

# Heart River VOICE

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NOVEMBER 2023 | VOL. 5, NO. 11 | HEARTRIVERVOICE.COM



SEE PAGE 22

CALENDAR *of*  
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## A note to our readers

We are grateful to our community for the support you have shown towards Heart River Voice. Your dedication has allowed us to continue showcasing the vibrant tapestry of talent and creativity that exists within our community. We are honored to be the platform that brings these events to your attention, and we are committed to continuing to serve as a VOICE for the arts and culture in our community. We are always open to feedback and suggestions. Contact us!

Thank you for your continued support!

**Kelley Jilek**  
Publisher

Cover art, "Say Cheese" by Connie Riedman. For more information about the artist, see page 5.

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## #BOOKWORM Fall at the library

By Jayda Borah



Fall is in full swing this November at the Dickinson Area Public Library! We have some great new programs and special events on the agenda. All programs are in our Community Room unless otherwise stated and always free and open to the public. We have something for everyone!

On Saturday, November 4th, from 1-4pm, we have a special event for ages 13+ called The Great Puzzle Race. Create a team of 4-8 people and race to become the first team to complete a 500-piece puzzle! The winning team will receive a prize. What a great way to spend a chilly afternoon! Sign-up at [dickinsonlibrary.org/events](http://dickinsonlibrary.org/events).

It is Dinovember, which means there

will be some Dinosaur themed events and displays throughout the month! On November 13th, ages 6-9 will be building a dinosaur in S.T.E.A.M. at 4pm. On November 16th at 5:30pm, there will be a presentation from the folks at the Dinosaur Museum for all ages!

Tweens, children 10-12, meet every Tuesday this month for some fun fall crafts. On Tuesday November 21st ages 10+ are welcome to join us in Japanese Origami Making! With the exception of November 23rd, Teens will meet each Thursday at 4pm for fall themed crafts. Go to [dickinsonlibrary.org/events](http://dickinsonlibrary.org/events) to check out what the Tweens and Teens will be making each week!

All ages are welcome to join LEGO Club at 4pm on the Wednesdays of the 1st, 15th, and 29th. Unwind from a stressful day of school or work and do some building! We also have a special craft for ages 6-12 on Wednesday the 22nd at 2pm. Come create a Christmas Countdown Chain!

We will have our first Magic: The Gathering event on Monday, November 6th for ages 13 and up. Brand new? Been playing since the nineties? We have a spot for you! Join with old friends and make

new ones as you face off in the popular trading card game Magic: The Gathering. Bring your own deck or borrow one of ours provided by MagiKids. Provided decks are in the Pioneer Format. Sign up on our website or call us at 701-456-7700.

This month we will also be starting Thursday Night Trivia for ages 13 and up! On November 9th, bring your team of 4-6 and compete against other teams by answering general knowledge questions and earning points. Sign-up is required for this one as well!

The Scholastic Book Fair will be in our lobby November 13th-18th! All proceeds will go toward library programs! This is great time to purchase a book for our Angel Tree of United Way Dickinson. Take a tag from our Angel Tree for a boy or girl in our area who is need of new books to read and learn. Please return your generously donated, new, unwrapped books to the library by December 9th. Do not feel limited to the tags on the tree. You may donate any kind of new books for children ages 0-17. Monetary donations for books are also accepted and appreciated.

We have more events for adults

than ever! All adult events are at 6pm otherwise stated. On November 7th, our Adulting 101 session will be a Fall Recipe Swap! Bring copies of your favorite fall recipes and share them with others while making a couple recipes provided by the library! There will be recipe cards available to write down recipes or you can take pictures with your phone. On the 13th at Adult Craft Club, it is Paint Night! Paint an autumn landscape on a canvas, all materials provided. The day after, we have our second Sip & Stitch for ages 13+. Bring your knitting, crocheting, or other similar craft to the library for an evening with your people. Share patterns, gossip, and skills with other stitchers, and we'll provide light refreshments. Finally, on the 20th, come discuss the book The Thursday Murder Club which is located at our main circulation desk.

We have so many other events and programs this month including movie showings, Pokémon Party, Little Tykes Dance Party, and story times/playtimes for the littles. Make sure to go to our website [dickinsonlibrary.org](http://dickinsonlibrary.org) to learn more about all of our events. We will be closed November 23rd and 24th and hope you all have a Happy Thanksgiving! ■

Dickinson Area Public Library's

# GREAT PUZZLE RACE

Put a team of 4-8 together and race to be the first to complete a 500-piece puzzle!

Sign-up at [dickinsonlibrary.org/events](http://dickinsonlibrary.org/events)

**November 4th at 1pm 13+**  
**Community Room**

\*Only four people can work on the puzzle at a time!

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## COVER ARTIST Connie Riedman

Connie Riedman is a painter and retired art teacher from Fargo, ND. She works in oils and acrylics and finds inspiration in a variety of subject matter ranging from landscapes and buildings to still lifes and figures. Whatever the subject matter, each painting is really about color and light and shadow. She enjoys depicting the simple pleasures in life, whether it's the impression of a fleeting moment in nature painted on location or memories and associations that might also resonate with the viewer. She loves to paint everyday objects that surround us and maybe, just for fun, help people see them in a new way. Her style can be described as



We're All in This Together

"painterly." From across the room, her paintings might look fairly realistic,



Connie Riedman



Girls on Their Phones

but, when viewed up close, they are quite "imperfect." She strives to keep them fresh and spontaneous, letting the brushstrokes show, and giving the viewer a glimpse into how they were created.



The Road

Besides working in her studio, Riedman is also drawn to plein air painting, setting up her easel and capturing the landscape on location. Having grown up on a farm south of Valley City surrounded by beautiful and ever-changing scenery, she has a deep appreciation for the countryside. She is drawn to plein air painting by the promise of hours spent outdoors amid the sights and sounds and smells of nature.

She loves the challenge of trying to capture, with paint and brushes, the essence of a scene and the fleeting impressions of light and shadow. It's a challenge that never gets old.

After spending much of her career teaching art to young people, Riedman looks back on the joys of encouraging their creativity, participating in their discoveries, and hopefully, nurturing a love of art that will follow them



Oh, the Places You'll Go!

throughout their lives. Her own passion for art fuels her desire to keep learning and growing as an artist and discovering new ways to paint the world as she sees it. She says she'll never run out of subjects that she can't wait to paint.

More of Riedman's artwork can be seen at Gallery 4 in Fargo, a cooperative art gallery where she has been a member since 2016, and on Facebook at Connie Riedman Art. ■

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## COMMUNITY Tank on permanent display

A US Army Sheridan M551 Tank developed in 1969 and first used during the Vietnam War and subsequent conflicts is now on permanent display at the Stark County Veterans Pavilion. The tank was transported to Dickinson from a Virginia tank museum and arrived October 7 after many years and persistence by Legionnaire Art Wanner. The tank was escorted to town by the American Legion Post 3 Riders and a contingent of historic cars. Area streets were blocked off to allow a giant crane to lift the 28,000-pound service vehicle onto the prepared concrete pad. Veterans in attendance signed a special banner erected on the side of the tank. This tank is smaller than usual, at 28,000

pounds, because it was designed to be air dropped by parachute into war zones. This type of tank saw service in the Vietnam War and several other conflicts. The M551 Sheridan was phased out of US Army inventory in 1996. The tank is on permanent loan from the US Army to Dickinson's American Legion Post 3. The new display is to recognize and honor all veterans. ■



Dickinson Legionnaire Art Wanner, left, poses with Lee and Terri Eberts of Dickinson in front of the M551 Sheridan tank after it was placed on its concrete pad. Lee and Terri drove round trip from Dickinson to Virginia to transport the tank. (Photo by Stan Davis Sr)

## NDSU EXTENSION Designing your succession plan

How will your family farm or ranch business operate in the future when the owner retires or is gone? Are you currently working with another generation who may be questioning their role in the future of the farm or ranch business or are you yourself questioning your current role?

More than 80 percent of farm and ranch families hope to pass the family farm or ranch on to the next generation, but research shows only 30 percent of family farms and ranches survive to the second generation, and only 12 percent survive to the third generation. A successful transition to the next generation takes careful planning.

To help farm and ranch families start their succession planning process, the North Dakota State University Extension Service has developed a program, Design Your Succession Plan. This program will provide tools and resources for producers who want to begin the succession planning process.

Participants will have an opportunity



to open the lines of communication with family to create a shared vision for the family business. They will also learn to choose and work with professionals such as attorneys, accountants, lenders, insurance agents and tax experts to construct a plan and documents that put the family's vision into action.

"The program will prepare you to envision, communicate, plan, write and shape the legacy of your family farm or ranch business, as well as save hundreds of dollars by completing these crucial planning steps before visiting with professionals," said Kurt Froelich, NDSU Stark-Billings County Agent

Locally the program will be offered as 3 evening courses in Dickinson ND at the Stark County Family Ag and Resource Campus, Dakota Room. The program will run from 5:30 to 9:00pm January 9, 11 and 15. A light supper will be provided at 5:30 pm. Participants should attend all 3 evenings. Please contact the Extension office for more information at 701-456-7665 or email kurt.froelich@ndsu.edu or Ashley.ueckert@ndsu.edu ■

**DICKINSON ROTARY'S 12<sup>TH</sup> ANNUAL PANCAKE KARNIVAL!**

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## THE ARTS

# BAA 53rd Annual Art Show

By: Meghan Bartz

The 53rd annual Badlands Art Show is put on by the Badlands Art Association, and is being held November 10-16, 2023. The show will be held at the Prairie Hills Mall inside the old White Drug location. The Badlands Art show is open to artists of all abilities for the opportunity to showcase their work. And also to give the public a chance to see the wide range of work being created in the area.



There are three divisions available for the show; Professional, Amateur and Student. The student division is open to all grades (K-3, 4-6, 7-9, and 10-12). The entry fee for the student division is \$1 per piece entered. Two entries are allowed per student. The Amateur and Professional divisions can enter up to 6 pieces at \$7 per entry. The categories for entry are as follows; dimensional art, drawing, mixed media, pastel, watercolor, acrylic, oil, photography and digital media. Digital media is a new category this year allowing people who have created digital art a category of their own.

Entries must be dry (no oil wet paintings will be accepted). All hanging entries must be gallery wrapped canvas, metal mounts or framed. Canvases and frames must include screw eyes and wire or they will not be displayed. If artwork is over 48 inches in width or height it must be stated on the entry form.

Artwork can be mailed to (shipped works due by November 8th): Badlands Art Association, c/o JP Frame Shop, 6 Villard street west, Dickinson, ND 58601. Or pieces can be dropped off in person from 7am to 5pm Thursday, November 9, 2023 at the former White Drug outside entrance at the Prairie Hills Mall. Large pieces should be dropped off by noon.

Nov 08: Shipped Art Works Due

Nov 09: Hand delivered works due at Prairie Hills Mall

Nov 10: 6-9pm Opening Reception for artists and public, silent auction begins

Nov 11-16: 10am-4pm Exhibition Hours

Nov 15: 4pm Silent auction ends

Nov 17: 10am-6pm Pickup Entries

Download an entry form, or more information, for the 53rd annual Badlands Art Show at [www.badlandsarts.com](http://www.badlandsarts.com). ■

HOSTED BY BADLANDS ART ASSOCIATION PRAIRIE HILLS MALL

**BADLANDS ART SHOW**

DICKINSON, ND

OPENING RECEPTION  
NOVEMBER 10, 2023  
6:00—9:00 PM

REGULAR HOURS  
NOVEMBER 11-16, 2023  
10:00—4:00 PM

## COMMUNITY

# N'Compass

N'Compass Barbershop Chorus is busy right now. We started Christmas rehearsals the beginning of October and has welcomed a few guests to sing Christmas songs. We are having a great time learning great songs like "Let it Snow", "I Want a Hippopotamus for Christmas", Still, Still, Still and more. Our program will be filled with Christmas songs, carol singing accompanied by Ken Lenz with treats to follow. The chorus really looks forward to this program every year as we love sharing our hobby, and Christmas are always fun to sing. Mark Saturday, December 2nd at 2pm on your calendar. We will be

singing at St. John's Lutheran Church.

N'Compass is also getting ready to sing for the Veterans Day Program on November 11th. We're working on a new arrangement of the "Star Spangled Banner" and will also share "American Medley" and "Let There Be Peace on Earth". We have been singing for Veteran's Day and Memorial Day for many years and the chorus always looks forward to sharing music for these programs.

The chorus is always available to sing for pretty much every occasion. We sing for birthday's and anniversary's, company party's and more. If you are interested in details contact Linda at 701-495-4955. N'Compass can provide music for most any length of time, just give us a call. ■

*When was the last time you reviewed your Medicare supplement and prescription drug plan options?*

Did you know that annual reviews are necessary to make sure that you are getting the best coverage for your money! AND they are necessary to make sure that you are not paying more than you need to for coverage.

You have the option of keeping the coverage you have, changing to one with better coverage or lower costs; or both. Now is the time to compare and choose the best plan for you. Annual Open Enrollment is between Oct. 15 and Dec 7.

*As independent licensed Medicare Brokers, we are here to help you with your review. Call Brooke or Renae today at Angel Advocates for a no obligation review at 701-483-3424.*

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

Contact Kelley Jilek at 701.290.2063 or email [kelly@heartrivervoices.com](mailto:kelly@heartrivervoices.com)



**ROTARY**

**412 dictionaries delivered**

Rotary's goal is to strengthen the capacity of communities to support basic education and literacy, reduce gender disparity in education, and increase adult literacy. Rotary supports education for all children and literacy for children and adults. In October, the Dickinson Rotary Club's Dictionary Project distributed 412 dictionaries to third graders in 21 classrooms in 12 schools in Dickinson, Belfield and South Heart. ■



Rotarian Urja Aryal, right, gave a dictionary lesson in Mrs. Russell's third grade class at Heart River Elementary.

**ROTARY**

**Pancake Karnival serves over 600 pancakes**

The Dickinson Rotary Club took over the Eagles kitchen and dining room for four hours on October 8, flipping pancakes and serving more than 600 delicious pancake and sausage breakfasts for the community for a good cause: world polio eradication. Besides pancakes, the 12th annual event showcased a silent auction of 13 beautiful raffle baskets. Proceeds from



Jared Messer cooked more than 20 pancakes at a time.

the Pancake Karnival will be directed to polio eradication and will be matched two to one by the Bill and Melinda Gates Foundation.

Polio is a highly infectious disease that most commonly affects children under the age of 5, although anyone can be affected. Polio was once one of the most feared diseases in the United States, with paralysis and death its worst results. In 1988 when Rotary and its partners formed its polio initiative to immunize all children in the world, there were 350,000 polio cases that killed or disabled children worldwide. Last year there were just 22 cases in the world – all were in Pakistan and Afghanistan. These are the last two countries where polio has not yet been eradicated. Thanks to the polio vaccine, the United States was declared polio-free many years ago.

Wild poliovirus from endemic countries can still be imported, and vaccination must continue until polio is eradicated around the world. It costs just \$3 to fully immunize a child. ■



Mike Ollerman and Martin Peterson cooked sausage while Jared Messer made pancakes.

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

 

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## COMMUNITY

## Senior Community Service Employment Program

At the National Indian Council on Aging (NICOA), we help Elders find work, develop new skills and talents, and build their financial security by taking advantage of the Senior Community Service Employment Program (SCSEP). SCSEP is an on-the-job training and employment program designed to help those aged 55 and older update their jobs skills, build work experience and confidence, and continue to have economic security and wellbeing. SCSEP is the only Federal program for Elders 55 or older and is administered by the U.S. Department of Labor under the authority of the Older Americans Act of 1965. NICOA is one of several national nonprofit agencies serving as a grantee to provide the program.



NICOA SCSEP provides services to anyone in our service areas eligible for the program. NICOA operates in designated counties in several states, feel free to contact NICOA to find the SCSEP service provider in your area. Promoting Elders through job training and building real world skills have been key to NICOA SCSEP's success in Indian Country since 1989.

### Goals of SCSEP

SCSEP helps low-income job seekers, age 55 and over, gain skills necessary to re-enter the workforce. The program provides grant sponsored (subsidized) income and training to participants, while they serve their communities, which improves their wellbeing and prepares them for regular (unsubsidized) employment. SCSEP delivers a "triple win" for our nation by promoting healthy aging and offering employment opportunities for low-income older Americans while providing a well-trained workforce to local programs and agencies serving communities.

### Benefits to Participants

SCSEP enables thousands of low-income Elders each year to earn and learn while working in local programs serving their community. NICOA SCSEP provides skills, training, and job placement assistance to elder job seekers that are looking to re-

enter the workforce.

Once an Elder job seeker is accepted to the program, they become a participant of SCSEP, and receive temporary and useful part-time training, job experience, resume building, and grant sponsored income to prepare them for finding employment in the community. NICOA prepares its participants to become more highly skilled applicants.

Participants can take part in a variety of service assignments, where they receive job training at a host agency site, which is a nonprofit or public agency.

They also have the opportunity to participate in various training courses through NICOA partners and community organizations. Such training includes

basic skills, ESL, computer literacy, and telephone systems.

### Benefits to Local Employers

SCSEP provides participants with the tools to transition to regular employment, which helps local employers address workforce shortages. Not only are SCSEP participants able to fill these shortages, but they have gone through the program to ensure that they are trained, qualified, and skilled mature workers.

NICOA and local workforce offices work closely with employers for job placement opportunities, to help employers find mature workers with qualifications that fit their work environment. NICOA staff also thoroughly assess each participant's skills, interests, and attitudes before referring the applicant to potential employers.

Please contact Cindy at 701-314-5100 ext. 4013 or email [chaderlie@nicoa.org](mailto:chaderlie@nicoa.org)

This project has been 100% funded by a grant from the U.S. Department of Labor, Employment and Training Administration. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Labor. If you are interested in this federally funded program and would like additional information, please contact us. ■

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## CONNECT MEDICAL CLINIC What to expect when you're connecting

By Jillian Kubik, Advancement  
Manager

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In honor of Nurse Practitioner Week and our own Rachael Marshall



Jillian Kubik

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- Our medical team wants to empower you with education so you can make informed, confident decisions.
- If you desire follow-up or further testing, we make space to see you again soon or refer you to a local provider who can continue your care.
- From the time you schedule an appointment and walk through the door, you will be treated with respect and dignity, no matter the reason for your visit.

Our office team is here to make sure your visit goes smoothly, and our medical team is here to treat you in a timely manner with compassion because we believe everyone deserves to be nurtured and cherished!

Would you like to know more? Check out [connectmedicalclinic.com](http://connectmedicalclinic.com) ■



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## FINANCIAL FOCUS®

## What should you know about RMDs?

You may spend decades contributing to various retirement accounts. But for some accounts, such as a traditional IRA and 401(k), you must start withdrawing funds at a certain point. What should you know about this requirement?

To begin with, the rules governing these withdrawals — technically called required minimum distributions, or RMDs — have changed recently. For many years, individuals had to begin taking their RMDs (which are based on the account balance and the IRS' life expectancy factor) when they turned 70½. The original SECURE Act of 2019 raised this age to 72, and SECURE 2.0, passed in 2022, raised it again, to 73. (If you turned 73 in 2023, and you were 72 in 2022 when the RMD limit was still 72, you should have taken your first RMD for 2022 by April 1 of this year. You will then need to take your 2023 RMD by Dec. 31. And going forward, you'll also need to take your RMDs by the end of every year.)

Not all retirement accounts are subject to RMDs. They aren't required for a Roth IRA, and, starting in 2024, won't be required for a Roth 401(k) or 403(b) plan. But if your account does call for RMDs, you do need to take them, because if you don't, you could face tax penalties. Previously, this penalty was 50% of the amount you were supposed to have taken, but SECURE 2.0 reduced it to 25%.

When you take your RMDs, you need to be aware of a key issue: taxes. RMDs are taxed as ordinary income, and, as

such, they could potentially bump you into a higher tax bracket and possibly even increase your Medicare premiums, which are determined by your modified adjusted gross income. Are there any ways you could possibly reduce an RMD-related tax hike?

You might have some options. Here are two to consider:

- Convert tax-deferred accounts to Roth IRA. You could convert some, or maybe all, of your tax-deferred retirement accounts to a Roth IRA. By doing so, you could lower your RMDs in the future — while adding funds to an account you're never required to touch. So, if you don't really need all the money to live on, you could include the remainder of the Roth IRA in your estate plans, providing an initially tax-free inheritance to your loved ones. However, converting a tax-deferred account to a Roth IRA will generate taxes in the year of conversion, so you'd need the money available to pay this tax bill.

- Donate RMDs to charity. In what's known as a qualified charitable distribution, you can move up to \$100,000 of your RMDs directly from a traditional IRA to a qualified charity, avoiding the taxes that might otherwise result if you took the RMDs yourself. After 2023, the \$100,000 limit will be indexed to inflation.

Of course, before you start either a Roth IRA conversion or a qualified charitable distribution, you will need to consult with your tax advisor, as

both these moves have issues you must consider and may not be appropriate for your situation.

But it's always a good idea to know as much as you can about the various aspects of RMDs — they could play a big part in your retirement income strategy.

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

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## LESSONS IN BUSINESS

# Meeting the needs of deskless workers

By Debora Dragseth, P.D.

## Definitions

**Deskless Workers:** Employees who do not have a fixed or permanent workstation and operate primarily outside a traditional office setting. Their jobs cannot be done remotely and require physical presence. Examples include workers in food production, manufacturing, health care, retail, and hospitality.

**Quick Quitting:** A situation where workers leave a new job within a very brief period, ranging from a single day to a few weeks.

**No call, No shows:** Refers to employees who, despite having been hired, fail to show up for work and do not contact the employer to explain their absence.

## The Current State of Deskless

## Workers

Deskless workers are historically the most overlooked yet vital contributors to the workforce. A recent study by the Boston Consulting Group (BCG), "Making Work Work Better for Deskless Employees," reveals that more than half of these employees feel burned out, with 43 percent at risk of quitting—either passively or actively job seeking. In the retail sector, that number jumps to 48 percent.

A recurrent theme of this column is the pivotal role of leadership. Employees often don't leave jobs, they leave their unsupportive bosses. Deskless employees are no different. The BCG study notes that deskless workers who are dissatisfied with their managers are less likely to recommend their employer, and are twice as likely to quit.

## Company Policies: Are They Inclusive?

Consider whether your organization respects, supports, and values deskless workers as much as their desk-bound counterparts. Are deskless workers considered less valuable and more easily replaceable? Ensure deskless workers receive the information and training they need to do their jobs well. Afford them advancement opportunities. Keep your deskless employees' needs in mind when

developing company policies.

With current labor shortages and remarkably low unemployment, supporting deskless workers is a key way to boost employee retention.

## Proactive Initiatives

Two manufacturing firms in Dickinson, North Dakota, make an effort to engage their deskless employees in a meaningful way.

## Baker Boy

President Guy Moos organizes a celebratory lunch for employees marking five years at the company, an inclusive gesture that promotes a sense of belonging. Moos's wife Sandy and his sister (and partner) Midgie Moos are also invited. The lunch includes those employees that have a desk as well as those who don't. According to Moos, "During the lunch, I go around the room and ask each of them to share what is happening in their personal lives (if they are comfortable sharing . . . so far, no one has declined) and what is happening in the department in which they work. I share information about Baker Boy—current events and future direction of the company. In closing, I share with them on behalf of Sandy, Midgie, and myself our deep appreciation for the important work they do each day. Baker Boy would not be where it is and where it is going without

dedicated and committed colleagues like them."

## TMI Systems Corporation

Adopting a universal and consistent approach to communication, TMI has large screens placed throughout its factories and breakrooms. Tom Krank, Senior Vice President and General Manager noted, "A 5-minute video is shared with all employees each week. The topics vary from human resource, quality, and safety to many other topics. From time to time, we might conduct an interview with an employee, customer, or supplier. The goal is to share the same information with all employees, whether they work in the factory, out in the field, or in the office."

As Baker Boy and TMI realize, nurturing a supportive organizational climate is important in sustaining the often-overlooked deskless workforce.

*Debora Dragseth, Ph.D., is the Baker*

*Boy Professor of Leadership at Dickinson State University. Her monthly column offers practical solutions to common workplace issues.*



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## CHAMBER OF COMMERCE Governmental Relations Committee

By Carter Fong, Executive Director,  
Dickinson Area Chamber of Commerce

Among our many roles in the community, we at the Dickinson Area Chamber of Commerce partner with our elected and appointed officials in our city, county and our legislative districts to provide regular updates to our region. With that in mind, our governmental relations committee is hard at work in planning for the 2024 State of the City Luncheon, set for Thursday, February 1st.

Having set our date to include a message from Mayor Scott Decker, our committee will be looking to work with our Chamber members to round out our program and to choose our venue and our menu. By tradition, we often convert a larger gathering space into a banquet hall for the day, and the committee has noted that the year 2024 will mark the 20th anniversary of the West River Community Center. The WRCC is the most frequented facility owned by the Dickinson Parks and Recreation Department as indicated



in their recent survey.

Looking ahead, three of the five seats on the Dickinson City Commission will be on the ballot in June of 2024, and this same committee will be responsible for planning a candidate forum ahead of that election. Above all, our committee aims to foster healthy working relationships among business leaders, community members and our elected officials.

The Chamber's Governmental Relations committee meets regularly at 8:00AM on the third Thursday morning of each month and is open to all who are employed by a Chamber member. For more information regarding the Chamber and all of its volunteer committees, visit [www.dickinsonchamber.org](http://www.dickinsonchamber.org) or call 701-225-5115. ■

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**KUDOS**

**Natashia Cushman**

*"In the end, it's not the years in your life that count, but the life in your years"*  
~Abraham Lincoln

Natashia Cushman is obviously strong, but her greatest strength is her deep and unconditional love of people.

Natashia has been working in the health and fitness industry for 23 years, she's also a mother of three, Rotarian, and loves Jesus and attends St. John Lutheran Church. She's also an advocate, a cheerleader, and a joy-filled champion of health and strength in our community.

As a Certified Strength and Conditioning Specialist, Natashia's mission is to inspire everyone to integrate exercise & nutrition as a vital part of their healthy lifestyle. She aspires to help each individual believe they are worth caring for with physical activity and purposeful meals. She is passionate about giving them the opportunity to experience and enjoy the process. This mission encapsulates what she does for her life's work, but the real treasure is understanding the why.

"My sister realized the sweetness of knowing her worth too late," reflects Natashia. "After her passing, I made it my life's work to be an instrument of the peace that comes when a person knows, deep in their bones, they are loved exactly as they are. We take good care of things we value."

Natashia is a Certified Strength and Conditioning Specialist at Aspire Health Fitness in North Dickinson. Each day, she empowers others to know their inner and outer strength through personal training and nutrition coaching. Her clients are welcomed and invited, for just a small part of their day, to tune into their bodies, focus on movement, and connect with their inner selves.

Too common in our fast-paced world, we feel guilty for taking time for ourselves, selfish for prioritizing our health, overwhelmed at the endless to-do list, and yet, sustain injuries from inactivity.

Natashia works with each client to create individualized workout plans to build upon as one gets stronger, but

also to have fun while connecting with their body.

Each encounter with her is infused with joy, positivity, hope, and being mirrored back to her client their own worth and value.

As time goes on, the nerves send messages to the brain resulting in muscle memory, which makes the body adapt and ready for a greater challenge.

The mind, heart, and emotional health of the client improves, too, as they see themselves, an embodied human soul, as worthy of being taken care of, worthy of a healthy lifestyle, worthy of time and effort.

"The physical transformation are indicators of the inner work," says Natashia. "When people truly understand that they are worth a strong heart, clear head, and long future, they choose to be disciplined and purposely move and fuel their bodies. They find that they can accept themselves as they are and even love themselves in a positive, healthy way."

Aspire Health is soon expanding its location, and Natashia welcomes people of all ages and abilities to have a personalized exercise & nutrition program designed specifically for them. She uses cardiorespiratory, strength, stability, mobility and flexibility training to help people attain the healthiest & best version of themselves.

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



Natashia Cushman



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**HEALTH****Muscle cramps**

By Steve Irsfeld



Muscle cramps, often referred to as "charley horses," are involuntary muscle contractions that can range from mildly uncomfortable to excruciatingly painful. They can occur in various muscle groups, such as the legs, arms, and abdomen, and are a common complaint among people of all ages. The areas that affect me the most are my hamstrings and calf's, and it usually happens in the night while I'm sleeping. While muscle cramps are typically harmless, they can disrupt daily activities and quality of life. In this article, we will explore the causes of muscle cramps and discuss various treatment options, including diet, prescription medications, and dietary supplements, to help you find relief from these pesky muscle spasms.

Before delving into the treatment options, it's crucial to understand the underlying causes of muscle cramps. Several factors can contribute to the development of muscle cramps, and often, they occur due to a combination of these factors. The primary causes of muscle cramps include: Dehydration, Overuse or Fatigue, Mineral Deficiencies, Poor Blood Circulation, Medications, and Medical Conditions.

The simplest and often most effective way to prevent and alleviate muscle cramps is to stay properly hydrated and maintain a balanced electrolyte profile. Here are some tips:

- Drink an adequate amount of water throughout the day, especially when engaging in physical activity.
- Consider sports drinks or electrolyte-replenishing beverages during intense exercise sessions.
- Include potassium-rich foods in your diet, such as bananas, oranges, and potatoes, to help maintain proper muscle function.
- Consume foods high in magnesium, like nuts, seeds, and leafy greens, to support muscle health.

When a muscle cramp strikes, gently

stretching and massaging the affected muscle can often provide immediate relief. Apply heat to the area using a warm towel or heating pad to relax the muscle or applying topical magnesium can be a benefit as well.

In severe cases where muscle cramps are frequent and disruptive, your healthcare provider may prescribe medications to help alleviate symptoms. Some commonly prescribed medications include muscle relaxants, antispasmodics, and anticonvulsants. Unfortunately, all these medications have the potential to cause fatigue and drowsiness, a side effect most don't want to deal with especially during the day.

Supplements can be beneficial in addressing mineral deficiencies that contribute to muscle cramps. Here are some dietary supplements that may help:

- Magnesium supplements can be particularly helpful for individuals with magnesium deficiencies. Magnesium plays a crucial role in muscle contraction and relaxation.
- Adequate calcium intake is essential for muscle function, and supplements may be beneficial for those with calcium deficiencies.
- If you have low potassium levels, potassium supplements or potassium-rich foods can be beneficial.
- Vitamin D is essential for calcium absorption, and low levels can contribute to muscle cramps.

Muscle cramps can be both painful and disruptive, but understanding their causes and effective treatment options can provide relief and prevention. Whether it's staying hydrated, adjusting your diet, taking supplements, or considering prescription medications, there are various strategies to manage and alleviate muscle cramps. Remember that individual experiences and needs vary, so it's essential to work with a healthcare professional to determine the most suitable treatment plan for your specific situation. With the right approach, you can minimize the impact of muscle cramps on your daily life and overall well-being.

If you need help dealing with muscle cramps, stop by or call the pharmacy (701-483-4858). We can talk about alternative options that will address the issue from a different angle. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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Continued from page 16

nicest write-ups about a Democratic candidate provided by the staunchly Republican Dickinson Press:

"Stark County republicans as well as democrats will be pleased to note that G.S. Cryne has been honored by the nomination for lieutenant governor. Mr. Cryne bears a splendid reputation in Stark County where he has resided for more than a score of years. He is a man of education and refinement, a ready speaker and writer. The democrats have done well in their selection of a candidate from the western part of the state."

If we are somewhat frustrated in seeking details about Cryne's education and youth it surely can be said that, "A man of education and refinement," is a quote whose validity is proven by what evidence of Cryne's abilities we've been able to discover. Besides being a successful farmer/rancher Cryne also served as Clerk of the Gladstone school board for fifteen years and might qualify for the title 'Renaissance Man,' being a poet, historian and a bit of an 'antiquarian' who collected fossils and who, the Press once stated "probably has the largest individual library in the county and the grandest collection of curios to be found anywhere. He is a great writer and a walking encyclopedia on early day events in this part of the state."

Some of that great writing pops up in the Dickinson Press from time to time, such as the earliest example of his poetry found thus far appearing in September of 1903:

**Shall We Meet Again?**

Shall I ever see her face again,  
The fairest face of all,  
A face framed in with golden hair  
Where lights and shadows fall?  
Her soul looks out of windows blue,  
And roses bloom on cheek;  
Her smile discloses rows of pearls,  
White dimples hide and seek.

Shall we, when we have passed beyond  
The portals of this life,  
Know more of love, and may we tell,  
When free from earthly strife,  
Of human love we dare not breathe  
When here we meet today?  
Oh! shall I know her face again,  
Will love-light on it play?

Or shall we never meet again  
To know or recognize?  
Or shall I never see again  
The glories of those eyes?  
Or shall we know each other  
On some fair blissful shore,  
Where partings cannot sever,  
And love forever more?

G. S. CRYNE.

Westerlo, Sept. 10, 1903.

Dickinson Press, September 26, 1903



G. S. Cryne, date unknown

What can perhaps be regarded as Cryne's tour de force as a local historian are a series of articles featured in the Press starting in January 1912 and running through March under the heading "Historical Incidents." The articles naturally touch heavily on Gladstone, and then Dickinson too.

- January 20 – Overview of some early attempts to explore the Dakotas.
- January 27 –The Lewis & Clark Expedition.
- February 3 –Further exploration and the establishment of trading and military posts, the Northern Pacific Railway coming to the Dakotas and the founding of Dickinson.
- February 10 - Early settlers in Stark County.
- February 17 – A detailed account of the Christian Colony group's experiences settling at Green River Siding/Gladstone in 1882.
- February 24 – The early development of the Gladstone settlement.
- March 2 – The early social and intellectual life of Gladstone and the expansion of tillage.
- March 9 - The early years west of the Missouri, geographical features and Cryne's somewhat tongue-in-cheek observations of early vices.
- March 16 – Geology of Stark County and natural resource development, 30th anniversary of the Old Settlers Association.

A year after the Historical Incidents series another Cryne poem makes an appearance in the Press. "A Blizzard" accompanied his account of the 1887 storm that ravaged Montana, Wyoming, Nebraska "and even Minnesota," January 12-15. "A Blizzard" was written five days after the event, Cryne always dating his published verse in this fashion: "Written at Stone Grange, Gladstone, D.T., January 20th, 1887." Documented like a true

historian.

In January 1915 Cryne supplied the Press with an article related to a December Dickinson fire that revealed the burned home was Cryne's original hardware store/house structure from Gladstone which was moved to Dickinson "about 1887 or 1888" and became known as the A.B. Robinson house. Cryne recounted several Gladstone visitors he hosted during his residency, Gladstone not having a hotel in those early years. Included amongst his guests were Northern Pacific officials, "E.V. Smalley of the Northwest Magazine", University of Minnesota Professor of Geology Daniels (a former acquaintance of Cryne's from Wisconsin), "Dr. Peale of the Hayden & Peale" Yellowstone expedition who later held a position at the Smithsonian, and various and sundry hunters, scouts and frontiersmen.

Cryne finished his article by noting "the store room saw divine worship, Sunday school, card parties...and was a general rendezvous for every one seeking a little recreation or relaxation..." Waxing poetic, Cryne wrapped up the article:

"Now the old landmark stands in Dickinson gutted ignominiously by fire and will probably be dismantled or greatly changed in rebuilding. So it goes the old must make way for the young and the new. G.S. Cryne, Historian, Old Settlers Asso., Stark County."

Cryne's writing slows down a bit after that and he gave up Westerlo to relocate to Lehigh, but he still found time to share a poem, "Ode to the United States Flag." He also found time to write the Fargo Forum newspaper in February 1917 to correct errors in an item the paper published on the recent sale of the "Dude Ranch" located south of Medora. Originally

known as the "Custer Trail Ranch" the Fargo Forum writer somehow mixed it up with the H.T. Ranch near Gladstone and Cryne was somewhat pointed in his effort to correct the error:

"Now the facts about that sale I know nothing of, but the balance of the article must have been written by some one that knew next to nothing about the former ownership of that ranch, and the present for that matter..."

To its credit, the Forum printed Cryne's letter seemingly in full, though no mea culpa accompanied the very typically thorough Cryne submission.

Three months later the Dickinson Press carried a short notice that G.S. Cryne was seriously ill at his Lehigh residence but that he had rallied from a condition considered 'critical' and that there was hope the 79 would "soon be able to be about." However, within two weeks he was reported to be "near death" in the "first serious illness in his long and eventful life..." and passed away on the very same day that news was reported. ■

## G. S. CRYNE, SLOPE SAGE, IS SUMMONED

**PIONEER HISTORIAN-POET, AGE 78, RESPONDS TO CALL OF DEATH AT LEHIGH.**

Known Throughout County as Writer—Resident of Dakota Since 1882—Funeral at Gladstone.

Summons of death came for Gilbert S. Cryne, Stark county pioneer at 10:40 last Saturday morning, after an illness extending over a month. Mr. Cryne became ill early in May, and gradually grew weaker, until the end came Saturday. Death occurred at the home in Lehigh.

Poet, farmer, historian, Mr. Cryne was known the length and breadth of the Slope country, and numbered among his intimate friends many men of prominence throughout the state and nation. He was a scholar in every sense of the word, and contributed greatly to literature of this section of the country. He was a versatile writer, combining the ability to write verse of high quality as well as prose compositions. Until recently he contributed regularly to a number of newspapers, was known far and wide as a depicter of frontier life, and previous to his illness was engaged in compiling a history of Stark county.

Mr. Cryne possessed a collection of relics of the early days and of later times which will, according to his statement made some weeks before his death, be placed in a museum, that coming generations may view them and thus gain knowledge of the days which have passed. Mr. Cryne at one time made the assertion that he would leave his collection to be placed in Dickinson, but it is not known for certain as yet where it will be taken.

Gilbert S. Cryne was born in South Westerlo, N. Y., January 7, 1839, and was of Teutonic descent. His mother was a descendant of the Knickerbockers of New York. Mr. Cryne was the elder of two children, and received his early education in the town of his birth, removing with his parents in 1851 to Sheboygan, Wis. He grew to manhood there, and in 1853 removed to Fond du Lac, Wis., where he was employed by the La Belle wagon works, rising to the position of mechanical superintendent.

His health failing, he came to North Dakota in 1882, and had resided continuously since within borders of the Flickertail state. He settled at Gladstone on arrival in this county.

Mr. Cryne was married in 1863 to Miss Abigail Fancher. Four children were born to this union before removal was made to this state, and a daughter after arrival here.

A store building was erected and Mr. Cryne engaged in the first hardware business in Gladstone, continuing in this line for two years. He then removed to his homestead, 1 1/2 miles from the town, and built up what is known as Stone Grange farm. He remained there until 1890, and then moved to another farm, which he called Westerlo, in the vicinity of Gladstone. There he conducted a dairy farm for a number of years, and then took up his residence in Lehigh, going there a few months ago.

Surviving him are the widow and four daughters, Mrs. J. H. Baker, Mrs. C. E. Eldred, of Dickinson, Mrs. William H. Ewell of Lehigh and Mrs. Charles Hinchburg of Gladstone. One daughter, Margaret, died in infancy. Fourteen grandchildren are also left to mourn his passing.

Funeral services were held in the Gladstone Methodist church Sunday afternoon, the Rev. P. A. Dean of Taylor officiating. The church was filled with sorrowing friends, and a splendid tribute was paid the decedent by Mr. Deane. Interment was in the Gladstone cemetery. Bearers were W. J. Moxley, J. C. F. Parker, Walter Sterland, Charles Tear and L. Scott of Dickinson and S. D. Gregg of Gladstone.

Dickinson Press, June 9, 1917

## NOTES FROM THE BADLANDS

# A season of thanksgiving



Joe Wiegand

### By Joe Wiegand

Images of Pilgrims and Natives remind us that Thanksgiving has its roots dating back to the year 1621 and the celebrations held in the Massachusetts Bay Colony. In his first year as President of the newly created United States of America, George Washington designated November 26,

1789 as a national day “devoted by the People of these States to the service of that great and glorious Being, who is the beneficent Author of all the good that was, that is, or that will be-- That we may then all unite in rendering unto him our sincere and humble thanks.” In 1863, Abraham Lincoln issued a proclamation declaring the last Thursday in November, as “a Day of Thanksgiving and Praise to our beneficent Father who dwelleth in the heavens.”

In 1885, Thanksgiving Day became a paid holiday for all federal government workers, and, in 1942, Congress fixed the date as the fourth Thursday in November. Theodore Roosevelt would issue eight Presidential Proclamations. In 1901, with the nation “still bowed with sorrow for the death of a great and good President,” TR wrote: “Let us remember that, as much has been given us, much will be expected from us; and that true homage comes from the heart as well as from the lips and shows itself in deeds. We can best prove our thankfulness to the Almighty by the way in which on this earth and at this time each of us does his duty to his fellow men.”

The man who coined the phrase “the bully pulpit” would use his every year to

encourage our people to be grateful to God for our blessings and to demonstrate our gratitude in action and service.

In his final Thanksgiving Day Proclamation, Theodore Roosevelt called on all Americans to observe “...a day of general thanksgiving and prayer, and on that day I recommend that the people shall cease from their daily work, and, in their homes or in their churches, meet devoutly to thank the Almighty for the many and great blessings they have received in the past, and to pray that they may be given the strength so to order their lives as to deserve a continuation of these blessings in the future.”

Between today and Thanksgiving, we’ll be reminded of some of our greatest blessings, most especially the gifts of freedom and security given to us by the men and women of the United States Armed Forces. Our annual Veterans Day observances were first known as Armistice Day commemorating the eleventh hour of the eleventh day of the eleventh month when the guns went silent in Europe at the conclusion of the First World War. Now observed on the second Monday in November, our Veterans Day is also a day of thanksgiving.

This November 19 will mark the

160th anniversary of President Abraham Lincoln’s address at the dedication of the National Cemetery at Gettysburg, Pennsylvania. Perhaps there is no better explication of the need for our gratitude to be demonstrated by action than this call from Honest Abe: “But, in a larger sense, we cannot dedicate -- we cannot consecrate -- we cannot hallow -- this ground. The brave men, living and dead, who struggled here, have consecrated it, far above our poor power to add or detract. The world will little note, nor long remember what we say here, but it can never forget what they did here. It is for us the living, rather, to be dedicated here to the unfinished work which they who fought here have thus far so nobly advanced. It is rather for us to be here dedicated to the great task remaining before us -- that from these honored dead we take increased devotion to that cause for which they gave the last full measure of devotion -- that we here highly resolve that these dead shall not have died in vain -- that this nation, under God, shall have a new birth of freedom -- and that government of the people, by the people, for the people, shall not perish from the earth.” ■

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## COMMUNITY

## Dickinson High School Hall of Fame winners



Dona Fischer Glick was a 1975 graduate that excelled in gymnastics and track. Her accolades began her freshman year where she placed at state gymnastics. Her legacy continued with state records in the 100- yard dash, 220- yard dash, and long jump all of which contributed to her team's victories. During her senior year, Dona was named the first-ever DHS Herb Herauf Female Athlete of the Year. In 2002, she was also inducted into the DSU Athletic Hall of Fame.

Kerry Meske graduated in 1983 as a three-sport athlete in football, basketball, and track. Kerry earned multiple letters across the sports as he received All-Conference and State recognitions and helped the Midgets win track state team titles. During his senior year, Kerry was recognized as the Southwestern Male Athlete of the Year and the HJ "Harry" Wienbergen Dickinson High School Male Athlete of

the Year. Kerry continued his football legacy at NDSU.

Joe Hanstad is hailed as one of the DHS Midgets' finest basketball players. His impressive journey as a freshman earning the rookie of the year title. During his sophomore year, Joe earned North Dakota's Gatorade Player for the Year and First Team All-State honors while his team placed third at the state A tournament. In his junior year, Joe broke a 45-year-old DHS scoring record. His titles continued to accumulate in his senior year as he received First Team

All-State recognition, West Region Senior Athlete of the Year, and Class A Outstanding Senior Athlete. After graduating in 2011, Joe went on to play at Boise State University where he made two NCAA Tournament appearances.

Micah Malloy and Chad Oukrop were also inducted into the DHS Athletic Hall of Fame. ■



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## THE ARTS

# Badlands Opera Project presents Fairy Tale Suite

Horns. Vikings. Large women in breastplates. Music by boring dead guys. Unbearably loud and wobbly singing. That's opera, right?

The Badlands Opera Project is here to show a different side of opera. Officially organized as a North Dakota non-profit organization in 2022, the Badlands Opera Project (BOP) is excited to announce its second full season of shows and opera experiences!

Our first show will be Fairy Tale Suite: Three Short Operas. BOP has commissioned living composer and librettist team Willem Oosthuysen and Chandra McClelland to write the final opera of this set of three, "The Winter Giant." Featuring local and regional singing professionals, family-friendly themes, a singing "cat," and no horns or Vikings, Fairy Tale Suite is sure to change your expectations of what opera is. Come be a part of something brand new!

Fairy Tale Suite will appear in four different Badlands locations. We are excited to bring an actual opera to

the Taylor Opera House on Thursday, November 16 at 7:00 pm. We will move the show to the Belfield Theater on Friday, November 17 at 7:00 pm, and then to Beck Auditorium in DSU's Klinefelter Hall on Saturday, November 18 at 7:00 pm. Finally, on Sunday, November 19 at 3:00 pm, Fairy Tale Suite will be the first live show at the Bijou Theater in Beach. You can buy tickets online at [badlandsopera.org](http://badlandsopera.org) or in person from Kayla Kilwein at St. John Lutheran Church from 9:00 am - noon and 1:00 - 3:00 pm, T-Th.

Our 2023-2024 season continues with the events below. We can't wait to see you at these fresh, fun, and horn-free opera events! For more information, see [badlandsopera.org](http://badlandsopera.org) or email us at [badlandsoperaproject@gmail.com](mailto:badlandsoperaproject@gmail.com).

A Night of Music: Christmas Concert, Sunday, December 10 @ 7:00 pm - DHS Auditorium

Opera Gala - April 2024

Badlands Opera Music Camp - June 2024 ■

## GOING POSTAL OSIRIS-REx

The USPS released a new stamp celebrating NASA's OSIRIS-REx spacecraft and the samples of the asteroid Bennu that it delivered to the Utah desert.



The stamp's artwork shows the OSIRIS-REx capsule, which contains the asteroid samples, descending under a parachute to the Utah Test and Training Range, a U.S. Department of Defense facility.

USPS art director Antonio Alcala designed the stamp and pane, which features illustrations by Alan Dingman based on imagery supplied by NASA.

Customers may purchase stamps and other philatelic products through the Postal Store at [usps.com/shopstamps](https://usps.com/shopstamps) or at their local Post Office. ■

## Ready for Christmas?

All Trek Marlins in stock  
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## COMMUNITY

# What you need to know about sextortion



Sextortion is the threat to expose sexual images to make a person do something, such as send more explicit content, send money, or engage in sex acts. 60% of the time, the offender is known to the victim. While it can be overwhelming to think about how to keep our children safe from the dangers of the online world, there are steps you can take and red flags you can look out for.

Have a conversation with your children to remind them to never share images you wouldn't want everyone to see. Also, tell them that even though it feels like everyone is doing it, most kids are NOT sharing nude images or videos. Potential red flags of sextortion:

- They turn the conversation to adult topics right away
- They use fear tactics
- Their social media profile has low followers/friends
- They say they are a child, but they don't talk like one.
- They give lots of ultimatums or consequences
- They ask to move conversations to another platform or app

Help is available if you have shared

an image you regret sharing or if someone is threatening you. Learn more at [www.stopsextortion.com](http://www.stopsextortion.com) or report sextortion at [www.report.cybertip.org](http://www.report.cybertip.org). ■



*Fairy Tale Suite*

Three Short Operas

"A Visit to Baba Yaga"  
"Tin Heart, Tinsel Rose"  
"The Winter Giant"

November 18, 2023  
DSU Beck Auditorium, Dickinson, ND  
Music by Willem Oosthuysen  
Libretto by Chandra McClelland  
7:00pm MDT

BADLANDS opera project  
BadlandsOpera.org



**WHERE BUSINESS GOES TO GROW**

**Shop local means a win for all!**

Ring in the holidays this year with support for your community during the Buy Local & Win Stark Strong campaign. Not only can you support your local businesses during this holiday season but you can enter every dollar you spend during the four-week campaign for a chance to win a huge envelope packed full of gift cards from local businesses.



The holiday Stark Strong campaign will run from November 24th (Black Friday) until December 26th. Five lucky winners will be awarded weekly throughout the campaign.

Your local merchants and businesses all take a big risk and sacrifice to remain relevant in today's economy where online shopping is a cultural norm. Shopping locally doesn't mean anything if you do not buy local!

Retail, commercial and dining options are very important to a community. Vibrancy is also a major consideration for those businesses looking to open their doors or plant a franchise in our community. If our local businesses thrive, other interested businesses use that as a benchmark to gauge their ability to thrive in a new location.

Buying local and supporting local actually generates more money in the community. It is called the local multiplier effect. If you buy from your neighbor's business, then they buy from their neighbor's neighbor and so on. Time magazine describes this as "enhancing the velocity of money". Pay attention to how many Amazon sponsorships show up on the outfield signs, event programs or at school activities. The names you do see there are your local businesses. They are there to offer their support but they need your support as well.

You can make a difference in your community by intentional spending and awareness of your local businesses that are there for you. By keeping as much of your spending locally as you can, you help to create strong vibrant communities.

Stark Development Corporation sponsors the Buy Local & Win campaign and matches every dollar local merchants and businesses donate to the campaign. In 2022, during the four-week campaign, over \$12,000 in gift cards, certificates and prizes were given away to support local business.

To be eligible, registrants have to electronically submit receipts that include sales tax from ANY business in Stark County. Registrants earn one entry in the weekly drawing for every dollar spent in Stark County.

We are excited to continue to build partnerships, promote shopping local and supporting the businesses that are working hard to provide local food, shopping, entertainment, services and opportunities for Stark County and the region.

During this holiday season Buy Local & Win! Entries will be taken at StarkND.com starting on Black Friday (November 24th). ■

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## HEART RIVER VOICE | NOVEMBER 2023

# Calendar

## ONGOING IN NOVEMBER DICKINSON AREA PUBLIC LIBRARY

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

**TOY & FOOD DRIVE** Bring a new unwrapped toy, food, or household item to Consolidated or Cornerstone Bank and be entered

into a drawing for an iPad or \$50 VISA gift card. See ad, page 2, for more info.

**ANGEL TREE OF UNITED WAY DICKINSON** All day. Take a tag from our angel tree for a boy or girl in our area who is need of new books to read and learn. You may donate any kind of new books for children ages 0-17. Monetary donations for books are also accepted and appreciated. Dickinson Public Library.

**THURSDAY NOVEMBER 2  
HARPIST AT ST JOHN'S LUTHERAN CHURCH** 7PM St. John Lutheran Church 146 6th Ave West

**FRIDAY NOVEMBER 3  
FAMILY MOVIE: THE RISE OF GRU** 4PM Free for all ages! One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 12. Community Room, Dickinson Public Library.

**SATURDAY NOVEMBER 4  
THE GREAT PUZZLE RACE** 1PM Assemble your team and compete with other teams to be the first to complete a 500 piece puzzle! All welcome to watch! Community Room, See page 4 for more info. Dickinson Public Library.

**MULE DEER FOUNDATION BANQUET** 5PM (Registration is from 12-3PM.) You're invited to attend the Mule Deer Foundation Banquet at the Dickinson Eagles

Club, 31 1st Ave East. For tickets, call Lance (701-260-2463), Nicole (701-290-2798), or Andy (701-290-4229).

**TUESDAY NOVEMBER 7  
ADULTING 101: FALL RECIPE SWAP AND COOKING** 6PM Bring copies of your favorite fall recipes to share with others while making some recipes provided by the library! We will have recipe cards available to write recipes down or you can take pictures of recipes. Community Room, Dickinson Public Library.

**DICKINSON AREA CONCERT ASSOCIATION** 7PM Oda Voltersvik, Pianist. See article, page 24, for more information. DSU Dorothy Stickney Auditorium.

**WEDNESDAY NOVEMBER 8  
LIBRARY BOARD MEETING** 4PM Meets the second Wednesday of every month. All are welcome. City Hall

**THURSDAY NOVEMBER 9  
START-UP YOUR DAY** 8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 12, for more info. Stark County Veterans Pavilion.

**THURSDAY NIGHT TRIVIA** 6PM Put a team together and compete against other teams by answering questions and earning points! Teams can have 4-6 people. See ad, next page, for more info. If you are on the waitlist, you will receive an email if a spot opens

up. Please show up promptly at 6pm, so we can get started on time! Community Room, Dickinson Public Library.

**NOVEMBER 10-16  
53RD ANNUAL BADLANDS ART ASSOCIATION ART SHOW** See article and ad, page 7, for more info. Prairie Hills Mall

**SATURDAY NOVEMBER 11  
FREE ENTRANCE TO THEODORE ROOSEVELT NATIONAL PARK** Enjoy free admission to the Theodore Roosevelt National Park in honor of Veterans Day. Medora, ND.

**HOLIDAY & GIFT SHOW** 9AM-4PM The 25th Annual Holiday & Gift Show will be in the former Herberger's location. Shop from more than 75 vendors! Prairie Hills Mall

**SUNDAY NOVEMBER 12  
BUZZARD BAIT BUCKING PONIES** 1PM Buzzard Bait Bucking Ponies is the "Cutest Thing Happening!" Head on over to the DSU Indoor Arena for an afternoon of fun!

**MONDAY NOVEMBER 13  
ADULT CRAFT CLUB** 6PM Autumn Paint Nite. Advanced and beginners welcome. Crafty peo-



Parents/Caregivers join us for this upcoming class. Let's learn more tools to fill our Child's Emotional Cup! Call 456-0007 to register, email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)  
**When:** October 25, Nov. 1, 8, 15, 22, 29, 2023  
**Where:** 402 4th St W (Hagen Building) Door #3  
**Time:** 6:00-7:30 p.m.  
 FREE childcare



Gain effective tools and techniques to use discipline with your child that is kind and firm at the same time! Call 456-0007 to register, email [skilwein@dpsnd.org](mailto:skilwein@dpsnd.org)  
**When:** October 16, 23, 30, Nov. 6, 13, 20, 2023  
**Where:** 402 4th St W (Hagen Building) Door #3  
**Time:** 6:00-7:30 p.m.  
 FREE childcare!





ple unite! Craft supplies provided for the craft or bring your own current project. For adults 18+. Community Room, Dickinson Public Library.

#### **TUESDAY NOVEMBER 14**

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

#### **FRIDAY NOVEMBER 17**

**A NIGHT AT THE FILLMORE EAST - A TRIBUTE TO THE ALL-MAN BROTHERS BAND** 8PM. Call winery for more tickets and info 701.483.2242. Fluffy Fields Vineyard & Winery

#### **SATURDAY NOVEMBER 18**

**A CHOCOLATE AFFAIR** 7-10PM Join the Best Friends Mentoring Program in benefiting its youth mentoring program through the tasting of fine wines and chocolate delights! Featuring local chefs and bakers competing for best chocolate themed dish, locally brewed beer and wine will be available for taste. Must be 21+ to attend. For tickets and more info, call 701-483-8615.

Biesiot Activities Center

**FAIRY TALE SUITES: THREE SHORT OPERAS** 7PM Join Badlands Opera Project for an evening of opera. The three short operas include: A Visit to Baba Yaga, Tin Heart, Tinsel Rose and The Winter Giant. See article, page 20, for more info. DSU Beck Auditorium, Dickinson ND

#### **TUESDAY NOVEMBER 21**

**JAPANESE ORIGAMI** 4PM Join us for origami making! The program is geared for ages 10 -17 and will run for approximately 45 minutes. Community Room, Dickinson Public Library.

#### **THURSDAY NOVEMBER 23**

**DICKINSON COMMUNITY THANKSGIVING DINNER** 11:30AM-1:30PM The meal is free for anyone. See ad, page 31, for more info. Volunteers Needed! Call Staci at 701-590-8996 between 9 a.m. - 7 p.m. from Nov. 9-20 if you'd like to help. Downstairs dining room, Student Center, Dickinson State University.

#### **FRIDAY NOVEMBER 24**

**STARK STRONG BUY LOCAL & WIN CAMPAIGN BEGINS TODAY** See article, page 21, for more info.

**MONDAY NOVEMBER 27**  
**ADULT BOOK CLUB: THURSDAY MURDER CLUB** 6PM Read the book and come discuss it with other adults. The next months' selection will be announced at the monthly meeting. Book club books are available at the Main Level Circulation desk. Community Room, Dickinson Public Library.

**SAVE THE DATE**

#### **DECEMBER 1-3**

**TRINITY CATHOLIC SCHOOLS DRAMA DEPARTMENT PRESENTS ELF THE MUSICAL** Friday,

7PM Friday and Saturday, 2PM Sunday. See ad, back cover, for more info. Trinity High School Auditorium.

#### **SATURDAY DECEMBER 2**

**JINGLE BELL 5K Run/Walk** 10:30AM Early Registration on or before Nov. 18 | \$25/adult or \$15 (youth). Registration after Nov. 18 | \$35/adult or \$15 (youth). 1st, 2nd and 3rd place prizes will be given to the best dressed individual after the race.

#### **N'COMPASS CHRISTMAS SHOW**

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

*Thursday Night Trivia*

**NOVEMBER 9TH @ 6PM**  
**COMMUNITY ROOM**  
**DICKINSON AREA PUBLIC LIBRARY**

**GENERAL TRIVIA**  
**TEAMS OF 4-6 (AGES 13+)**  
**SIGN-UP REQUIRED**  
[www.dickinsonlibrary.org/events](http://www.dickinsonlibrary.org/events)  
or call 701-456-7700

**THE ARTS****DACA presents  
Oda Voltersvik**

On November 7, join the Dickinson Area Concert Association (DACA) at Stickney Auditorium on the DSU camps for a concert featuring pianist Oda Voltersvik. Oda Voltersvik is a solo and chamber musician from Norway who has performed at important venues internationally including Carnegie Hall and Scandinavia House (NYC), Wigmore Hall & St Martin in the Fields (London), the Norwegian Opera House and since 2014, artist in residence for a week at the Edvard Grieg museum in Bergen. Oda



1067 3rd Avenue West, Dickinson, ND or membership may be purchased at the door of any of the concerts. Season fees include \$65 for adults, \$60 for senior



has held recitals for important concert societies and taken part in festivals internationally.

DACA is a local organization that is committed to providing a variety of excellent professional musical and entertaining performances to the Dickinson area at a reasonable price. Membership is open to all who are interested in becoming members. The best value is a season membership, but it is possible to attend single concerts. To become a member, season tickets may be purchased at Eckroth Music,

citizens, \$35 for students, and \$130 for a family membership. To attend a single concert, tickets are available at each concert for \$30 and \$10 for students.

The Dickinson Association maintains reciprocity with nearby concert associations in Hazen, Watford City, Williston, and Crosby. DACA members may attend these events free of charge.

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

**PAWSITIVELY POPPY  
Pumpkin Pie for  
dogs**

By **Miranda Kuhn**

Thanksgiving is not properly celebrated without pumpkin pie, in my humble opinion. Others may disagree and say that apple or cherry is the quintessential Thanksgiving flavor but personally I feel it's only right that pumpkin is the star of the dessert table. In the past I've written recipes for Thanksgiving dinner for dogs, but they always leave out the important dessert course. Poppy has gently reminded me that this year she would like to participate in the sweetest part of the meal, so I've come up with this pumpkin pie especially for her. I hope your pup enjoys it as much as Poppy does! Happy Thanksgiving!

**Ingredients**

¾ C flour  
½ C oatmeal  
¼ C applesauce, unsweetened  
1 can pumpkin puree  
3-4 Tbsp water  
Cinnamon and Reddi Whip,  
optional for garnish

Preheat oven to 375 degrees. Mix flour and oatmeal in food processor, add applesauce. Add 3-4 Tbsp water slowly until a dough ball forms. Roll dough out onto wax paper until ¼" thick. Coat muffin tin with cooking spray. Cut dough into 4" circles and press into muffin tin. Bake 8 minutes and let cool completely in the pan. Fill crusts with pumpkin puree. Sprinkle with cinnamon and top with Reddi Whip if desired for garnish. Store in fridge up to 3 days and freeze in airtight container 1 month. ■



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## Ask Alfie



Dear Alfie,  
I am very excited because this will be my first holiday season as a pet-owner. Can you please give me some tips for how to keep my pets safe during this time?  
Sincerely, Holiday Pets

Dear Holiday Pets,

Pets can make this season all the more enjoyable! Here are a few things to keep in mind with respect to pet-safety during the holidays:

1. While it can be tempting to share your feast, avoid feeding scraps from the table to your pet. Turkey skin, even in small amounts, can result in pancreatitis. Never ever feed cooked bones from turkey or chicken to your pet. These bones break into shards and can lodge in your pet's throat or intestines.

Other dangerous foods include onions, garlic, things high in sodium, and many others. A good rule of thumb before feeding anything questionable to your pet is to do some quick research and speak with a vet.

2. Poinsettias, holly, mistletoe, lilies, and many other seasonal plants and flowers are deathly toxic to pets, especially cats. If you cannot absolutely guarantee that your pet doesn't have access to them, it is best to avoid having these plants in your home altogether.

3. Keep holiday sweets out of reach! The holiday season brings a wide array of traditional goodies, and many of those are not safe for pets to ingest. Chocolate, raisins, grapes, and anything containing xylitol are just a few of the food items to diligently keep out of reach of your pets.

4. If you have guests staying with you, be sure to go over the safety protocol when it comes to opening exterior doors or letting pets outside. Many pets, especially cats, are accidentally lost during the holidays

due to guests who simply did not know better.

If you're hosting a party, consider shutting your pet in a room where they will not be stressed out by loud visitors or accidentally let outside during the festivities.

5. Do not leave your pet alone in a room with lit candles, wax warmers, or potpourri. Pets are curious about things that are new, and this can be a recipe for disaster!

6. Consider skipping the tinsel on your tree this year, especially if you have a cat. Swallowing tinsel is a dangerous and costly mistake.

7. Secure your Christmas tree by anchoring the bottom. This can be done with weights on the base or by using other methods found online. This will help prevent the tree from tipping over if your pet jumps on it.

8. Until you know how your pet reacts to the Christmas lights and other decorations, do not leave them unattended. If they attempt to chew on wires, consider using a bitter spray as

a deterrent, find chew toys to distract them, and unplug when you are not present. Some pets are also drawn to chewing on or ingesting things like faux-berries or evergreen.

9. Remember that many essential oils are toxic to pets, including many traditional holiday scents. Do your research before diffusing.  
10. Water additives for Christmas trees may be toxic to pets. It is very common for dogs and cats to take a drink of water from the Christmas tree basin. Remember that before adding anything to water for treating or preserving your tree.

While there are many things to be careful about during the holiday season, don't forget to enjoy this time with your pet! It is heartwarming to witness them gaze in wonder at the holiday lights or enjoy their own presents from under the tree. Happy Holidays!

Sincerely, Alfie

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

# HAPPY THANKSGIVING!

from the team at

## Heart River

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## CONVENTION AND VISITORS BUREAU

# Finding ways to be thankful



November awakens thoughts and feelings of thankfulness throughout the month. Have you ever taken every day in November to identify the people or places for which you are thankful? This November, you may want to be thankful for those who work in the hospitality industry and the businesses within the industry.

In case you need a refresher, the hospitality industry is comprised of four main areas: food and beverage, travel and tourism, lodging, and recreation. This November think of all the ways these industries have made your experience

better (including in your own hometown). Be thankful for:

- The server at the restaurant who thoughtfully brought a coloring page and crayons for your younger kids to stay occupied while waiting for the food to arrive.
- The friendly employee at the local information center who told you about all the sights to see in the area, enhancing your stay.
- The front desk employee at the hotel who greeted you with a smile when you checked in after a long day driving.
- The tour guide at a local attraction who graciously shared his/her knowledge in a fun and interesting way.
- The ice cream truck that stopped at the park on a sweltering summer day.
- The local gyms that can host hundreds of visitors for a basketball/volleyball/wrestling tournament or the local ballparks that host baseball/softball tournaments.



- The national park employee who takes your picture so you can have a non-selfie photo from your trip.
  - The friendly shop owner who helps you find the perfect gift.
  - The local police and fire departments that make the area safe to visit!
- It wouldn't be hard to keep the list going! Thank someone in person or write them a note thanking them for a positive

experience. Saying "thank you" is one way to pay it forward, because this gives both the giver and the receiver cozy feelings of thankfulness.

This Thanksgiving season, the Dickinson Convention and Visitors Bureau wishes you a safe and thankful holiday. As always, don't forget to tell us about your adventures! Use the hashtag #visitdickinson to share your stories. ■



**STARK**  
DEVELOPMENT CORPORATION

Your Economic Development Office for Stark County, Dickinson and the Surrounding Area

## BUILDING REVITALIZATION PROGRAM GRANT

### RECEIVE UP TO \$50,000 IN MATCHING FUNDS

The Building Revitalization Grant assists property owners bringing commercial buildings into compliance with local and national building codes to provide new commercial, retail and restaurant opportunities in Stark County.

Awards **UP TO \$50,000 IN MATCHING FUNDS** are available through a competitive process as determined by the merits of the application. Funds are limited and not predetermined. Accepted costs can include, but are not limited to, accessibility and ADA improvements, fire suppression, hazardous materials abatement, structural issues, plumbing and HVAC updates as required by building code.



**WITH THE HELP OF SDC YOU CAN BE OPEN FOR BUSINESS!**

Quarterly Application Deadlines:  
**December 31st, 2023**

**CONTACT SDC NOW TO DISCUSS YOUR PROJECT AND RECEIVE AN APPLICATION PACKET**

www.starkdev.com • team@starkdev.com • (701) 225-5997 • 103 1st Ave West, Suite 101 • Dickinson, ND 58601

WHERE BUSINESS GOES TO GROW



**WE ARE READY TO TAKE OFF!**

Plans are in the works for...

**The purchase of the former Dickinson City Hall building**  
With a purchase agreement in place to secure our location in Downtown Dickinson, we are raising funds for our down payment.

**Needed renovations**  
A state of the art interactive science center that people of all ages can enjoy; a new art gallery for our citizens and visitors to view culturally significant exhibitions and showcase our local talent; classrooms for art, pottery and STEM classes, and space to rent for parties and other workshops offered by community members.

**Programming and Classes for all ages**  
Youth and adult classes, camps during peak time needs, STEAM Roller outreach program to provide programming to all counties in ND Region 8, Behavioral health support for teens and adults, grief/loss, recovery, veterans, and trauma therapies.

**SW ART GALLERY + SCIENCE CENTER**

*We are ready to purchase our home!*



The Southwest Art Gallery & Science Center is grateful for all of the support our community given us thus far. We are an organization created by parents, artists, and educators striving to make our community BRIGHTER! Thank you all for making our 2023 Evening for the Arts Gala a success last month.

We are also tremendously thankful for the generosity of Brad & Brenda Fong who are helping us secure our building so we can move forward with this project in downtown Dickinson. Now is the time for creativity!

*Contact us regarding giving & naming opportunities.*

Phone: (701) 690-1934 • Mailing address: Southwest Art and Science • PO Box 3697 • Dickinson, ND 58602

Questions: Dustin Young, Executive Director / dustinyoung.artist@gmail.com or Janelle Stoneking, Board Chair / swartandscience@gmail.com



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## COOKING CRAVE Turkey Meatballs

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

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



Laverne and Rhonda

## Homemade Recipes Made Easy!

### Turkey Meatballs

- 1 small onion, grated
- 3 garlic cloves, minced
- 1 large egg
- 1/4 cup dried bread crumbs
- 3 Tbsp. ketchup
- 1/4 cup chopped fresh Italian parsley leaves
- 1/4 cup grated Parmesan
- 1/4 cup grated Pecorino Romano
- 1 tsp. salt
- 1/4 tsp. ground black pepper
- 1 pound ground dark turkey meat
- 3 Tbsp. olive oil
- 2 cans Cream of Mushroom Soup

Add the onion, garlic, egg, bread crumbs, ketchup, parsley, Parmesan, Pecorino, salt and pepper to a large bowl and blend. Mix in the turkey. Shape the turkey mixture into 1 1/4-inch-diameter meatballs. Place on a large plate or baking sheet.

Heat the oil in a heavy large frying pan over medium-high heat. Add the meatballs and sauté until browned on all sides, about 5 minutes. Turn off heat. Transfer the meatballs to a plate. Pour off any excess oil; add the soup with one can of water, mix until blended. Return all the meatballs to the pan. Turn the heat to medium-low and simmer until the sauce thickens slightly and the flavors blend, 15 to 20 minutes. Season the sauce, to taste, with salt & pepper.

Country Rose  
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CONSOLIDATED  
CHANNEL 18

COOKING  
CRAVE





## #UPBEAT What direction are my habits taking me?



By Logan Gross, Pastor,  
Evangel Church

From the mundane practices of our daily lives to the profound choices we make, habits shape our character, define our path, and ultimately determine our direction. As the theologian and philosopher St. Augustine wisely noted, "Habit, if not resisted, soon becomes necessity." This timeless insight remains an important key to unlocking the power of transformation and personal growth.

Habits, in their essence, are the building blocks of our lives. We often think of them as minor quirks or routines, but in reality, they are the architecture of our character. Just as the relentless drop of water can carve a path through stone, our habits mold our identity over time. The choices we make today become the habits that define our future. It is important to cultivate the right habits, for they are a foundation upon which we construct the way our daily life is lived out.

Breaking or changing a habit, however, is not a simple task. Resistance to change is a natural instinct ingrained within many of us. We often find ourselves stuck in routines that we may not necessarily desire, yet continue due to the comfort of familiarity they bring. Whether it's a harmful addiction, an unhealthy lifestyle, or a negative mindset, breaking free from bad habits can feel like a daunting task. It takes a combination of strength, discipline, and self-control to resist

negative habits; a combination of things that can be hard to muster up on one's own. As a Christian, I personally find it comforting to know this is not something that has to be done on my own. The Bible teaches that by God's grace, His power is made perfect in our weakness (2 Cor. 12:9-10). Because of that, in our weakness, we can be made strong. Either way, there is a habit to be broken.

A habit, simply put, is a pattern. Patterns are meant to be repeated without end. However, when we recognize we have habitual patterns we no longer want to follow, how can we end them? Breaking free from destructive or unwanted habits can lead to incredible change. However, in order to get to that place, there is a transformation to occur, a shift of thinking that bleeds into a way of living. "Do not conform to the pattern of this world, but be transformed by the renewing of your mind." This is how the Apostle Paul phrased it nearly two thousand years ago. Although some habits can be broken through sheer determination, and desire for change. Others, I believe, can only be changed from the inside out. This is where the renewal of the mind enters the scene. We must change the way we think, to help change the way that we do. It's not always an easy path, but it is worth it. The process of change can be slow, but it is incredibly rewarding.

It's important to recognize that habits are not simply conquered, but replaced. Once you sweep the house clean of unfavorable habits, it is crucial to fill it with new life giving ones, or the old will return again. By building new, more fruitful, and lifegiving habits, we cultivate opportunities for more purposeful lives, and plant seeds for personal growth, and healthy discipline to continue. Whether it's embracing a healthier lifestyle, shifting towards a more optimistic mindset, or building better relationships, the new habits we cultivate have the ability to change the way we experience life.

In the process of change, it is important to find support and accountability. Friends, family, or a trusted mentor can help provide the encouragement and wisdom needed to navigate the challenging terrain of habit transformation. This is why being in a community of people is a big deal. The ability to share your journey with others not only helps keep you on track but also encourages others to evaluate habits in

their lives, that they may want to look into changing as well. As Proverb 27:17 says, "Iron sharpens iron, and one man sharpens another."

To bring it back St. Augustine's words, "Habit, if not resisted, soon becomes necessity." If our habits truly become our necessity, let's be prudent when it comes to thinking about what we really need in life. Personally, my greatest recognized need is my need for Jesus. That is why, I try my best to make it a habit to spend time reading God's Word every day. Perhaps for you it's a need for fresh air, so you will make a habit of an afternoon walk. Maybe, a need for community, and stepping into a new place with new people to meet. Whatever the need, there's a habit that can help get you there. It's time to ask yourself, what direction are my habits taking me? Do I like the road ahead? Or do I need to consider changing some habits, in order to live a

more fulfilling life? Wherever you find yourself on this journey, know you're not alone, and if you're reading this, there is still time for change. Let's get better together!

*Editor's note: Do you have a passion for writing, sharing your stories, and inspiring or motivating others? If so, we'd love to hear from you! Heart River Voice is a platform for creativity, and we're looking for talented individuals to contribute articles that can uplift and inspire. If you have a story to tell or words of wisdom to share, please send us your articles (500 words or less). Together, we can make a positive impact on our community!*

*Send articles in a cut-and-paste form (Word, Pages, body of email, etc. No PDFs please) to: [editor@heartrivervoices.com](mailto:editor@heartrivervoices.com) ■*

# DICKINSON COMMUNITY

# Thanks Giving!

## DINNER

**THURSDAY  
NOVEMBER  
23**

**11:30AM TO 1:30PM**  
DICKINSON STATE UNIVERSITY  
DOWNSTAIRS DINING ROOM  
291 CAMPUS DRIVE

*You are invited to the Dickinson Community Thanksgiving Dinner!*  
**The meal is FREE for anyone!**  
We will deliver meals to those in town who can't make it to the dinner.  
**Please join us, we would love to meet you and share this meal with you!**  
SERVING FROM 11:30AM-1:30PM

**WE COULD ALSO USE SOME VOLUNTEERS!**  
Call Staci at 701-290-8996 between 2:00pm-6:00pm from November 9th - November 21st if you would like to help.

**IF YOU WOULD LIKE A MEAL DELIVERED OR TO PLACE A PICK UP ORDER...**  
Call Sandy at 701-290-7509 between 9:00am to 7:00pm from November 9th- November 20th. Meals will be delivered between 10:30am - Noon on Thanksgiving Day. Last day to order for delivery is November 20th.  
**ANY OTHER QUESTIONS, PLEASE CALL WILL AT 701-290-3100**

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