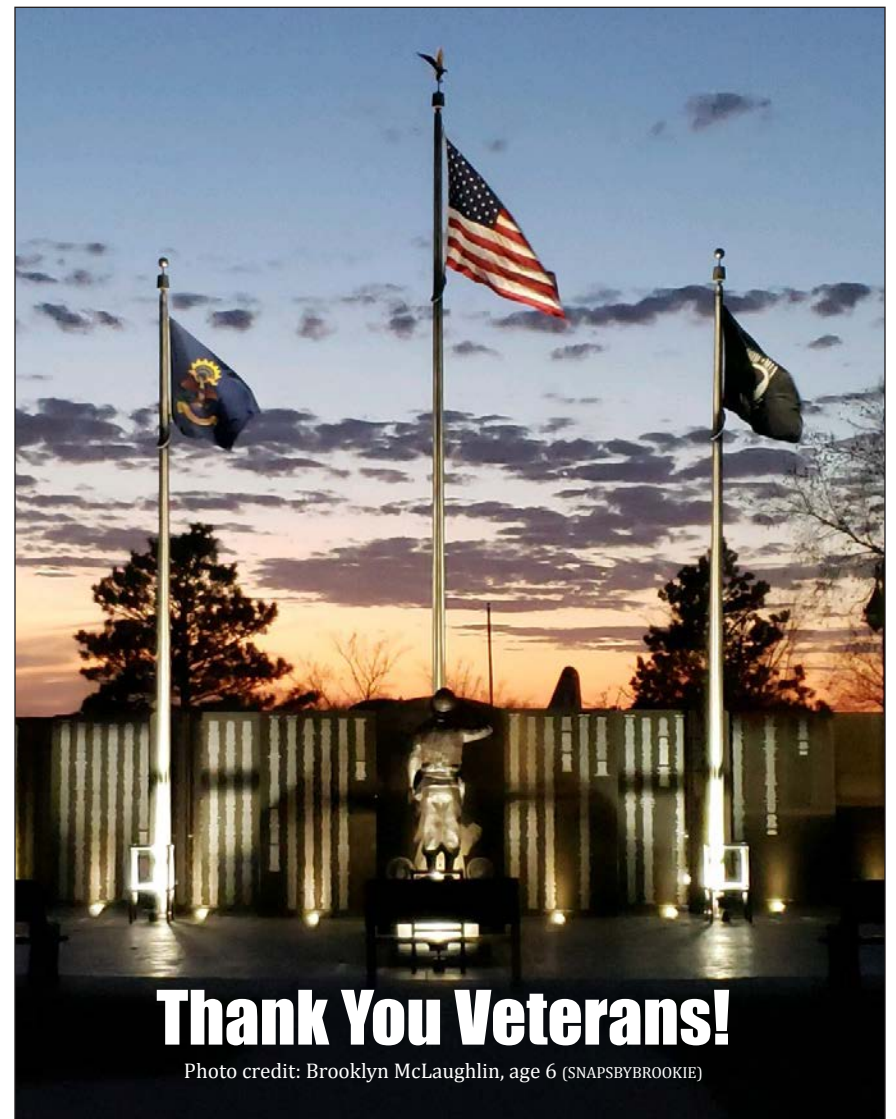
school that will serve our community for the next 50 years. This new campus would be located on the same grounds as the current high school and builds in efficiencies to better educate and protect our students.

One of my priorities for 2019 is the commissioning of a feasibility study to see if Dickinson is ready and can support a regional Event Center. I feel it is paramount to continue to grow our quality-of-life facilities by building a structure that can support a multitude of events and activities, from national musical and rodeo events, regional and state high school extracurricular activities to craft and home shows. In addition, it could double as the new home for Dickinson State Blue Hawks indoor sports. This Event Center will provide many opportunities to host the large events, such as

oil and agricultural trade shows, while filling our local hotels and restaurants with participants. More information will follow on the feasibility study and the possibilities of making this quality of life feature happen.

2019 will bring many unexpected things. Weather events that we cannot predict or control. Leadership changes across the globe that affect us, yet we have no control. Financial markets we think we have mastered, yet continue to confuse and control even the experts' financial decisions.

There is one thing we can control and that is our attitude. Having a positive outlook on all the prospects and potential Dickinson has as a community is key. This should be foremost in our thoughts, gazing upon the sun, as we start a new day. ■



## Thank You Veterans!

Photo credit: Brooklyn McLaughlin, age 6 (SNAPSBYBROOKIE)

## COVER ARTIST

## Janelle Stoneking



Janelle (Carlson) Stoneking is a visual artist residing in Dickinson, ND. Janelle enjoys expressing herself through mixed media art journaling which she is passionate about because it unifies people by conveying the emotions that we all share no matter our differences. She is supported by her husband Bobby Stoneking, sons, Jackson (14) and Grayson (3).

"Fragmented" is a 24x24 mixed media, self-portrait that tells the story of her journey juggling commitments to family, community, and self. This artwork was honored with the Most Innovative award at the Badlands Art Association annual show in Dickinson, ND in November 2018. It was a journey to create, with each element representing pieces of Janelle. She tried to represent her role as chair of board for Community Action Regions I & VIII and Badlands Art Association, as well as being on the state board for Assistive ND and running a residential program for ABLE, Inc. in her daily work. It also features photos of her family, travels and loves at the forefront (forehead) while incorporating the folks with disabilities that she supports near the lower. This represents her struggle to put family first and work second. Words and quotes of affirmation of her journey are woven throughout, including the premise that the more you love, the more time you need to give. In addition, how it feels to be consumed with passion for so much and the beauty that comes from giving of yourself to help others is paralleled with the feeling that you're not doing enough.

This was one of the most challenging pieces Janelle has completed to date; it's a testament that many can relate to as we choose to give of ourselves as we give back and recognize others.

## HAND IN HAND

## Best Friends Mentoring celebrates helping more than 3,000 kids in 23 years

By Kris Fehr

The need for mentoring services for youth in our community continues to grow. Last year, the Best Friends Mentoring Program worked with more than 150 youth, providing them with one-to-one positive role modeling and guidance from local volunteer mentors who have been specially screened and trained.

Kids in our community continue to face family stress from reduced incomes plus the more typical problems like loneliness, few friends, low self-esteem, homework concerns or other educational struggles. In all these situations, a mentor can help by providing a listening ear and the positive support that is critically important for a child's development.

These problems call for the supportive guidance of someone who kids can rely on to listen, to recognize their struggles, to value their voice, to let them know that what they think makes a difference. Someone they can trust and rely on, someone who's committed to giving them at least one hour a week of one-on-one attention. And that would be a mentor!

Because of the increasing numbers of children placed outside of their homes, either with family or in foster care, the Best Friends Mentoring Program recently launched a special initiative to find mentors for these children who need such stability and reliability the most. We have seen amazing results for these children after just a year with their mentors!

Mentors and youth meet either in a school setting, usually over the child's lunch, or in community settings on consistent days and times outside of school and work time. Best Friends Mentoring has helped more than 3,000 children in 23 years in southwest North Dakota, mostly in the Dickinson and Stark County areas. The program has expanded to serve youth in Glen Ullin, Hebron, New England and Bowman County. Best Friends Mentoring doesn't receive federal or state grants, and it's not a branch of a larger organization. So each gift is not only appreciated, it's vital to continuing mentoring services for the children in our communities.

January is National Mentoring Month. Everyone can help make a difference in the life of a child by volunteering or by donating to the Best Friends Mentoring Program by December 31st.

Please call 701-483-8615 or 1-877-877-8685.

Donate securely online at our website: [www.bestfriendsnd.org](http://www.bestfriendsnd.org)



## THE HEART RIVER VOICE Q&amp;A

# Living life with courage, optimism and a smile

By Kaylee Garling

From the moment I walk into the home office of Vladimir Dasic and Jelena Ceslijarac, I feel as if I have found long lost friends. A plate of Kolachy desserts are artfully placed on a plate, waiting to be sampled. The office gives off a cozy, yet professional vibe, just like the couple sitting on black office chairs in front of me. They are as kind hearted and genuine as everyone who recommended them for Heart River Voice has said. I can't wait to get this interview started. First question on my list:

**Where are you from?**

(They both smile and look at each other.)

**Vladimir:** Serbia—the same small town in the mountains. We met when we were five, went to school together for four years, then lost contact when we went to different high schools. I was into music and had a band. She was shy. Since those people don't usually hang out together, we found our life paths taking different directions.

**How did your paths cross again?**

**Vladimir:** She came to Dickinson last October to visit. When you're in a place you don't know many people, those connections from your childhood, from home, become very strong and important. She came at a time when I needed her most. I was starting a new business, and she was a great factor of my business becoming a success. She is behind the scenes, keeping track of all the details, and I am the creative, outgoing one. This business wouldn't work without her.

We've been through a lot of struggles, but it's how you look at it. If you want to look down on what you have on your life, you can't get much more. But if you're grateful for what you have, you will be able to accomplish so much more.

**How did you arrive in Dickinson?**

**Vladimir:** My brother was in Williston 6 years ago and told me to check out North Dakota. He told me not to go to

Williston, but that Dickinson was a good town, and closer to the size of back home. Dickinson is safe, where you know most of the people. There's a built-in community, where people are excited about your success.

**Jelena:** I didn't like Dickinson in the beginning, but once I moved here, I liked it more than expected.

**Vladimir:** Every place has something special about it. The more time you spend in a place, the more special you realize it is. If you drive past a place, there isn't really anything special about it, but then you stay for a while and it grows on you.

**Tell me what you do for a living in a few sentences.**

**Vladimir:** We help businesses grow and effect more customers by presenting them-

selves in the best way possible. We build their brand.

**Jelena:** We make homemade desserts called Kolachy that my mother used to make at home in Serbia. She had her own business where we would make desserts for any occasion. Kolachy is a group of thousands of desserts. If you change the recipe a bit, it is different. We wanted to share something new with the community through desserts.

**Give me an example of a time you solved a hard problem.**

**Vladimir:** Before I started real estate photography, I didn't want to do it. But, I got a chance, and so I did, and sucked. I spent five days after that, studying all day and night, so I could learn how to photograph real estate. When I was able to photograph the second time, I killed it. The studying and hard work paid off. Piece of advice: Get out of your comfort zone. Sleep is good but being awake is going to give you more results.

**Jelena:** Trying to run a business in a country when you barely speak their language. You have paperwork, bills, promotions, all while trying to make it successful. Sometimes I don't understand people around me. Being in a circle where it

requires a higher level of communication, like running a business, it makes life much more challenging.

**Favorite accomplishment in the last twelve months.**

**Jelena:** Didn't have any contact with camera before moving to Dickinson. The first job I was doing on my own was taking pictures at Dan Porter. It was a big responsibility because I couldn't re-take them another day. I learned that, it doesn't matter if you don't know anything about something, you can sit down and learn. You can learn anything if you put your mind to it.

**Vladimir:** Had \$200 in my bank account when I quit my job. Signed off my car to Jelena, so I put myself in a situation with no exit. Put on a suit and asked her for a ride to a local dealership to get a new car by pitching the idea of taking pictures for them in exchange for a car. They said no. So, we went next door to Dan Porter, talked to Rob Wilkinson, and he said yes. It showed me that if you get told no, try harder next time, because you never know when it is going to be enough. Dan Porter was the first client of ours, and we still do work for them.

**Jelena:** I thought he was just talking when he came up with the idea and wasn't serious. But he did it.

**What motivates you to get out of bed in the morning?**

**Both:** Alexa. (Laughs.)

**Vladimir:** Before you came, we were talking about this question. I don't believe in motivation. Motivation fades very fast. It's not a long-term solution. Sometimes you want to skip a day, a week, but realizing that something is your goal, and that's where you want to end up, you just do it. Nothing motivates me to get up. I have a goal, and I know what I need to do to get there.

**Jelena:** We get up early in the morning, between 4 and 5 am, because those are the best times of the day to work. Nobody's up, nobody's calling. Nobody texting. It's quiet, and we get a lot done.

**Vladimir:** By the time 9 am rolls around, we're already done with most of the things

we had to do today. It really starts our day off right.

**What are your plans for the next 12 months?**

**Vladimir:** Even though we wake up at 4 am and do a lot, we are in a new comfort zone for ourselves. We're trying to decide if we want to change and make things a little more challenging for ourselves. Or if we are good building our lives from here. Before I sold everything and moved to a new continent, I was in a band. There was always going to be more people, more songs, more concerts, more stress, but pretty much the same thing over and over again. Right now, I am in the same situation, where I'm happy, I'm successful, but I want to experience something I've never experienced before. I want to see if I can do something completely new for me. It will be a sudden decision when, and if, we do the new adventure.

One time when we were coming back from South Dakota, we asked ourselves why we are acting like old people, browsing shops, etc. We saw a lake, pulled out on a viewpoint, walked down to the water and jumped in with our clothes on. We didn't bring swim suits or towels, but in that moment, we decided that we wanted life to be like that: completely unexpected and willing to try anything.





**Anything else you want to tell me?**

**Vladimir:** I'm happy I found someone I can share my dreams with, because I didn't think I would find anyone. I always want to experience something more, something new, something better. That's not how everyone wants to live life. Sometimes we entertain the idea of buying a beach house, with two cows and three chickens, and just living there for the rest of our lives. Of course, we prefer this life, but sometimes, we put too much stress on ourselves, so we can live.

As I packed up to leave, there were some pieces of stories I wanted to include.

**Vladimir:** When I was a little boy, I broke my leg and forgot how to walk. So, my grandfather took me to the beach where there was really soft sand after my leg was healed. He started walking away, and said, "come on." I had to follow or be left behind, so I started walking again.

**Jelena:** When I was a little girl, my parents taught me how to swim by throwing me into a lake. Babies learn how to swim very quickly when exposed to water when infants, because it is natural for them to swim. And I obviously learned how to swim.

Might be a precursor or reason why they live their lives the way they do, with courage, optimism, and a smile. ■



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## THE URBAN HOMESTEADER

# Roasting coffee at home

By Jon Stika



I have always been a devotee of doing things myself. I often take things back to their origin and examine how they were done prior to the 21st century. I often ask, "How did they do that before we had the technology of today?" When I dig into a particular topic, the innovation and ingenuity of our predecessors often astounds me. The methods employed in the past, when things were done by hand, are often very clever and elegant. Roasting coffee is one thing I have examined that we now take for granted. The coffee we find on the store shelves today was commonly roasted at home less than a century ago.

Prior to World War I, more coffee was roasted at home than was roasted commercially. From the 1920s to present, home coffee roasting declined to the point where nearly everyone in the U.S. purchased their coffee in roasted form rather than acquiring raw, green beans and roasting it themselves. But home coffee roasting is now experiencing a bit of a renaissance as folks rediscover the benefits of roasting coffee for themselves. This is evidenced by the fact that there were a considerable number

of patents filed for home coffee roasting equipment from the late 1980s until the turn of this century. A particular bonus of roasting your own coffee is that green coffee beans usually cost roughly half as much per pound as roasted beans, so you can explore different varieties of coffee and levels to which it is roasted, at a significant savings.

Roasting coffee yourself is not much more complicated than popping popcorn on a stovetop. The key to getting the job done is to have an adequate heat source and to keep the beans in constant motion. At its simplest, this can be accomplished with a heavy skillet and a large wooden or metal spoon. If you desire less work and more convenience, there are several automated machines that will do much of the work for you. A point of caution when roasting coffee is that a fair amount of steam (initially) and smoke (later on) will be generated during the roasting process, so it is best to conduct the roast in a garage, shop, or patio so you can allow for thorough ventilation.

When roast my own coffee, I use a 1500 watt electric burner and a stainless steel stovetop popcorn popper

with a hand crank. The crank turns a set of metal paddles that spin around against the inside bottom of the pot. I preheat the popper on the burner to around 400°F before adding the beans. The preheating temperature can be checked with a metal meat thermometer inserted in a hole drilled in the lid of the pot, or simply tucking the point of the thermometer under the closed lid. Preheating is important, as you want the beans to roast fairly quickly, (10 to 20 minutes depending on how dark of a roast is desired), not slowly, in order to achieve the desired flavor of the coffee beverage brewed from them. In order for this to occur, the burner should be turned to a high setting and left there throughout the roasting process. As soon as the beans are added to the pot, you must begin turning the crank to keep the beans moving as they heat.

As the roast progresses, the green beans will begin to change from green to light yellowish-brown in color and "pop" (known as "first crack") as the moisture inside them turns to steam, similar to how popcorn pops. The beans will only change slightly in size when they pop and



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.

otherwise retain their original shape. Continued heating (and stirring) will cause the oils within the beans to come out of the beans and produce a second "crack", giving them a slightly shiny appearance. First crack sounds like a soft "pop", while the second crack sounds like pine needles burning in a campfire. Depending on the degree of roast you desire, the roasting process might be complete when second crack just begins, or continue all the way until second crack ends. If you continue to roast your beans on into the second crack, a considerable amount of smoke will be produced and the beans will become quite glossy and very dark brown.

The final step of the roasting process is to cool the beans down to room temperature as quickly as possible so they do not become any darker than desired. I accomplish this step by dumping the beans from the roasting pot into a metal colander and stir them with a wooden stick. I usually perform this step outdoors to lessen the amount of smoke produced in my garage workshop. Once the beans are cooled down, they can be left in the colander at room temperature for at least an hour or two before placing them in a storage container. Never freeze or refrigerate your coffee beans! Many of the flavor and aroma components of the freshly roasted beans will be irreversibly destroyed by putting the beans in a freezer, and if stored in the refrigerator they will more than likely pick up flavors of other foods stored alongside them. Store the roasted beans at room temperature in a sealed (preferably glass) container until use.

For best flavor and aroma in your brewed coffee, grind the beans just prior to brewing and transfer the brewed coffee from the brewing vessel to an air-pot or vacuum bottle immediately after the brewing process is complete. Roasting coffee at home yourself is both economical and rewarding. Once you drink coffee made from home roasted beans at peak freshness (1 to 7 days following roasting) you may never go back to store-bought coffee again!

For more information about roasting coffee at home, visit Sweet Maria's at: [sweetmarias.com](http://sweetmarias.com)

To view a video of my home made coffee roaster "robot" go to: [tinyurl.com/y98r9uq4](http://tinyurl.com/y98r9uq4) ■



PHOTOS COURTESY OF JENNIFER STIKA

## PLAYING IT SAFE

# Tips for protecting your mobile device

As consumer use of mobile devices continues to climb, cyber criminals are targeting our phones more frequently. We use our phones to research and conduct many types of financial transactions. According to a report by the Federal Reserve, 43 percent of smartphone users say they have used mobile banking in the past 12 months. Here are some ways smartphone users can take extra precaution to protect the data on their mobile device.

**Use the passcode lock on your smartphone and other devices.** This will make it more difficult for thieves to access your information if your device is lost or stolen. Use a strong password or biometric, such as your thumbprint, to open your bank app.

**Log out completely** when you finish a mobile banking session.

**Protect your phone from viruses** and malicious software, or malware, just like you do for your computer by installing mobile security software.

**Use caution when downloading apps.** Apps can contain malicious software, worms, and viruses. Beware of apps that ask for unnecessary "permissions."

**Download the updates** for your phone and mobile apps.

**Avoid storing sensitive information** like passwords or a social security number on your mobile device.

**Tell your financial institution immediately if you change your phone number** or lose your mobile device.



**Be aware of shoulder surfers.** The most basic form of information theft is observation. Be aware of your surroundings especially when you are punching in sensitive information.

**Wipe your mobile device before you donate, sell or trade it** using specialized software or using the manufacturer's recommended technique. Some software allows you to wipe your device remotely if it is lost or stolen.

**Beware of mobile phishing.** Avoid opening links and attachments in emails and texts, especially from senders you don't know. Be wary of ads claiming that your device is infected or congratulatory messages on winning something you haven't registered for.

**Watch out for public Wi-Fi.** Public connections aren't very secure, so don't perform banking transactions on a public network. If you need to access your account, try disabling the Wi-Fi and switching to your mobile network. Consider using a Virtual Private Network (VPN) app to secure and encrypt your communications when connecting to a public Wi-Fi network. (Visit [consumer.ftc.gov](http://consumer.ftc.gov) and search "Shopping for a VPN")

**Report any suspected fraud to your bank immediately.**

Source: Cornerstone Bank and American Bankers Association ■

## COMMUNITY FOUNDATION

# Serving North Dakota for over 40 years

By John Heinen

North Dakota Community Foundation's focus is to provide charitable services for individual donors, companies, non-profit and governmental organizations. Our foundation acts as a charitable umbrella providing necessary resources to make charitable giving extremely easy and efficient. Anyone or any entity can give gifts to one of our over 600 funds. These include community funds, scholarships, or funds that serve a specific need. All are overseen by our foundation.

If a specific type of fund is needed, most take just a few minutes to set up. We do all the IRS reporting, auditing, help with marketing as needed, building and supporting volunteer committees, speaking with donors or committee members as gift planning questions come up. Provide investment management, and gift transfer support. We at the foundation have a slim, but very knowledgeable staff with over

100 years of charitable service expertise. We prefer the personal approach; working with those who have funds, or those making gifts, because often times there are many questions of how to "stretch" charitable dollars to make the most good happen in a community and we offer suggestions for consideration and questions they can take back to their planners.

In Dickinson specifically there is Dickinson Community Foundation; a special needs fund, Friendship Park; building an all "inclusive" playground, Little Buddy Foundation; growing to provide youth with prosthetics, Vision West ND; pro-

viding tools for community sustainability and growth and many others. It is the job of a local committee to connect donors with these projects, to build partnerships in the community, and to grant dollars from the earning of the fund, back into the community to key projects that improve quality of life in the area.

Other Community Foundations under our umbrella include Killdeer, Golden Valley, Bowman-Slope, Adams, Mott-Regent, New England, Richardton, Glen Ullin, Hebron, New Salem, Parshall, McKenzie County, Williston, Stanley, and Tioga.

One key benefit to giving, is the 40% North Dakota income tax credit launched in 2011 for gifts to qualified endowments. All community foundation endowments are qualified or meet specific state requirements. Anyone earning income from ND and paying ND taxes could

see a benefit so they don't need to live in North Dakota currently. There are minimums and maximums to the giving, but in short, a \$10,000 gift could yield a \$4,000 tax savings. A nice perk for being generous! Individuals, couples, LLC's, S and C corporations all qualify. Gifts of any size however are greatly appreciated. They help build the base of giving in a community or specific purpose fund.

Watch coming issues for details on charitable planning and the types of funds available. For specific questions email [john@ndcf.net](mailto:john@ndcf.net) or call (701) 590-4614. ■



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## NEW YEAR, NEW YOU

# To detox or not to detox, that is the question

By Steve Irsfeld



A study in 2005 looked at toxins in umbilical cord blood of newborns. The study found that cord blood contained 287 different toxins with 180 of those being known carcinogens. The question should not be “do I need to detox?” but “how often do I need to detox?”

As we enter a new year, many of you will be considering making a new year’s resolution to ring it in. Health, fitness and nutrition often seem to be at the top of the list as potential resolutions. Doing a detox falls into that group and I would like to review what a detox is, how it can be done safely and some things to consider before embarking on one.

The confusion surrounding a detox may come from the 223 million hits of information when searching that word on the Internet. Webster’s Dictionary defines detox as: a regimen or treatment intended to remove toxins and impurities from the body. It only makes sense that removing toxins from our bodies will better make it perform better.

One rebuttal I hear for doing a detox is that our bodies naturally remove toxins on their own. That is a true statement and it happens 24/7/365. However, when our bodies are not able to keep up this process or when the volume of tox-

ins exceeds the detoxification capacity, it becomes a problem.

That problem is the storage of excess toxins that our body cannot remove on its own. These toxins are fat soluble and accumulate in our fatty tissues. Have you ever had a significant weight loss, say 20 lbs? Kudos to you if you have but removing the fat can intensify the toxins in your body and make you not feel optimal. If the toxins are not removed, often times the weight simply returns

The process of detoxification happens over several phases. Phase I occurs in the liver where enzymes in the liver mobilize the toxins from our fat tissue. This mobilization, makes us more toxic before phase II begins.

Phase II detoxification is the water solubilizing of those toxins and is also done in the liver utilizing powerful enzymatic pathways. By the process of conjugation, large molecules join together with toxins to produce harmless water-soluble substances. These substances can be safely excreted in phase III.

Newly transformed toxins are then transported to either the kidneys, where they are excreted in the urine; or to the gallbladder, where they are eventually excreted via the feces in Phase 3 of de-

toxification. This third phase of toxin elimination relies on an alkaline vs acid environment, pH at 7 or above.

To do this requires us to help things along. Drinking good, purified water will help flush our kidneys and wash away the toxins in our urine. Eating a healthy diet that includes plenty of fiber will help keep your bowels regular. And lastly, exposing yourself to heat or working out will force your body into sweating out toxins.

The single most important part of a detox program is making sure you are having daily bowel movements. If constipation is an issue, the toxins that are spilled into your gastrointestinal tract will simply be reabsorbed into your system. Now you are forced to deal with both the toxins you are mobilizing from your fatty tissue but also what is being reabsorbed.

It’s not uncommon to have someone come to the pharmacy and tell us how bad they felt while doing a detox. When I ask them if they have a problem with constipation and they say “yes”, I then explain what is going on in their bodies and it becomes quite evident why they didn’t feel well when they detoxed.

Choosing a detox product can be dif-

ficult because of number of choices and what you are looking to achieve. Working with a company that can back up purity and quality claims is important. Making sure the product supports the metabolic pathways in both phase I and II detoxification. For many, this last bit of information can be a deal breaker, does it taste good or good enough to get through a protocol. Having a bad tasting product that sits in your cupboard does no one any good.

Once you have chosen a protocol, you need to pick a date to start the detox. This is important, and you want to look at your calendar to make sure you don’t have any events, travel or celebrations that might steer you off course from your goal. You want to shoot for 100% compliance to the protocol so that you receive 100% of the benefit.

In this world, where toxins are lurking around every corner, detoxing is an important part of a healthy lifestyle. It requires some planning but if done properly can be a great start to going down a healthier road or if you are already on that road, it may help you get to the next level.

Until next time, be vigilant about your health. ■

## THAT'S CHEESY

# Beemster Classic 18-Month Aged Gouda

By **Tara Laber**, Owner of Salt Kitchen & Co

Aged Gouda, one of the world's most sought-after cheeses, has been made in the Netherlands for over 800 years. Beemster makes theirs in North Holland, where they are famous for their rich milk and fertile grazing land. This delectable piece of heaven has been matured for eighteen months, allowing its body to develop a muted caramel color, matched by an intense flavor with a sweet finish.



## DUTCH GRILLED CHEESE

### Ingredients:

3 tablespoons butter, at room temperature  
1 medium red onion (about ½ lb.) thinly sliced  
¾ teaspoon cumin seeds  
6 oz best quality medium aged Gouda cheese, coarsely grated  
8 slices sourdough bread (1/4-inch-thick)

In a large nonstick skillet, melt 1 tablespoon of the butter over low heat. Add the onions and cook very slowly, stirring occasionally, until they turn a dark golden color, 30 to 40 minutes. If the onions begin to scorch, add about 1 tablespoon of water. Remove the onions from the pan and set aside. Wipe the skillet with a paper towel, but do not wash it. (The onions can be prepared up to 6 hrs. in advance and kept covered at room temperature.)

Heat the same skillet over medium-high heat. Add the cumin seeds and toast just until they become fragrant, about 3 minutes. (Watch carefully, they burn easily.) Remove the seeds and let cool briefly. Do not wash the skillet. When the seeds are cool, crush them with a mortar and pestle, or place them in a resealable plastic bag and lightly pound with a mallet or the bottom of a heavy skillet. In a medium bowl, toss the crushed seeds with the grated cheese.

Butter one side of each slice of bread. Buttered side down, distribute the cheese evenly over 4 slices followed by the onion. Place the remaining 4 slices on top, buttered side up.

Heat a large nonstick skillet over medium-high heat for 2 minutes. In batches, place the sandwiches in the skillet, cover, and cook for 2 minutes or until the undersides are golden brown and the cheese has begun to melt. Uncover, and turn the sandwiches, pressing firmly to flatten them slightly. Cook for 1 minute, or until the underside is golden brown. Turn the sandwiches again, press, and cook for 30 seconds, or until cheese has melted completely.

## DICKINSON DOWNTOWN ASSOCIATION

# New Executive Director hired

The Downtown Dickinson Association has hired Angie Eckelberg as their Executive Director.

Eckelberg will be leading the non-profit membership organization to create a vibrant downtown through effective development, communication, promotion, and education. Currently an eleven-member Board meets monthly to move initiatives, events and development in the downtown area to create not only a quality of place for current residents, but also as a recruitment for new employees that local employers are searching for.

"We are pleased to have Angie join our organization as our new Executive Director. We have confidence that she will elevate the organization to an effective capacity that will move the Downtown

into a new exciting phase," said Kristi Schwartz, President of the Downtown Dickinson Association.

Eckelberg has a background in non-profit organizational operations, group volunteer events, and leadership programs. She is relocating from Maryland with her family, who is originally from the Killdeer area. She will begin her new position January 1st. ■



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The Brew  
City Brew  
Dunn Brothers Coffee  
Dickinson Theodore Roosevelt  
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#### BELFIELD

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Trappers Kettle  
Belfield Public School

*Heart River Voice is a free community publication. Please let us know if you'd like copies delivered for your customers to enjoy!*

## PIECE BY PIECE

# Getting Crafty

By Suzy Rummel

Hello and welcome to our corner of Heart River Voice. Congratulations to Kelley and all the staff. We at the Stash are sure it is going to be an amazing success.

My name is Suzy, and I am the owner of Suzy's Stash; a quaint little quilt shop at 118 North Ave in Richardton. We provide fabric, notions, lunch, specialty coffee and drinks, and fresh flowers. We also conduct classes, for both sewing and crafts.

My husband Mark, our five children, my nine siblings and numerous friends turned an old building into a lovely shop. Our phone number is 701-974-7899 and our website is [www.SuzysStash.com](http://www.SuzysStash.com). We also have a Facebook page.

Here are some common quilting abbreviations so you can amaze your quilting friends and/or spouse when you know the answer.

**BOM** - Block of the Month

**FQ** - Fat Quarter,

**HST** - Half Square Triangle,

**PP** - Paper Piecing,

**RST** - Right Sides Together,

**SID** - Stitch in Ditch,

**TBQ** - To Be Quilted,

**UFO** - Unfinished Object (very few quilters have any of these, insert wink!!),

**WOF** - Width of Fabric,

**WIP** - Work in Progress,

**SOG** - Straight of Grain,

**LAQ** - Long Arm Quilting.



*Some more humorous ones are:*

**SABLE** - Stash Accumulation Beyond Life Expectancy (another one, not many quilters have!!),

**TGIF** - Thank Goodness It's Finished,

**WIWMI** - Wish It Would Make Itself,

**FOB** - Fear of Binding and last, but certainly not least,

**PIGS** - Projects In Grocery Sacks.



Congratulations again and welcome to the inaugural issue of *Heart River Voice*.

## HEART RIVER GEMS

# Little Free Pantry

By Kaylee Garling

When asking Corey Lee what motivated him to become one of the founders of the Little Free Pantry in our area, he humbly gave credit to the person who approached him with the idea. The two worked together to find a location, build the pantry, make sure the color suited the surrounding buildings, and finally, place and stock it.

Though she chose to remain anonymous, the person who presented the idea to Corey felt the urgency to help the community in a way that would have been priceless years ago. Standing in line at the food bank, being turned away because she made \$5 over what the government allotted, she found herself not only too poor to pay for groceries, but also hopeless. With two children and just enough cash to split a dollar meal hamburger between the kids, she nobly vowed to ease the suffering of hunger whenever she had the chance. The Little Free Pantry in front of The Brew stands as a testament that she held true to that promise.

There have been times when the pantry is empty. There are times when it has been stocked without either of them filling it from their personal stock they keep in the back of their cars. People from the community are helping in profound ways. The pantry's door is always open.

Nobody is turned away. "Take what you need, bring what you can" is the motto.

During the cold, winter months, it is recommended to place items that can have water or milk added, or solid hygiene products, not liquids, so they don't risk freezing or exploding. Clothing items, such as coats, hats, and gloves, are also appreciated. During the warmer months, liquid hygiene products and canned goods can also be contributed. Everything is appreciated. Your generosity will save lives.

***With all of life's unexpected twists and turns, you never know when it could be you.***

Being employed in Corey's line of work, and out in the community daily, he sees the need. Most of it goes unnoticed or overlooked. People hide their struggles behind closed doors, but once the door is open, the pain and suffering are visible.

The Little Free Pantry is not only spreading across our country, but also our community. Word

has blossomed that there is a way to give to those in our community. Three more pantries are in the works. To stay updated on new local locations, and how you can support this cause or get involved, go to the Facebook page: Little Free Pantry-Dickinson, where updates and information are publicly posted.

For more information, visit [littlefreepantry.org](http://littlefreepantry.org). ■



## LIVE RIGHT

# Nutritional aspects for aging muscle

By Gabrielle K. Hartzke, RD, LRD

When you hear the word protein, what comes to mind? For most, "protein" creates an image of muscle and fitness. However, it's not just the avid gym-goers that requires more protein, older adults need extra protein as well.

Proteins aka the "building blocks of life" are the glue that hold all the cells in our body together. Muscles, skin, hair, nails, and even enzymes regulating metabolism, contain protein. Consuming an adequate amount of protein allows the body to maintain its strength and mobility longer. A crucial part of maintaining these "building blocks of life" begins with proper nutrition and exercise.

We tend to eat less food as we age, increasing the risk of inadequate consumption of macronutrients such as protein. Along with the aging process, muscle

mass tends to diminish quicker than during the younger years of life, putting older adults at risk for sarcopenia. Sarcopenia is distinguished by a loss of muscle mass, resulting in decreased strength and function. It can also lead to an increased risk for falls. The development of sarcopenia can be caused by physical inactivity and less than optimal protein intake. As body composition changes, so does the need for protein. Protein requirements may vary based on height, weight, age, activity level, and health. Research has shown a minimum of 1.0 to 1.25 grams of high-quality protein per kilogram of body weight per day is likely appropriate for most of the older adult population. Those with sarcopenia may need a higher amount, from 1.2 to 1.5 grams of protein per kilogram of body weight per day, for muscle maintenance. To calculate weight in kilograms multiply weight in pounds by 0.45 kilograms. For example, the protein intake for an individual without sarcopenia weighing 150 pounds is between 67 to 84 grams per day.

Not all protein is created equal, thus the importance of consuming the right types of protein to preserve muscle mass

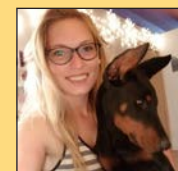
is key. Leucine may be one of the most effective proteins for maintenance and repair of muscle. Leucine is primarily found in animal foods such as beef, poultry, fish, eggs, and milk. To a lesser extent it can also be found in soybeans, nuts, and seeds. Many high-quality proteins are found among dairy products like yogurt, low-fat milk, cottage cheese, and reduced-fat cheeses. These foods have a soft texture and are often less expensive than meat. Peanut butter is another great alternative; 2 ½ tablespoons provide 10 grams of protein.

Additionally, protein paired with exercise aids in the prevention of muscle loss. Four key components to include in your exercise routine are: muscular strength and endurance, balance, cardiovascular endurance, and flexibility. Go4Life from the National Institute on Aging is a website geared towards these four components providing

free workout videos to all. Check it out here: [www.go4life.nia.nih.gov/workout-videos/](http://www.go4life.nia.nih.gov/workout-videos/)

The Bottom Line: As you age, your body may have a greater need for protein. Adequate protein intake helps retain muscle and varies depending upon age, height, weight, activity level, and health. Most of the older adult population should be consuming between 1.0 to 1.5 grams of protein per kilogram of body weight per day. Space your protein intake throughout the day by consuming animal-based foods like lean meats, low-fat dairy products, eggs, and fish. Furthermore, do not forget to keep moving and keep building that muscle strength by pumping those irons. ■

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Gabrielle Hartzke is a Registered Dietician at CHI St. Alexius Health Dickinson.

## BLESSED WITH SPEED

# Blazing-fast Trinity senior Kaden Kuntz stars on the track and football field

By Dustin Monke



PHOTO COURTESY OF DUSTIN MONKE

Kaden Kuntz was only 10 years old when he began to understand he had the gift of speed.

He had qualified for the Hershey National Junior Olympic Championships in two events, the 50 and 100 meters. He chose to run the 50 meters and became national runner-up.

The Dickinson Trinity High School senior said that was "the first time I realized I had some speed behind me."

Kuntz hasn't slowed down since.

Today, he can make a legitimate claim to being the fastest high school athlete in North Dakota.

He's the reigning Class B state champion in the 100 and 200 meters -- last spring, he clocked the state's fastest 100 time in three years -- and also won the long jump title. He was the catalyst for the Trinity boys winning their first track and field state championship since 2006, and figures to put them in the title hunt again this spring.

"He's probably one of the best track athletes we've had in a long time," Trinity track and field head coach Craig Kovash said.

Not only that, Kuntz's speed and abilities on the football field helped him earn him Class A senior athlete of the year honors as he helped the Titans to the state semifinals. Just before Christmas, he signed to play college football for North Dakota State University.

Along with his athletic success, Kuntz's coaches said he's a standout in the classroom and has embraced a sense of leadership during his senior year.

"Not just his athleticism, but his leadership skills for setting an example for all those kids around him," Trinity head football coach John Odermann said. "I can't say how proud of I am of the young man he's become and the example he sets for the underclassmen."

### Committing to NDSU

Kuntz's combination of speed, agility and shiftiness caught the eye of NDSU

football coaches early in his career.

He'd attended their camps since he was a freshman. Finally, last July, the Bison offered him a scholarship. He signed his national letter of intent to play for the six-time Football Championship Subdivision champions on December 19.

Because Kuntz only stands 5-foot-9, 160 pounds, he is projected to redshirt his freshman season for the Bison as he transitions into a slot receiver and return specialist. Throughout his high school career, Kuntz spent some time at receiver and returned kicks for the Titans, though he was primarily a running back in his breakout senior season and during a junior season that was shortened by a Medial Collateral Ligament tear in his knee.

"They say I'm perfect for the slot," Kuntz said. "I'm pretty comfortable at the slot position."

Odermann said Kuntz has an innate ability to switch speeds while carrying the football.

He said it was common for Trinity's assistant coaches who called offensive plays from the booth during games to know when Kuntz would make his move toward a big yardage gain before Odermann could ever see it happening at field level.

"He can go from first to fourth gear at the drop of a hat," Odermann said. "He's got good lateral movement. But when he puts his foot in the dirt and gets going, he can get to full speed in a couple steps."

Kuntz's time of 10.99 seconds to win

the 100-meter state title was just eight-hundredths of a second shy of setting a Class B record. His football field quickness, however, translated into piles of yards and touchdowns for the Titans.

In his senior season, he amassed 1,428 all-purpose yards and 20 total touchdowns. He rushed for 906 yards and 15 touchdowns while averaging 9 yards per carry. He had 353 yards receiving and three touchdowns on just 21 receptions, and had two kick returns for touchdowns.

In his career, he compiled 4,025 all-purpose yards and 45 offensive and special teams touchdowns. On defense, he was a lockdown defensive back and ended his career with 11 interceptions and two defensive touchdowns.

While Kuntz's football career didn't end with the state championship his team was eyeing, Kuntz said he's proud of what he accomplished.

"I left it all out on the field every play," he said.

### More than an athlete

While Kuntz generally plays a starring role in athletics, he stepped out of his "comfort zone" when he decided to join the drama club as a junior.

There, Kuntz ended up playing secondary character roles in "Shrek" as a junior and, more recently, in "The Music Man" as a senior. It was a far cry from his game-changing plays on the football field and title-winning runs on the track. But it has been something he said he thoroughly enjoys.



PHOTO COURTESY OF ERIC OLHEISER





PHOTO COURTESY OF RYAN JILEK

"It was a nice switchup," Kuntz said. "Growing up, it was all sports, sports, sports. It's something I hadn't really done before. I didn't know what to expect, whether I'd like it or not like it. All the kids were very welcoming and made us feel right at home."

Odermann, who similarly branched out from the football field and onto the drama stage in high school, said he was proud to see Kuntz and other football players take a chance at participating in the fine arts extracurricular activities Trinity offers.

"It's quickly becoming a highlight of my year to take a picture with all the football players who are in the drama productions," Odermann said. "I don't know if (Kuntz) really understands how big of an impact he has on the underclassmen who see him on stage doing that stuff."

### Humble star

Odermann and Kovash each said Kuntz has always been modest about his athletic success, which they believe is why he has grown to also be respected as a student leader.

"I like the way he handles himself," Kovash said. "He's always been very humble, with the amount of success he's had. Some kids don't handle themselves very well, but he is really level-headed. You'd never know it by watching him."

Kuntz said he's uncertain of the career path he'll choose in college. He has toyed with going into chemistry, business and pre-med, but is a long way from making a decision. Odermann and Kovash both said they believe Kuntz will succeed in whatever he chooses to do when his athletic career is over.

"That's really all we can ask that these kids we help guide throughout their high school years go on to be good parents, good fathers, good employees," Odermann said. "I think Kaden is well on his way."

Kuntz will graduate alongside his twin sister, Masy, in May. She has also been a standout for Trinity in track and field, as well as on the volleyball and basketball courts.

The day before graduation, barring any unforeseen injuries, the siblings will wrap up their impressive athletic careers at the state track meet.

"I don't think it's really hit me fully yet that this is my senior year of high school," Kuntz said. "I'm kind of taking it all in and enjoying every minute of it. I'm not taking anything for granted this year. I can't come back next year and do anything over. I'm just trying to put effort into everything I do." ■



PHOTO COURTESY OF ERIC OLHEISER

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



## PRESIDENT MITZEL'S MESSAGE

# Heart River Voice facilitates sharing of ideas while helping us learn more about those around us

By Dr. Tom Mitzel, Dickinson State University President

I would like to take this opportunity to welcome you to the first edition of Heart River Voice. In the three years that I have been at Dickinson State University, I have stressed communication and collaboration amongst all of our family members in Dickinson and western North Dakota. Each of us is an integral part of the development and progression of our community as we move forward toward an ever-brightening future in our region. One of the aspects I enjoy so much about Dickinson is the openness of the people, and the ability to meet and get to know the city's denizens face-to-face and in a personal manner. Whether attending a formal meeting, or relaxing at an evening event, the evident enthusiasm that groups note for this area are paramount and permeate the atmosphere. In a city the size of Dickinson, it is not possible to know each and every individual, but it is possible to know a large percentage of the populace. This close-knit acquaintance allows us to work together in a positive manner and share our thoughts and dreams in a fashion that is not witnessed in larger population centers.

Heart River Voice will extend this sharing of ideas while helping us learn more about those around us. We are proud to be a part of that process. Each month, DSU writers will contribute articles focused on the community, and DSU's activities and hopes within this community. We wish to give readers a perspective of the DSU campus from all the varied areas within academics. We also wish to let you know how our campus community is working with the larger Dickinson and western North Dakota region in a plethora of areas. I look forward with great enthusiasm to reading the articles and getting to know the community at large at an even greater level. I hope you enjoy this experience as well. I thank the Heart River Voice for undertaking this project and look forward to reading it every month.

The University runs on an academic year, which is broken into segments – fall, spring and summer. The spring semester will bring with it a number of opportunities for professional development, community engagement, entertainment and fine arts. I invite you to keep up to date with DSU news and events by visiting our website.

Until next time, I hope your year has started well and you are enjoying the North Dakota winter!! I myself am eagerly awaiting the start of ice fishing season, and I invite you to join us at Patterson Lake on President's Day for the DSU annual ice fishing tournament.



Dr. Thomas Mitzel began his appointment as the 12th president of Dickinson State University in December 2015. He and his wife Rhonda live in Dickinson with their three dogs Dakota, Lucky and Jax.

# MUSIC TO OUR EARS



## Dickinson Area Concert Association

The Dickinson Area Concert Association is a local organization that is committed to bringing a variety of excellent musical performances to the Dickinson area at a reasonable cost. Each year there are four to five local concerts and reciprocity for many other concerts with nearby concert associations.



Membership is open to all who are interested in becoming members. The best value is a season membership, but it is possible to attend single concerts. To become a member, tickets may be purchased at Jacobsen Music, 1067 3rd Avenue West, Dickinson, or membership may be purchased at the door of any of the concerts. Season fees include \$60 for adults, \$55 for senior citizens, \$30 for students, and \$125 for a family membership. To attend a single concert, tickets are available at each concert for \$30.

Concerts in Dickinson this season include: William Florian, songs of the 60's; Charlie Albright, a concert pianist; Leon Williams, a renowned baritone; Brassfire, a brass quartet; and Gary Arbuthnot, who performs music scores from movies, Broadway, opera, and rock.

The Dickinson Association maintains reciprocity with nearby concert associations in Hazen, Hettinger, Watford City, and Williston. DACA members can attend these other association's events free of charge. This year, that amounts to sixteen possible extra concerts.

For more information and to listen to clips of this year's concerts go to: [www.dickinsonareaconcertassociation.com](http://www.dickinsonareaconcertassociation.com).

## Dickinson City Band and Strings



The Dickinson City Band has long history in this area as it was formed back in the late 1800. Since that time it has kind of come and gone and has, as you can imagine a long line of directors that have lead the band in a variety of performance opportunities. Currently it is under the direction of Dr. Lorraine Fader, band director and instructor of brass at Dickinson State University. The band has seen a steady growth in members over the last couple of years. From high school age to 90, from all different backgrounds, students to doctors. The band includes mothers and daughters as well as husbands and wives. Dickinson City Band meets on Monday evenings from 7 to 8:30 in the band room located in the basement of May Hall on the DSU Campus. All ages and all skill levels are encouraged to join.

The Dickinson Strings are an entity of their own under the direction of Priscilla Keogh. Currently they are an ensemble of about 8-10 people and are always on the lookout for additional members. The strings practice each Monday from 5:30 to 7 in the DSU band room. The string group started as a class at DSU and has continued long after members could play for credit at DSU.

Probably the most exciting part of both programs is the opportunity to come together and play as an orchestra for concerts in the fall and in the spring. It gives musicians and audience alike the opportunity to hear a variety of music that would otherwise require travel to larger areas.

Both groups are currently on "vacation" but will start rehearsals on January 21st at their appointed times in the DSU band room. Concerts are held twice a year, one before Christmas and the other in early May. If you are looking for more information regarding the strings, please contact Priscilla Keogh at 701-290-9145 and for the band, call Robyn Nadvornik at 701-690-8958.

A world of amazing music waits for you with the Dickinson City Band and Dickinson Strings!

## Prairie Rose Chorus

There is a T-shirt with a message that says, "Without music everything would B b" (Be flat). Marvelous food for thought, so listen up—there is a great opportunity in this area where you can share in keeping the sounds of music alive.

Prairie Rose Chorus, the Dickinson chapter of Sweet Adelines International, is a group of women who enjoy singing in the unique barbershop style. That means singing acapella, without accompaniment. And yes, it is possible to do that.

Now for the commercial: Prairie Rose Chorus is always seeking new members, women from age 12 and beyond who love to sing are welcome to check us out!

Think you can't sing? Come see, you might be pleasantly surprised! Think you're too old? Right now we have members in their twenties up to the 80's. (Age doesn't matter unless you are wine, cheese or a banana!)

Need a bright spot in your day? Our chorus is unique in that we are also friends who support and encourage each other as "Sisters in Song", aiming to be the best that we can be! And we have fun on the way!

The Chorus meets every Tuesday at 6pm, at St. John Lutheran Church in Dickinson. For more information contact Robyn Nadvornik, Director at 701.690.8958, or MaryAnn Brauhn at 701.290.4013.

The goal of all Sweet Adelines everywhere is to Harmonize the World, voices in unison, in many languages, committed and determined to make music that sends a sound of joy everywhere.

Come join the chorus—help make it happen!



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## HEART RIVER VOICE Q&amp;A

# Keep calm... and relax

by Kelley Jilek

## What is Floatation Therapy?

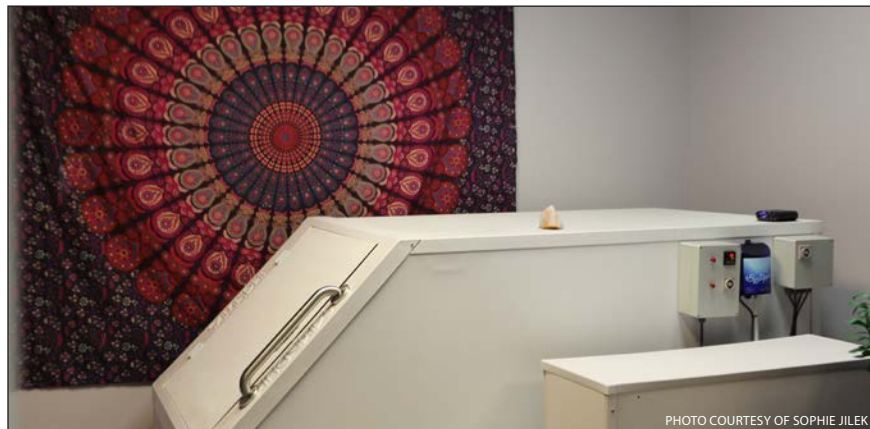
It's also called Sensory Deprivation. We've been advertising that because it's shorter than Salt Water Floatation Therapy. In our tank, we have 10 inches of water and 700 pounds of Epsom Salt. So, what that does is it makes you buoyant. You lay back, completely horizontal on top of the water. The water is 94 degrees, so it's about body temperature. We have speakers underneath so when you are floating you can actually feel the vibration of the sounds and you can hear them as well. You lay back for an hour or an hour and a half absorbing all of that magnesium sulfate, which 80 percent of people are depleted. If you drink coffee, alcohol, soda, it pulls it all right out of your body. The only way to replenish your magnesium is through

for added protection.

## What should a person expect from a float?

I know Epsom Salt is good for inflammation. So, when I come out, I know that I don't have that sharp, stabbing pain from my arthritis in my feet. There is a lady that has fibromyalgia who comes every one to two weeks, and she says that this has been the one thing that has helped her with her pain. Some other people have said that it's been total relaxation. It's good for anxiety. It calms your mind. It kind of forces you into meditation. You can have no light and no sound if you want so it's completely black and silent during your float. It's really in depth then.

## That's what you mean by sensory deprivation.



food or supplements or something like this. Our body doesn't produce it. After your designated time, you shower off and you're ready to go.

We've had comments that people feel lighter. I know that personally, I have arthritis in my feet from gymnastics, and I can tell when I need to get in there. So, I'm grateful that we have it. I go in there every week.

It has a rigorous filtration system, which I know some people have had concerns about that, but it gets us down to one micron. It filters really well. We also clean the filter every week. We put in food grade hydrogen peroxide every day and then it also has an ozonator which puts O<sup>3</sup> in the water and that kills all the bacteria. It's like a sterilizer.

## You said you run it through the filtration system after each customer?

Yes, we do. And we also run it for an hour in the evening or in the morning just

Yes. It can be a good idea to have no light because your eyes want to open naturally so with no light, there wouldn't be the visual distraction. Each time you do a float, it will be different. It depends on your state of mind, your mood, what you're going through in your life, your anxiety level, your stress level. But I know every time I go in, if I'm stressed or if I'm tense, when I come out, I'm 100 times better.

## So, it not only affects pain, but can help you mentally as well?

Yes. It's hard for people to get away for an hour, but when you do this, you're forced to turn your phone off, it's not in your sight, and you don't have the distractions.

## Would you consider this a holistic approach to pain management or therapy?

Oh yes, absolutely. Definitely a natural way of healing.

## How did you learn about Salt Water

## Floatation Therapy?

I was having thyroid issues back in January. My entire body was shaking. You couldn't see it, but my nerves were firing. I could feel it in my heart. I knew I was not going on any medication, especially if it was hormonal because to me, that's scary. So, someone suggested it and they have it in Bismarck. It's a different model, but it's the same concept. After I went in for the session, I wasn't shaking at all. It blew my mind. Then I knew we had to have something like this here in Dickinson.

## When most people come out of the tank, what do they say?

I usually ask how they are feeling. You can see the relaxation on their faces. That's usually the biggest response, that they are just really relaxed. Sometimes if they have pain when they go in, such as shoulder tightness or neck tension, they say they feel good when they come out. I tell people that the effects can last up to two weeks. It depends on your metabolism, what you eat, what you drink.

## The effects can last a couple weeks?

Yes, absolutely.

## Do you think we'll be hearing more about floatation therapy? Is this an up and coming thing?

Oh yeah. It's been around since the 70's and is way more popular on the West Coast, way more well known. That seems to be where most things start. There are only 300 facilities in the United States that have it, so it is a really new and up and coming thing which is why we decided to do it right away. We're fortunate we were able to do it first.

## How has this changed your life personally?

I like coming to work. It's relaxing in here. It's kind of fun to see all the new things we get in. All the positive feedback from the people and being happy that we're open. I like that part of it. It's fun to promote. Fun to educate people and learn every day. We'll never know it all. But, we're always learning as we go along. ■

## KUDOS

# Zastoupil named employee of the year



CHI St. Alexius Health Dickinson is pleased to announce Dennis Zastoupil as the winner of the 2018 Employee of the Year award.

Dennis is the Operating Engineer Lead at CHI St. Alexius Health Dickinson, serving the hospital, Beach & Dickinson clinics, and other associated facilities. He has worked for the organization for 30 years. Dennis has taken an active role in implementing safety initiatives, addressing changing technology needs, and consulting and assisting with major projects including the planning and construction of Dickinson's new hospital and clinic facility.

Dennis was recognized for his outstanding leadership and teamwork within his own department as well as throughout the entire organization. Dennis is known as a problem solver who is generous with his time and talents. He is also a genuinely nice guy!

Congratulations, Dennis! Thank you for your hard work and commitment to CHI St. Alexius Health Dickinson and our community!

"Small acts, when multiplied by millions of people, can change the world."

— Howard Zinn



## THEN... and Now: Dickinson Public Library

By Bob Furhman

Funded by a grant from the Carnegie Foundation, the original 48 x 36 foot building was the culmination of efforts going back to at least 1906:

Now that Dickinson has a city park site, waterworks and other things that go to make up a live and prosperous city, would it not be the time to secure a Carnegie Library? The necessary funds for a \$10,000 library building can be secured if our citizens will go about the matter in a business-like way. (Dickinson Press, May 26, 1906)

By January 1908, a firm effort to secure a library was underway and a meeting held at the Press office spawned the Dickinson Library Association, a half-dozen local men who volunteered to begin the work of soliciting Carnegie support. In addition, the Commercial Club, Bar Association, P.E.O. Society and Dickinson's school teachers and Superintendent Berg were invited to support the effort as well.

An "enthusiastic library meeting" for the public was held on January 26th and less than three weeks later the City Council voted to make lots 23 & 24, block 9, Hannaford Street available for the library. The council then passed a resolution to put a levy on the April 6th ballot asking voters to approve an annual appropriation of \$1500 "for the purpose of establishing and maintaining a public library and reading room" contingent on the condition that construction funding from Andrew Carnegie be secured. With word received two

weeks before the election that Mr. Carnegie would fund a public library (up to \$12,000 upon his receipt and approval of the plans) the Press reported the levy passed by a vote of 354 to 81. State law required the School Board to appoint a 5-person Library Board which included members of the original Association.

In late May 1908, the new Library Board tapped Grand Forks architect Joseph Bell Remer to draw up preliminary plans and specifications for a library, the board deciding to devote \$10,600 of the Carnegie gift to the building itself and designating the remaining \$1400 for furnishings. Remer's plans were based (with slight variations) on the 1905 Grafton, ND Public Library, the first Carnegie library in the state.

Upon board acceptance of Remer's work in mid-July, local civil engineer William S. Russell was hired to com-

plete the plans, his first task being to draw the front and side elevations and floor plans for submission to Mr. Carnegie for his approval before funds would be dispersed. In August, The Press reported that Carnegie had approved the plans and indicated that funds would be dispersed "in installments of \$2000 and \$3000 as needed from time to time during the construction of the building," requests for payment to be accompanied by certification of amounts due contractors for work completed to date. Russell was authorized to prepare bidding specifications which were promised within 30 days with the board then giving potential bidders two weeks in which to prepare and submit bids. Russell was also noted as supervisor of the construction, probably functioning as a 'clerk of the works' for the board once a contractor was selected.

Unfortunately, the bid process lagged behind the hoped-for schedule as there were only three copies of the plans for numerous contractors to inspect and it wasn't until October 28th that bids were finally opened for the one-story brick building. Four local firms submitted with the low winning bid coming from Soules & Butler (\$9,585 excluding the lighting and heating) who indicated they would start work immediately. It was hoped to have the foundation complete before winter stopped work, and the contractor seemed confident they would deliver the building by the August 1st, 1909 contract date.

Excavation commenced the following week, with foundation work starting two weeks later. Although The Press reported no construction shut down, in February 1909 it was forecast that work would "resume about April." In the meantime, the address of the new library changed although not the location as the City of Dickinson adopted numbered streets and avenues and lot numbers in preparation for the initiation of home postal delivery. Thus the building site on Hannaford Street became 139 Third Street West. (Like many of Dickinson's earliest street names, Hannaford Street was named for a gentleman associated with the Northern Pacific Railway; Jule Murat Hannaford, who served in several capacities with the NP, eventually becoming president four years after Dickinson abandoned his moniker

*Continued, next page*





*Continued from page 20*

for what would become Third Street West).

Work did resume in early April with Soules & Butler promising to push construction as fast as the weather would allow. A force of ten men was reported making rapid progress on the exterior brickwork (all produced locally by Dickinson Fire and Pressed Brick Co.) with that progress requiring the board to submit the first request for Carnegie funds to pay the contractor in May.

Completion of the 14-ounce sheet copper roof followed in July with interior work rushed thereafter, however, supply delays pushed completion into October when The Press carried a detailed description of the new building touching on several points of interest:

*The building...is simple and unpretentious in its architectural lines...the first object that strikes the eye on entering the rotunda, is the massive fire-place...of dark bronze...with (mantle of) dark mottled marble. The entire finish...is of quarter-sawed red oak.*

Proud residents helped provide funds for books and Miss Josephine Hargrave of Wisconsin was hired as librarian at \$60 per month. One month after the January 1910, opening Miss Hargrave reported 434 borrowers with 1062 loans of books to children and local real estate agents were quick to point out houses for sale near the library in their advertisements.

Dickinson Public Library's story since opening is one of continued success and expansion. Given the historic nature of the building, the 1938/39 West Wing expansion (a Work Progress Administration project), the 1975 East Addition, and the 1989/90 Renovation Project and other projects have all tried to be sympathetic to the original design and style of the Library, the success of which is reflected in the 2008 listing of the Library on the National Register of Historic Places and its place on the inaugural list of Dickinson City Local Landmarks in 2009. ■



Public Library, Dickinson, N. D.

## PIPER'S PALS

# There's no place like home for the holidays

By Lorri Stoltz

"We don't have room for a Christmas tree this year. There are just too many kennels, cat trees and pet beds," or so that's what my husband thought. Okay, yes, I have five pet beds scattered around our living area (they like variety!), three kennels, and a playpen set up for a dog recuperating from knee surgery. Oh, and then there's the tote of toys and the bench they sit on to catch a ray of sunshine while gazing out the window. Maybe it's a little tight in here?

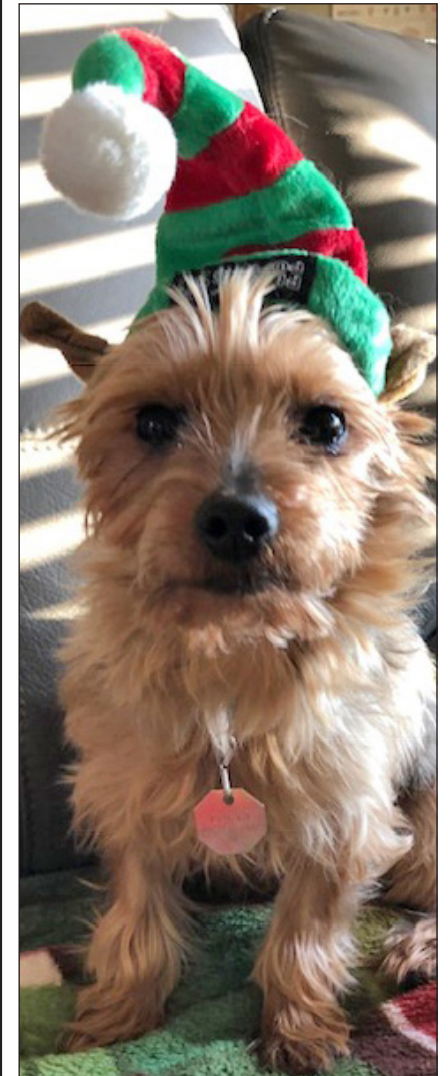
We share our home with our own personal dogs and cats but I am also a foster mom. The furry body count varies from day to day and month to month but during holidays, there's always an extra tail or two wagging at my house. Did you know that long vacations and holidays are often the busiest times at shelters as owners line up to surrender their pets? The ASPCA estimates that approximately 1.5 MILLION animals are euthanized every year. Those are the ones that make it to a shelter. That number is impossible for me to wrap my head around, much less my heart.

Homeless dogs often find their way to my house especially if they are elderly or have special needs, and it may be because of those issues that they find themselves tossed aside. Seniors are the least likely to be adopted and particularly if they have tumors, bad teeth, are blind or have two bad back knees, like the little guy gazing at me from his bed as I type. By the time you read this, Ducky will be preparing for his second knee surgery (thanks to Oreos Animal Rescue!) but he has a loving family waiting and counting days until they complete his adoption and bring him to his new home.

My house was filled once again this year, and as we ring in a New Year, I can climb into my bed at night knowing at least a couple of furries will be sleeping in warm soft beds with full tummies dreaming of Bark Box treats and the new squeaky toys they unwrapped and then destroyed in the blink of an eye. Oh, and I did find a space to put up that Christmas tree!

Understandably, fostering is not for everyone, and the number of homeless animals is endless. There aren't enough adopters to keep the shelters and pounds empty, but for that one (or two or three) there's an extra bed here for the holidays.

If you can't adopt, foster. If you can't foster, sponsor. If you can't sponsor, volunteer. If you can't volunteer, donate and support your local rescues (we have three in Dickinson!). If you can't donate, educate. The simplest gestures can make a difference! ■



# Heart River VOICE Events

## TUESDAY JANUARY 1

**ANGEL 37 KITCHEN** 2pm until food is gone. Live music and amazing food. Queen of Peace Catholic Church. Sponsored by Dickinson Rural Fire and Rescue.

**EAGLES CLUB NEW YEAR'S CELEBRATION** 11am Bloody Marys 12-3pm Tom & Jerrys 5pm \$1000 Blackout Bingo. 31 1st Ave East.

## BEER PONG TOURNAMENT

1pm tournament starts - Doors open at noon. Free food & drink specials and costume contest for fun. Free food while supplies last. First 16 teams - Double-elimination bracket. 2-person teams; \$40/team entry fee. Water will be used for Tournament Cups. No obligation to consume alcoholic beverages in tournament. Team sign-up sheet at Bar/entry fee due upon sign up, entry fee is refundable up to the day of the tournament. Mavericks Saloon & Casino, 196 W Museum Dr.

## WEDNESDAY JANUARY 2

### WINTER READING PROGRAM

**KICKS OFF** Patrons of all ages can sign up to participate. Read books, win prizes! Program runs through February 28. Dickinson Area Public Library, 139 West 3rd St.

## THURSDAY JANUARY 3

### LOVE AND LOGIC 6-7:30PM

Early childhood parenting made fun! Must register for series by calling West Dakota Parent & Family Resource Center at 701.456.0007 OR Toll-free 877.264.1142 parentresource@dpsnd.org

## FRIDAY JANUARY 4

**PAT LENERTZ BAND** Live Music from Fargo, ND. 9pm, doors open at 8pm. The Rock Corner Bar. This is a band with members from many great bands: Bad MOJO, Carmen The Cactus, The Quarterly, and Heavy is the Head just to name a few. Roots

Rock/Jam is the sound they like to bring. Don't miss out on this special opportunity! NO cover charge. 113 1st St West.

## SATURDAY JANUARY 5

**ARTISTIC EXCHANGE WINTER DANCE RECITAL** 2pm Trinity Catholic School Auditorium, 810 Empire Rd. For tickets go to 26825.recitalticketing.com.

## DICKINSON AREA MCL MEETING

11am Calling all Marines and those who support our Marine Corps - continue your service beyond your EAS with the Marine Corps League - the alumni of the United States Marine Corps. Prospective membership is strong so a 2nd organizational meeting is scheduled to confirm the establishment of a local Marine Corps League detachment serving SW North Dakota and the Dickinson area. Join us for information and confirmation in the basement of the St Anthony Club, St. Anthony's Club 105 1st St East. Dickinson. For additional information, email northdakotamcl@gmail.com.

## KARAOKE LEAGUE FINALE

7pm-1am The Rock Bar, 113 1st St W. Come see the best of the best compete for the grand prize! Special guest performances and judging by THE PAT LENERTZ BAND from Fargo. More info at rockdickinson.com or call 701.483.7625.

## COED FROZEN WALLYBALL TOURNAMENT

Ages 18+. West River Community Center Racquetball Courts. For more information call 701.456.2074.

## MONDAY JANUARY 7

**STATE OF THE UNIVERSITY ADDRESS** 1-3pm Come hear an update on Dickinson State University. Popcorn with the President to follow in the lobby. DSU Klinefelter Hall Beck Auditorium. More information contact Kari Hanstad at kari.hanstad@dickinsonstate.edu or 701.483.2326.

## DONKEY BASKETBALL 5-9pm

Come join in the fun at the South Heart High School Gym. Donkey Basketball Family Fun Night & Dinner from 5:00-6:30, Games tip @ 7:00pm. 310 4th St NW, South Heart.

## FINDING YOUR TRUE NORTH

7-8pm @ The Dickinson Area Public Library, 139 3rd St West. Come for an hour of inspiration! It's a vulnerable, motivational talk on being lost and then, found! Michelle Massie, Certified Life Coach, will talk vulnerably on her healing journey and holistic modalities that assisted her in the process of creating a sparkly life that is for her! There will be pointers on how to map out your dreams, your plans, all in the NEW YEAR. Bring a pen and paper! Free coffee and drinks will be served. This event is FREE!

## TUESDAY JANUARY 8,

## THURSDAY JANUARY 10,

## THURSDAY JANUARY 17

### FARM/RANCH SUCCESSION PLANNING WORKSHOP

5:30pm Farm Credit Services, 1300 Roughrider Blvd. Participants will learn all aspect of succession planning. For more information, contact Kurt Froelich, 701.456.7665, kurt.froelich@nds.edu OR Ashley Ueckert, 701.872.4332, ashley.ueckert@nds.edu

## WEDNESDAYS JANUARY 9, 16, 30

**INFANT MASSAGE** 6-7pm West Dakota Parent & Family Resource Center 402 4th St. West. Parent/Caregiver baby classes with certified Infant Massage instructor. 4-part series. Bring your baby and practice infant massage - helps with colic and intestinal difficulties. Helps relax and soothe the baby as well as empower parents. Call to register 701.456.0007.

**THURSDAY JANUARY 10 DSU UNIVERSITY OVERLAY DISTRICT PRESENTATION FOR THE PUBLIC** 6-8pm Steve

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



## Monday, January 7

**DONKEY BASKETBALL** 5-9pm Come join in the fun at the South Heart High School Gym. Donkey Basketball Family Fun Night & Dinner from 5:00-6:30, Games tip @ 7:00pm.

Josephson will make a presentation about the proposed overlay district which would add limited commercial uses to serve area residents as well as university students and staff. Additionally, it would be some of the first steps in creating a physical link between the downtown and DSU. DSU Klinefelter Hall Beck Auditorium 291 Campus Drive.

## FRIDAY JANUARY 11

**DSU JAZZ ENSEMBLE CONCERT** 7-9pm Dickinson State University Dorothy Stickney Auditorium located in May Hall 291 Campus Drive. Enjoy a variety of styles including jazz standards, Latin, ballads and even some 90s grunge music! Instrumentals and featured student vocalists round out the evening. Free to the public.

## SATURDAY JANUARY 12

**SOUND THE ALARM** 9am-1pm Red Cross volunteers, firefighters and community partners will go door-to-door offering free smoke alarm installations, replacing batteries in existing alarms and helping residents create emergency escape plans. Thanks to their generous partners, all services are FREE of charge! Volunteers will canvas neighborhoods from W. Broad-

way Street to SW 4th Street and from 4th Avenue SW to 5th Avenue SE in Dickinson. Questions or need more information? Contact Executive Director Rob Stotz at [rob.stotz@redcross.org](mailto:rob.stotz@redcross.org).

## SATURDAY JANUARY 12 - SUNDAY JANUARY 13

**THS / DHS BASKETBALL TOURNAMENT** Youth basketball tournament held at local area school gyms with proceeds going to Trinity High School and Dickinson High School Athletic Booster Clubs. DIVISION: Boys Gr. 3-6 / Girls Gr. 3-8. For more info call 701.456.2074.

## SUNDAY JANUARY 13

**MALANKA!** 11:00AM Wine social, meal served at 12:30pm St. Bernard's Parish Center 402 3rd Ave NE Belfield. Call 701.483.1486 for more info.

## TUESDAY JANUARY 15

**DIVERSITY, DIRECTION & DOLLARS** Ramada Grand Dakota Lodge, 532 15th St West. For more information, contact Kurt Froelich, 701.456.7665, kurt.froelich@nds.edu.

**WEDNESDAY JANUARY 16 EGGS AND ISSUES** 7-8am A professional development breakfast series featuring speakers on current topics pertinent to the business community. Today's segment features a breakfast buffet plus Cindy Steiner from American Trust Center will be discussing how to manage your retirement nest egg. Henry Biesiot Activities Center, 398 State Avenue. Admission is FREE for Members, \$20 for Non-Members. Contact the Chamber for more information 701.225.5115.

**SATURDAY JANUARY 19 MURDER AT THE MUSEUM** A Mystery party fundraiser. 7:00pm Social 8:00pm Mystery begins. Must be +21 to attend. \$35 per person included hors d'oeuvres and one spiked hot drink. Must RSVP and pay by January 10 by visiting Museum or calling 701.456.6225. Characters are limited so reserve yours today!

**THURSDAY JANUARY 24 OR SATURDAY JANUARY 26 LIVE2LEAD TELECONFERENCE** 8:15am Registration 9am-4pm. Lunch provided. Leader development video rebroadcast by the John Maxwell Company equips you with new perspective, practical tools and key take-aways. Leadership and personal growth principles shared by world-class leadership experts, including John Maxwell, Carly Fiorina, Tyler Perry, and more. Ramada Grand Dakota Hotel 532 15<sup>th</sup> St. West. For tickets, contact Denise Roller 701.426.3520.

**FRIDAY JANUARY 25-SUNDAY JANUARY 27 TRINITY CATHOLIC SCHOOLS 55<sup>TH</sup> ANNUAL MARDI GRAS** Come join in the fun of our weekend-long event. 810 Empire Road. Enjoy the auction, raffle, meals, midway, live music, bingo and much more! 701.483.6081 for more information.

**SATURDAY JANUARY 26 JORDAN DAVIS IN CONCERT** (Casee Allen opening) Doors open at 6pm Concert at 7pm Trinity High School Auditorium. \$35 General Admission. Tickets on sale now at facebook.com/TrinityMardiGras or at the main school office. Call 701.483.6081 for more information.

**SATURDAY JANUARY 26 CHILI COOKOFF AT ARMYS WEST SPORTS BAR** 12pm sign up starts. Calcutta at 1pm. Cooking will start at 2pm with the judging at 4pm. Free chili feed for the public at 5 pm. Chili Cookoff \$100 per team limited to the first 14 paid teams. Prizes will be awarded for the best 3 teams voted on by the judges. 640 12st St West.

**SUNDAY JANUARY 27 SUNDAY FUNDAY AT FLUFFY FIELDS WINERY** Cornhole for a Purpose tournament and Casee Allen intimate performance. 32 player (16 team) single elimination tournament. Numbers drawn to determine teams. 1st, 2nd and 3rd prizes awarded. \$25/person includes lunch, free drink and VIP seating for Casee Allen show. Pre-registration and payment required in advance. 12pm registration and lunch. 1pm first toss. 5pm prize presentation. Casee Allen performs after tournament. Show room doors open at 5:15 pm. (Limited seating) Show starting at 5:45. \$5 admission for show only. Portion of the proceeds go to the Moe Family Adoption. 2708 21st St East.

**MONDAY JANUARY 28 POWER OF 100 WOMEN** 5:30pm @ The Crossing Restaurant, 1770 19th St West. Join over 100 women and make a difference in your community! For more information, contact Irene Schafer ireneschafer@ndsupernet.com or Shirley Dukart shirleydukart@homeandlandcompany.com.

**SW NIGHT AT THE LEGISLATURE** Spend the evening talking with legislators who serve all of SW North Dakota and directly impact you and your business. The event begins with a social at 5:00pm CST with dinner and entertainment to follow. Bismarck State College in the Barendick Room 1500 Edwards Ave, Bismarck, ND. Register now to reserve a seat or table at the event! 701.225.5115 or dickinsonchamber.org.

**THURSDAY JANUARY 31 COMMERCIAL AG PESTICIDE RECERTIFICATION TRAINING:** Ag. Pest, Right of Way, Seed Treatment NDSU extension office 1340 W Villard St, Dickinson. Call 701.456.7665 for more info.

## Ongoing events

### NIGHTLIFE, WINE & SPIRITS, BARS

**THE ROCK CORNER BAR** Tuesdays 7pm Brushes and Booze. Limited seating. Tickets presold at The Rock. Thursdays 1st-Open Mic Night, 2nd/3<sup>rd</sup>/5th-Open Karaoke, 4th-Live Music - Daniel Kosel, 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.

**THE EAGLES CLUB** 5:45pm Wednesdays and Fridays Stop in and play Bingo. Games will be played in succession. 5:30-9:00pm Thursdays Beer and Wings. Monday and Thursday nights join them for football. Monday-Fridays 11am-1:30pm Lunch specials. 31 1<sup>st</sup> Ave. East.

### DINING

**PLAYERS** 3-10pm Tuesdays Kids eat free with adult meal purchase. 2050 1st Ave E, Dickinson, 701.483.1733 www.playersbar-grill.com

**PERKINS** 4-10pm Tuesdays Kids eat free with adult meal purchase. 188 Museum Dr., Dickinson, 701.227.3001 www.perkinsrestaurants.com

**APPLEBEES** Tuesdays Kids eat for 99 cents with adult meal purchase. 289 15th St W, Dickinson, 701.227.8573 www.applebees.com

### FOOD KITCHENS

**WELCOME TABLE** 6pm Tuesdays Free to the public. Garvin Hall St. Patrick's Catholic Church 310 2<sup>nd</sup> St. West.

**ANGEL 37 KITCHEN** 6-7pm Tuesdays Free food to everyone. Nourish your body and soul. Queen of Peace Catholic Church 725 12<sup>th</sup> St. West.

### SUPPORT GROUPS

**DICKINSON AL-ANON FAMILY GROUP** 8pm Wednesdays St. John's Episcopal Church basement 822 5<sup>th</sup> Ave West.

### LIBRARIES

**DICKINSON AREA PUBLIC LIBRARY** Winter reading program starts January 2. All other regularly scheduled programs

are on break during January. Check back here in February for updates.

### FAMILY FUN

**DICKINSON MUSEUM CENTER** Join us every Tuesday at the Museum Center to enjoy Dinosaur-related songs, crafts and stories with your little ones! Tuesdays 9:00am - 10:00am. FREE and open to the public. Ages 2+.

**ROLLER SKATING THE REC** 7-9pm Every Friday West River Community Center Free to WRCC members, \$3.50 admission for non-members. 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 Tuesdays. Club meets to sew, learn techniques, see demos, and for games, prizes, and fun! Cost \$12.00. Suzy's Stash 118 N Ave, Richardton. 701.974.7899.

**TOASTMASTERS** 5:30 PM - 6:30 PM MST. 1ST & 3RD Wednesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at 1967.toastmastersclubs.org. More info call Seth Poland 701.590.1517.

**PRAIRIE ROSE CHORUS** 6pm Tuesdays St. John Lutheran Church, Dickinson. 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 (for January, it will be January 8) All community artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

**DICKINSON CITY BAND** Rehearsals starting January 21, 7-8:30pm in DSU band room (basement of May Hall). 291 Campus Dr. More info,

contact Robyn Nadvornik 701.690.8958.

**DICKINSON STRINGS** Rehearsals starting January 21 5:30-7pm DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 701.290.9145.

### MEETINGS

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

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

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

## Save the date

**FEBRUARY - 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 Pragda, SPAIN arts & culture, and the Secretary of State for Culture of Spain. Watch Featured Events in the February issue of Heart River Voice for more information.

**FEBRUARY 1-28 ART EXHIBIT** An exhibit for Badlands Art Association artists. The exhibit is for paintings, drawings, and mixed media (not photography). There are small display cases for sculpture, jewelry and other 3-dimensional art but space is limited. Dickinson Museum Center. Art pieces need to be at the museum by January 15.

**Help us fill the calendar with YOUR community events. Send your upcoming events to:**

**kelly@heartriver-voice.com**

## NDSU EXTENSION

# Extension spotlights

## Farm/Ranch Succession Planning Workshop Set

Workshops will help shape the future of the family farm/ranch.

Many North Dakota farmers and ranchers are approaching retirement age but aren't sure how to transition their operation to the next generation, while beginning farmers and ranchers want to secure their future in agriculture. In many cases, generations of farmers and ranchers are working together but have yet to take the needed steps toward succession planning. To help all of them develop a plan, the North Dakota State University Extension is offering Design Your Succession Plan workshop at Farm Credit Services, Dickinson, ND.

The workshop will help farm and ranch families explore what they want for their business, whether that is transferring a viable business to the next generation or deciding how to divide the farm or ranch assets. The workshop also gives the owner and identified successor generation an opportunity to begin shaping the future ownership of the family farm or ranch – the family legacy.

Participants also will learn how to discuss the succession issue with the family, get started on developing a succession plan, and choose and work with legal and financial professionals who will help ensure the plan is workable. By beginning the planning process at this workshop and continuing it at home, families could save money by being more prepared to visit with professionals.

Dickinson – January 8, 10 and 17, 5:30 pm, Farm Credit Services, 1300 Roughrider Blvd.

For more information contact:

Kurt Froelich 701-456-7665 kurt.froelich@ndsu.edu or Ashley Ueckert 701-872-4332 Ashley.ueckert@ndsu.edu

## TRINITY CATHOLIC SCHOOLS

# Educating the whole student mind, body and soul



For over 100 years, Catholic school education has thrived in Dickinson. What began in 1904 with St. Joseph's School in Dickinson has evolved with each passing year. Today, Trinity Catholic Schools is a consolidated preschool through grade 12 school system in 3 buildings: Trinity Elementary East (for preschool through grade 4, located at the Church of St. Wenceslaus); Trinity Elementary West (also preschool through grade 4, located at the Church of St. Patrick); Trinity Elementary North (grade 5 and grade 6); Trinity Junior High (grade 7 and grade 8); and Trinity High School (grade 9 through grade 12). Trinity Elementary North and Trinity Junior High and High School are in one building – the newly constructed school building on the Steffes Campus.

Our school system's enrollment for the 2018-2019 school year is up 5% from the 2017-2018 school year – we have 473 students in grades K-12. Our preschool program, *Titan Tots* Preschool, is a thriving component of our system, with 77 students currently enrolled across 7 sections of preschool. The future is bright for early childhood education at Trinity Catholic Schools

as we look forward to launching pre-kindergarten for the 2019-2020 school year. This will be a 5-day per week, all day program! Young learners in this program will also be eligible for after-school care with our Trinity Extended Care – our after school program for students in grades K through 6.

The curriculum for pre-kindergarten is getting close to completion, however, we know woven through each day will be: prayer and bible lessons; table time focused on the core academic areas; music and movement; an afternoon rest time; art and craft time; and reading time. This is an exciting development in our school system and one that we are blessed to bring to Dickinson!

Our elementary school is continuously striving to provide innovative instruction

in each elementary grade level. Each student in kindergarten through grade 6 receives specified technology instruction time each week – teaching our students vital computer skills and skills in digital citizenship – being a responsible steward of technology. Our elementary guidance counselor makes regular visits to each classroom and each of our elementary teachers spends time throughout the school week on helping students grow in their capacity to live by the *7 Habits of Happy Kids* and our Trinity Catholic Schools Core Values.

In our junior high and high school, we are currently going through an accreditation process. This process provides countless opportunities for our junior high and high school to take a look at how we are doing as a school.

How students are learning and how teachers are teaching are at the core of a strong, dynamic school environment! The pursuit of accreditation identifies strengths and weaknesses and helps the school develop strategies to be better at fulfilling our system-wide mission: educating the





whole student – mind, body and soul. Part of the accreditation process has been an opportunity for our teachers to receive weekly professional development time with Late Start Wednesdays. Nearly each Wednesday of the school year, our students begin the day one hour later than a usual day. That one hour is a time for our teachers to team with each other, across academic disciplines, for the sake of narrowing direction for continuous improvement. When our teachers are given the tools to aim high – our students wonderfully succeed!



Speaking of our students – they are incredible! To partner with parents in the education of a child is quite a remarkable opportunity and one for which we are grateful. This year, 94.5% of our student population (in grades 7 through 12) is involved in one or more extra-curricular activity. This is astounding! Our students are engaged in their academics and they are using their God-given talents and abilities outside the walls of the classroom!



*Educating the whole student – mind, body and soul* – a privilege and a responsibility that we at Trinity Catholic Schools take very seriously. In a world that seems to move with the wind, we provide our students with a safe place—a culture where they learn truth and question knowledge. Trinity is a place for students to grow in understanding of themselves and the world around them. This school cultivates all that God has given them in their dignity as a human person, created in the image and likeness of a God who deeply loves them. ■



## STRENGTH IN NUMBERS

# Power of 100 Women gifts ABLE, Inc.

ABLE, Inc. is honored to have been chosen by The Power of 100 Women as recipient for November 2018. The generous donation helped ABLE, Inc. procure a generator for one of their homes.

The Power of 100 Women started in the spring of 2016 and is currently at about 180 members. Members commit to making an annual donation of \$400 (\$100 paid at each quarterly meeting) given directly to local non-profit charities serving the Dickinson area. Various charities are nominated by members and the top three come to the quarterly

meeting to present their charity and explain how the money will be used. Members vote that evening and the winner is announced. Each woman member writes a check to the charity before leaving that night and the total donation is made within seven business

days of the final vote. ABLE, Inc. was deemed winner at the November 2018 meeting.

For more information, contact Irene Schafer [ireneschafer@ndsupernet.com](mailto:ireneschafer@ndsupernet.com) or Shirley Dukart [shirleydukart@homeandlandcompany.com](mailto:shirleydukart@homeandlandcompany.com). ■



Whenever there is a storm, we will think of you and how the **Power of 100 Women Powered this home**. From the bottom of our hearts, thank you for keeping us safe!

*-The families, support staff and gentlemen who live at 1813 3rd Ave East.*



## SHARE WITH US!

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

# BEEN THERE, DONE THAT

Good times at recent local events shared with Heart River Voice



Larry and Judi Schnell enjoy an evening at DSU Heritage Foundation's Yuletyme 1940s USO Canteen Party.



Numerous floats light up the town during the annual Parade of Lights.



Joel Walters plays beautiful holiday melodies at the Museum Center's Christmas Open House.



Downtown shops sparkle with festive decor during the Downtown Christmas Stroll.



Santa makes an appearance at the Rotary Christmas party held at Lady J's Catering.



Trinity Catholic School students give it their all while performing The Music Man.

## ALL TOGETHER NOW

# Community Action

By Erv Bren



Community Action Partnership, Dickinson-Williston, has offered services to low income individuals and families for over 40 years. Community Action Partnership (CAP) is a 501(c) 3 tax-exempt, publicly supported organization serving the following counties: Adams, Billings, Bowman, Divide, Dunn, Golden Valley, Hettinger, McKenzie, Slope, Stark, and Williams. Initially incorporated in 1976, CAP is now one of seven community action agencies in North Dakota.

The beginning of Community Action started with the passage of the federal Economic Opportunity Act of 1964 and the establishment of the Economic Office of Opportunity. This officially began the "War on Poverty." Following a decade later, the Community Services Act of 1974 created the Community Services Administration (CSA), an independent federal agency charged with providing grants and overseeing the activities of community action agencies nationwide. In 1981, the Community Services Block Grant Act was passed, providing States and Federal-and-State-recognized Indian tribes with funds to provide a range of services to address the needs of low-income individuals to ameliorate the causes and conditions of poverty.

Community Action Partnership continues to fulfill our mission of providing services, education and resources to help individuals and families achieve or maintain self-sufficiency in the hope that the "War on Poverty" will one day be over. Operations and most services provided are supported primarily by federal pass-through funding received from several State of North Dakota government agencies. Service offerings to improve a client's self-sufficiency include home energy efficiency (i.e., furnace maintenance, home rehabilitation, and weatherization), tenant education and counseling, Family Planning, Prairie Rose Recovery Center, representative payee, limited temporary financial assistance, and aid for homeless veterans. CAP is also a Voluntary Income Tax Assistance (VITA) site. CAP receives direct federal funding to support Head Start/Early Head Start. Individuals and families who receive services must income-qualify using program specific income guidelines.



## CHAMBER HAPPENINGS

# Southwest Night with the Legislators

By Chamber of Commerce

**Q: What is Southwest Night with the Legislators?**

**A:** Southwest Night at the Legislature has been a highlight of the legislative session since its inception in

1985. The biennial event is put on by the Dickinson Area Chamber of Commerce and its Governmental Relations Committee.

**Q: What's new this year?**

**A:** The event will be held for the first time on the Bismarck State College campus with CHI St. Alexius President, Reed Reyman, serving as the emcee for the evening. Clay Jenkinson joins us again as President Theodore Roosevelt, a show no one wants to miss.

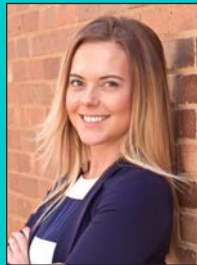
**Q: Who should attend?**

**A:** Attracting over 300 attendees, this event has limited seating. Anyone can attend, and you are encouraged to reserve your ticket early. Don't miss this amazing opportunity to speak to the legislators that directly impact you and your business.

**Q: When & where?**

**A:** Join us Monday, January 28th, at Bismarck State College in the Barendick Room. The event begins with a social at 5:00pm CST with dinner and entertainment to follow.

Register now to reserve a seat or table at the event! 701.225.5115 or [dickinsonchamber.org](http://dickinsonchamber.org).



## THE ARTS

# Local artists promote visual arts

By Janelle Stoneking

The Badlands Art Association is a group of artists dedicated to promoting the visual arts in western North Dakota. Badlands Art Association (BAA) was founded in 1970 by community members and is most known for hosting the annual Badlands Art Show every November. The BAA meets monthly, typically the first Tuesday of each month, for fellowship and event planning. They host an annual summer workshop for the public, with CEUs available for local teachers/professionals, and continue to seek new opportunities to bring art to the hearts and minds of folks in southwest North Dakota.

Throughout the month of February, BAA members will be showing their work in an art exhibit at the Dickinson Museum Center. If you have not had the chance to experience the array of artistic talent in this community, please view the exhibit Monday through Saturday from 9am - 5pm with paid admission to the museum.

If you are interested in learning more about the Badlands Art Association, becoming a member or joining the email list for event info & newsletters, please go to the website [badlandsarts.com](http://badlandsarts.com) or email [baa@badlandsarts.com](mailto:baa@badlandsarts.com). Stay tuned for more upcoming events! ■



## Special Thanks

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

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# Heart River VOICE

## CONVENTION AND VISITORS BUREAU

# Winter day trippin'

What about that winter season? It's not uncommon for locals to have never visited what is in their own community, so now is the time get out and see what is in Dickinson that you haven't taken time to see before. Don't put off what you always tell your friends and family, that you just haven't gotten there yet.

We can help you with information on not only Dickinson, but also in southwest ND, and we have a calendar of events to also keep you busy. Let's start by take a look at a few things in Dickinson.



## DICKINSON MUSEUM CENTER

188 E. Museum Dr. | 701-456-6225  
[dickinsonmuseumcenter.com](http://dickinsonmuseumcenter.com)

**Badlands Dinosaur Museum** – Feathered bird dinos with claws! And baby dinosaurs! The museum houses thousands of rock, mineral, and fossil specimens including a complete real Triceratops skeleton. The collection of rocks and minerals from around the world is not only interesting, but beautiful. In addition, there is art and history exhibits of regional significance. Need a dino gift for a child or yourself? The gift store has really cool things that children love. Entrance fee. Fall and Winter hours are Monday-Saturday, 9am-5pm (MT).

## UKRAINIAN CULTURAL INSTITUTE

1221 W. Villard St. | 701-483-1486  
[ucitoday.org](http://ucitoday.org)

The designer eggs are incredible, detailed with individual artist craftsmanship. The "Pyskany" Easter eggs are full of color and symbolic design, telling their own story. Many of the fragile eggs are available for

purchase. Embroidery and other crafts are showcased and offered. Free, open year-round, Monday-Friday 9am-3pm (MT), the UCI staff always welcomes visitors who come through the door. Stop in during Lent on Fridays and you'll enjoy a Lenten luncheon, and maybe purchase a bag of frozen Pyrohys, dough filled with sauerkraut, potato, or cottage cheese for the family.



## DOWNTOWN WALKING TOUR

188 E. Museum Dr. | 701-456-6225

Ever wonder about the history of some of the downtown businesses and homes? Stop by the Dickinson Museum Center and they will give you a brochure that includes 18 structures, some that are private homes, long ago businesses, and public buildings. Included in the brochure is a map to show you where they each are located.

## UNIQUE RETAIL

You don't need the big city or online shopping to find something not only different, but also fun. Store owners, who once were the same shoppers, are people who wanted to find exactly what you are looking



for! They've gone to market and brought back trendy, unique things that are filling the shops here in Dickinson with really cool items. Take a day and stop in the downtown stores for a fun shopping adventure. There are great stores, including Salt Kitchen & Co., JP Frame Shop & Western Edge Gallery, The Sweet Melange, Faith Expressions, Miss Willow's Nest, Mainstream Boutique, Joy, and many more listed on our website [visitdickinson.com/shopping](http://visitdickinson.com/shopping).



## UNIQUE DINING

Get your checklist out and try them all. It could be with friends or family, but you are going to eating for a long time with all the new and unique foodie places. The Brew Coffee House, BrickHouse Grille, JD's BBQ, the Wurst Laden Küche, Blue 42, The Crossing, and Mandy's Bagel Bar, along with many other restaurants in Dickinson. This isn't the end of the list, be sure to look for more on our website [visitdickinson.com/dining](http://visitdickinson.com/dining). ■

# Heart River VOICE

## ADVERTISE WITH US

Heart River Voice is the voice of Dickinson and Stark County. We are supported by small and large businesses and non-profits who purchase advertising. Your support in this effort is greatly appreciated. 7500 copies of Heart River Voice are distributed across our area each month.

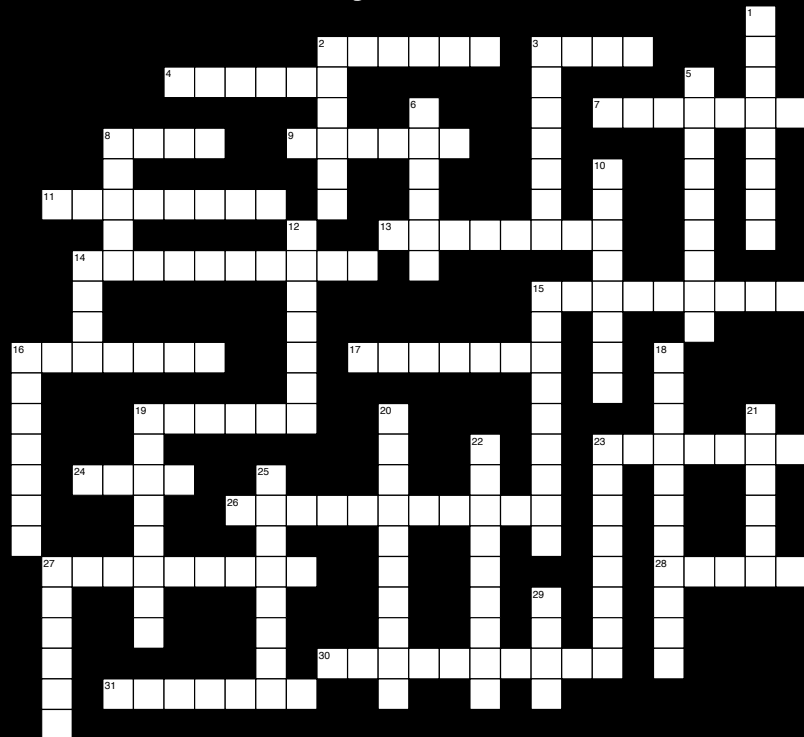
CONTACT KELLEY JILEK AT 701.290.2063 or email us at [kelley@heartrivervoices.com](mailto:kelley@heartrivervoices.com) or [www.heartrivervoices.com](http://www.heartrivervoices.com)



**CROSSWORD BY CARLINKA**  
**PASTIMES**



**Starts with Jay...**



www.CrosswordWeaver.com

**ACROSS**

- 2 Small bus
- 3 Name for a toilet
- 4 Port city in Ukraine
- 7 About the throat and neck
- 8 Married to Beyonce
- 9 Professional rider of equines
- 11 Don't drink his Kool-aid
- 13 At risk, in danger or Trebek
- 14 Ring of fire
- 15 Fast paced dance
- 16 An average guy
- 17 Religion of ancient Hebrews
- 19 Several objects in motion

- 23 Coin operated music maker
- 24 To wish bad luck
- 26 1977 Monty Python film
- 27 Harry Potter author
- 28 Lower jaw flaps
- 30 A tall Yucca
- 31 A celebration

**DOWN**

- 1 Dinosaur period in time
- 2 Dilapidated vehicle
- 3 Equestrian's pants
- 5 Kick in the engine
- 6 Casual entertainer for the king?

- 8 Very large specimen
- 10 Control device
- 12 Fragrant flower
- 14 Green gemstone
- 15 New Orleans popular dish
- 16 Another name for sprinkles
- 18 Went up the hill
- 19 Cheap unhealthy eats

- 20 Writer for print or media
- 21 In good humor
- 22 Athletic supporter
- 23 Young person
- 25 Yellowish discoloration of skin
- 27 Related to wolves
- 29 A committee for judging

**WATCH THIS SPACE FOR PUZZLE SOLUTION NEXT MONTH!**

*Continued from page 29*

on how to handle them. It's designed as a think tank for viewing information that will stimulate discussion and creative thinking. An example of some of the issues the group is currently working on is Medical Marijuana and how it affects our facilities and programs, ways to increase Park District revenue, and preparing for the influx of kindergarten age children that will participate in our programs in the next several years. The committee has been successful thus far in making recommendations that have become policy for the Park District.

Another area that is crucially important to the existence of our organization and part of our 2020 plan is communication with our users and user groups. We need to know how we're doing, what we need to focus on and what direction the community would like us to go. There's no better way to gather that information than to hold public input sessions and conduct surveys. In the New Year, we will be hosting several public input sessions

based on different categories to be announced. We also realize everyone has busy schedules and standing up in front of a crowd and voicing your opinion isn't for everyone so we will also conduct surveys that can be done from home. Information about all of this will be published in the Heart River Voice, Dickinson Press, through our database of emails and social media. We feel, at the end of the entire process we'll have a clear vision of what the community wants giving us a map to move forward.

We're very excited with the direction Dickinson Parks and Recreation is heading and we couldn't be more appreciative of the support we receive from the entire community. ■



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JANUARY 2019

# HOROSCOPE

by Hilda De Anza



**ARIES**  
March 21-  
April 19

It's a brand-new start for you, with many new positive initiatives through January and February. You have the enthusiasm and energy to overcome any challenges. Starting the second week there is a new kind of harmony in relationships. It's a dawning of a deeper understanding of what the future will bring. This is a fantastic month for you, when you feel growing confidence and assurance. Your powers of attraction are irresistible.



**TAURUS**  
April 20-  
May 20

You sense a lot of positive change in the air, now you feel freer and more in control, motivated by a sense that there is gold at the end of the rainbow. The last week or so, you may feel that good fortune is smiling on you. This is a fulfilling time both professionally and professionally, and it is possible that money will come your way, not so much from your efforts, but rather through the generosity of others.



**GEMINI**  
May 21-  
June 20

You feel the time has come to get down to business. The big developments this month relate to sharing insights and feelings on an intimate level. This is a month when being tough is more important than being charming. This is going to be an extremely positive period with happiness and optimism. You may be feeling that you are working hard while others have all the fun. Your turn will come.



**CANCER**  
June 21-  
July 22

You are in a period which puts the focus squarely on relationship challenges. The new moon will encourage you to make new commitments and to work hard to adjust to the needs of others. The perspectives at work are fantastic for you this month and several expansion ventures promise success. Cooperation with dynamic individuals is favored and there is every reason to be optimistic. Keep a firm hold on timing and planning.



**LEO**  
July 23-  
August 22

This is a good time for working partnerships and commitments, because everyone is motivated to work hard. By the 5<sup>th</sup> you are ready to embark on something new at work. This month promises to be a romantically special time. On the 21<sup>st</sup> a window opens on positive developments in relationships, both personal and social, it heralds a wonderful period in your personal life, with lots of happiness and a greater confidence.



**VIRGO**  
August 23-  
September 22

There is a pronounced focus on self-expression in all forms. New projects start and projects that are failing are put to rest. This is a creative period for you and hard work will be rewarded by concrete results. There are extremely favorable developments at home this month. End month, you get a break from concentrated hard work and begin to enjoy life more, not at least because very developments happening amongst colleagues.



**LIBRA**  
September 23-  
October 22

You feel extremely positive about what the year will bring. Happy times are coming and there is much to celebrate. Your focus is very much on expansion of your horizons. Whatever you set your sights on, you will achieve, and you can expect to meet some lovely people who know how to have a good time. Singles will meet a fresh and enthusiastic person to have adventures together. Romantic trips are on the agenda.



**SCORPIO**  
October 23-  
November 21

You have a burst of enthusiasm connected to your work. There is a positive focus on financial initiatives which lead to expansion and success in your working life. Relationships with partners prosper and a lot of money can be generated through working together. Plan slowly and thoroughly, your enthusiasm combined, good strategy and planning will be a success. You can expect a considerable boost to your income.



**SAGITTARIUS**  
November 22-  
December 22

The new moon sets off a series of happy events, especially with friendships, children and romance. Mid-January you can expect something magical to happen. It is a time for happy marriages, creative successes and recognition. This is going to be one of those really good months. You are widening your horizons through travel or cultural activity. There is a sense that the world is your oyster, and there is a beautiful pearl to admire.



**CAPRICORN**  
December 21-  
January 19

The year begins with a tremendous sense of dynamism. You are determined to make progress in many areas of your life. You are prepared to move mountains to clear the way. You know what you want, and other people will have to adjust. Spiritually, this is also an important month for you. There is a chance to tune into people who have a really positive outlook on life. There may be food good news in the family.



**AQUARIUS**  
January 20-  
February 19

It is important to share your inner life with partners, so you can work together on shared goals. This is a time when a lot of thoughts whirl around in your head. This is a fantastic time for friendships and you can expect very happy news. The full moon brings a new positive focus, which is excellent for all relationships, and in February it just gets better and better. Life gets busy end January, it is an exciting and inspiring time.



**PISCES**  
February 19-  
March 20

Your imaginative faculties are stimulated and highly developed. You have a big dream. January promises to be very fortunate and successful, a time when Lady Luck smiles on you, bringing promotion, an increase in salary and a lot of help from positive and dynamic associates. Your own judgment and intuitions tend to be correct, just as long as you don't push your luck too far. Something special happens with love and romance.



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## RINGO



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

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