



Heart River VOICE

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CALENDAR *of*
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JANUARY 2021 | VOL. 3, NO.1 | HEARTRIVERVOICE.COM

THIS MONTH

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mation, contact us at
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A note to our readers

Good riddance
2020...I'm sure
we're all ready for
something new.
Welcome 2021!

With the global
pandemic, events are
almost nonexistent.
However, Humanities
ND has a vast array
of online events and
courses available.
Check out page 22 to
learn more.

DSU takes the
month of January off
so if you're looking
for their Blue Hawk
Bulletin, it will be
back in February!

Happy New Year!

Kelley Jilek

Publisher

Cover art "ikibaM" by Aaron Ander-
son. For more information about
the artist, see page 5.

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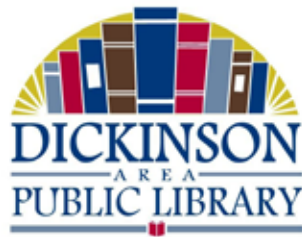
We are thankful

By Cindy Thronburg

January is the time of year that people reflect on the year that has passed and create resolutions to make the coming year better. We think of the things that went wrong that we want to improve, which inevitably leads us to the things that went right, and we think of these things with gratitude. It makes perfect sense, then, that January is National "Thank You" Month. With all of the loss 2020 brought us, we still have a lot for which to be thankful. We at the Library are especially thankful to all of our patrons, for so many reasons.

We are thankful for the continued patronage throughout the pandemic, and we have been happy to have been able to serve you. We are thankful that you continue to use our services and participate in our programs. We know it has not been easy with all of the changes to programming, but we appreciate the patience and flexibility our patrons have shown. We love being able to provide you with enjoyable programs, and we hope that we can get back to normal soon!

We are also thankful for our patrons' participation in our Old Fashioned Christmas fundraiser, which took place virtually in December with an online silent auction and raffle. The annual



event raises funds for the Dickinson Area Library Foundation, which exists for the promotion, enhancement and development of library services. The auction and raffle were still in progress when this article went to print, so final totals raised were not available. However, we appreciate all of the funds raised in the raffle and silent auction.

We are also thankful for those who have donated to our GoFundMe fundraiser for our Library Expansion Project. While the City of Dickinson has generously earmarked a large amount of funding towards the project, we still have a lot of funds to raise before we can break ground. The Foundation started the GoFundMe to jumpstart fundraising with a preliminary goal of \$100,000. While this amount won't allow us to break ground, it will show support for

the project and hopefully lead to a large fundraising campaign in the future. So far, the GoFundMe has raised \$1,150 toward the \$100,000. Many thanks to those who have donated!

Below are some books we have in our library collections about gratitude and being thankful. Why not include one of these titles in your Winter Reading Program log! The Winter Reading Program will run from January 1st through February 28th this year. Patrons of all ages (including babies and adults!) are welcome to participate and try for some really great prizes! All you have to do to register is to go to <https://dickinsonlibrary.beanstack.org> and click on the red "Register an Individual or Family" button and follow the steps after that. You can also download the Beanstack Tracker App and register that way too! If you have already registered in Beanstack to participate in previous reading programs, all you have to do is log in to your account and enroll in the Winter Reading Program Challenge. January 6th happens to be National

Cuddle Up Day, so celebrate by grabbing some cocoa, a blanket, and a book to read for your challenge! If you don't want to venture out in the cold to come get a book from the library, you can always use Overdrive, hoopla, or any other of our online e-book resources. Happy reading!

- Spirituality of Gratitude: The Unexpected Blessings of Thankfulness by Joshua Choonmin Kang (Adult Nonfiction)
- We Are Grateful: Otsaliheliga by Traci Sorell (Children's Easy)
- Splatt Says Thank You by Rob Scotton (Children's Easy)
- Gratitude by Oliver Sacks (Adult Nonfiction)
- Thank You and Good Night by Patrick McDonnell (Children's Easy)
- Just a Note to Say...: The Perfect Words for Every Occasion by Florence Isaacs (Adult Nonfiction)
- Thanks a Thousand: A Gratitude Journey by A. J. Jacobs (Adult Nonfiction)
- Thanks & Giving All Year Long by Marlo Thomas and friends (Children's Nonfiction) ■

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COVER ARTIST**Aaron
Anderson**

My name is Aaron and I am an artist that grew up and currently lives in a small town in western North Dakota. Though I took an interest in art from an early age, it wasn't until I moved away to Seattle in my early twenties that I really found my artistic voice. I became inspired by much that area had to offer both artistically and culturally.

While I experiment with a variety of art mediums, I have found that abstract mixed media and stencils are the most enjoyable way to communicate my ideas. These pieces start by creating an abstract background, using free flowing and experimental methods. I love this



Aaron Anderson

part of the process as I get to push the envelope on my artistic comfort zone and take chances with materials and methods that might work, or completely blow up in my face. The next part of my

process is much more controlled, as I come up with a subject to paint over the abstract piece. I paint that subject using stencils that I design and then hand cut. It is a very meticulous and at times a long process. It's within this blend of chaos and control that I find myself in the most comfortable place to create. I find that, for myself, staying as true to the original idea and not trying to have too much control over it, always results



"Dylan"

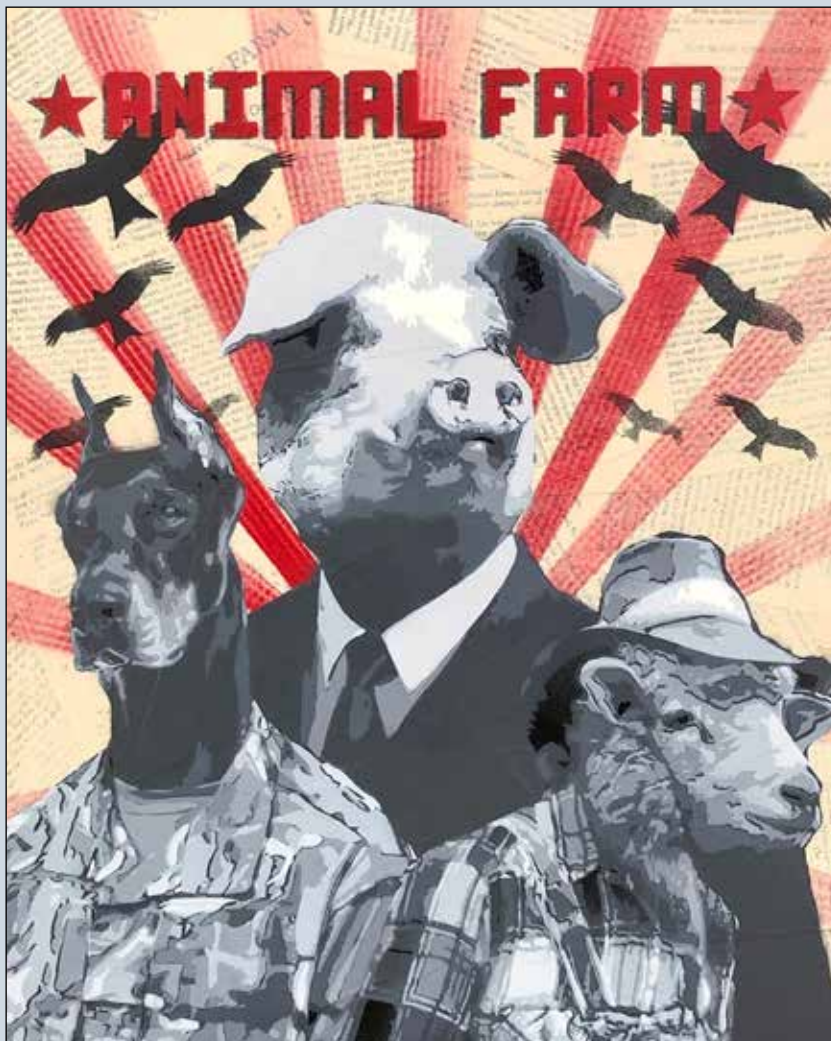


"Lennon"

in the most genuine translation of idea to art.

I enjoy seeing our children explore their own creative outlets. They love to paint, but our son has gravitated to creating music, and our daughter has begun to delve into the culinary arts. She's taken up a love for French cooking, as well as the French language and culture.

People can reach me at Instagram. com/thedarkcanoearts and Facebook. com/thedarkcanoearts. ■



"Animal Farm"

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HUMANS OF DICKINSON

New project at DMS showcases local community members

By 7-8C Dickinson Middle School Teachers

This past spring and summer our team participated in several book studies and other professional development centered around personalized learning. One project we learned about that stood out to us was the Humans of Burke Project from Burke Town School in Vermont. Students in Burke interviewed community members and wrote a narrative about their community member. They also created a block print of their individual. The prints and narratives were displayed in a local cafe. We decided we would like to do the same thing for Dickinson.

The goal of this is for students to see the diversity of people needed to create a whole and enriched community. We wanted students to realize how many people impact the Dickinson area. We asked our students to connect with community members in a virtual setting to gather information to create a narrative. These interviews were conducted using social distancing and masks, Google meets and telephone conversations. Students then requested a picture from the person they interviewed and created a block print based on that photograph.

We have partnered with local businesses to display and publish the hard work of our students. There will be a physical display sometime in January 2021. More details to follow. We are also excited to be partnering with Heart River Voice to publish a selection of student work throughout the year. We are grateful for all of the community members who participated. ■



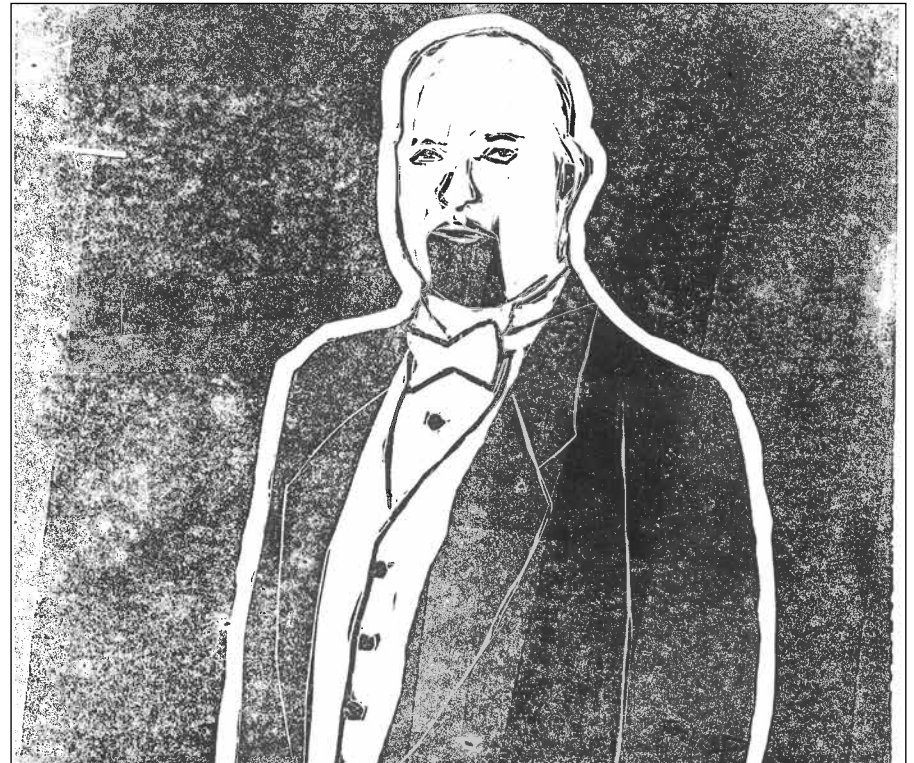
Sam Lewton interviews Kelly Armstrong via Google Meets



Eryn Bird works on her block print



Jaxon Braun traces his block print



Brent Rogers

By Gabriel Ricks

It takes persistence to be last in your college class and still keep going until you become a choir director at a college. If there is one thing that Brent Rogers is, it's persistent. Brent Rogers is now the choir director at Dickinson State University, but he didn't get there overnight. This is his story of how he created a successful musical career.

Brent Rogers was born in St. Paul Minnesota, and grew up just outside of St. Paul. His first musical experiences were when he was eight years old. He started piano lessons as well as choir. He turned to his music as a source of comfort when his parents got divorced. Even after his siblings quit at age 15 to 16, he just kept playing. He played piano all the way up until college, where he majored in piano. It wasn't easy, however. As a child he had received an inferior piano education and so he was far behind all the other students. This was especially hard during his sophomore year and at times he felt like quitting. He was persistent though, and because he wasn't afraid to ask questions and get help he succeeded in finishing his major.

He took two years off during college to serve a mission for his church. During his mission when he taught others about Jesus Christ he decided that he wanted to teach. He had long past realized that

his childhood aspirations of being a pediatric neurosurgeon were not what he wanted to do with his career. He wanted to teach because he found joy in teaching meaningful things, and to him music was very meaningful. Although he realized that it's not easy to make a successful career in music he pursued this goal anyway. Through persistence and hard work, he got a job as a choir director at the college right here in Dickinson.

As a choir director, his favorite part of his job is seeing his students learn and grow. He describes music like this "Beautiful and Interesting... Stimulates my mind and my feelings." His advice for other aspiring musicians is to talk to someone that has already done it, find someone that can help guide you through a music career. His second piece of advice is that if you already like your relationship with music, and you don't want it to feel like work, then a career in music might not be the best idea.

In his position at Dickinson State, Brent continues to use his attributes of hard work and persistence to contribute to the community. He brings beautiful music into Dickinson and helps other musicians realize their goals. A change he would like to see in Dickinson is getting a better auditorium because he feels that people should get the full experience of great music with great acoustics. If Brent had not been persistent and hardworking, he wouldn't even be here today. ■

YOUR HEALTH

Leg cramps and Restless Leg Syndrome

By Steve Irsfeld

You may not think this condition is a big deal if you or someone you love does not suffer from it, but to millions of patients worldwide, this is a "Big Deal." RLS is a big deal because it is not easily treated, and the existing treatments often come with unwanted side effects.

Additionally, RLS can significantly affect your overall health due to poor sleep. Let's consider the difference between leg cramps and Restless Leg Syndrome. Muscle cramps are sudden, involuntary contraction or spasm of one or more of your muscles. They often occur after exercise or in the middle of the night, lasting a few seconds to several minutes. A few seconds can seem like hours as they are extremely painful if you have ever had them. Muscle cramps are a common problem.

Other causes include muscle overuse, dehydration, mineral deficiency, and lack of blood flow to the muscle. Muscle cramps can often be treated by taking a calcium or magnesium supplement and electrolytes to correct these deficiencies.

On the other hand, RLS is a neurological disorder characterized by throbbing, pulling, creeping, or other unpleasant sensations in the legs and the uncontrollable urge to move them. Symptoms occur primarily at night when a person is relaxing or at rest and can increase during the night. Moving the legs relieves the discomfort. The sensations range in severity from uncomfortable to irritating to painful.

When it comes to restless legs, the treatment is more complicated than muscle cramps. Some of the primary causes include iron deficiency, peripheral neuropathy, or dopamine deficiency.

Iron deficiency can be due to a lack of nutrients in the diet or our inability to absorb the nutrients. In patients with iron deficiency, repleting the iron stores bringing them back to normal can resolve RLS in about 2/3 of patients. Having a patient take an

oral iron supplement may not be the answer as some patients may require an injection or infusion due to lack of gastrointestinal absorption.

Dopamine is an area of treatment that has been around for many years.

Patients with RLS have dopamine cells in the brain that are dying, and they have fewer receptors. Treatment

with dopamine-producing drug-like pramipexole or ropinirole can help achieve a response.

Peripheral neuropathy or nerve pain in the legs can also be a cause. The treatment options include pregabalin (Lyrica) and gabapentin, which help reduce overall symptoms. They can be an effective treatment for both RLS and the pain associated with neuropathy however they can cause drowsiness and fatigue.

Secondary causes of RLS include; SIBO, inflammation, and endorphin deficiency. These are non-conventional avenues of treatment for RLS but have data to support treatment consideration. Studies have looked at endorphin levels in RLS patients and have found endorphin deficiency as a potential factor in disease development.

Correction of endorphin deficiency can be achieved by using low doses of an opioid receptor blocker, naltrexone. Naltrexone increases both endorphins and met-enkephalin, which studies show lower inflammatory markers over time.

What can you do today to help with RLS? Start with your diet and eat right. Cut out processed foods and sugar, which are sources of inflammation. Have iron testing done. Consider taking calcium or magnesium. Rule out SIBO and look at low dose naltrexone as a treatment option.

We have temporarily returned to curbside delivery only during the recent increase of COVID positive testing in the state and county. If you struggle with RLS and would like help in navigating treatment options, call us @ 701-483-4858. Until next time, be vigilant about your health! ■



Heart River VOICE

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It's been said that it's not the destination – it's the journey that matters, and the scenic byway system is the perfect way to enjoy that journey.

Slow down and enjoy the drive along the Old Red Old Ten Scenic Byway, an alternative route paralleling Interstate 94 between Dickinson and Mandan in western North Dakota.



native prairie grasses, hardwood draws and wildlife-filled habitats, there are opportunities for cross country skiing or trail hiking this winter.

A few more miles down the road, pull into Hebron for specialty coffee, decadent desserts and local artwork at Dark Side of the Brew. Interested in local pottery? Drive to the south end of town along the byway



A variety of wines are available for purchase at the Assumption Abbey in Richardton



Specialty coffee available at The Dark Side of the Brew in Hebron

to Dacotah Clayworks, a small retail shop specializing in North Dakota clay projects.

Head west to New Salem, where you can drive up the hill to see the towering Holstein cow statue – the World's Largest Cow – named "Salem Sue." Lit up at night, she stands 38 feet tall and 50 feet long, paying tribute to the dairy industry that once thrived in the area.

End your byway travel on West Main Street in Mandan, drive south to historic Fort Abraham Lincoln State Park, where Lt. Colonel George Custer lived with his wife and military men at the military post before his infamous Battle of the Little Big Horn. ■

Begin your day in Dickinson at the Ukrainian Cultural Institute, viewing the intricate handcrafted Pysanky "Easter" Eggs, and then over to the Dickinson Museum Center to learn about local and prehistoric history.

Driving east along old highway, you'll soon be approaching Taylor. Stop in at Taylor Nursery. It's so much more than a floral nursery, there are fun gifts everywhere!

A few miles further along the byway is Richardton, home of the Assumption Abbey, an architectural wonder built in the Bavarian Romanesque style. And the monks have large selection of their labeled wine and artwork for purchase.

After leaving the Abbey, you won't want to miss Schnell Recreation Area. Surrounded by



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TRINITY CATHOLIC SCHOOLS

Living our values at Trinity North

By Gianna Kreitinger, Student Council president,
and Lorelei Emter, Student Council vice president



Lorelei Emter



Gianna Kreitinger

At Trinity Elementary North, we really focus on living our Core Values. We are very proud to say that this is the first year that Trinity Elementary North has had a Student Council. Also, as a group, we have learned a lot about service by doing the “Thanks for Giving” food drive and “Diego Dulces” candy cane sale fundraisers during the last few months.

Service is very important. It helps our community, especially those in need. It makes the environment much more cheerful. Knowing that the needy are being helped makes everyone happy. We felt like we were really helping our community, and the student body did great. We also had a speaker from the St. Vincent de Paul Society, from St. Patrick’s Church, come and speak to our religion classes. We learned through the speaker that a lot of people come from tough situations and are in need more than we know. Service requires teamwork, and everyone gains in the end. When those in need receive help, they are very thankful. We all feel good when we help out.

The “Thanks for Giving” food drive and “Diego Dulces” candy cane sale were both huge successes. The purpose of these

fundraisers was to help the St. Vincent de Paul Society, and give them more food and money for the people they help. The results were surprising! The food drive, which only involved 5th and 6th graders (80 students total), raised 936 total food items. We treated it as a competition, and the class with the most donated food items won an out-of-uniform day. This really encouraged all the students to lend a hand.

For the “Diego Dulces” fundraiser, the 6th graders worked hard selling candy canes before school and during the high school’s lunch time. Students could purchase candy canes for friends and include special notes, which would be delivered to their lockers. It took a very long time and a lot of effort to assemble all the candy canes! After only one week, 560 candy canes were sold and over 40 more were donated to the St. Vincent de Paul Society. We also gave them the profit, which was \$560. Student Council was very pleased to achieve those results!

The impact these services had on Trinity Elementary North is amazing. We helped to give food to a lot of people who might not have had a Thanksgiving dinner. For “Diego Dulces”, Trinity Elementary North plus Trinity Junior High and High School bought candy canes and donated some to the St. Vincent de Paul Society. We had a fun time doing it and were excited to hear that the fundraisers meant a lot to them. As Rabindranath Tagore once said, “I slept and dreamt that life was joy. I awoke and saw that life was service. I acted and behold, service was joy.” ■



LESSONS IN BUSINESS

Wait. That was my idea!

By Debora Dragseth

What are your options if a deceitful boss takes credit for your ideas at work?

First, make sure you are aware of all the facts. If you are told by a coworker that the boss presented your idea as her own at a meeting you did not attend, consider carefully the reliability of information. One mistake you never want to make is accusing your boss of something that isn’t true. Once you are 100 percent sure of the facts, ask yourself if it is worth the risk of confrontation.

Bear in mind the culture of the company. Perhaps your previous organization was very competitive—every man for himself. A culture in which successfully climbing the corporate ladder depended on standing out and getting recognized. In contrast, within your current company a team culture may dominate. After carefully assessing the situation in its cultural context, you may determine it wasn’t a big deal. If so, you may want to let it pass this time. Sure, it’s aggravating, but consider taking it as a compliment that your boss deemed your idea worthy enough to pass up the chain.

Undeniably, it’s bad business practice for a superior to steal the ideas of a subordinate without giving him credit. If you feel this situation is likely to escalate and it’s something that you can’t live with, you need to address it.

Your boss does have power over your career, so be careful. Approach the situation in a diplomatic manner by saying something like, “I heard the vice-president of operations really liked

my idea about opening a branch office. I’m glad I was able to contribute. If you would like, I could forward some further details of my plan to the vice-president, or attend the next meeting on this topic.”

This tactic is a roundabout way of letting your boss know you are on to her deceptive practices. It’s not the most direct approach, but it may be the most politically astute.

A more direct, yet riskier, approach would be to state clearly what you know and how you feel about it. “Boss, I am aware that you presented my idea as your own at the meeting last Friday. I’m upset about the situation. Could you tell me why you did that?”

Your goal is to get to a resolution you feel comfortable with so as to avoid this problem in the future.



If you feel the situation cannot be resolved, weigh your options and consider this advice from the great actor Bette Davis, “Pick up your marbles and move to a better game.”

Debora Dragseth, P.D. is a professor of business and Vice-President of Academic Affairs/Provost at Dickinson State University. Her column will appear monthly and provide commonsense answers to common workplace issues. ■

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THE ARTS

Trinity students contribute in many ways at the Badlands Art Association Art Show



Melissa Zach holding "Soft Curls" and "Lion"



Matigan Obrigewich, Dawson Frank, Levi Jerome, Cameron Wanner, Anthony Spradley, Cole Kadrmas assembled standards and displayed artwork for the show.

The Trinity High School art students were also recognized for their talent and received 8 Honorable Mentions

The Badlands Art Association held its annual art show on November 13-15th at the Roosevelt Grand Dakota Hotel to celebrate 50 years of art in professional, amateur, and student divisions.

Trinity Junior High & High School Art teacher, Victoria Gullickson, along with several art students helped with the set up again this year to kick off the event. Reese Campbell,



Sterling Tooz holding "Shattered Image Design" "Texture Landscape" and "Tom and Jerry"

for student work in Sculpture, Drawing, and Paintings created in class. Sterling Tooz received three Honorable Mentions, one for her sculpture "Tom and Jerry", two for her drawings "Texture Landscape" and "Shattered Image Design". Melissa Zach received two Honorable Mentions for her drawings "Soft Curls" and "Lion". Garin Anderson receive an Honorable Mention for his drawing "Butterfly".

Spring 2020 seniors, Sophia Jilek and Seth Herner received an Honorable Mention: Sophia for her painting "Monochromatic" and Seth for his drawing "Lady Bug".

Not pictured: Sophia Jilek and Seth Herner. ■



Garin Anderson holding "Butterfly"



"Monochromatic" by Sophia Jilek



"Lady Bug" by Seth Herner

BENEDICT COURT**Short-term rehabilitation: A closer look**

Winter is upon us! Slippery roads and sidewalks can lead to unplanned falls, with resulting injuries that sometimes require follow-up care or rehabilitation. The term “short-term rehab” refers to specialized care provided after hospitalization and before an individual is able to resume living independently. It is also referred to as short-stay rehab, post-acute care or transitional care. Short-term rehabilitation might follow a fall or stroke, significant injury or emergency trauma, or hospitalization for major surgery. Or it might be required for extensive treatment for kidney, heart or respiratory conditions, or after a life-threatening injury or illness.

You can expect to find continuing medical assistance, help with daily living tasks, emotional and psychological support, and rehabilitation services – all in the interest of helping the individual recover independence, mobility and strength after a hospital stay.



Effective rehab helps a person function again with little or no assistance, with a goal to regain strength, move confidently, communicate effectively, and self-manage daily activities such as dressing, eating and personal hygiene, among others.

Short-term rehabilitation is usually delivered in a skilled nursing center or post-acute setting. Care is overseen by a personal physician with assistance from

health professionals, such as licensed nursing staff, social workers, dietitians, activity and recreation staff, and a team of therapists – physical, occupational, speech, and others.

The comprehensive plan for the patient’s recovery includes the individual’s clinical status and personal preferences, and integrates logistics, family and patient education, as well as the individual’s physician and health care provider network. Key to the treatment plan is safety and continuity, as the individual moves between levels of care – from more dependent to greater independence.

The length of stay of short-term rehab is likely to be measured in days or weeks, not months. Pain management, rehabilitation, and coping with lifestyle changes and emotional stress all figure prominently in the individual’s progress toward goals of self-determination, confidence, independence and a positive outlook.

How to Choose Rehabilitation Services

When selecting a care setting, check for quality using resources such as [medicare.gov/nursing home compare](https://www.medicare.gov/nursing-home-compare) where you can find helpful information such as 5 Star rating, regulatory history and quality measures.

Specialized therapies are provided on an inpatient or outpatient basis, with the goal of helping the individual reach their highest level of functioning in daily life. Rehab, when recommended by a doctor, is usually covered by personal health insurance or Medicare, if the patient is eligible.

Things you may want to consider or questions to ask about rehabilitation centers include:

- Is the location close enough for family members to make regular visits?
- Are there varying levels of care that enable movement from more dependent to greater independence?
- Will you be working with a consistent team of therapists?
- What are the qualifications and training/experience of your therapy team?
- Is the team experienced in treating your condition? What are their

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specialties?

- What therapy equipment or techniques will be used during treatment?
- Is there an individual treatment plan for each patient?
- Who is responsible for monitoring the plan?
- How will the care plan be communicated to the individual and family members? How will updates be provided?
- Has the center or team demonstrated success in treating your condition, including successfully discharging patients back into the community?
- What is the facility’s admission satisfaction rating?
- What is their hospital readmission rate?
- What is the cost for services compared to others?
- How many years has the facility been serving the community?
- What are patient rooms like? Are they private? Do they offer amenities?
- Does the center offer support groups for patients, or other services such as spiritual opportunities that might be important to the patient’s recovery?
- Does the center offer a continuum of care on its campus, such as assisted

living, skilled nursing care or care at home, should a patient’s needs change over time?

It’s important to choose a rehabilitation center that is credible, experienced, makes you feel comfortable, and, if at all possible, is close enough for family to be supportive. Take comfort in knowing that patients in rehab often build rapport with fellow patients and help encourage one another, with friendships lasting long after rehabilitation ends.

For more information on senior care and rehabilitation offerings, contact Benedictine Living Community Dickinson, an experienced, trusted provider of senior care services for more than 30 years, which has the highest nursing facility ranking (5 Stars) from the Centers for Medicare and Medicaid Services, as well as recognition in US News World Report’s “Best Nursing Homes” guide. The faith-based senior care community offers assisted living, short-term care and rehabilitation, long-term skilled nursing care, inpatient rehabilitation therapy, Alzheimer’s and dementia care, respite care, in-home care, end-of-life care and other services. For information, visit www.benedictinedickinson.org. ■

Facts and Figures about New Year's Day

Here's a look at New Year's Eve and New Year's Day, which marks the end of the old year and the beginning of the new year.

History:

■ The earliest known New Year celebrations were in Mesopotamia and date back to 2000 BC.

■ The early Romans used March 1 as New Year's Day. Other cultures used the autumn equinox or the winter solstice to mark the new year.

■ 1582 The Gregorian calendar, which marks January 1 as the new year, is adopted by the Roman Catholic Church.

■ January is named after Janus, the god with two faces, one looking forward and one looking backward.

Traditions:

■ New Year's is the time when many people traditionally make resolutions to break bad habits or start good ones.

■ Ancient Persians gave New Year's gifts of eggs, which symbolized productivity.

■ Most New Year's traditions are believed to ensure good luck for the coming year. Many parts of the United States observe the tradition of eating blackeyed peas on New Year's Day for good luck.

Auld Lang Syne:

■ "Auld Lang Syne" is traditionally sung at midnight on New Year's Eve.

■ "Auld Lang Syne" was written by Scottish poet Robert Burns in 1788. He may have based it on a folk song.

■ The words auld lang syne mean "times gone by".

Times Square:

■ The first rooftop celebration atop One Times Square, a fireworks display, took place in 1904 and was produced by The New York Times to inaugurate their new headquarters in Times Square and celebrate the renaming of Longacre Square to Times Square.

■ The first ball dropping celebration atop One Times Square was held on De-

ember 31, 1907.

■ In 1942 and 1943 the ball lowering was suspended due to the wartime dim out. The crowds who still gathered in Times Square celebrated with a minute of silence followed by chimes ringing out from an amplifier truck parked at One Times Square.

■ The original New Year's Eve Ball weighed 700 pounds and was five feet in diameter. It was made of iron and wood and was decorated with 100 25watt light bulbs.

■ November 11, 2008 A "new" New Years Eve ball is introduced. The ball is a geodesic sphere, 12 feet in diameter and weighing 11,875 pounds. It is built to withstand high winds and fluctuating temperatures. Waterford Crystal introduces a different pattern for each New Year's celebration.

Source: CNN

Many New Year traditions that we take for granted actually date back to ancient times. This year, ring out the old and ring in the new with a new New Year tradition—or two!

MAKE SOME NOISE

■ Making a lot of noise—from fireworks to gun shots to church bells—seems to be a favorite pastime around the world.

■ In ancient Thailand, guns were fired to frighten off demons.

■ In China, firecrackers routed the forces of darkness.

■ In the early American colonies, the sound of pistol shots rang through the air.

■ Today, Italians let their church bells peal, the Swiss beat drums, and the North Americans sound sirens and party horns to bid the old year farewell.

EAT LUCKY FOOD

■ Many New Year traditions surround food. Here are a few:

■ The tradition of eating 12 grapes at

midnight comes from Spain. Revelers stuff their mouths with 12 grapes in the final moments of the year—one grape for every chime of the clock!

■ In the southern US, blackeyed peas and pork foretell good fortune. See our recipe for Good Luck Hoppin' John!

■ In Scotland—where Hogmanay is celebrated—people parade down the streets swinging balls of fire.

■ Eating any ringshaped treat (such as a doughnut) symbolizes "coming full circle" and leads to good fortune. In Dutch homes, fritters called *olie bollen* are served.

■ The Irish enjoy pastries called *ban-nocks*.

■ In India and Pakistan, rice promises prosperity.

■ Apples dipped in honey are a Rosh Hashanah (Jewish New Year) tradition.

■ In Swiss homes, dollops of whipped cream, symbolizing the richness of the year to come, are dropped on the floors—and allowed to remain there!

HAVE A DRINK

■ Although the pop of a champagne cork signals the arrival of the New Year around the world, some countries have their own beveragebased traditions.

■ Wassail, a punchlike drink named after the Gaelic term for "good health," is served in some parts of England.

■ Spiced "hot pint" is the Scottish version of Wassail. Traditionally, the Scots drank to each others' prosperity and also offered this warm drink to neighbors along with a small gift.

■ In Holland, toasts are made with hot, spiced wine.

GIVE A GIFT

■ New Year's Day was once the time to swap presents.

■ Gifts of gilded nuts or coins marked the start of the new year in Rome.

■ Eggs, the symbol of fertility, were exchanged by the Persians.

■ Early Egyptians traded earthenware flasks.

■ In Scotland, coal, shortbread and silverware were traditionally exchanged for good luck.

PUT YOUR BEST FOOT FORWARD

■ In Scotland, the custom of first-footing is an important part of the celebration of Hogmanay, or New Year's Eve Day.

■ After midnight, family and friends visit each other's home. The "first foot" to cross a threshold after midnight will predict the next year's fortune. Although the tradition varies, those deemed especially fortunate as "first footers" are new brides, new mothers, those who are tall and dark (and handsome?) or anyone born on January 1.

TURN OVER A NEW LEAF

■ The dawn of a new year is an opportune time to take stock of your life.

■ Jews who observe Rosh Hashanah make time for personal introspection and prayer, as well as visiting graves.

Christian churches hold "watchnight" services, a custom that began in 1770 at Old St. Georges Methodist Church in Philadelphia.

■ The practice of making New Year's resolutions, said to have begun with the Babylonians as early as 2600 B.C., is another way to reflect on the past and plan ahead.

NEW YEAR'S FOLKLORE

■ Some customs and beliefs are simply passed down through the ages. Here are some of our favorite ageold sayings and proverbs.

■ On New Year's Eve, kiss the person you hope to keep kissing.

■ If New Year's Eve night wind blow south, It betokeneth warmth and growth.

■ For abundance in the new year, fill your pockets and cupboards today.

■ If the old year goes out like a lion, the new year will come in like a lamb.

■ Begin the new year square with every man. [i.e., pay your debts!] –Robert B. Thomas, founder of The Old Farmer's Almanac

So, whether we resolve to return borrowed farm equipment (as did the Babylonians) or drop a few pounds, we're tapping into an ancient and powerful longing for a fresh start!

Source: *Old Farmer's Almanac*
<https://www.almanac.com/content/new-yeartraditionsaroundworld>

EVERLASTING HOPE

Free advocacy day



1 in 6 couples – more than 33,364 North Dakota residents – have trouble getting pregnant or sustaining a pregnancy. 61% of women going through infertility don't tell their family or friends about this struggle. Infertility is recognized as a disease yet once this diagnosis is made there is no insurance coverage for care. This also includes patients seeking to preserve their fertility before starting cancer or other treatments. Cost is the number one barrier to infertility medical treatment as North Dakota's insurance law does not cover infertility treatment. The average cost of treatments is \$25,000



and infertility patients will encounter highly inflated managed care pharmacy prices for medications, where patients with coverage can pay as much as 100% more for medications compared to prices charged to self-pay patients.

Currently, only 19 states have infertility insurance coverage laws, and 10 states have fertility preservation laws for iatrogenic (medically-induced) infertility. A survey found that 39% of participants used credit cards to pay for their fertility procedures, while 12.6% took out loans and 4% used their home as equity. They also found that women (25-34 years old) accrued \$30,000 of debt on average after undergoing infertility treatment. During the 2019 North Dakota legislative session, a bill for infertility care and cancer preservation moved through committee but did not pass on the floor. We are excited to announce we will be moving forward with our advocacy efforts again for the 2021 session and we need your help.

Join Everlasting Hope virtually on January 18th, 2021 to unite our voices and stories to raise awareness on infertility and improve access to family building in the state of North Dakota. If you or someone you know is struggling to grow their family we would love to join our voices and provide support as we work to increase access to care. Register for our free advocacy day through our website raisingeverlastinghope.org and follow along with us on our social media outlets on Facebook, Instagram, Twitter. If you would like to get involved, email tara@raisingeverlastinghope.org ■

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PIPER'S PALS**Pet Name Match**

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

A: Chuck (#___)

B: Red (#___)

C: Tinsel (#___)

D: Brody (#___)

E: Roo (#___)

F: Lucy (#___)

(Answers in our February issue!)

WOULD YOUR PET (dog or cat) LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!

Email kelley@thejileks.com

**Tips for Outdoor Pets:**

- In colder temps, your pet needs more calories than usual to make up for the extra energy burned while trying to stay warm. During the winter, consider increasing their daily food servings.
- Remember that your pet's water dish will freeze quickly! Please check multiple times per day to ensure your pet does not have to try drinking an ice cube. Consider purchasing an electric-heated water dish, intended for outdoor use.
- Straw is superior! The best bedding option is always a good, deep layer of loose STRAW! Blankets and cushions will absorb the snow and moisture from your outdoor pet's feet. The wet fabric will then re-freeze, creating an icy bed for your pet to lay on. Alternatively, loose straw better repels moisture and allows your pet to burrow for additional warmth.
- Is your pet's house insulated? Most dog houses and igloos are helpful to keep out wind and moisture, but that doesn't mean they keep out the cold. North Dakota temps frequently dip well below zero in the winter, making properly insulated walls, floor, and roof an absolute must!
- During the coldest spells, consider making an exception and allow your dog or cats to come inside your entryway or a heated building. If you allow them into the garage, consider setting up a space heater or heated pet mats. A small kindness makes a big difference!
- Have a heart, help stray cats and barn cats survive by making a shelter. Line a plastic tote with Styrofoam insulation or cut a hole into a cooler. Remember to stuff the tote with plenty of straw and position it so that the opening is shielded from the wind.



MAKE SOME NOISE!
A WARM ENGINE CAN BE AN APPEALING HEAT SOURCE FOR OUTDOOR CATS, BUT IF THEY ARE INSIDE WHEN IT IS STARTED, THE SITUATION CAN QUICKLY BECOME DEADLY.
CHECK UNDER YOUR CAR, BANG ON THE HOOD, AND HONK THE HORN BEFORE STARTING YOUR ENGINE; YOU JUST MIGHT SAVE A LIFE!

WHERE BUSINESS GOES TO GROW

Dickinson SBDC welcomes John Diem as new advisor



John Diem

We have been dedicating these monthly articles to the overall theme and vision of Stark Development - "Where Business Goes to Grow." This month we are excited to introduce a new addition to our office and a huge step forward towards our mission to grow and assist businesses in Stark County and the region.

This fall, Stark Development Corporation partnered with our sister organization the West River Business Center to provide the new home for the North Dakota Small Business Development Center (ND SBDC). We are proud to announce we have hired our Dickinson SBDC Advisor, John Diem. John has over 20 years of experience including small business ownership, consulting, curriculum development, and marketing. In the past he has owned and operated an insulation company that provided retrofit installations as well as services to new construction customers, has provided training and technical support to both private contractors as well as non-profit organizations, he was the North Dakota state building code manager, and he has served the great state of North Dakota as a state weatherization monitor providing field oversight, trainings, and technical support. Most recently, Diem was the regional sales manager for a local manufacturer and was heavily involved

in their international market expansion through exporting to Poland.

"We are excited to have John join the network and to see growth in the service area under this new partnership with West River Business Center," said Tiffany Ford, ND SBDC State Director. "In the past, we've had a part-time SBDC business advisor available, however, knowing the demand exists, we are pleased to be able to increase our capacity to better serve entrepreneurs and small businesses in Dickinson's 5-county region."

Since its inception in 1986, the ND SBDC network has helped business owners and entrepreneurs start, manage, and grow their small businesses through confidential, individualized, professional business advising and training workshops. Services are provided at no-cost to clients thanks to funding from U.S. Small Business Administration, ND Department of Commerce, and local supporters across the state.

The ND SBDC is thrilled to have an office actively serving the Dickinson community and region. When Senator Rich Wardner was asked about the reopening of the ND SBDC Dickinson Office together with Stark Development, he stated, "Together these two organizations can make things happen."

Over the past few months, we have been discussing the myriad of services, many of which are free, to entrepreneurs, and many of these services can now be offered through our office and the SBDC. In future months, we will continue this discussion and detail



the process and mindset of becoming an entrepreneur. At any time in your entrepreneurial journey if you are ready to grow your idea, your local SBDC office is ready to assist you in bringing those ideas to reality.

Your Dickinson SBDC office can assist existing businesses with many services including; market research and analysis, financial reviews, succession planning and structuring your businesses future. If you are a budding entrepreneur we can assist with: financial projections, business plan writing, market research

and analysis and ultimately preparing your business documents to assist in securing financing for your business startup.

To access the free services for both existing businesses and entrepreneurs alike, please contact the Dickinson SBDC office at 701.456.9044. You can also sign up for a free consultation with the SBDC office online at ndsbd.org (choose 'I want to start a business' and then choose Dickinson as your location).

Next month we be discussing naming and registering your startup. ■



THEN... and Now: The Hobo Murder Case

By Bob Fuhman

The popular image of the 'Hobo' is an itinerant traveler, half bum or tramp, half philosopher (think the 1936 film *My Man Godfrey*); a largely benign fellow who, due to his reduced circumstances might indulge in petty theft - lifting clothes off a wash line or stealing away with a pie cooling on a window sill - although Hollywood might portray him as willing to work at odd jobs until wanderlust drew him to hop a freight to points unknown. Depending on the source, 'Hobo' might be viewed as a derogatory term or at least certainly less preferable to 'vagrant' although some definitions are very specific that

been derived from the term 'homeless boy' although there is no conclusive etymological evidence. Nonetheless, tramps, vagrants, and 'hobos' were plainly seen as a source of trouble and illegal activities starting in the 1890s as is borne out by articles in the Dickinson Press and, as might be expected, the hobos were often linked to the rail line going through Dickinson.

The first report came in summer of 1890 when two tramps were arrested for robbing the sleeping car of the railroad's bridge crew, the pair later making "a bold strike for liberty" from the County Jail, one of them quickly

injured.

Other reports:

- A Grand Forks policeman, when robbed by four hobo with guns, pulled his revolver and shot two, the thugs not seriously injuring the officer as they returned fire (September 1892).

- A tramp robbed Lawrence & Dickinson's store of \$50 but was apprehended at Jamestown and returned to face justice (October 1892).

- Tramps in Dickinson were blamed for several petty thefts, one of the miscreants caught stealing a pair of pants from Currie & Crowl, Mr. Crowl laying "hold of the scoundrel in a determined manner and pitched him headlong out of the store." Sheriff Lish then "made a cleaning up of the tramp kind in town" and ordered them to move on (August 1896).

- A burglary at Senour & Langley Hardware resulted in 5 razors, 4 revolvers and 60-70 pocket knives stolen. Chief of Police Corbett believed tramps may have been responsible as they were "moving through in large numbers the last few weeks" (August 1904).

Things quieted down for a time thereafter before serious trouble occurred the night of July 29/30, 1906 on an eastbound train out of Dickinson. Sometime just after midnight, as the freight train made its way up the Gladstone Hill, east of that settlement, brakeman Frank Stein discovered four hobos stealing a ride in a gondola car with a load of lumber. Although loaded with lumber there was an area about ten feet long at one end of the car that was free space and it was here that Stein found the men. Stein climbed down to the open space as the train slowed to climb the steep Gladstone Hill to question the men as to where they were going and on what ticket they were riding on. Unable to produce any ticket or pass Stein told the men they would have to get off, which they promised to do. Stein then climbed back atop the load and a few minutes later was joined by fellow brakeman Oscar Carr,



Wooden gondola railway cars, c.1910, near the Dickinson roundhouse. Images of NP gondolas from this era, like the one in which Oscar met his death, seem to be rare. Osborn Collection, glass plate negative, Roundhouse #007

Hobos are no such thing but, rather, migrant workers, perhaps an image based on the late 19th and early-to-mid 20th century practice of farm laborers following the harvest somewhat like the characters of George and Lennie in Steinbeck's *Of Mice and Men*.

It is generally agreed "hobo" came into usage in the 1890s and might have

recaptured in a local barn, the fate of the other not recorded. Later that same year the term 'Hobo' makes its first appearance in the Press which carried a brief account of a railway brakeman being thrown from his moving train near Minot when he had protested the hobo's attempt at stealing passage. Luckily, the brakeman was not seriously

\$1000.00 REWARD Offered by N. P. for Much Wanted Hobo Murderer.

The Northern Pacific Railway Co. proposes to make every effort to run to earth the murderer of Oscar Carr at Gladstone, and have offered a reward of \$1,000 for his capture.

Detective Batten, the regular railway sleuth in North Dakota, is personally in charge of the chase for the murderer and he is confident that every avenue of escape for the murderer is carefully guarded.

A good description of the murderer has been sent all over the country and results are expected any day. The description follows:

Short, thick set.
Complexion medium.
Light hair.
Thin mustache.
White hat with black band.
Corduroy pants, or duck overalls.
Light coat.

Box car tourists travelling in the western part of the state are being subjected to rigid examination by the railway police and town officials. A large number of hobos have been arrested on suspicion, but the one really wanted is still at large.

Description circulated during manhunt for 4th Hobo wanted for the murder of Oscar Carr, Dickinson Press 8/4/1906

32, from Mandan. Stein informed Carr of the situation and Carr began to climb down to the hobos, Stein saying that Carr was letting himself down by supporting himself between the wall of the gondola and the load of lumber, swinging, as it were, between those two points when shots rang out. Stein felt a sharp pain in one ankle and quickly left for the caboose. This was the last time anyone other than the hobos saw Oscar Carr alive.

After Stein reported to the caboose the train stopped at Richardton where Carr's body was discovered on the gondola floor and the hobos gone. The car was cut out of the train and returned to Dickinson (a case of the scene of the crime returning, if you will) for further investigation. Carr had been shot twice, once in the left breast, the bullet ending in his neck, and again in the right jaw, the bullet penetrating to his brain. With the third bullet that hit Stein's foot and evidence at the scene it was clear that more than one gun had been involved, it being noted that none of the train crew had been thus armed.

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Northern Pacific Railway wooden gondola car. Although this gondola was built in 1927, the gondola on which Oscar Carr died in 1906 was of a similar design. Northern Pacific Railway Historical Association online collection.

By noon following Stark County Sheriff Hartung had begun sweeping up tramps and hobos, eventually corralling over 20 suspects, three of whom were identified by Stein: George Miller of Seattle, Alex Bain(e) of Toronto and George Buchanan of Winnipeg. The unidentified fourth man was still being sought as of the following Saturday but was captured less than a week later in Leeds, ND, Northern Pacific Railway Detective Batten having directed the manhunt. His name originally reported as 'Mathan,' the last man was actually Roy Hathon of Owosso, Michigan who was armed with a revolver when caught. In the meantime the coroner's inquest was completed, complaints sworn out and all four charged in August with murder to which they pleaded 'Not Guilty' at the December term of court. The quartet were held in separate cells in the Stark County Jail to await trials at the April term.

All along the Press was reticent concerning details of the case but it was mentioned that Hathon and Miller were supposed to be the worst of the lot, inferring the State's case against them might be the strongest. Despite that inference, when Roy Hathon's "hard fought" 6-day trial ended he was acquitted on April 9, 1907. Frustratingly, the local press carried no details of the trial's testimony and evidence for the very good intention of not tainting impartial jury pools for the remaining 3 trials. Despite the acquittal Hathon was still held in the jail as a witness for the other trials, it being reported that he

planned heading to Montana for work when released.

The next trial had George Miller in the dock and the Press characterized it as basically the same case as that made against Hathon, however, Miller's



Sheriff Hartung, c.1910
Osborn Copy Negative Collection, #0301-001

testimony at Hathon's trial is finally mentioned, it being revealed that he freely admitted his part in the slaying and was thus convicted of manslaughter in the first degree on April 17, it being assumed that the jury's six hours of overnight deliberation was largely spent on deciding which charge his guilt warranted. Miller was sentenced to six years in the State Penitentiary, his free admission thought to be responsible for his light sentence.

George Buchanan's and Alex Baine's trials were given a change of venue to Burleigh County, though no reason was reported. Baine went first and his case ended abruptly on May 23rd after the State rested, the defense moving for a direct verdict in favor of Baine on the grounds the State's case did not connect Baine to the commission of the crime. After argument by both sides the judge asked the jury foreman to sign a verdict of 'not guilty,' thus clearing Baine, however, he would remain in custody as the State announced it would charge him with perjury, this development, like other trial details, not clarified due to the need to protect the impartiality of the jury pool for the last case.

Buchanan's trial began May 27th, the Bismarck Daily Tribune reporting the State had evidence Buchanan had fired shots at Carr. As this was the last trial details of testimony finally appear in newspapers. According to Buchanan, Carr appeared in front of the four hobos brandishing a club and striking Miller's side and that Miller shot three times, eight or ten shots being fired in all, all the defendants testifying the remaining shots were fired from above, obviously by Stein who reportedly had no gun.

At the start of the next day's session juror W. Simon came forward sobbing that his son Ray was at the point of death and asked to be excused. Although both sides offered to do whatever need be to accommodate Simon, he was persuaded to stay for the present and the State's case proceeded with a 15 minute recess at 10 am that allowed Simon to visit his

son at the hospital. At 11 o'clock court was once again adjourned indefinitely when word was received that the son had died, but even so, at 2 PM Simon returned and "very bravely consented to go on with the trial."

After the State rested the defense built its case by trying the victim, Oscar Carr, contending that Carr attacked the men, particularly Miller and that Buchanan had no part in the brakeman's death regardless. Despite the State rebutting parts of Buchanan's testimony and showing he made demonstrably false statements at the inquest, the jury returned a 'not guilty' verdict after only 30 minutes deliberation.

And there would end the account of the Brakeman's Murder except for the inevitable postscripts. Four men (including Sheriff Hartung) stepped forward to claim a \$1000 reward that had been offered by the Northern Pacific for the arrest and conviction of Carr's killer(s). The men all filed suit against the railroad, the NP adroitly sidestepping the litigation by depositing the money with the Stark County Clerk of Courts who would hold it until the parties could come to some agreement. Save for one of the claimants dying two years later, the reward is not mentioned again in the Press.

One other postscript to this case involves George Miller, the only man convicted in Carr's death. Miller began his sentence immediately upon conviction and may, we assume, have received credit for his pre-trial incarceration (though this is not certain). Miller had problems in prison though, nearly killing a fellow inmate with an iron bar and demonstrating other aberrant behavior. In late January 1910 he stripped himself naked and threw water on his bed and bed clothes, making "so much noise he was placed in solitary confinement." The next morning he asked for and spoke with the Deputy Warden for a bit and a half-an-hour later was found hanging in his cell, having used his torn-up shirt to make a rope. The inquest brought in a verdict of suicide but it was also noted that Miller had previously tried to starve himself to death, going twenty days without food, finally relenting when the prison's physician threatened to feed him "via the tube route." Miller's burial place is not noted. ■

HEART RIVER GEMS

Bob Weiler

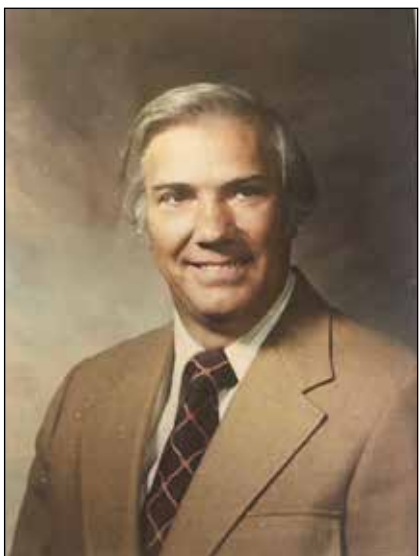
By Kaylee Garling

This month, we hear from one of the most well-known voices in town. For over 53 years, Robert "Bob" Weiler brought Dickinson and surrounding areas news, sports scores, play by play announcing, and more on KDIX. He was so good that he received several job offers from places around the country, but he committed to



Bob in the early days (if not the first day!) of KDIX

laying down roots for his children, so he stayed and blessed the community with his beautiful talents. At 92, Bob has seen many achievements, but his greatest was in 2018, when he was inducted into the North Dakota Sportscasters and Sportswriters Association Hall of Fame. "I received a very nice plaque and picture." He's stayed involved in the community by serving in various leadership positions. "We have some active organizations in



Bob as President of the North Dakota State Elks Association in the 1980s

town, and I was part of most of them. I became President of Dickinson Jaycees, the biggest organization in Dickinson. State President of the Elks Organization for a year. President of North Dakota Broadcasters for a year. President of something else, can't remember who." He jokes about how his mind is starting to slip, though the stories he told me were very crisp.

Bob came to Dickinson in 1948 after attending Joe Beck's School for Radio in Minneapolis. He was only 19 years old. Originally from Lisbon, ND, he had two job offers before he finished school. The first was in Mandan and the other in Dickinson. "I chose Dickinson, because I thought it was closer to Lisbon than



Always in character for his radio shows

Mandan. When I look back, I believe deeply that I came to Dickinson because God had picked out Beverly for me as my wife, and I would've never met her if I'd taken the job in Mandan." He smiles, recalling the early years. "I was all alone out here. I didn't know anybody up until about a year after living in Dickinson. I was just freelancing. Then I met Bev. We've been married for almost 69 years. She put up with a lot to be with me. My job created great experiences, but we didn't make a whole lot of money. We have 7 seven children, 20 some grandchildren, and 22 or 23 grandchildren. My wife was a very good person. She stayed home and took care of the kids. She kept the



Bob with his wife, Beverly, of almost 69 years. They were married on May 24, 1951.

kids so well dressed and clean, wouldn't let them go out of the house without looking perfect. After the youngest was in 5th or 6th grade, she went to work. From that job, she wound up working

There were many exciting moments while being on air. Some of Bob's favorites were first time achievements for our local teams. "When Trinity High School won the state Class A Football Championships in 1979, that was memorable. In 1968, DSU went to a National tournament and won two games. It was the first time our college had won any games in a national tournament."



Hammin' it up for camera

for an insurance company. She had the opportunity to buy the company, so she did. She had the insurance agency for quite a few years."

Radio also gave Bob the opportunity to serve in various ways. "They used to do a show called Chris Kringle's Corporals. It was a fundraiser to buy essentials for the needy at Christmastime. We ran that until about midnight, started at 7 in the evening. They made me an honorary member of the VFW because I did that show for them for so many years." He stayed up late in the night, away from his own family, to help others in need. "When the Catholic Church did their holy masses in Latin, I was on air doing everything in English. I knew the different parts of mass, because I had been involved in the church for a number of years." Not only is he giving, but a religious man as well, dedicated to covering all sorts of responsibilities. He broadcasted the 4th of July Parade, along with emceeding

Continued, next page

Heart River Gems is proudly sponsored by

Continued from page 18



Bob getting into the act (back far right) with a local band

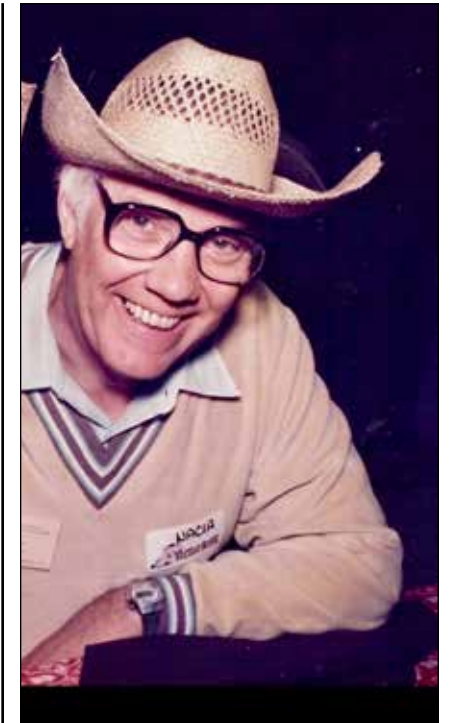
state conventions and the Miss Dickinson pageant for countless years. When his boss purchased another radio station in Sioux Falls, Bob was put in charge of making sure the station was doing well.

"Radio was a lot different when I was in

it than it is today. All the commercials that were on, we had to write. We were the only radio station in the area. Bismarck was the next closest." Bob served in the army for a little over two years. "After I got out of service, I came back to work

here. I put together a country western show with some of the local talent, called The Saturday Night Barn Dance. We'd perform in different cities. We had television out here, so I started doing shows on TV as well as radio. We had a sports show, and then when we added TV. I was on TV doing that show as well."

"At Christmastime a few years ago, my wife had saved all the letters, all the write ups in the newspaper, the MC jobs, awards, scorecards from games, and put together a book made up of them." The thick book reminds Bob of how busy he was. How many games he announced. He says that he would've never been able to accomplish everything he did without his wife, which goes to show that no matter how dedicated he was to his career, he cherished his wife and family more. You can find him tucked away at St Luke's, where his legacy within our community continues. ■



Bob, not a cowboy, but he sure can play the part. Picture taken at an Elk's convention in Texas.

FTC Consumer Alert Warns of Potential Fraud Related to COVID-19 Vaccines

With multiple promising COVID-19 vaccines on the horizon, a new consumer alert from the Federal Trade Commission this week warned consumers of potential fraud scams associated with the vaccines. The FTC outlined several facts that can help consumers steer clear of potential scams.

For example, the FTC said that consumers will likely not have to pay out of pocket to receive the vaccine; will not be able to pay to put their name on a list to receive the vaccine or receive early access; and will not be contacted by a representative from a vaccine distribution site or health care payer asking for their Social Security number or bank account information in order to sign up to receive the vaccine. The FTC also urged consumers to be wary of providers offering products, treatments or medicines to prevent the virus, and to consult their healthcare provider before paying for or receiving any kind of COVID-19 treatment.

If a scam is suspected, the FTC directed consumers to report it by visiting ReportFraud.ftc.gov or filing a complaint with their state or territory attorney general through consumerresources.org



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GOING POSTAL

Winter Scenes

In the United States, winter officially begins on Dec. 21 or 22. But in some parts of the country, the snow begins falling and the temperatures plummet long before the solstice. Winter is not only a season but also a state of mind.

With Winter Scenes, the 10 photographs featured on the stamps showcase the special allure of winter with iconic scenes from the Northern United States. The stamps are being issued as Forever stamps in booklets of 20.

Art director Derry Noyes designed the stamps with existing images taken by various photographers.

These beautiful stamps will add brightness, color and a bit of that winter joy to cards and letters throughout the year.

Purchase these stamps at your local post office or online at store.usps.com ■

Source: store.usps.com

Happy New Year!

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NDSU EXTENSION

Kids in the kitchen

By Holly Johnson



Happy New Year! For many, January is a time of reflection and new beginnings. For me, I am remembering a time long before 2020. With all the holiday and winter baking lately, I think back to the times I would bake with my mom and my grandma as a kid. It is from these women I gained the skill and passion for baking. When I was a little girl, they taught me how to read recipes, how to measure, and how to have fun together as family. Someone always ended up with flour on themselves or sneaking a runaway chocolate chip. My mom and grandma always involved me in the kitchen, and I will be forever grateful for

the cherished memories I have.

You too can involve the children in your lives in the kitchen. They will be so proud of the end product and enjoy being included in the important process of cooking/baking for others. Will you have a little extra work as the adult? Probably! Sometimes, having young children "help" is not always helpful in a literal sense. However, I promise you it is worth it. The giggles and taste-testing and cheeky grins will last much longer than the mess at the end, and by all means, include them in the clean-up too!

NDSU Extension has some suggested

tasks various ages of children can help with while in the kitchen.

-Children ages two to four can pour liquids, wash produce, wipe surfaces, knead dough and more!

-Children ages five to seven can do the above tasks as well as gather ingredients from cupboards, measure ingredients, set timers, mix ingredients by hand, and more!

-Children ages eight to ten can also do the above tasks along with preheat the oven, use a microwave, use knives to slice ingredients with supervision, and more!

It did not seem like I was spending life changing moments with my mom and grandma at that time. When in reality, they were life changing. I still have the stained and faded pink and purple apron with my name on it from my childhood. My grandma is no longer living, but many of her recipes are in my recipe box. Make



time, in this new year, to bake and cook with the little ones in your life. Pass down traditions, make new ones, and cherish every minute of it. Happy New Year and take care! ■

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All event details are subject to change. Heart River Voice lists information as it is provided to us by event coordinators. Please reference event websites for updates.

COVID-19 is a pandemic. COVID-19 is contagious. Everyone who attends events does so at their own risk. If attending any events listed in this calendar, please practice social distancing and follow CDC Guidelines.

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PUBLIC ICE SKATE Friday & Saturday evenings 7:00-9:00PM. Saturday & Sunday afternoons 1:30-3:30PM. Daily Admission - \$4.00 (5 & under free). Skate Rental - \$2.00/pair. Make sure to visit dickinson-parks.org for current schedule. West River Ice Center, 1865 Empire Rd.

STARTING JANUARY 6 ADULT CIVIC EDUCATION COURSE - THE CONSTITUTION 101

6:30-8PM CST Deepen your civics knowledge and engagement with this introductory course to the US Constitution, from its founding philosophies, to its institutions, to its present-day applications. This is a six-week course that will meet every Wednesday beginning January 6th. Taught by Chris Cavanaugh, teacher of social studies and US Government at Bismarck High School. This course is free for HND Members and costs \$25 for nonmembers. Learn more and register at HumanitiesND.org

**SUNDAY JANUARY 10
BISMARCK STATE COLLEGE BOOKTALK - YEAR OF WONDERS: A NOVEL OF THE PLAGUE BY GERALDINE BROOKS** 1-2:30PM CST This historical novel is based on the true story of Eyam, the "Plague Village" in England's rugged hill country, that voluntarily quarantined itself to stop the spread of bubonic plague. Join this free, virtual book discussion with Rachael Southam, BSC Associate Professor of English. Learn more and register at HumanitiesND.org

THE SOCIAL DILEMMA FILM

VIEWING 2-4:30PM CST This documentary-drama hybrid explores the dangerous human impact of social networking, with tech experts sounding the alarm on their own creations. Watch the movie on your own on Netflix or view it during the event via Zoom. Discussion will immediately follow the movie at approximately 3:30PM CST. Moderated by Robert Mejia, Associate Professor of Communications at NDSU. Learn more and register for this free at HumanitiesND.org

**STARTING JANUARY 12
GEARING UP FOR KINDERGARTEN** Help your children prepare for Kindergarten before they step foot in the classroom. More info, see ad, next page.

**STARTING JANUARY 14
LAKOTA LANGUAGE 101** 5:30-7:30PM CST Learn the basics of the Lakota language. From basic conversations to vocabulary, you'll learn this beautiful language through speaking, listening, reading, and writing. This is a ten-week course that will meet every Thursday beginning January 14th. Taught by Kevin Locke. This course is free for HND Members and those affiliated with any indigenous peoples group. This course costs \$25 for nonmembers. Learn more and register at HumanitiesND.org

**THURSDAY JANUARY 14
GAMECHANGER IDEAS FESTIVAL PRESENTS YAËL EISENSTAT DISRUPTIVE TECHNOLOGIES AND DEMOCRACY: CAN THEY COEXIST?** 4-5PM CST An interview and discussion with Yaël Eisenstat, Visiting Fellow

at Cornell Tech's Digital Life Initiative and a member of the Council of Foreign Relations. Yaël Eisenstat has been a CIA Officer, A U.S. diplomat, and a special advisor to Vice President Joe Biden. Noticing more and more that Americans were having trouble finding common ground, she switched her focus from counter-extremism overseas to the dangers back at home - starting with Silicon Valley. Join this virtual discussion on the intersection of technology and our democracy for free! Learn more and Register at HumanitiesND.org

**STARTING JANUARY 19
DISCOVERING THE STORY WRITING WORKSHOP** 4-5:30PM CST This is a course for writers at all levels who are interested in approaching fiction as a process of discovery. Honoring the spirit of exploration, participants will navigate the journey between memory and imagining, learning to trust their instincts and follow inspiration wherever it leads. Taught by award winning author Mona Susan Powers (The Grass Dancer). This is a ten-week course that will meet every Tuesday beginning January 19. Free to HND Members and \$25 for nonmembers. This course is free for those affiliated with any indigenous peoples group. Learn more and register at HumanitiesND.org

**STARTING JANUARY 21
WINTER WRITING WORKSHOP** 7-8PM CST Find winters a little blue and blah? Add some spice with a writing workshop! This multi-genre workshop is for anyone who wants to write and create. Learn new craft

tricks, make some new writing friends, and enjoy a safe, supportive environment for sharing and nurturing your creative self. Taught by Tayo Basquiat, writer, trail runner, scavenger, Wilderness First Responder, and professor at Bismarck State College. This workshop will meet four times on Thursdays: January 21, January 28, February 4, and February 11. Free to HND Members and \$25 for nonmembers. Learn more and register at HumanitiesND.org

LGBTQIA+ AFFINITY WRITING WORKSHOP FOR YOUNG ADULTS 8:30-9:30PM CST Sponsored by Dakota Outright, this multi-genre writing workshop is for LGBTQIA+ high school/early college humans, ages 17 - 19. Participants will be asked to create and share one short piece for the workshop. Learn some new tricks, make some new friends, and nurture your creative spirit in a safe, supportive environment of writers. Taught by Tayo Basquiat, writer, trail runner, scavenger, Wilderness First Responder, and professor at Bismarck State College. Space is limited so register while you can. This sponsored workshop will meet four times on Thursdays: January 21, January 28, February 4, and February 11. Learn more and register at HumanitiesND.org

**THURSDAY JANUARY 21
GAMECHANGER IDEAS FESTIVAL PRESENTS KATHERINE GEHL: CAN POLITICAL INNOVATION BREAK PARTISAN GRIDLOCK AND SAVE OUR DEMOCRACY?** 4-5PM CST Co-Author of The Politics Indus-

try, Katherine Gehl will interview and discuss U.S. competitiveness, innovation, and the state of our democracy. Focused around her theory of Political industry, Gehl says our political system is working exactly how it was designed to work, that it wasn't designed or optimized to work for us ordinary citizens. Join this virtual conversation with Katherine Gehl for free. Learn more and register at HumanitiesND.org

**STARTING JANUARY 27
EVERYTHING OLD IS NEW AGAIN** 2-4PM CST How do contemporary writers rewrite timeless classics? Or how is Bridget Jones's Diary a rewrite of Pride and Prejudice? Explore the connections between classic literary texts and their contemporary counterparts. Taught by Rebecca Chalmers, Ph.D., former professor of English at the University of Mary in Bismarck. This 13-week course will meet every Wednesday beginning January 27. Course size is limited so register while you can. Free to HND Members and \$25 to nonmembers. Learn more and register at HumanitiesND.org

**JANUARY 29-30
2ND ANNUAL WINTERFEST** Fun for the whole family! More info, see ad, next page.

**JANUARY 31
ONE BOOK ONE ND** 4-5:30PM CST January's author is Mona Susan Power, author of the critically-acclaimed novel The Grass Dancer. Join her for a virtual reading, interview, and discussion. Free and open to all, learn more and register at HumanitiesND.org

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January 29, 2021 4-7 p.m. Vendor Fair Preview And Art Class

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January 30, 2021 10 a.m. - 4 p.m. Family Fun Day

- Shopping
- Silent Auction -Art/Photography
- Art Class (pre-registration required)
- Music Classes (pre-registration required)
- Carnival Activities
- Professional Art /Photo Contest
- Kids Art Contest
- Food Vendors

*Pre-registration at www.winterfestnd.com

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ND POTTERY**Works Progress Administration
Ceramics**

By Arley Olson, NDPCS Historian

The Works Progress Administration in July 1936 established a ceramics project at Dickinson, N.D. It was headquartered in 2 small rooms at the Woodrow Wilson School. There were 12 employees under the supervision of Laura Taylor. The glazing & firing of the items was

done at the Dickinson Clay Products Co. Clay was collected near Dickinson. This project lasted for about six months then relocated to Mandan, N.D. to the basement of the Central grade school building. Later the operation moved to the Mandan Fairgrounds.

As Mandan had no kiln until June 1940 items were sent to UND at Grand Forks and Fort Yates, N.D. for firing & glazing. The clay used was dug about nine miles west of Mandan, N.D.

Laura Taylor, WPA Ceramics Supervisor was sent to the New York World's Fair in 1939 to demonstrate pottery making on the wheel and Charles Grantier was appointed WPA Ceramics Supervisor. Grantier served through 1942 when the ceramics project was terminated.

The purpose of WPA was to train unemployed individuals. Articles made by the workers could not be sold and were sent to North Dakota State Institutions. Examples; Nursery Schools, State Hospitals, Libraries, Schools and Institutions with Hot Lunch Programs.

Figurines illustrating Mother Goose Nursery Rhyme Characters, doll heads



and animal figurines were made. The nursery and animal figurines were distributed to the nursery schools in the state of N.D. Plaques of historical interest illustrating transportation, housing

and agriculture. These were sent to the libraries in the state. Utilitarian ware consisting of cereal bowls, custard cups, milk jugs, pitchers and beverage glasses was made and sent to schools with hot lunch programs and state hospitals

Decorative items consisted of vases, book ends, paper weights, lamps, incense burners, ashtrays and decorative plates. WPA swirled clay items also exist. WPA items are stamped in black "WPA Ceramics N. Dak." and some are incised WPA or WPA N. D. Some items have the initials of the potter and the date it was made. ■



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BEEN THERE, DONE THAT



A festive lady greets people as they wait for their hay ride.



Dickinson Rotary Club's Community Kindness Initiative for November was donating holiday baking ingredients for the Domestic Violence and Rape Crisis Center. Rotarian Dawn Pruitt collected more than 20 items and cash.



A Painting with Santa event at Phat Fish Brewing was hosted by Best Friends Mentoring Program in December. More than 50 kids and adults attended to learn to paint a Christmas Gnome with instructor Jessica Dukart-Bell.



Santa smiles for the camera with a family at the Downtown Dickinson Association's Old-Fashioned Christmas Stroll.



Santa's top elf, 4N3 Photography, was one of the professional photographers for Best Friends Mentoring Program's Santa Visits and Photos in December.



Dickinson Rotary Club distributed more than 300 dictionaries to third grade students in Dickinson and the surrounding area as part of the club's long standing literacy initiative. Some dictionaries were distributed by Rotarians in person, like the Trinity Elementary class above, and others were distributed by classroom teachers due to the coronavirus pandemic.



Mindful of safety protocols, Midco provided reusable holiday masks to kids attending Santa Visits and Photos, sponsored by Best Friends Mentoring Program. BFMP mentor Matthew Meschke models the festive masks that helped protect kids and Santa.



Hay rides were enjoyed at the Downtown Dickinson Association's Old-Fashioned Christmas Stroll.



The Dickinson Rotary Club was a major sponsor of the Community Thanksgiving meal prepared at Dickinson State University. Pictured are DSU Heritage Foundation executive director Ty Orton, President Steve Easton, Student Life Director Keith James and DSU Student Senate President Abigail Moberg.

COMMUNITY

Amen Food Pantry makes a move

By Kaylee Garling

Amen Food Pantry has a charming new location on the corner of Sims Street and 8th Street West, door "M", as in Mary. There is a nice, big parking lot for people to park, a spacious area to wait, and inside, there is room for plenty of much-needed donations.

Upon arriving, there was a line of six people, but as I got inside, I quickly realized the number of families who had already picked up items was already up to 30 for that day. It has more than doubled in the last few months, due to the downturn in economy, the corona virus, and job loss.

Our community is not exempt from the dire need of food and other essentials.

There are several empty shelves, waiting to be filled with supplies for families in need. If you're looking for a way to give back, head over to Amen Food Pantry. It doesn't matter if all you have to give is \$5 or even \$10. Every little bit helps. The volunteers shop sales, so even small donations can

purchase quite a few cans or boxes of food. When people call in asking whether it's better to donate food or money, the answer is both. Both are more than appreciated. Perishables are top priority, such as canned vegetables, meat, soups, rice, beans, hamburger

helper, Rice o Roni, cereal – there's nothing they turn down. With the meat packing plants being shut down, there is a demand for meat, so if anyone has extra meat in their freezer they would like to donate, now is the time to do it! The staples like flour, sugar, things like that are also highly valued so people can bake with their families.

There are young families with babies in need of diapers, formula, wipes. And of course, there are toiletries and cleaning supplies, such as toilet paper, shampoo, dish soap, toothbrushes, Avon or other beauty products (as long as it's not opened), garbage bags – anything you use to clean with is vital.

Amen Food Pantry is volunteer based and non-profit, so they rely on our community and our support. They've

If you would like to volunteer at the pantry, come any time we are open. We will put you to work – no heavy lifting, but a lot of laughing!



A few members of the Amen Food Pantry's board and their years of service (L-R): Mary Ann Braun (8), Margo Frank (1), Gayleen Wanner (11), Scharlie Kilzer, Director, (started November 1, 2020), and Terri Eberts (7). Thank you ladies!

Pantry Hours:

2-4pm Tues. and Thurs.

Location:

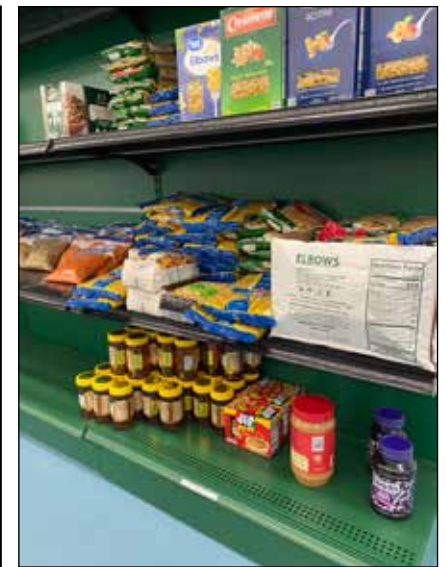
Old St. Joseph's Hospital,
Corner of Sims & 8th St
West, Door M

had a lot of people help with the move, restocking shelves, and donating, so they're extremely grateful for that as it takes a whole team to run the village.

If you don't have means to donate, but have some extra time, reach out and see if you can help stock shelves, go shopping, or do other essential behind-the-scenes tasks. All I saw were the "front lines" since it was "pick up hours," but there's much to be done before and after this specified. The best way to contact the pantry is the phone number listed online, or through social media, via Facebook or messenger. Someone is always checking the messages, so feel free to reach out.

If you're someone in need, the process is extremely simple. Go to door "M", present your photo identification and fill out a form with a few questions about basic needs. A volunteer will collect your form, and a few minutes later, you will be presented with a cart of food and other essentials. Each cart has around 200 pounds of food and household items and should last around a month. Until restrictions lift, this is how simple the process will be, but in the future, the pantry hopes to be able to allow everyone inside to be able to select their own items that suit their needs.

The pantry is critical for the people in our community, and I hope, especially



Examples of food items available at Amen



Volunteer bundles meat for a family

as the New Year comes and goes, we can reach deep into our hearts and support these extraordinary people. It's truly hallowed ground behind the doors of the Amen Food Pantry. All who volunteer there are literal angels on earth. ■

The following items are always in need at the pantry if you would like to donate:

Cereal
Cake mixes
Canned spaghetti or raviolis
Canned fruits and vegetables
Beans - canned or dried
Hamburger Helper meals
Juices
Knorr/Rice-a-roni side dishes
Ketchup/mustard
Pasta and cheese
Pasta sauces
Ramen
Rice/pasta/stuffing

Salad dressings
Soups - canned or bagged
Tomato sauce and paste
Shampoo
Body wash
Dish soap
Paper towels
Toilet paper
Tooth brushes and paste
Tissues

**We cannot take homemade, home canned items or opened items.*

BEST FRIENDS 800 miles from home again

By Mark Billings

For 23-year-old Katelyn Nguyen, home has been an elusive place – a destination she has forged paths toward only to find new front doors, new people, new everything.

A native of Worcester, Massachusetts outside of Boston, Nguyen moved around the central part of the state up until her freshman year in high school when her family relocated to Iowa. Right before her senior year, the family left the Hawkeye State and moved back east to Northern Connecticut. She lived there for a year before enrolling in Brigham Young University (BYU) Idaho and graduating this past April with a degree in Public Health, Health Education and Promotion.



Although her commencement ceremony was cancelled due to COVID, Nguyen had hammered out a bright path to one door – and boldly opened it to become the first person in her family to graduate from college.

“I pretty much grew up low-income but didn’t realize at the time that not everyone received a free and reduced lunch,” said Nguyen, the oldest of three siblings. “My mom stayed at home with us kids and my dad worked a lot of different jobs as an immigrant and learning his way.”

A nature lover and avid hiker, the change of scenery from congested cities and suburbs to the wide- open spaces of the West suited Nguyen well. It was at BYU she volunteered for a mentoring program, learned of the AmeriCorps/Volunteers In Service To America or VISTA program and ultimately took a

position with the Best Friends Mentoring Program (BFMP) starting in December 2020.

Funded by the Corporation for National and Community Services, a federal agency, AmeriCorps/VISTA is a national service program designed to end poverty by improving the capacity of nonprofit organizations and public agencies. An estimated 75,000 Americans each year like Nguyen work with local organizations such as BFMP in addressing a variety of community needs.

Nguyen and Paige Langhoff, a fall 2020 Dickinson State University graduate who is also an AmeriCorps/VISTA member, will serve for one year to help BFMP increase its capacity in serving at-risk youth. The two positions are funded through a partnership with the Souris Basin Planning Council in Minot and BFMP.

Nguyen single-handedly drove a U-Haul while pulling a trailer and settled into her apartment only one day before showing up for work at BFMP. As a program coordinator, she said she will build on skills she learned as a former mentee in the Big Brothers Big Sisters Program of Central Massachusetts as well as from when she served as a mentor at BYU’s Heber J. Grant Mentoring Program. There, she mentored dozens of other BYU freshman and international students and also oversaw other student mentors as her tenure spanned nearly three years in the program.

“It’s hard to say how many different students I worked with there,” Nguyen recalled. “I was one of the longest mentors in the program.”

Nguyen will work with BFMP staff and Langhoff in supporting the organization’s work in Stark County and across southwest North Dakota.

“Some of my goals are to advance professionally while getting to know and fully immerse myself in the community,” she said. “I see a lot of potential good in our local youth and truly believe they are our future.”

To contact Nguyen, email katelyn@bestfriendsnd.org. For more information about Best Friends, including ways to support Giving Hearts Day on Feb. 11, 2021, visit www.bestfriendsnd.org. ■



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FAMILY FUN

Winterfest 2021

The 2nd Annual Winterfest is proud to announce that Fink's Customs is doing an art class again this year. Cassie Fink is the artist/maker behind Fink's Customs LLC. She has loved art and creating from the time she was a small child and all through her adulthood. She specializes in mixed media, acrylic painting, resin, jewelry making, and more. Cassie started hosting various paint n' sip classes at the end of 2017 so she could share her love of art with the surrounding communities.

You can find all of her upcoming classes on her Facebook page Fink's Customs as well as any upcoming craft/vendor shows she will be participating in. To be included in her class for Winterfest at 2 pm January 30th at the Prairie Hills Mall in Dickinson, go to



the website www.winterfestnd.com and complete the form. Only 6-8 spots available. ■

PIECE BY PIECE

New year, new project

By Suzy Rummel

Happy New Year. I'm sure glad 2021 is here or at least close as I am writing this in 2020.

Each year, I make resolutions and about January 3, I give up but I keep making them every year and perhaps this will be the year! The weight loss, organization, time management, grow out my nails, exercise resolutions are the first to fail but I'm doing much better at acceptance, counting blessings and appreciation so I guess that is a win.

Quilters are commonly known to have a few UFP's, aka UnFinished Projects and we are pretty hard on ourselves for it. I put mine on index cards and put a big smiley face and finished date on them when I complete one. When I am feeling overwhelmed or upset with myself for starting another project, I will look back at the finished cards and smile because often times, I do finish. I also give myself permission to buy and start new. I get bored easily and when I flit between projects, they turn out better. It does feel good to get them



done though.

Find what motivates you. I play a lot of games. I set the timer and sew for 20 minutes and then switch. I will set out twenty blocks to square up and race against the timer. I will reward myself with a latte when I complete a step or page of a pattern. I also phone a friend or sister when I'm in a slump. They help perk me up.

I hope the beginning of 2021 brings you more laughter than tears, more joy than sorrow, more smiles than frowns and more yards of fabric than scraps. ■

LIVE RIGHT

The great pink Himalayan salt debate

By Gabrielle K. Hartz, RD, LRD

Sodium, the element, is needed for a variety of bodily functions like muscle contraction and relaxation, maintaining proper fluid balance, nerve conduction and low blood pressure prevention. Although, too much salt can elevate blood pressure and be associated with cardiovascular issues.

Pink Himalayan salt and white table

Australian study evaluated mineral content between pink and white table salt. Pink salt contained higher levels of aluminum, barium, silicon and sulfur with one Peruvian sample exceeding the maximum metal contamination level of lead.

White table salt was found to contain just slightly above 1% more sodium than pink salt. Slightly above, as in 1.08% more. Regardless of the mineral content, a great deal of pink salt (>30 g per day) would be needed before producing any significant influence on nutrient intake. Not only is this an unrealistic amount, but if consumed, it would mean exceeding salt intake 13 times more than recommended



salt are both shown to be chemically similar. Even so, pink salt has been claimed as one of the purest salts available with numerous health benefits. But is this really the case? Due to the dangers of consuming too much salt, many have turned to using pink Himalayan salt, believing it to be the healthier alternative.

Pink Himalayan salt is claimed to be more natural than table salt - which has merit. It's minimally processed yielding an unrefined product free of additives. Whereas, before reaching the grocery store, white table salt is refined to remove impurities and anything else besides sodium chloride. Anti-caking agents are then added to absorb moisture and help prevent clumping. Iodine is also typically supplemented for prevention of iodine deficiency of consumers. Iodine is an important mineral that maintains proper thyroid function. Even though both pink and white salts contain iodine, there are other iodine-rich sources to consume like tuna, seaweed, shrimp and dairy products.

Pink Himalayan salt is commercially produced in Pakistan where population expansion has worsened pollution of soil and water resources. A recent

by the United States Dietary Guidelines of $\leq 2,300$ mg per day.

The study concluded that pink salt contained higher amounts of calcium, iron, magnesium, manganese and potassium compared to white table salt. These additional minerals explain why pink salt not only tastes different than regular table salt but also for its rich shade of pink determined by the amount of iron oxide (i.e. rust) or other impurities.

With copious evidence supporting high sodium intake associated with cardiovascular diseases, consumers should be looking to consume these minerals of pink Himalayan salt (i.e. calcium, magnesium, potassium, etc.), from food sources, not salt.

Bottom Line: With the abundance of misguided health claims, no wonder why people are confused about which type of salt to use. Pink Himalayan salt is still salt and should be used sparingly. The amount of non-sodium nutrients found in pink Himalayan salt are far too low to be nutritionally beneficial. Salt carries much more of a risk than benefit to our health. Pink Himalayan salt is often more expensive than white, but if pink salt is your preference, by all means, carry on. ■

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CONNECTING

A shared dream continues

In early December 2013, two women gathered in a Dickinson coffee shop to talk about a shared dream. Perhaps it didn't look like much to an outsider, just two ladies sipping coffee, clearly enjoying one another's company, both speaking with animation and enthusiasm. But it was this simple encounter that gave birth to the idea for a safe haven in Dickinson for those facing an unplanned pregnancy.

Twenty three months later, in November of 2015, Connect Medical Clinic (then operating under a different name) first opened its doors under the leadership of Deb Schweitzer, RN. Offering evidenced-

what people would think of me. At Connect, I felt respected and never once did I feel judged. The nurse made me feel very comfortable, and free to share truly about my situation. I know I'm not alone anymore, and feel confident I'm taking the best next steps!"

Believing these first five years are just the beginning, a new chapter is about to begin at Connect Medical Clinic. Katie Vidmar has stepped down from her position as Executive

Director, and Tara Zettel, RN will be stepping in as the interim Executive Director. "It has been incredible watching the mission of Connect Medical Clinic change and grow over these last four years!" stated Vidmar. "But as the clinic has grown, so has my family! With five kiddos seven and under at home, I'm ready to pass the baton on, and couldn't be more delighted to see Tara Zettel step in as the leader of this exciting and rapidly growing organization," Vidmar said.

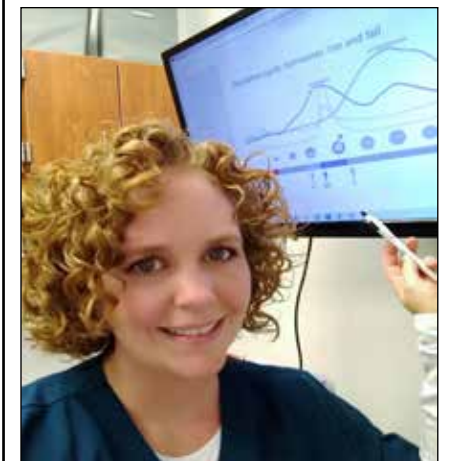


Katie Vidmar

based medical services and education, combined with compassionate care, CMC was on a mission from that moment to ensure that no one facing an unplanned pregnancy in southwest North Dakota should have to face their situation alone. In December 2016, Katie Vidmar stepped in as Executive Director, leading an expansion of medical services and a change in location, opening the door to an even greater impact in our community.

Since its inception until today, CMC has touched the lives of hundreds of individuals. In her own words, here's how one woman describes her experience at Connect:

"I was terrified when I thought I might be pregnant, and very afraid of

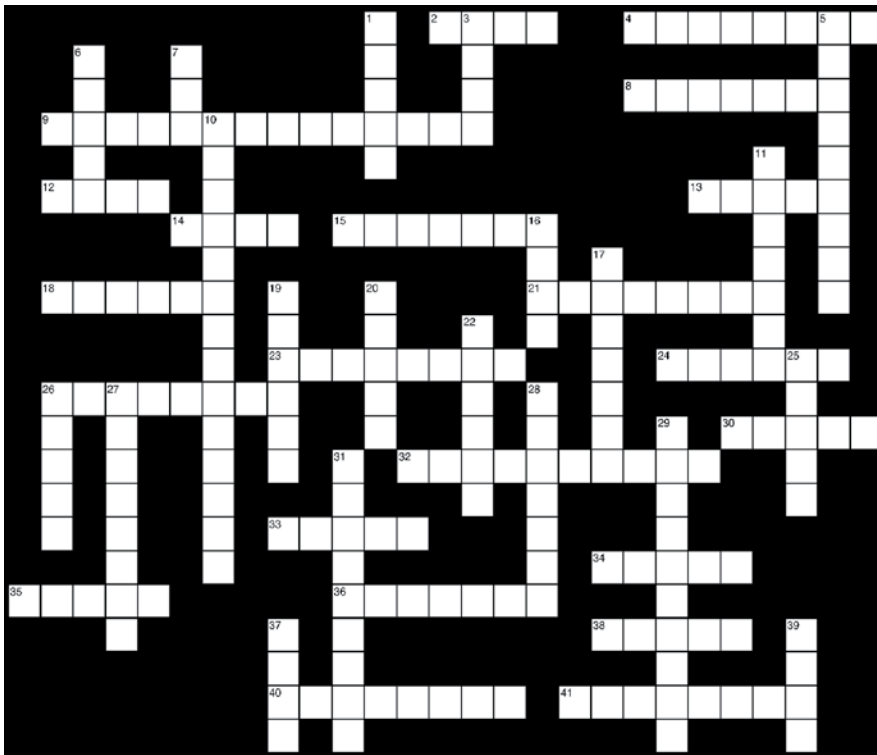


Tara Zettel

What will the next five years hold? If past performance is predictive of future success, then we can expect the mission of Connect Medical Clinic to continue to gain momentum and thrive, offering anyone facing a sexual health event, especially an unplanned pregnancy, a place where they can receive the care they need - with confidentiality, and without judgment. ■

Heart River VOICE PASTIMES

CROSSWORD ++ GAMES PEOPLE PLAY ++ by Carlinka



ACROSS

- 2 truant from the troops
- 4 speed demon
- 8 ++clear dome housing dice
- 9 ++test your knowledge
- 12 chive kin
- 13 browns, as bread
- 14 ++ Mr. Mustard in the parlor
- 15 ++the game that ties you up in knots
- 18 ++ hungry, hungry _
- 21 ++triple word score
- 23 ++king me
- 24 port city n Russia
- 26 ++cards and pegging
- 30 gripper on an athlete's shoe
- 32 ++D-4..you sunk my_

- 33 ++leaning tower of blocks
- 34 antipasto morsel
- 35 ++check mate
- 36 ++like poker with dice
- 38 puts an edge on
- 40 ++ do not pass go
- 41 food of the Gods

DOWN

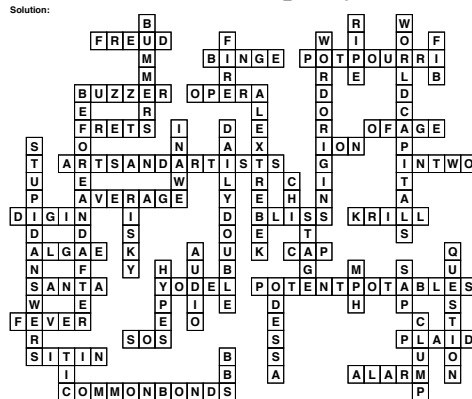
- 1 new moon, e.g.
- 3 pioneer's direction
- 5 ++go for the fun-nybone
- 6 chapter's partner
- 7 kimono sash
- 10 ++noun and adjective cards
- 11 ++chutes and _
- 16 ++the game of global domination
- 17 ++Dungeons and _

- 19 worrier's ailment
- 20 cut into cubes
- 22 characteristics
- 25 airborne targets
- 26 ++settlers of_
- 27 what a tyrant rules with
- 28 not yet apprehended

- 29 ++good drawings are a bonus
- 31 ++a sweet place to live
- 37 sample recording
- 39 read, as a bar code

Last month's puzzle solution

++What is Jeopardy++



id·i·om
A dog in church

A dog may be man's best friend, but at least in Italy, that friendship does not extend to places of worship. The Italian "Fortunato come un cane in chiesa" literally means "lucky as a dog in a church." Actual meaning: dogs are not allowed in churches, so you are not so lucky if you are a dog and find yourself there. Using this phrase often refers to an unwanted guest. ■

Call for Artists

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

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

We'd love to show off your talents!

Email to:
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HOROSCOPE**JANUARY 2021** by Hilda De Anza**ARIES**
March 21-
April 20

This month will find that you are attracted to the unknown. Your own personal magnetism is strong. There is also a potent new influence in your career. January is a good month for partnerships, especially on the professional front. There is a combination of power and ambition. In the last part of January, things change, work pressures decrease, and there is a far greater influence on travel and social arrangements.

**TAURUS**
April 21-
May 21

January starts with a major new focus on developing your intellectual and reasoning powers. You work obsessively, and express strong opinions and beliefs. Mid-January is an excellent period for relationships, especially with someone you meet while studying or traveling. Most of January is characterized by relations with a powerful, wise and magnetic personality. End of January, there is a stronger focus on your professional life and relations.

**GEMINI**
May 22-
June 21

January is a wonderful period for connections with friends who appreciate some of your bigger ideas, which are now tried and tested. There is a major focus on security issues. Long-term trends can affect money flow, as the authorities with whom you deal enforce new rules and directives. Familiarize yourself with these constraints. Focus is also on intimate relationships and sharing, and on working on inhibitions that stand in the way of authenticity.

**CANCER**
June 22-
July 22

A new period is beginning which means getting out and about among other people and overcoming any inhibitions in this respect. This will demand more focus, responsibility and commitment. Important people in your life may be going through a period of transformation and change, which can be positive and powerful. There are extraordinary developments connected with your personal magnetism and creativity, and there is an undercurrent of playfulness and magic in your life.

**LEO**
July 23-
August 22

You start the new year with a solid focus on future challenges at work, and the kind of responsibility and direction you need to take. It is a perfect time for transforming working habits and also working on health and fitness. There is a change of focus mid-January and a less intense period begins. This is a good time for all relationships. End of January is a good time for all sorts of adventures.

**VIRGO**
August 23-
September 22

Early January is a time when you can miraculously accomplish all those big plans which earlier had been tediously delayed. The next big challenge is on the creative front, and a long period now begins which challenges you to express yourself more and work on long-term idealistic projects. You have a fantastic analytical mind, but you tend to keep a lower profile than most people. January is a month when you can make deep intellectual discoveries.

**LIBRA**
September 23-
October 22

January sees you more connected with home and family, and your roots and heritage. This will be before a while, as you work on establishing a firmer base, and it is a process that will bring a lot of deep-seated changes. Family relationships are both crucially important and subject to transformation and change. Events mid-January bring a transformation of your status, and this is a key moment for structural change. Things lighten up in the second half of the month, and a new social and romantic phase begins.

**SCORPIO**
October 23-
November 21

Your personal magnetism is off the charts in January and everything you touch has an element of magic. Deep psychological and spiritual insights arise and come to expression in creative ways. End of January, the intense early influence abates and there is a new focus on more practical matters. New people have entered the home environment, which can alter your financial situation in a positive way.

**SAGITTARIUS**
November 22-
December 21

2021 is going to be a big year for you, including a spiritual and psychological transformation process that can give you completely new insights about the meaning of life. You have tremendous willpower and strength, which is channeled on an inner level. It is excellent for combining spirituality with sexuality, and for other transcendent processes, and time spent alone or in a retreat can enrich you even further. By the end of January, a far more outgoing phase begins.

**CAPRICORN**
December 22-
January 20

This is a major empowerment period for you. January starts with emphasis on partnerships and relationships. Partners, associates and children are very much on your side and motivated to make big changes in their lives to accommodate the new plans that you have in mind. There is a lot going on socially, and as this is a time when you emerge from a period of relative isolation, you will want to play a more prominent role.

**AQUARIUS**
January 21-
February 19

2021 brings a process of transformation. This is a process that moves you beyond the social and intellectual alliances that have informed the past, and into a quieter period of consolidation and inner growth. This is an excellent time for spiritual and psychological growth. Your career gets very busy and intense currently, you need to discharge the pressure somehow. Third week of January a more outgoing period begins, and this is an excellent time for love.

**PISCES**
February 20-
March 20

The first half of 2021, there are important changes taking place with the groups of which you are a part. January is a time of change and transformation among your friends and in groups. Mid-January, forces align to create a transition and role-swap which you are a supporter of. You will be working very closely with a powerful influencer or mentor at this time, who forges a relationship of steel with the individuals who hold power and influence.

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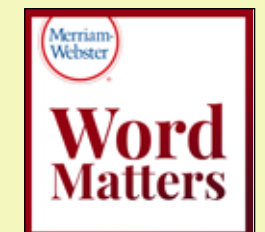
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**What's App?**

Apps are small software programs available for your mobile device, smartphone and tablet. You can usually find them in a dedicated "store" on your device.

**Word Matters**

Word Matters is a show for readers, writers, and anyone who ever loved their English class. Join Merriam-Webster editors as they challenge supposed grammar rules, reveal the surprising origins behind words, tackle common questions, and generally geek out about the beautiful night mare that is language.

**What Am I Looking At?**

"What Am I Looking At?" is a podcast series from Dr. Katherine Baker and Dr. Temma Balducci of the Department of Art + Design at A-State. In these short discussions, they will be giving you some insight into works of art from across history that are in some way unusual — sometimes strange, sometimes hard to understand.



CHECK OUT OUR

NEW MENU ITEMS

PULLED PORK WONTON TACOS

Slow roasted pulled pork tossed in honey garlic sauce and topped with creamy coleslaw stuffed into four crispy wonton tacos

WEDGE SALAD

Bacon, diced tomato, diced red onion, and bleu cheese dressing and crumbles

SPICY HAWAIIAN PIZZA

Pepperoni and Canadian bacon, marinara sauce, pineapple chunks, jalapenos, and a drizzle of sweet chili sauce

BBQ CHICKEN PIZZA

Chicken, bacon, tomato, red onion, mozzarella, cheddar-jack cheese, and BBQ sauce, finished with finely chopped cilantro

PHILLY CHEESE CALZONE

Players house roast beef, green peppers, onions, mushrooms, provolone cheese

CAJUN BURGER

Our juicy, half-pound burger blackened and topped with onions and peppers sauteed in Cajun-seasoned garlic butter with white wine reduction glaze, a sunny-side up egg, and pepper-jack cheese

FRIED CHICKEN DINNER

Generous portion of crispy, flaky, fried chicken, served with a side of mashed potatoes and gravy and house-made coleslaw

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