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Published Monthly by Heart River Voice, Inc.

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A note to our readers

The VOICE of the community is stronger than ever now amidst the current state of the world. Our community continues to work together to help each other and everyone is stepping up to lend a hand where needed. We are witnessing the good in our community and are proud of the solidarity shown.

Heart River Voice strives to keep you current on events and happenings in and around Dickinson. COVID-19 has disrupted many events in our area so please check specific events' websites to see if they have been rescheduled.

Let's hope once our next issue comes out, life might be returning to some state of normalcy.

Kelley Jilek
Publisher

"Be the Person Your Dog Thinks You Are" a water color by Debra Kahn. For more information about the artist, see page 5.

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#BOOKWORM

The library at your fingertips

By Cindy Thronburg

The Dickinson Area Public Library has many more things available than just what lives within its walls. The Library offers a multitude of databases that allow patrons to access e-books, electronic audiobooks, magazines, music, videos, and more. These databases can also be accessed from your own home with the use of your library card number, so you don't even have to come to the library to access them. We continue to add to these databases, and we are happy to announce that we have a new one to share.

All of our databases can be accessed by going to our website at www.dickinsonlibrary.org, then choosing Online Resources. Once there, you will see all of the different categories of databases we offer: everything from genealogy and agriculture to comics and newspapers. All you need to log in to these is your library card number, and if it asks for a password, it is your last name all lowercase.

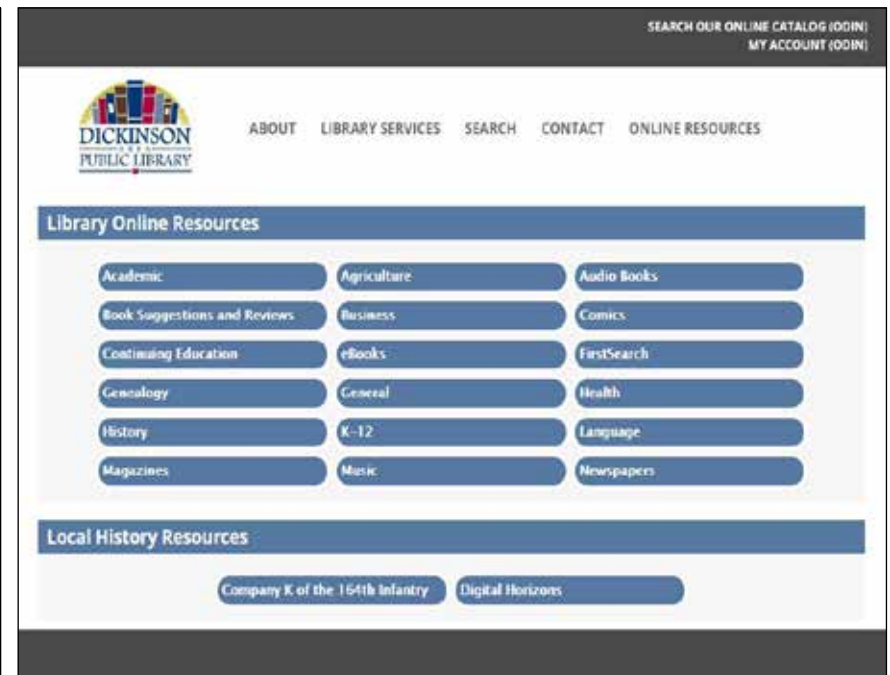
Our most popular databases that we offer are Overdrive and RBDigital. Both of these databases have e-books and e-audiobooks. RBDigital also has magazines and comics, and Overdrive has movies and other videos. Both of these databases can be accessed through an app on your phone or tablet, making it easy to download your books, etc., and read, watch, or listen at a later time. I personally love being able to download an audiobook and listen to it on a long road trip, no disc-swapping required. There have also been plenty of times

where I have ended up in a waiting room much longer than anticipated, or waiting in line at the car wash, and I will open one of these apps and within seconds I have a book I can be reading.

If you are unsure of what to read, we have a book suggestion database! NoveList gives suggestions based on genre, appeal, books that are similar to ones you've already read, and more. One fun feature they have is the Appeal Mixer. You can pick some features (such as, the tone is funny and the characters are awkward) and it will give you book suggestions. You can also access book club resources and "grab and go" booklists. There are so many features available on this database. I encourage you to go explore it!

Another database we provide access to is the Library Edition of Ancestry.com. From here you can search millions of documents that will help you find information about your ancestors. This includes census and voter lists; birth, marriage, and death certificates; military, immigration, and travel documents; and newspaper obituaries. This is a great way to start researching your family tree. To learn more about this topic, be sure to attend our monthly genealogy events.

We are excited to announce a brand-new addition to the collection of databases we offer. We now provide access to Medici.TV, the world's leading classical music channel. This database allows users to stream concerts, operas, ballets, documentaries, and master class



Dickinson Area Public Library's online database

videos. This database was introduced to the public at a new event called the Foundation Coffee House Series. Each month they show a concert from the database, and treats and beverages are provided. The next one will be on Thursday, April 23rd at 6:00pm.

We offer access to several other databases that can provide you with hours of entertainment or pages of research. Please check our website for the full list. When you're there, don't forget to check our "New at the DAPL" page for a list of new materials added to our collection, and to check our "Events and More" page for upcoming events. Here are a few of the things to look forward to in the month of April:

- National Library Week is April

19th-25th. Watch for pop-up events throughout the week!

- There will be several free movies in April. On April 3rd we will show Frozen 2 for families at 4:00pm. Film Society will be showing The Islands and the Whales at 2:00pm on April 18th. On April 29th we will be showing Knives Out at 5:30pm. This movie is PG-13 and no children under age 10 will be permitted without an adult.

- Toddler Prom is Saturday, April 25th at 10:00am. This is for ages 2-5 and sign-up is required. We will have a photo booth, snacks, and dancing!

- The Black-Out Poetry Contest will take place throughout April to celebrate National Poetry Month. ■

BEST FRIENDS

Chocolate Affair rescheduled

By Mark Billings

In the wake of COVID-19 health concerns, the Best Friends Mentoring Program's Chocolate Affair is rescheduled to Saturday, Sept. 12 at Phat Fish Brewery.

"We are thinking of the many people, organizations and local businesses impacted by the rapid escalation of events," said Kris Fehr, executive director of BFMP. "We are optimistic this health crisis will have mitigated by the fall, and we can all enjoy the gift of gathering, celebrating our business partnerships and raising money for local youth."

In anticipation of its 11th annual event, Best Friends plans to expand the

event by adding several new tastings, including a new whiskey and bourbon tasting, unique beers produced by Phat Fish Brewery, as well as 20 hand-picked fine wines. Also on tap is live music by Dakota Jazz, an after party, and the chance to win one of five high-quality raffles prizes, including a mocha and white diamond pendant in rose gold valued at \$1,700 and donated by Riddle's Jewelry. Among the guest chefs planned



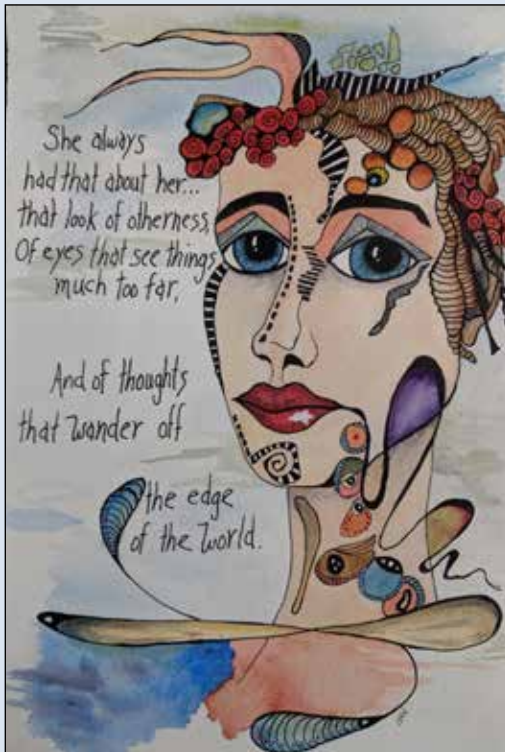
include: directing chef Joseph Gyno Babia and pastry chef Karla Joy Wyler of The Crossing; chef Collin Wehner of the BrickHouse Grille, Kirk Hepker of The Foodie Call, and Aaron Zummer, general manager of Sodexo at Dickinson State University.

Other featured chefs include Libby Matthews of Lib's Sweet-o-Keeto Bakery, Anna Kreidt, a 15-year-old aspiring pastry chef and student at Dickinson High School, Michelle Miller, general manager at Players Sports Bar & Grill and Lois Holland of Dickinson. Holland has directed various food operations for more than 50 years in eight states across the country. "We know the COVID-19 crisis is

greatly impacting Dickinson's food and hospitality industry and we hope the Chocolate Affair allows each of these unique businesses an opportunity to shine," said Fehr.

Chocolate Affair tickets are \$50 each and still available at www.bestfriendsnd.org or in Dickinson at the BFMP office, 135 W. Villard. The ticket includes event admission; each guest is also eligible to enter a raffle for the mocha and white diamond pendant as well as gift packages ranging from \$200 to \$500 in value. Tickets are \$60 at the door.

Based in Dickinson, BFMP provides mentoring services to youth ages 6-16 in southwest North Dakota, including western Morton and Bowman counties. For more information and other ways to support BFMP during COVID-19, call (701) 483-8615 or visit www.bestfriendsnd.org. ■



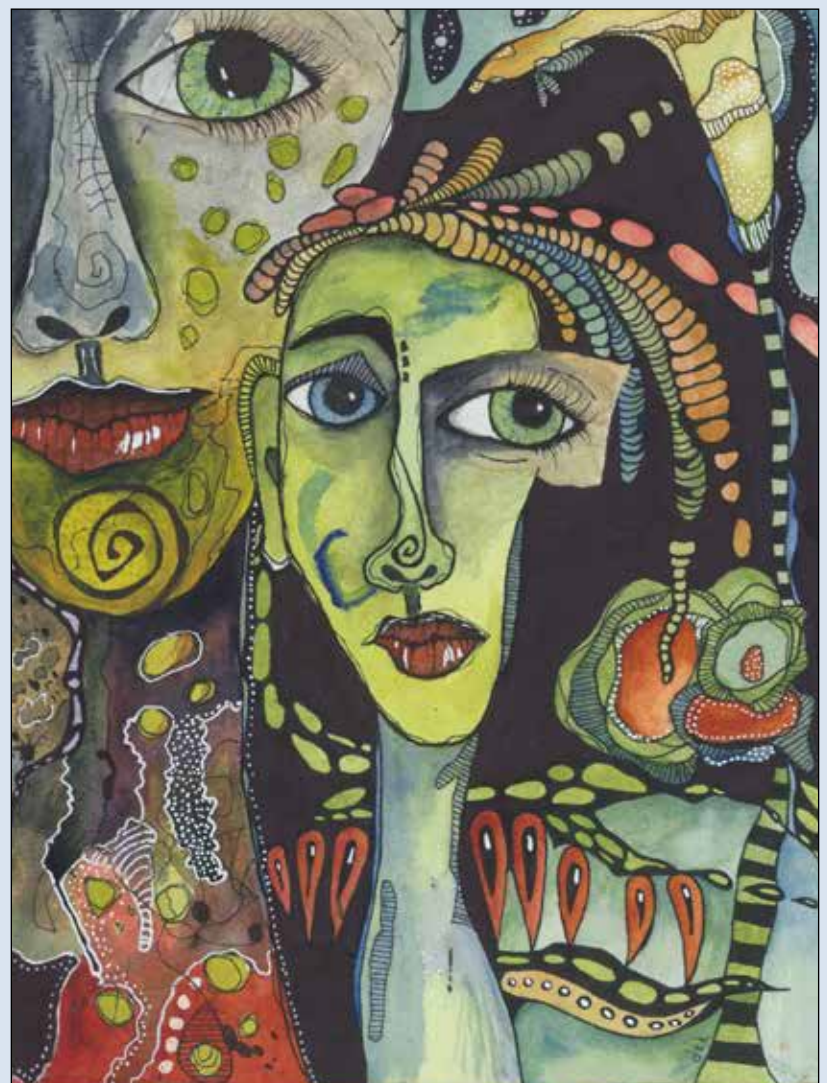
COVER ARTIST
Debra Kahn



I am a 66-year-old Colorado native, now living in beautiful Belfield, North Dakota. I was born and raised in Steamboat Springs, Colorado and raised my own family in the Vail Valley. I grew up skiing and ice skating through the long winters along with helping my dad feed the cattle with a team of horses pulling the sled. I am an avid animal lover and protector of all sentient beings.

My art interests began with learning to quilt from my mother while I was a child. We quilted out of necessity then, but my obsession soon took an artsy turn. My quilts have hung in the Capital State Building in Denver, Colorado, and some have toured the country in

exhibitions. I have been painting now for a few years, and what I really enjoy about it is the ease of color distribution. The possibilities are endless which leads to the unique and unusual as seen in my artwork. My hope is that each person who reads this would realize "everyone is an artist". Just start. Oh and, be kind to ALL living creatures! ■



HEART RIVER GEMS

Dennis Johnson

By Kaylee Garling

"The tough things in your life build character," Dennis Johnson said as I sat across from him in his office at TMI, where he started working 46 years ago as an industrial engineer. "There was a well-known self-help book called 'The Road Less Traveled' written about 35 years ago. The opening sentence had three words: 'Life is difficult,' and it is. Nobody goes through life winning all the time. Nobody's undefeated." He continued, "The owner of the business (TMI), Larry Strand, who I really liked, died in an airplane accident in 1984,

so running the business fell on my shoulders. When we learned that Larry had crashed and was gone, I had to call his family and tell them the news. I would never make a more difficult phone call. You know, in business you have to make uncomfortable phone calls with people sometimes, but it's still not as difficult as that. His family decided they didn't want to remain owners, so myself and eight other employees bought the business. Dealing with his loss and everything that came after was a huge challenge. You don't get a chance to grieve, because



Dennis stands on the factory floor at TMI's state-of-the-art manufacturing facility in Dickinson



Dennis and Vaune in Berlin during a European vacation

you have to take over and be functioning the next day. It sounds cliché, but you go on, one day at a time." Though it was Dennis's greatest challenge, it was also a great feat. "Most small businesses, with the sudden loss of their owner, would fail. So, the fact that the business didn't fail, but grew and prospered, would probably be considered my greatest achievement." Though his face had been somber, his eyes gathered tears. "A month before my oldest son graduated from high school, we found he had a rare form of cancer, that he battled for several years before succumbing. I held my son's hand as he passed away. I don't think it can get more difficult than that." His son was only 26 years old. Thankfully, his daughter and second son are still close by. His son, literally in the office next door, works as the Chief Financial Officer for the company (TMI); his daughter lives in Minneapolis, working as a hospital pharmacist.

"Most people wouldn't know about my past as a firefighter, because it happened before I moved here. I've lived my life in a glass house, per say, being a prominent

businessperson, being the mayor for 15 years, but I've fought fires in every western state except Alaska. The first fire I fought was in Arizona, Tonto National Forest, up in the northern part of the state. When you're on a crew, you eat together, sleep together, work together, and hardly get a day off. My first two years, we had a very authoritarian boss. It was his way or the highway. He was a big guy, 6'3", so anytime there was a difference of opinion, he would say, 'We can take this outside,' but we all knew how that would work out. The next two years, there was a boss who was totally the opposite. When we had issues, he would bring everyone together, we'd talk about it, and decide together. Obviously, if we were on a fire, we all took direction from him, but I noticed something interesting from the difference of my bosses: Under the authoritarian guy, the crew performed really well the first half of the season, then the second half, performance lessened. The second guy, we performed really well throughout the entire season. With the authoritarian style of leadership, it can be effective for

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a short time, but not long term.”

“I got a chance to be crew boss the last two years and followed the second guy’s philosophy. I was also still in college taking courses in leadership and management, so I got to read what the books said, but also experience what it was like in real life at a young age. I was the youngest crew boss at that time, only 23 and 24 years old. There were basic rules for fighting fires. For example, if you were building a fire line, you would always build it going uphill instead of down, because your fire line is your form of escape, so you always wanted to be running downhill, not up. There were 22 of us on the crew. We were considered one of the elite crews, so whenever we arrived at a fire, we went to the hottest part. I learned a lot about leadership at a young age from being a firefighter. So that was a really good experience for me, prepared me for what came later in life.”

Dennis was born and raised in Tioga, ND, where oil was first found back around 1951. “My dad came from a large family. There were 11 kids. He was the second oldest, so lots of cousins, and family memories. I only have one brother, and we didn’t have to do a lot of work around the house, but I remember it was the weekend during summer time, we had some tasks we were doing, and my friends showed up, wanting to go do something. He told me, ‘You go ahead and play, there will be plenty of time for work later.’ My dad grew up on a farm in southeastern North Dakota, and he was old enough that they were still plowing fields with horses. He remembers being nine years old and plowing with the big horses. He had to work hard, so when it came to his boys, he wanted to make sure his boys had time



Dennis with Paul Steffes and Guy Moos at Roers' Ranch

to play too. He was right, there is plenty of time to work later.”

Dennis has no plans for slowing down as he continues his life’s work at TMI, along with a few other side businesses, but he’s created time for traveling with his wife. His dad would be proud he’s made time for much needed ‘play’. We’re fortunate to have such a wonderful Heart River Gem in our community providing much needed job opportunities and creating a place to call home. Next time you visit the West River Community Center, remember, it was thanks to his help as mayor that it was opened back in May of 2004. ■



Dennis and Vaune enjoy the NDSU game at Target Field

A blue-themed advertisement for a community campaign. At the top, there are several small images: a sign for "Fluffy Fields", a sign for "JD'S BBQ CAR SIDE TO GO" with the phone number 701-483-2277, a sign for "NOW AVAILABLE TO GO & CURB SIDE PICKUP" with the phone number 701.483.9900 and website www.brickhousegrillonline.com, a sign for "\$7 ALL DAY BURRITO", and a photo of two people. In the center, the text "Dickinson NEEDS YOU!" is written in large, bold, white letters. Below this, it says "More than ever, support your local restaurants and retail." At the bottom, there are more images: a photo of a man holding a shopping bag, a photo of a plate of food, a photo of a man in a white shirt holding a sign that says "ATTENTION" and "EL SOMBRERO MEXICAN RESTAURANT", and a photo of a plate of food with the text "All El Sombrero's Finest customers!".

GIVING HEARTS

Area charities raise \$416,000

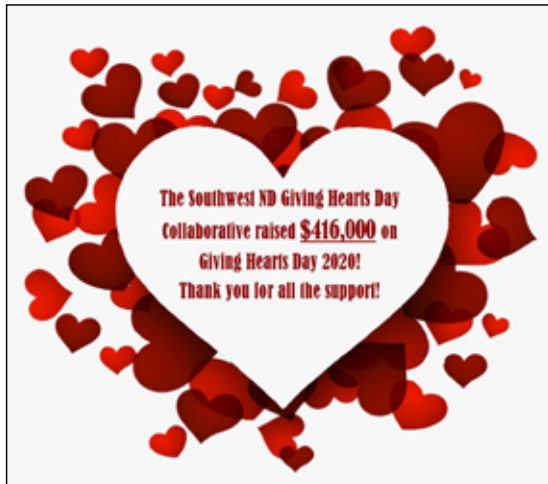
The spirit of generosity is alive and well in southwest North Dakota! Twelve nonprofits raised a record of \$416,000 on Giving Hearts Day, February 13th, increasing the amount raised last year by about \$47,000! The Dickinson area effort was part of the record shattering \$19.1 million raised statewide for more than 500 charities on Giving Hearts Day 2020!

The real story is the great work all these organizations are able to do for people in southwest North Dakota

with this much-needed influx of funds. These dedicated charities provide a wide variety of programs and services including improving health, providing food for the hungry, supporting spiritual growth, providing mentors for at-risk kids and in countless other ways, making life richer for everyone in our region.

This powerful, community-wide effort brought donors and charities together to ensure that resources are sufficient to deliver crucial services to people in southwest North Dakota.

The annual Giving Hearts Day event is a 24-hour online fundraiser created in 2008 by the Dakota Medical Foundation in Fargo. Most of the Dickinson area charities joined Giving Hearts Day in 2014. The day makes space for charities



to share their stories, connect with new givers and become skillful in a proven "friend-raising" system. It has become a gateway for people to connect to causes doing good work in areas they passionately care about. Since 2008, there has been an astounding \$90 million raised by Giving Hearts Day!

On February 13, 2020, there were almost 76,000 donations, from over 34,000 donors, benefitting nearly 500 charities and causes in North Dakota and Minnesota, for a grand total of \$19.1 million, compared to \$16.2 million raised in 2019.

We look forward to next year, Thursday, February 11, 2021. ■

SW ND Giving Hearts Day Collaborative Charities:

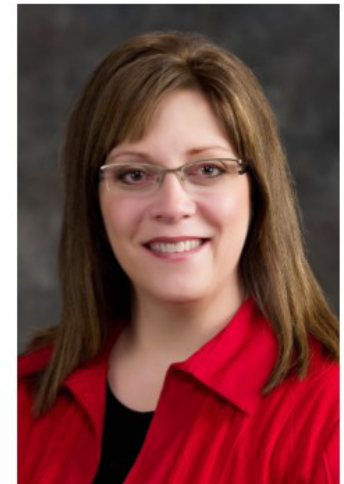
Assumption Abbey – Richardton, ND
 Badlands Ministries – Medora, ND
 Best Friends Mentoring Program – Dickinson, ND
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 Connect Medical Clinic – Dickinson, ND
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 Home on The Range – Sentinel Butte, ND
 Sacred Heart Benedictine Foundation – Dickinson, ND
 St. Benedict's Health Center – Dickinson, ND
 Sunrise Foundation – Bowman, ND
 West River Health Services Foundation – Hettinger, ND

Mary Jo Wicks, FNP-BC

CHI St. Alexius Health Dickinson

*Mary Jo Wicks, Family Nurse Practitioner
in Women's Health, has special interests in:*

- Breast Cancer Screening Management
- Thyroid Disorders
- Infertility
- Annual Women's Exams
- Prenatal Care



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COMMUNITY ACTION

Head Start/Early Head Start

By Carolyn Morowski

Community Action Partnership Head Start and Early Head Start are accepting applications for expectant mothers and children prenatal-age 5. Both programs provide comprehensive early childhood education, health, nutrition and parent involvement opportunities to income eligible children and their families.

Early Head Start is designed to nurture healthy attachments for children. The CAP Early Head Start program serves pregnant mothers and children to age 3 through a home-based program and a center in Dickinson. Head Start serves pre-school aged children 3-5 in either a home setting or in preschool classrooms located in Dickinson and Mott.

Both Programs serve the entirety of Region VIII which includes the counties of Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope, and Stark.

Find us on Facebook and online at

dickinsonearlyheadstart.com.

Interested families should call (701)227-3010 to apply. Limited slots available. ■



TRINITY CATHOLIC SCHOOLS

Titan Tots

By Kelli R. Schneider

In the fall of 2019, Titan Tots – the umbrella under which falls our 2-day, 3-day and 4-day preschool offerings – opened a new section of preschool known as prekindergarten. This 5-day, full day option continues to grow and fill a need in our community for those who desire a full-time preschool option. In the fall, 2020, Trinity Catholic Schools will open one



more section of this offering – making three classrooms of prekindergarten! Prekindergarten at Trinity Elementary School operates within the time frame of a regular school day and a child enrolled in prekindergarten is also eligible for Trinity Extended Care (the Trinity Elementary School afterschool care program). This allows the student to stay at school in

a professionally staffed environment until 6:00 PM on school days. Trinity Extended Care is also open on many holidays and features a special summer care session.

A day in the prekindergarten classroom allows for children to explore the academic areas – math and science; reading and social studies – in innovative and age-appropriate ways.

Prayer is a central part of the school day and students have the

privilege of receiving multiple religion and bible study lessons throughout the week. Prekindergarten features time for music and movement, arts and crafts, physical education and free play. Taking into consideration that a time of rest is important for children of this age as their brains grow and develop rapidly, the afternoons in prekindergarten include a scheduled rest time.

The two, three, and four day half-day options all focus on the building blocks of education: learning letters and their sounds, as well as how to write letters; numbers and how to write numbers; science discovery through experimentation; and hands-on projects to teach and instill fine motor skills.

JoLyn Tessier, Trinity Elementary



One of the many hands-on activities in preschool – marshmallow sculptures!



Students in Titan Tots celebrated Dr. Seuss Week in early March with many activities – including a day of making “Cat in the Hat” hats.

School Principal, said “the young children in our preschool classrooms are part of our elementary school family. While it’s true that they learn in their own area of the school, they have the chance to see ‘the big kids’ throughout the school day and that furthers our family culture.”

Titan Tots continues to offer half day options for preschool for the 3, 4 and 5 year old. “Currently we have openings in our 2-day, half-day class and we have openings in prekindergarten,” said Tessier.

For further information on Titan Tots – early childhood education at Trinity Elementary School – please call, (701) 483-6081. ■

Spring into Summer **WINE WALK**

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SUICIDE PREVENTION

Out of the Darkness Walk

The American Foundation for Suicide Prevention is dedicated to saving lives and bringing hope to those affected by suicide. There are chapters in all 50 states. The North Dakota chapter has volunteers that are working



This spring, the ND Chapter will also be bringing Mental Health First Aid to the Dickinson community! Please save the date (May 13, 2020) and check back at afsp.org/NorthDakota later this month to register.



to raise funds through Out of the Darkness Walks. These walks support the American Foundation for Suicide Prevention's education and support programs and its bold goal to reduce the annual U.S. rate of suicide 20 percent by the year 2025.

Thanks to the supporters of the Dickinson Out of the Darkness Community Walk, the AFSP ND Chapter will be bringing More Than Sad to Teachers and School Personnel to educators in Dickinson. This program teaches educators to recognize signs of mental health distress in students and refer them for help.

The AFSP ND Chapter was also able to deliver window clings with the national suicide prevention hotline information that are placed in Dickinson Area Schools. Thank you to all the Dickinson Out of the Darkness Walk supporters that made this possible.

Planning is underway for the 2020 Out of the Darkness Dickinson Community Walk. An organizational meeting will be held on April 16 at 6PM at LaQuinta Inn, Dickinson.

For more information, contact Lisa Stoltz at lisastoltz@ndsupernet.com or Karen Frank at karengfrank@hotmail.com. ■

COMMUNITY

A message from the Mayor



My topic this month was going to be the 2020 United States Census and how important it is to tell everyone in Dickinson to fill out your census.

As I write this column, the Date is March 16th, 2020...the day schools first closed, the Recreation Center is closed, and any large facility where the public can gather are closed due to the Coronavirus pandemic.

I can assure you, that elected city officials and all the employees of Dickinson are making decisions to keep all of the public safe, while providing essential services.

We have a great community and the residents of Dickinson are rallying, as I write this, to find ways to best assist

those most in need. I cannot express in words how proud I am of the citizens of Dickinson, Stark County, and the whole state of North Dakota!

This month's column was to emphasize the importance of getting everyone counted in the census, but we have been thrown a curveball in the form of an illness that no one could predict would be so far reaching.

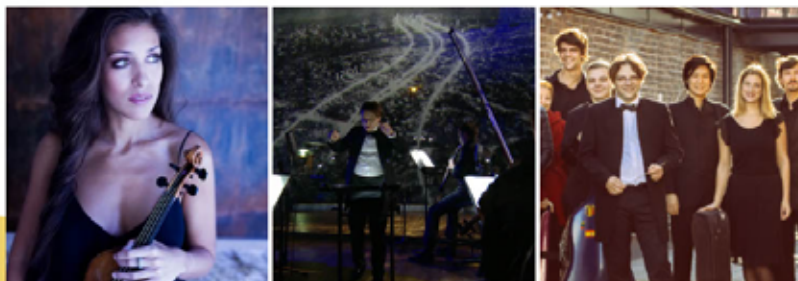
Help those around you that need it the most and remember to socially distance yourselves from the most vulnerable. Those individuals can still be contacted through social media, phone calls and internet video services. This will provide them with social interactions while not exposing them to the virus. This will minimize the impact on health services and give our hospitals, clinics and pharmacies a better chance at combating this outbreak.

Follow the CDC guidelines and take care of one another!

~ Mayor Scott Decker ■

Foundation Coffee House Series

Rostislav Krimer and the East-West Chamber Orchestra perform Weinberg's Chamber Symphonies accompanied by holographic projections and Piazzolla - With Leticia Moreno



Classical Music
Beverages
Treats

Library Community Room
6pm
April 23rd

REGISTER ONLINE AT DICKINSONCHAMBER.ORG

SAVE THE DATE

Leadership Dickinson's

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5K

Love Without Fear

DVRCC
DOMESTIC VIOLENCE AND RAPE CRISIS CENTER

Where: Patterson Lake, Dickinson, ND
When: May 3rd, 2020
Cost: \$25 before 4/15, \$30 after 4/15 and the day-of

M'S MENTAL MOMENTS

Prayers and blessings



By Melissa Gjermundson

As I am writing this article the world is on pause trying to slow down the virus, and everything seems to be unsteady. I didn't want to write about the virus but that seems to be something we can't avoid right now. With school closures, stores not being able to keep items stocked, and the virus getting closer to home, we are consumed with keeping safe. Working from home, I find myself wiping everything down as the kids run around (during the week of school closed). I have the new summer scent of Lysol that I spray into a towel and wipe the light switches, the doorknobs, and all the kitchen and bathroom handles. I am thankful that scent is so pleasant, but I am wondering about my mental wellbeing. Am I being safe or being obsessive? I think I am harboring on obsessive. But then again,

if ever a time to be obsessive, wouldn't it be now? I ponder that question and know that at any time ANY invisible germs can get into this house and I have always prayed to keep my house protected from all danger, spiritual warfare and sickness. But then I think, it is good to be proactive and not reactive. But, But, But!

Can anyone relate? In a time when things are changing daily and sometimes hourly, my mind seems to be stable yet unstable at the same time. When I am stable, I know that even if a virus gets into the home, we are healthy. When I am unstable I want to re-wipe and clean everything, just one.more.time. Then I feel the nudge, a whisper that I need to be still and focus on what I can control. Focus on truth. Prayer is something I can control. And scripture is truth.

As a parent I try to protect my kids in many ways, including all the obsessive cleaning, but I know my prayers are the most powerful. While my invisible prayers fight the invisible enemy, I think of the newly written song The Blessing by Elevation Worship featuring Kari Jobe and Cody Carnes. I call on all parents and grandparents to pray The Blessing over their children. And I call on all community members to pray The Blessing over our community leaders, healthcare providers, emergency services personnel and our national leaders. While we physically distance ourselves, spiritually there are no boundaries and while we are in unsteady times, remember that our Lord is always FOR YOU and the power of prayer is timeless. ■

The Blessing

The Lord bless you
And keep you
Make His face shine upon you
And be gracious to you
The Lord turn His
Face toward you
And give you peace

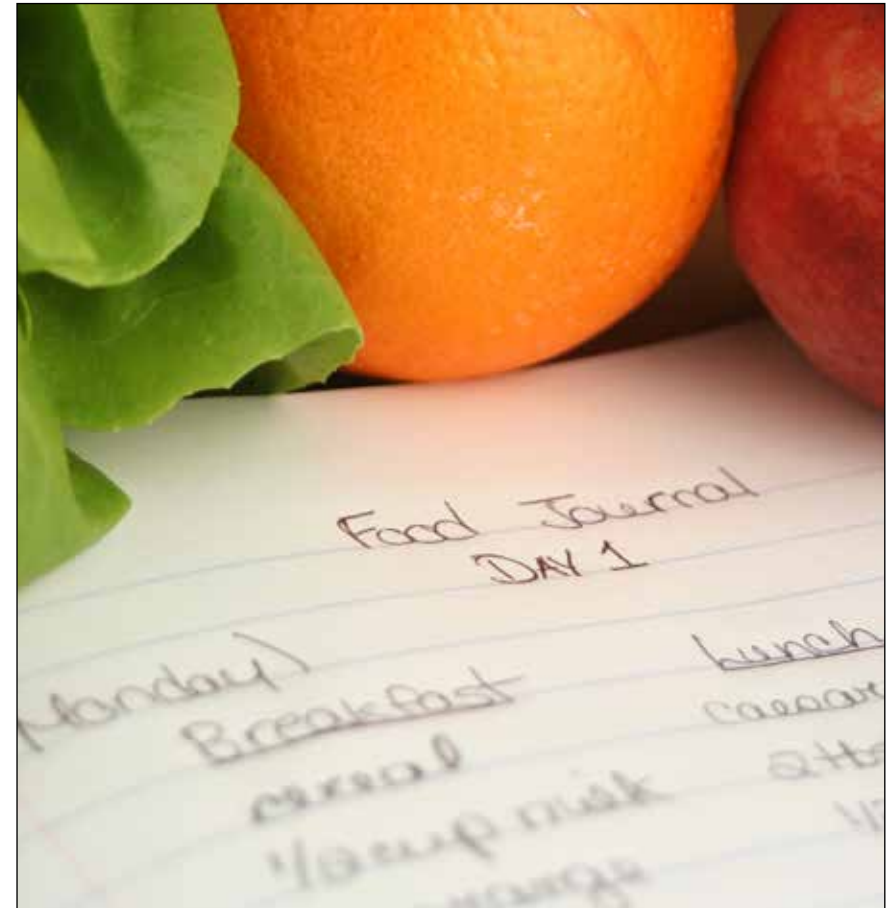
May His favor be upon you
And a thousand generations
And your family and your children
And their children, and their children

May His presence go before you
And behind you, and beside you
All around you, and within you
He is with you, He is with you

In the morning, in the evening
In your coming, and your going
In your weeping, and rejoicing
He is for you, He is for you

YOUR HEALTH

15 minutes or less is all it takes



By Gabrielle K. Hartzel, RD, LRD

Finding a weight loss strategy to shed those extra pounds before summer can be intimidating. From adopting an exercise routine aiming for desired results to implementing a new diet with correct macro ratios, it's daunting to know where to start.

Like many others looking for the perfect solution, it ultimately comes down to self-monitoring which is where food tracking comes into play. Last year, researchers found that daily food tracking took 23 minutes on average with that number dropping to less than 15 minutes by the sixth month. Of those participants, those tracking two times or more per day were more successful with weight loss. All without following a certain diet and better yet, using a free food tracker app...yep free. Money is not the solution for obtaining weight loss results, but self-monitoring and discipline is.

Food tracking increases weight loss success for two main reasons: awareness and accountability. First, tracking consistently gives insight towards patterns -how often you're grabbing

a bite to eat, typical portion sizes, nutritional content, and food-related pitfalls which may have sabotaged your previous weight loss success.

Secondly, by food tracking, you're kept accountable, nonjudgmentally. For tracking to be successful, you must own up to what you've eaten by recording it - even the bites and sips because those do add up. Aim for accuracy by weighing or measuring because eyeballing is often ambiguous. Another tip is to record as soon as possible. Tracking right after dishing up a plate gives you a head start. There is always the option to go back and adjust if needed. Waiting until the end of the day to track everything eaten is not only difficult to recall but also tiresome.

The Bottom Line:

Ultimately food tracking is a mindfulness tool, narrowing down where extra calories are coming from. There is no need to buy a fancy app, a free version works just as well. Avoid skipping days because it is much more difficult to restart once a break is taken. Make informative food choices for your future by tracking food intake to help you lose weight. Happy tracking! ■

UNITED WAY

United Way of Dickinson launching local COVID-19 community assistance

The United Way of Dickinson knows that some of the area's most vulnerable individuals are at risk and having to make changes due to Coronavirus, also known as COVID-19. United Way is making strides to help our community combat the spread of COVID-19. We are working to assist partner organizations to better serve clients. We are also working to help our schools get food to children in need and to help those at risk with grocery shopping and running other necessary errands without having to leave their homes. North Dakota currently has 6 reported cases of the virus. The disease travels quickly, so United Way of Dickinson is being proactive in addressing the pandemic.

United Way is here to help. In response to the World Health Organization declaring COVID-19 a worldwide pandemic, in an effort to protect those within our vulnerable population and to prevent the spread of the virus, United Way of Dickinson has a team of volunteers at the ready to help those within our vulnerable population get groceries and other necessary supplies without needing to leave their homes. Please text or call 701-300-1094 or email unitedway@ndsupernet.com for more details.

Furthermore, United Way of Dickinson is currently running two drives to help

those who are struggling with buying food, hygiene, and baby items. Please bring food and hygiene products to Menards of Dickinson. Please bring baby items to Charbonneau Car Center, AT&T off 21st St., or Daily Perks at CHI St. Alexius. These items will go to local



people who are in need (including low-income individuals and the elderly).

COVID-19 Family Support Fund: With sudden wage losses our local community members face a high level of financial uncertainty. With public events, schools and workplaces shuttering as the pandemic unfolds, hourly, low-wage workers will experience unprecedented financial hardship. The problem is acute for hospitality workers, retail workers, and other hourly workers, many living paycheck to paycheck, with no clear options for recouping lost wages. Additionally, across our communities, many children rely on federally funded school-based programs for one, two or more meals each day. As schools close, the demand for food assistance will increase for these children and their families.

In response, United Way has established the COVID-19 Family Support Fund, a dedicated resource for working families affected by the COVID-19 public health emergency. Donations made to the COVID-19 fund are being received in the forms listed below:

Checks and money orders made out to "United Way of Dickinson" with "COVID-19 Family Support Fund" written in the memo field can be mailed to:

United Way of Dickinson
P.O. Box 501
Dickinson, ND 58602

Cash will be accepted in an envelope marked COVID-19 Family Support Fund. It must be taken into United Way's office located inside US Bank at 240 2nd St. West, Dickinson.

Online donations can be made at: paypal.me/unitedwayofdickinson or facebook.com/UnitedWayofDickinson

With these donations, we will work to mobilize our broad network of nonprofit agencies throughout the region to provide a flexible source of cash

assistance to help families weather the COVID-19 crisis. These agencies have a proven and long track record of working with United Way to administer flexible emergency assistance for families impacted by income disruption.

Additionally, the United Way of Dickinson has decided to allocate micro grants to local nonprofits to help combat the spreading of COVID-19. The grants total up to \$300 per community partner and must go toward preventing the spreading of the virus.

The grant is open to any nonprofit in Stark, Dunn, and Billings counties and is available until funds are exhausted.

Applications for the micro grant can be obtained by contacting United Way of Dickinson's executive director, Nichole De Leon, at unitedway@ndsupernet.com.

United Way of Dickinson is working closely with 2-1-1 and Southwestern District Health Unit to track information on the virus. If you have any questions regarding the outbreak, call 2-1-1 or follow this link: cdc.gov/coronavirus/2019-ncov/php/public-health-communicators-get-your-community-ready.html

For more details contact:

Nichole De Leon
Executive Director
701-483-1233

unitedway@ndsupernet.com ■



A.C.E. workshop cancelled

Due to the current public health situation and CDC recommendations for controlling COVID-19, the Project ACE workshop, scheduled for April 14, 2020 at the Biesiot Activity Center, Dickinson, ND is cancelled.

For questions about registration fee refunds, please call West Dakota Parent and Family Resource Center at (701) 456-0007.

PIPER'S PALS

Pet Name Match

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

- A: Bayli (#___)
- B: Nymeria (#___)
- C: Teddy (#___)
- D: Rufus (#___)
- E: Ernie (#___)
- F: Loki (#___)

(Answers in our May 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@heartrivervoic.com

Last month's answers:

- A: #4 Lexi
- B: # 6 Maggie
- C: #3 Ziva
- D: #2 Josie
- E: #1 Hachi
- F: #5 Neena



PIECE BY PIECE

Quilting to relieve stress

April Fool's Day is coming as I write this article and I sure wish this whole craziness would be an April's Fool joke but since it isn't, one must carry on. Easter, baby animals and hopefully spring are all arriving this month. New life gives one hope, and that is what we all need now.



Crafting and sewing always gives me a respite from the hard parts of life. When I am sewing and crafting, it seems like life gets better; it relieves stress and gives me a sense of accomplishment. Yes, at times, I want to take scissors and cut everything up and throw it away, but for the most part, it is a wonderful hobby. I love fabric, colors, cutting, using up scraps, designing quilting...the whole nine yards.

Here are some different sizes of your basic cuts of fabric.

A Mini Charm Square is a 2.5" square. There are usually about 40 - 42 squares in a bundle and a little over 1/3 yard of fabric.

A Charm Square is a 5" square and

around 40 come in a pack. It is a yard and an eighth of fabric.

A Jelly Roll or strip is a 2.5" x width of fabric (WOF) strip. A little over 2 3/4 yards of fabric is used in a jelly roll. A full jelly roll comes with 40 - 42 strips while a mini jelly roll has half that amount.

A Layer Cake is a 10" square and 2 3/4 yard of fabric is used. The reason

many people buy packs is you get a lot of variety; there is usually the whole collection in pre-cut bundles. There are also many different patterns to choose from.

A Fat Eighth is a 9" x 21" piece; it is generally cut out of a bolt that is 9" x WOF and cut in half. A Fat Quarter is 18" x 21" which is 18" by WOF and cut in half. You can often times purchase fat eighth and fat quarter bundles. A Half yard is 18" x WOF and a yard is 36" x WOF. The WOF (width of fabric) is generally 42".

Here's wishing you a Happy Easter and a joyful spring filled with new blessings. ■



SHARE WITH US!

We welcome articles and ideas from the community, so send us your submissions. Go to www.heartrivervoic.com or email kelley@heartrivervoic.com.

Heart River VOICE

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**Find Heart River Voice at the following fine
establishments:**

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Country Rose Diner
Dakota Diner
Blue 42
The Brickhouse
The Brew
Mandy's Bagel Bar
Dunn Brothers Coffee
Dickinson Theodore
Roosevelt Regional Airport
Community Action
Southwestern District
Health Unit
Stark Development Corpora-
tion
Chamber of Commerce
Convention and Visitors Bureau
Downtown Dickinson
Association
Dickinson Museum Center
West River Community Center
Dickinson Public Schools
Trinity Catholic Schools
Edgewood Hawks Point
Consolidated
Dan Porter Motors
Sunset Senior Center
City Hall
High Plains Dental
DePorres House of Barbering
and Lounge
Holiday Inn Express & Suites
Hampton Inn & Suites
La Quinta Inn & Suites

TownPlace Suites
Microtel Inn & Suites
Hawthorn Suites
AmericInn
Roosevelt Grand Dakota Hotel
Frankie's West Side Shell
Villard Cenex
The Hub
Rosie's Food & Gas
The Rock
Fluffy Fields
Dickinson State University
Dickinson Area Public Library
Ace Hardware
Eckroth Music
CHI St Alexius Health
Sanford Health East Clinic
Ukrainian Cultural Institute
West Plains Realty
Eyewear Concepts
Special Occasions

SOUTH HEART

I Don't Know Bar
South Heart Public School

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy
Richardton-Taylor High School

BELFIELD

Trappers Kettle
City Hall
Belfield Public School

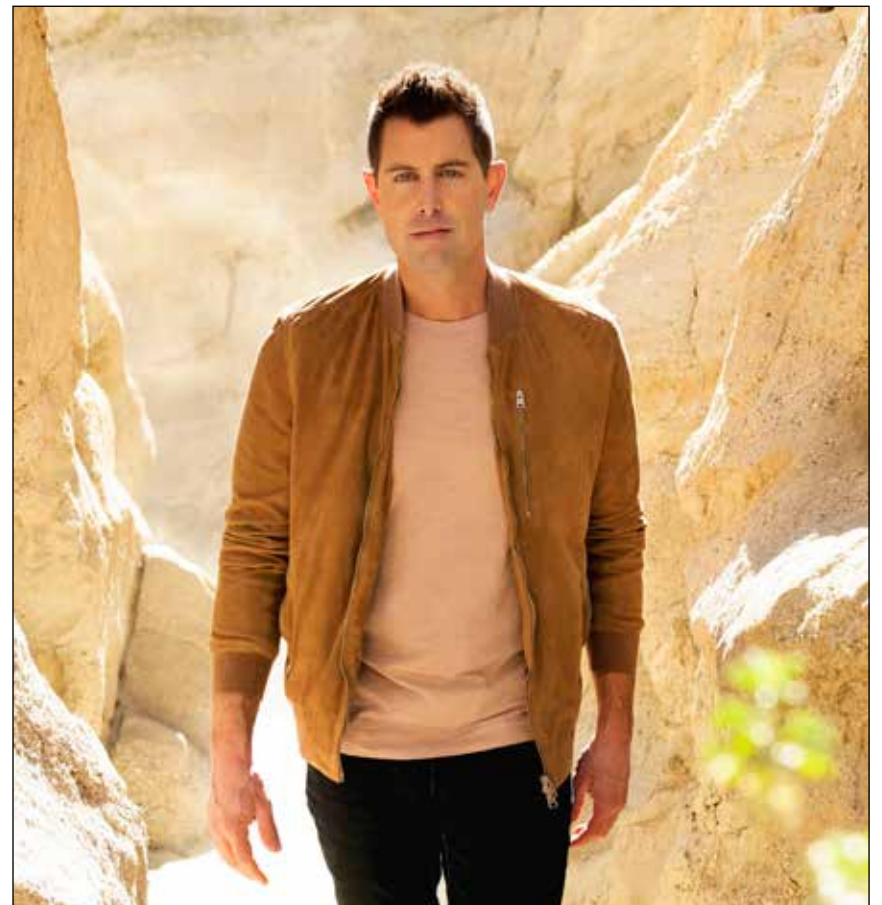
HOME ON THE RANGE

Jeremy Camp coming to western North Dakota

Home On The Range (HOTR) is pleased to announce their upcoming Christian Concert - Jeremy Camp, live, on June 15, 2020 at the Burning Hills Amphitheatre in Medora, North Dakota.

Plans for this concert started last June. Josh Helvik, the HOTR Pastoral Assistant, and a small group of children attended

His new film, I Still Believe is music-based and tells the true story of Camp, who lost his wife, Melissa, to ovarian cancer in 2001. The tragedy led him on a spiritual journey, which resulted in four emotional albums. He's since been nominated for a Grammy Award and multiple American Music Awards. I Still



the Hills Alive Concerts in South Dakota. He was inspired to bring famous Christian bands and musicians to North Dakota; more specifically, close to HOTR so all the children could attend and enjoy the concerts. Josh's goals were to expose the boys and girls to music with a healthy, positive and spiritual message, while also appealing to the youth.

According to Camp's website, Jeremy Thomas Camp is an American contemporary Christian music singer and songwriter from Lafayette, Indiana. Camp has released eleven albums, four of them RIAA-certified as Gold, and two live albums. His original music is a mixture of ballads and up-tempo songs with rock influence.

Believe opened in theatres March 13.

Josh Helvik states, "I am really excited about this concert, and our children are too. I would encourage people and youth groups to get their tickets early. It's going to be a great concert and I have a feeling we are going to sell out."

All the proceeds from the concert will be given to HOTR's spiritual department for future concerts. Tickets are on sale at www.medora.com.

HOTR is a qualified residential treatment program near Sentinel Butte. It is licensed to care for 36 boys and girls, ages 12 - 19. For more information, visit www.hotrnd.com or their Facebook pages. ■

WHERE BUSINESS GOES TO GROW

I Count! - Census 2020

By Stark Development Corporation

Last month, we wrote about the importance of the 2020 U.S. Census and how important it is that everyone who lives in our area fills it out. With the way population has grown and shifted in western North Dakota over the past couple decades, we need every dollar we can get to help repair roads, create school programs, increase healthcare offerings, etc. We know that growth is awesome, but we all feel the stress that it also can put on our communities. Filling out the Census to ensure we get our fair share of federal dollars is a way that we can all help!

We've been getting lots of questions about the Census, and they're good ones!

DID THE CENSUS ALREADY START?

Yes! On March 12, self-response started. From March 12-20 invitations were sent to households with a mailing address. Key dates include:

- **March 12-20:** Initial invitations to respond online and by phone were delivered by mail. Areas that are less likely to respond online (like those with weak Internet signal) will receive

a paper questionnaire along with the invitation to respond online or over the phone.

- **March 16-24:** Reminder letters were delivered.
- **March 26-April 3:** Reminder postcards will be delivered to households that have not responded.
- **April 8-16:** Reminder letters and paper questionnaires will be delivered to remaining households that have not responded.
- **April 20-27:** Final reminder postcards will be delivered to households that have not yet responded before Census takers follow up in person.

If a household does not respond to any of the invitations, a Census taker will follow up in person between May 13 and July 31.

I DON'T HAVE A MAILING ADDRESS; I HAVE A P.O. BOX. HOW DOES THAT WORK?

If you have a P.O. Box, a paper questionnaire and invitation will be left directly at your household. This may not happen until April, so if you haven't

**Support small businesses. Complete the census.**

The 2020 Census will provide data to small businesses that is essential to help them grow and succeed. This data can help businesses better understand how to serve their customers, where to open new locations, and where to find a skilled workforce. Respond to the 2020 Census online, by phone, or by mail for a complete and accurate census.

2020CENSUS.GOV

Shape
your future
START HERE >

United States
Census
2020

D-HP-BZ-EN-452

seen it, don't panic! You have until the end of July to fill out the Census, so you have time. You can also always go online at census.gov and fill out the Census by providing a general description of where your household is (for example, I live 1 mile west of Route 61 along the Yukon Trail). The Census Bureau will match that to where you live.

CAN I CALL IN AND FILL OUT THE CENSUS?

You bet! Sometimes that's the easiest

way to do it, especially if your Internet signal is spotty and/or your handwriting is a little sloppy! You can call 844-330-2020 toll-free to take the Census in English. This number is available every day from 5 a.m. to midnight Mountain Time.

Thank you to everyone for taking the time to complete the Census. It means a lot to our communities and a strong response will help us for the next 10 years! ■

STARK DEVELOPMENT CORPORATION

YOUR ECONOMIC DEVELOPMENT OFFICE FOR DICKINSON
STARK COUNTY AND THE SURROUNDING AREA

WHERE BUSINESS GOES TO GROW

- ENTREPRENEURIAL EVENTS & RESOURCES
- BUSINESS FINANCIAL INCENTIVES & PROGRAMS
 - COMMUNITY ENHANCEMENT PROGRAMS
 - BUSINESS INTEREST BUYDOWN PROGRAM
 - CHILDCARE FACILITY GRANTS
 - VOCATIONAL TRAINING GRANTS
- MONTHLY ECONOMY AT A GLANCE

The original power house /telephone exchange building on the south side of West Villard Street. Note the 'Local & Long Distance Telephone' door signage and the plants in the adjoining window – perhaps placed there by the exchange's female operators.



The North Dakota Independent Telephone Co.'s exchange building on 3rd Ave. W. The left half of the building is original to 1910 (note slight difference in brick color). This was later part of the Northwestern Bell Telephone System. Photo dated 1949, Dickinson Museum Center, Osborn Photo Collection.

THEN... and NOW: Dickinson's Modernization

Part 2 - Telephones

By Bob Furhman

By June 1900, the construction of Dickinson's first-ever electric power plant was well in hand with the building nearing completion with an anticipated August start-up. On June 30th, the *Dickinson Press* carried a notice that the plant's manager, George Hughes, had been granted a telephone franchise by the Village Board, Hughes indicating that he would install a "first-class exchange, using the most modern long-distance instruments and a night and

day service. He also states that the rates will be so low that no one can afford to be without this modern convenience."

News related to the telephone exchange then dried up for a time as the electricity was turned on for the first time on August 25th, and Hughes' men were busy hooking up new power customers. However, things has settled down a bit by mid-September when it was announced that the company was 'framing poles' (adding cross arms) prior to the stringing of telephone wires for the new exchange. Very soon thereafter, on October 4th, Hughes began the placement of "... their telephone instruments. The first instrument was placed at the *Press* office and is therefore No. 1. Remember the number and 'phone often." A separate ad noted that, "You can have a telephone in your residence for \$1.00 per month. For particulars see Manager Hughes."

By October 20, it was certain several well-known Dickinson people had contacted Manager Hughes for 'particulars' as Dr. Stickney, taxidermist Ed Dodd, jeweler F.C. Angliss, hotelier Frank Kihm, store owner/city councilman A.T. Crowl and Consolidated Coal Company manager Brodie (out east of town in Lehigh) were all connected to the local exchange. That day, the *Press* also reported that the city council had arranged for the Telephone Exchange and

power house to become the city's fire alarm system. Citizens were instructed to ring 'Central' (the exchange) and inform the operator of the fire's location. Upon receiving a fire report, the power house whistle was to be blown several times, pause a moment and then let go a ward-designating blast - 1 blast for a fire in the 1st ward, 2 blasts for 2nd ward, etc.

As October ebbed away, people were reminded that the deadline for inclusion in the first telephone listing for Dickinson was fast approaching for November 1st publication. Besides that push for subscribers, George Hughes also hit on the idea of awarding a \$5 cash prize to the area student who wrote the most convincing argument as to "why every home should be provided with a telephone." The winner was Alice Crowley whose essay, which the *Press* printed, cited the numerous situations that would benefit from instantaneous communications, both in terms of emergencies and in people's day-to-day lives.

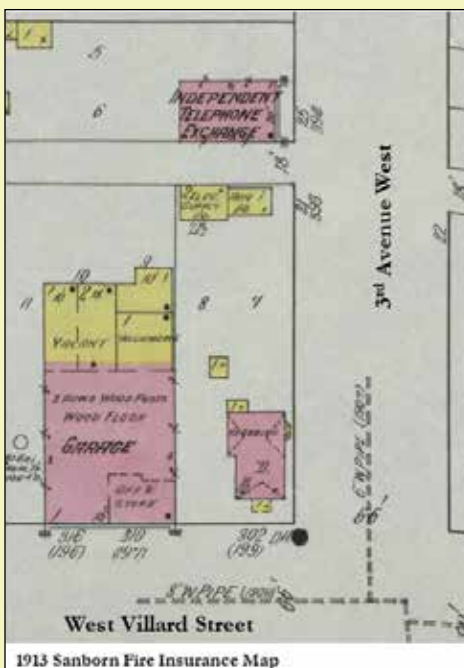
In March of 1902, the *Dickinson Press*, ever vigilant to perceived slights to the young city, called out an error carried in an un-named newspaper that reported on Bismarck adding night service to its telephone exchange, joining Fargo and Grand Forks as the "only places in the state where night service was given. This is wrong. The Dickinson Telephone Exchange does now and always has given night service - equal to the best

anywhere." Two weeks later there was a follow-up which named the *Bismarck Palladium* as the offending publication with George Hughes, "say(ing) that Dickinson must not be overlooked and that they have 150 subscribers." The *Press* added a reminder that the electric part of the operation also gives all night service, "which but two or three cities outside of Fargo and Grand Forks enjoy in North Dakota. Nearly all of the (other) electric plants shut down at midnight."

News related to Dickinson's telephone exchange became fairly sparse after that, although in May 1905, the formation of a new telephone venture, the Dakota Telephone Company was announced. With an authorized capital of \$20,000, plans called for a line from Dickinson to Oakdale and then connecting to Williston in the future with another line "very likely south to Haley," with numerous branch lines installed "which will be of great convenience" to people in the new company's territory. Formed by Dickinson businessmen W.P. Owens (president), W.L. Richards (secretary/treasurer), W.G. Whinn, A.N. Jefferies and George Frye the headquarters of the new firm was in the Dakota National Bank building, with arrangements being made to connect to the Hughes and Deiters line also announced.

Perhaps spurred on by the expansion of coverage demonstrated by the new firm, Hughes and Deiters obviously

Continued, next page



1913 Sanborn Fire Insurance Map

Continued from page 16

started thinking about their own expansion, which began to take form in April 1906 when they contracted with C.H. Wiley for the setting of poles for a long-distance line out to Glendive. A month later it was reported that the pole crews were nearly to Belfield with the first load of wire for the line (enough to reach Medora) being delivered just before the end of May. In July, news of the newly formed North Dakota Independent Telephone Company broke, "organized largely by businessmen of the state and now owning most of the independent lines of the state, including the Missouri Valley Tel. Co. and the Hughes & Deiters line west of Dickinson." Alexander, another son of General Hughes, was involved with the new organization which was in direct competition with the Bell Telephone Co. in North Dakota.

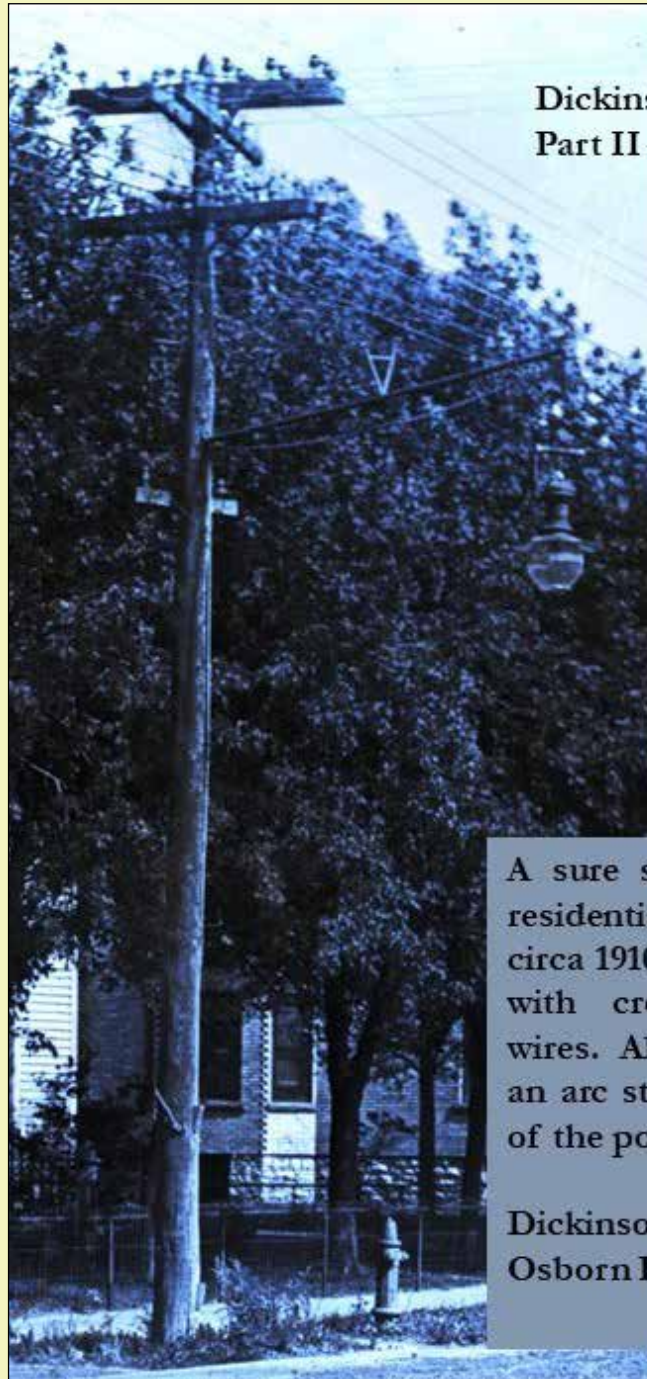
By fall of 1906, telephone service in Dickinson was termed "ample" with 250 local subscribers and long-distance service between the City and Mandan with other lines to New England, Stillwater, Haley, Fayette, Oakdale and the line west to Glendive finishing despite the challenge of setting poles and stringing wire through the Badlands. The Glendive line brought connections to Belfield, Medora, Sentinel Butte and Wibaux. After completion of the Glendive line, the crews were set to head east to work on the long-distance lines between Bismarck and Fargo, the completion of which would provide Dickinson direct service to the Twin Cities. Following another enlargement of the Hughes & Deiters power house the local exchange's switchboard was moved, necessitating a shutdown from 9 pm Saturday, November 17, with service resuming the next morning. The new arrangements allowed for a segregated space for the exchange (in which the "telephone girls" would no longer be bothered by the noise of the power machinery) and a special long distance booth - the last coming perhaps none-too-soon as the March 1907 'Prosperity Edition' of the *Press* briefly noted that long distance service now connected Dickinson with Chicago.

October 1907 marked the first time the local exchange telephone listings were published in book form (previously being issued on card stock). Sixteen pages (besides the cover) contained the alphabetical list of subscribers (300) as well as classified business listings, the new directory produced by the *Press'* job print room. The next directory came less than four months later - it being assumed that the list of subscribers continued to grow (although the *Press* failed to carry that detail in its announcement).

In August 1908, a major change in

circumstances at the telephone office was announced as long-distance service was separated from the local exchange, the North Dakota Independent Telephone Co. designating Dickinson as their Central Pay Toll Station, installing a new long-distance switch board and heavy repeating coils (to ensure good sound quality). Although separate and served by a dedicated long-distance operator, the NDITC's new equipment was still served out of the same office, it being noted that "three years ago one girl took care of the Dickinson telephone exchange, whereas four are now required for the local board and one for the long distance." The reliability of the long distance service was demonstrated several weeks later as people gathered to hear election returns at the Armory, William Howard Taft garnering 51.6% of the vote to the 43% of his principal rival, William Jennings Bryan who lost his third and final bid for the Oval Office.

Hughes & Deiters, wanting to "give their undivided attention to the electric light plant," bowed out of the telephone business in January 1910 when they sold the local exchange to the North Dakota Independent Telephone Co for "something over \$20,000" (approximately \$541,000 in today's dollars). President H.R. Lyon and General Manager L. D. Richardson of NDITC came to Dickinson to close the deal and had secured two lots for a new brick exchange building on 3rd Avenue West (part of what is now the Charbonneau Chrysler Center) before they left town. The new exchange would have new equipment and plans called for a \$15,000 general upgrade of



Dickinson's Modernization Part II – Telephones



A sure sign of progress from a residential view in Dickinson, circa 1910. Telephone pole framed with cross-arms for telephone wires. Also note the pole supports an arc streetlight and, at the base of the pole, an early fire hydrant.

Dickinson Museum Center,
Osborn Photo Collection.

the local system, including "the latest instruments" (telephone receivers) and new cable and wiring.

The *Dickinson Press* trumpeted the new "first-class telephone system" on September 24, 1910, reporting that "the old system would be discarded at exactly 7 o'clock some morning early next week" and that the "telephone girls will say good bye to the old exchange in the Hughes & Deiters electric light building and go to the North Dakota Independent Telephone Co.'s new exchange building (where) at the appointed time, every one of the nearly 500 subscribers in Dickinson will (be able to) use their new telephone instruments..." ■

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YOUR HEALTH

Coronavirus - The new norm?



By Steve Irsfeld

Not an hour goes by without reading something regarding the coronavirus. The sheer volume of communication regarding this topic is almost too much to absorb and it is hard to keep up with the emails. Change seems to be happening on a daily basis in regards to how we are going to deal with this virus.

This is something never seen in our world, a true first in history. Fifty

years from now, grandparents will be sharing the story of the Coronavirus of 2020 with their grandchildren similar to those who spoke of the great depression. My hope will be that the stories shared will be of neighbors coming together to help neighbors and

how we pulled together as a nation to overcome this attack.

The basic things regarding transmission of the virus are recommendations that we need to do every year to prevent the spread of influenza and include the following: wash your hands, cough and sneeze into the crook of your elbow, use hand sanitizer and social distancing. People need to stay home if they are sick or

running a fever. The symptoms specific to the coronavirus include; fever, cough, feeling tired and difficulty breathing.

As I told my staff, if you experience these symptoms, do not try to be a hero and gut it out and come to work. As our governor said in a recent press conference, "Now is the time to be North Dakota smart, not North Dakota strong."

It is important to keep in mind that most of the deaths associated with the virus have been predominantly in patients who are immunocompromised and the elderly who most often have a weakened health status. We can't affect our age but we can work on our immune system.

We know the immunocompromised patient has a weakened immune system and that is why the virus can be lethal to this group. What can we do to help our immune system? Start by eating good, quality food. Try your best to not stress over the situation. Take some time to read a book, be still, meditate, deep breath or pray. Even just five minutes twice a day can be fruitful for your mental health. Get some exercise. Schedule 15-30 minutes every day to move in some fashion. Don't just sit in front of the TV.

When it comes to age, there isn't anything that we can do to make you

younger. I did however come across some interesting information that is an age-related issue. Melatonin has been shown to inhibit inflammation activation which is responsible for the respiratory problems with the virus. In fact, the age-related decline in melatonin production is one proposed mechanism to explain why children do not appear to have severe symptoms and older adults do.

So along with melatonin, here is an updated list of things you can do to boost your immune system: get adequate sleep; decrease stress as stress creates inflammation; coronavirus appear to be susceptible to the viral inhibitory actions of zinc; fruits and vegetables, which have flavonoids, help decrease inflammation; Vitamin C 500-3000mg/day; Elderberry and Vitamin D3, but if signs and symptoms appear, these need to be stopped immediately, as they can increase inflammatory markers.

Keep in mind that this virus is new. There are no definitive protocols for treatment or prevention at this time. Things change rather quickly.

If you have questions about immune support, call for assistance or to schedule a consultation. Until next time, be vigilant about your health! ■

2020 BADLANDS BIG STICKS SCHEDULE							HOME		AWAY											
MAY - JUNE							JULY				AUGUST									
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
	26 @ WCW	27 @ WCW	28 @ WCW	29 PTR 6:35	30 PTR 6:35				1 WCW 6:35	2 OFF	3 @ SFS	4 @ SFS						1 @ WNP		
31 PTR 4:35	1 CHH 6:35	2 CHH 6:35	3 CHH 6:35	4 OFF	5 @ HAS	6 @ HAS	5 @ SFS	6 @ FRM	7 @ FRM	8 @ FRM	9 OFF	10 CHH 6:35	11 CHH 6:35	2 @ WNP	3 PTR 6:35	4 PTR 6:35	5 @ SVS	6 @ SVS	7 SPS 6:35	8 SPS 6:35
7 @ HAS	8 OFF	9 @ FRM	10 @ FRM	11 @ FRM	12 @ WNP	13 @ WNP	12 CHH 4:35	13 OFF	14 SPS 6:35	15 SPS 6:35	16 SPS 6:35	17 @ SFS	18 @ SFS	9 OFF	10 DIV GM 1	11 DIV GM 2	12 DIV GM 3	13 OFF	14 CS GM 1	15 CS GM 2
14 @ WNP	15 OFF	16 PTR 6:35	17 PTR 6:35	18 PTR 6:35	19 WNP 6:35	20 WNP 6:35	19 @ SFS	20 ALL STAR	21 ALL STAR	22 ALL STAR	23 SVS 6:35	24 SVS 6:35	25 SVS 6:35	16 CS GM 3						
21 WNP 4:35	22 OFF	23 @ SVS	24 @ SVS	25 @ SVS	26 SVS 6:35	27 SVS 6:35	26 SVS 4:35	27 OFF	28 @ CHH	29 @ CHH	30 @ CHH	31 @ WNP								
28 SVS 4:35	29 WCW 6:35	30 WCW 6:35	WWW. BADLANDSBIGSTICKS .COM				ALL STAR GAME- CASPER, WY DIV- DIVISIONAL SERIES CS- CHAMPIONSHIP SERIES				LEWIS DIVISION BBS- Badlands Big Sticks PTR- Pierre Trappers SPS- Spearfish Sasquatch SVS- Souris Valley Sabre Dogs WCW- Wheat City Whiskey Jacks				CLARK DIVISION CHH- Casper Horseheads HAS- Hastings Sodbusters FRM- Fremont Moo WNP- Western Nebraska Pioneers SFS- Sioux Falls					



Southwestern District Health Unit

227 16th Street West
Dickinson, North Dakota 58601
Telephone: (701) 483-0171
Toll Free: 1-800-697-3145
Fax: (701) 483-4097

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Patrons must be screened prior to entry.

The following questions may be asked:

1. Have they traveled within the last 2 weeks either out of the country, out-of-state, or within the state to one of the communities with community wide spread?
 - a. *Yes* - Will not be allowed entry for time of closure. Recommend they go on the Department of ND Health website to fill out the travel survey. health.nd.gov/diseases-conditions/coronavirus
 - b. *No* - allow access for essential business only

2. Have they had a known exposure to anyone who has tested positive for Coronavirus (COVID-19)?
 - a. *Yes* - Suggest they monitor for symptoms and call their medical provider. Access to the building will be denied
 - b. *No* - allow access for essential business only

3. Does the person have signs or symptoms of fever, cough, or shortness of breath?
 - a. *Yes* - Suggest they self-monitor at home and check temperature twice daily. Access to the building will be denied.
 - b. *No* - Allow access for essential business only.

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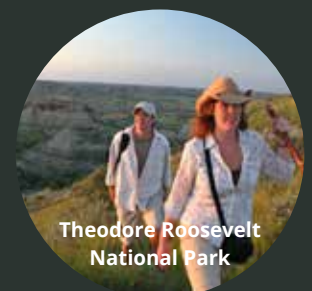
- Theodore Roosevelt National Park
- Little Missouri National Grasslands
- Old Red Trail Scenic Byway
- Killdeer Mountain/4 Bears Scenic Byway
- Enchanted Highway
- Schnell Recreation Area Trails
- Crooked Crane Trail
- Local Geo-Caching
- Custer Trail Auto Tour
- Hiking & Biking
- Nature Watching
- Outdoor Photography



Enchanted
Highway



Old Red Trail
Scenic Byway



Theodore Roosevelt
National Park

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DICKINSON PUBLIC SCHOOLS

Dear friends and families

By Dr. Shon Hocker – Superintendent Dickinson Public Schools

I want to start out by thanking you for your patience as we work to address the capacity challenges in Dickinson Public Schools (DPS).

We have been working diligently with staff, community partners, and legislators from District 37 to find solutions to the growing challenges we have at both the elementary and high school level.

Construction of a new high school is still a priority for DPS. With two failed bond referendums, we are working diligently with our legislators from District 37 and community partners to find ways to move forward and reduce the financial impact to our patrons. Here are a few things we are working on:

- **Creating Community Partnerships** – To help alleviate some of the congestion at the high school level and buy some additional time, we are working with Dickinson State University (DSU) to offer five college courses to our juniors and seniors at DSU. DSU and DPS will provide scholarships for these students to reduce the cost of the college credits dramatically.

- **Career and Technical Education Center** – We are in conversations with DSU for a joint Career and Technical Education (CTE) Center. This facility would be located on the campus of Dickinson High School but would be the home to both DSU and DPS. We are working in partnership with Senator Rich Wardner, Representative Mike Lefor, and Representative Vicky Steiner on this effort, which could potentially receive up to \$15 million in state match funding. This project would help the high school project by addressing the CTE need and provide a reduction in the next high school bond request.

- **Sports Complex** – DSU, DPS, and Dickinson Park and Recreation are collaborating on a sport's complex facility on the campus of DSU. This effort would provide a championship turf softball field for DPS and DSU softball along with three other softball fields, one turf championship soccer field with lights along with one to two additional fields, and four mustang baseball fields. This project would help

the high school project by eliminating some of the restrictions we have with land use on the current site and provide a potential reduction in the next high school bond request.

- **New Elementary School** – We must address the needs at the elementary level. We are welcoming double the number of students that we are graduating. At the last school board meeting, the board gave the direction to continue with plans for a new elementary school. This decision comes with a lot of work. We will need to establish a location, identify how the district will pay for the project, and begin the design process. An aggressive timeline would propose a fall 2022 open date.

As I write this update to you on March 16, we are dealing with the effects of the novel Coronavirus (COVID-19). Since we do not know where the district will be when Heart River Voice hits the stands, I do want to share how fortunate we are to have such caring and dedicated professionals working on behalf of all students every day. I also want to thank the businesses, groups, and individuals who came together to help our students and their families during a time of need. It goes to show how amazing this community is. ■



HEARTFELT GOODBYE

Roene Hulsing

By Ray Ann Kilen

"Our fingerprints don't fade from the lives we touch."

-Judy Blume

Some people leave a forever impression in our lives. That isn't evident at first, only the knowledge and enjoyment shared when we are around them. They become such an integral part of a person's lifetime so taken for granted they can become a relationship never really quantified. Then, without warning, they are gone. The loss is felt much more deeply than expected, and finally, that urge comes to define how much they meant in our lives.

I first knew Roene Hulsing in a professional capacity. She was my CPA. I didn't really know her before that first meeting in her office.

I had heard she was very good accountant. I had worked with her husband on projects in the past, and I had seen her around town. During that first official meeting, I straightaway felt I had found a new friend, someone I could be comfortable with; someone I could be real with, someone who would enjoy a good conversation, someone whose influence would make me a better person.

Roene shared the stories of her life in a way that made me feel more empowered to face whatever was going on in my life. She was confident, witty and honest. She was a pioneering, entrepreneurial woman with a successful business firm. Roene empowered her employees who were ready to take over the helm when she got around to retiring. She was a widow who mourned the loss of her life-long partner. She was a mom proud of her girls and her grandkids. She was a daughter who looked after her aging mother – though in the case of Roene and her mom, you wondered if they ever really truly did actually age! She was fit, healthy, spiritual, involved, and active. She seemed to have it all together. It's funny how we look to women like Roene and see the whole package - the successful woman balancing act. Another good friend would say this is "wearing the superwoman cape." But, like all of us, Roene had challenges and burdens. She just seemed to manage them and didn't



let them define her.

It's been a couple of months since Roene's sudden passing. It is surprising how many other women were as deeply impacted by her death. It seemed everyone knew her, had a story to share or had been involved with her in some capacity at some time that left feelings of admiration, gratitude and friendship. I am starting to see that like me, what started as a beneficial business relationship with a smart and savvy CPA became a friendship that spanned years and many important events in our lives.

We celebrate her impact, her inspiration, her endless encouragement and the difference she made. As a community of women, we strive to lift one another up. We do this through the connections we make with one another, the way we energize each other and the way we help each other become the best possible versions of ourselves. If you knew Roene, you felt that lift.

As I envisioned the role of KUDOS in the context of our organization, Women Empowering Women, I saw it as a vehicle to celebrate the good works of women in my community as they achieved great, maybe even small, things. I was not prepared to have an opportunity to use this format to celebrate the good works of a woman I admired so through a memorial.

We'll miss you Roene! ■



NDSU EXTENSION

My First Business



By Holly Johnson

School is almost over for another year and having a summer job is a great way for students to start earning and saving money. One common first job is to babysit for friends, family, and neighbors. However, caring for someone else's children is a big responsibility, and it can be overwhelming figuring out how to get started.

My First Business: Babysitting is a three-part class put on by NDSU Extension Stark/Billings County to help students start their own babysitting business. Youth taking the class will learn about caring for children of various ages: from infants to school-aged children. The class will also talk about the business side of being a babysitter – keeping good records and how to talk with adults as a young professional. In addition, participants will understand how to keep themselves and the children they care for healthy, happy, and

safe through a variety of hands-on activities.

As part of the My First Business: Babysitting course, participants will become CPR/First Aid certified. The certification fee is partially sponsored by Consolidated Telecom of Dickinson.

The class will be held in three parts on Thursdays in Dickinson:

May 7, 2020 @ 4:00 pm-6:30 pm

May 14, 2020 @ 4:00 pm-6:30 pm

May 21, 2020 @ 4:00 pm-6:30 pm

Youth need to be at least 12 years old to attend My First Business: Babysitting. According to the North Dakota Department of Human Services, 12 is the recommended age youth can stay home alone with younger children.

The cost of the class is \$36 per student. Space in the class is limited, so pre-registration is required. Contact NDSU Extension Stark/Billings County with questions or to register at 701-456-7665. ■



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Heart River VOICE Events

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kelley@heartrivervoicedotcom
to list your events for
FREE!

MARCH 2 – APRIL 23

ND STUDENT ART SHOW
9AM-5PM with paid admission. View art by students from around the state. More info, contact: 701-456-6225. Dickinson Museum Center, 188 Museum Dr East.

WEDNESDAY APRIL 1
COMEDY NIGHT JESSE TUTTLE & CLAY FOLEY
7:30-9PM Fully Formed Comedy presents a FREE night of laughs! Drink specials all night. *Adult language and themes* Phat Fish Brewing, 1031 W Villard St.

THURSDAY APRIL 2
BOOKS & BREWS: THE COMPLETE PERSEPOLIS
7-8:30PM A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month, discuss a book while enjoying a beverage. No commitment, just come to the events you are interested in. Even if you haven't read the book, you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

FRIDAY APRIL 3
FREE FAMILY MOVIE
4-5:30PM All ages. One free bag of popcorn per movie attendee! Bring your own drink! No unattended children under 10. Hosted in the Library Community Room by the West Entrance, 139 3rd St West.

SATURDAY APRIL 4
PYSANKY WORKSHOP
9AM-3PM Learn to paint your own pysanky ukrainian egg! \$15.00 per person. Limited Space – Reserve your spot today. More info, contact 701.483.1486. Ukrainian Cultural Institute,

1221 W Villard.

MUSIC & MOVEMENT FAMILY CLASSES 10AM We'll sing, dance, play and laugh - spend intimate, fun-filled time with your little ones and meet other families! Join the Music Together Spring semester Apr 4-Jun 6! Visit our website <http://www.pitterpatterclub.com> or email pitterpatterclub@yahoo.com.

PIZZA & PALS 11-1PM Come join us – it's fun for the whole family! Enjoy pizza and ice cream, face painting, meet characters and get their autographs, and show us your dance moves during our character dance party. Tickets \$10/person; ages 2 and under FREE and can be purchased at Quality Quick Print, Dickinson Public Library, and Out of Town (in the mall). All event details are subject to change. More info, contact: 701-290-7732. Biesiot Activities Center, 398 State Ave.

PINEWOOD DERBY 12-5PM Free to the public. Come enjoy a fun family day! Meet the Speedway drivers and take photos. Lots of fun kid activities. Pinewood Derby Races start at 2pm. Derby Registration \$5 per car. Registrations 12-2pm. Derby Races will start promptly at 2pm. 26 W Villard St.

APRIL 5-6
TRINITY HIGH SCHOOL'S LIVING STATIONS With inspirational live music and prayer, the senior class of Trinity High School dramatically portrays the Passion of Jesus Christ through the Living Stations of the Cross

at 2PM on April 5 (Sunday) and 7PM on April 6 (Monday). All are welcome! There is no cost to attend. Free will donations are welcomed.

SATURDAY APRIL 11
BAD PENNIES OYSTER FEED 6PM Good old Abe loved oysters. We are doing an oyster feed in his memory. We will have raw on a half shell and smoked along with oyster stew. \$30 gets you all the oysters you can eat! Served by the Pennies. Well vodka drinks \$3. I Don't Know Bar, 207 4th St NW, South Heart.

MONDAY APRIL 13
ADULT CRAFT CLUB: STAMPED BOOKMARKS & LABELS 6-7PM Crafty people unite! Advanced and beginners welcome. All supplies provided. For people 18 and over! Dickinson Area Public Library, 139 3rd St W.

PARENT CAFE 5:30-7PM Parent Cafe. These are designed for and open to any caregiver of children - parents, grandparents, foster parents, etc. They are free to everyone and always include a meal and childcare. West Dakota Parent and Family Resource Center, 402 4th St. West.

THURSDAY APRIL 16
TINY TOTS DRIVE-IN MOVIE 10AM Drive on in and add some wheels to your car, find a "parking spot", grab some snacks, and enjoy the show! Please feel free to bring a pillow and/or a blanket. Ages 0-5. Hosted in the Community Room. *Movies are typically 30 to 45 minutes in length. Dickinson Area Public Library, 139 3rd St West.

APRIL 17-18
2ND ANNUAL BAG SALE & BOOKSTORE POP-UP SHOP Don't miss our 2 day sale 4/17 and 4/18, 10AM-7PM \$20 a bag. Bag provided. As many books as you can fit! A special gift given to each bag sold! Prairie Hills Mall, 1681 3rd Ave W.

SATURDAY APRIL 18
BADLANDS BABY FAIR & EXPO 10AM-4PM The Badlands Baby Fair & Expo is a FREE community event to showcase services, support & businesses for pregnancy thru early childhood in SW North Dakota! More info, contact badlandsbabyfair@gmail.com. Astoria Hotel & Event Center 363 15th St W.

MUSIC TOGETHER 10AM-4PM Pitter Patter Club invites you to visit the Music Together booth at the Badlands Baby Fair! Make an egg shaker, pet an instrument zoo and make music with your little ones for 30 mins during our Music Together class! Like us on Facebook to find out more details - /pitterpatterclub-Dickinson or visit <http://www.pitterpatterclub.com>.

FILM SOCIETY 2-4PM All are welcome! Film showing followed by discussion. Please look at the library calendar for film title and rating. Dickinson Area Public Library, 139 3rd St West.

APRIL 18-19
2020 HOME SHOW Saturday 10AM-5PM Sunday Noon-5PM See the latest in home construction and products. Free to the public. More info, contact 701.483.0660 West River

Ice Center, 1865 Empire Road.

MONDAY APRIL 20
420 MUNCHIES 11AM-9PM Got the munchies? How about a 2 foot long chili cheese dog? Limited supply! Get it to stay or feed the whole family. Served on a house made giant Italian roll. You've seen these before in our food challenge. \$19.95 each. I Don't Know Bar, 207 4th St NW, South Heart.

THURSDAY APRIL 23
10TH ANNUAL KIDS HEALTH & SAFETY FAIR 3-6PM The goal of the 10th Annual Kid's Health and safety Fair is to create an activity-oriented health and safety fair to inspire kids to learn while having fun with their families. The exhibitors will provide free, hand-on teaching activities, an array of information, and various screenings for the kids of Southwest North Dakota about health and safety. Admission is FREE to public. More info, contact 701.483.0171. West River Ice Center, 1865 Empire Road.

2020 NFL DRAFT PARTY 5-9PM Enjoy our Beer & Wings special for \$12, \$10 Cheeseburger Basket, \$2.50 Domestic cans & bottles. Plus one lucky winner will go home with a Eagles Club Prize Pack! Dickinson Eagles Club, 31 1st Ave E.

SATURDAY APRIL 25
5TH ANNUAL SPRING INTO SUMMER WINE WALK 5:30-8:30PM Tickets <https://medora-uncorkd.square.site> Medora Uncork'd, 370 Pacific Ave,

Medora, ND.

SOUTHWEST SPEEDWAY STOCK CAR RACES Saturday and Sunday 6PM (weather permitting) Test and Tune. More info, contact 701.483.0171 OR swspeedway.com. SW Speedway, 47th St and 12th Ave SW.

SUNDAY APRIL 26

THINK & DRINK 2PM (Doors open at 1PM) "History and Current Melting Pot of SW ND" Professors Steven Doherty and Frank Varney will present the way in which cultures and communities in SW ND have changed, melted together, and transformed throughout the years. In Dickinson's last Think&Drink of the year, we'll see how dynamic and complex communities in North Dakota can be. Tickets are \$15 (\$20 cash only at the door) and include one drink. The Rock, 47 1st Ave West.

MONDAY APRIL 27

BOOK CLUB: A GAME FOR ALL THE FAMILY 6-7PM Come to the meeting, pick up the book. Read the book and come discuss it with other adults at the next meeting! Snacks provided! Dickinson Area Public Library, 139 3rd St W.

WEDNESDAY APRIL 29

FREE MOVIE NIGHT 5:30-8PM Check out our website for more info! One bag of popcorn per person. Bring your own drink. Movie is rated PG-13. Dickinson Area Public Library, 139 3rd St W.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS
LENTEN LUNCHESES 11AM-1PM Fridays during Lent Contact 701.483.1486. Enjoy traditional Ukrainian cuisine at the Ukrainian Cultural Institute in Dickinson during Lenten season.

ST ANTHONY CLUB Thursdays 6PM BINGO. Dinner served at 7PM following Bingo. \$10/person, \$11/to go. More info, 701.225.3879.

THE ROCK Tuesdays 7PM Brushes & Booze. Thursdays Karaoke 9PM; doors open at 8PM. No cover! Friday Night Trivia-Starts at 6PM. FREE to play. 113 1st St West. More information, 701.483.7625.

THE EAGLES CLUB 5:45PM Wednesdays and Fridays Stop in and play Bingo. Games played in succession. 5-9PM Thursdays Cheeseburger, fries and domestic beer \$10; 10 Wings and domestic -pitcher of beer \$12; Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

I DON'T KNOW BAR 11AM-3PM Lunch specials Monday-Friday. Mondays Pizza and a pitcher \$11. Tuesdays \$2 Long Island Teas. Wednesdays 2-4-1's wells and domestics 6-10PM. Thursdays \$2 pints. Friday prime rib 5-9PM and \$6 pitchers. Saturdays \$15 beer buckets. Saturdays in April \$1 Bloody Marys. Ladies night free wells and domestics 8-9PM then 9PM-close only \$1. Sundays \$5 Bloody Mary bar 11AM-3PM and \$3 pounders 5PM-close.

FAMILY FUN

DICKINSON AREA PUBLIC LIBRARY 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 4-5PM Tuesdays Teen Fun (11-17). See dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups.

DICKINSON MUSEUM

CENTER 9-10AM Toddler Tuesdays. Join us at the Museum Center to enjoy songs, crafts and stories. FREE and open to the public. Ages 2-4. More info, 701.456.6225. 188 Museum Drive East.

SUPPORT GROUPS

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

FOOD KITCHENS

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

ANGEL 37 KITCHEN 6-7PM Tuesdays Free food to everyone. Nourish your body and soul. Queen of Peace Catholic Church 725 12th St. West.

CLUBS/GROUPS

BOOKS & BREW 7-8:30PM 1st Thursday of the month. A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month we will discuss a book while enjoying a beverage or 2. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

SEW SISTERS 2PM Sew Sisters, 2nd Tuesday of each month. Other classes available and info, see www.SuzysStash.com. 118 N Ave, Richardton. 701.974.7899.

SOCIETY OF ST. VINCENT DE PAUL 6:30PM 2nd and 4th Wednesday of the month. St. Patrick's Church Parish Center, 229 3rd Ave W.

HEART RIVER HOME-BREWERS 7PM 4th Thursday of each month. Calling all home brewers! Meet at Phat Fish Brewery, 1031 West Villard.

PRAIRIE ROSE CHORUS 6PM-8PM Tuesdays St. John Lutheran Church. Come sing your heart out with the Dickinson chapter of Sweet Adelines International. Ages 12+ welcome! For more information, contact Robyn Nadvornik 690.8958 or MaryAnn Brauhn 290.4013.

DICKINSON CITY BAND Mondays 7-8:30PM in DSU band room (basement of May Hall). 291 Campus Dr. More info, contact Robyn Nadvornik 690.8958.

DICKINSON STRINGS Mondays 5:30-7PM DSU band

room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 290.9145.

BADLANDS ART ASSOCIATION 5PM 1st Wednesday of each month. All community artists welcome! More info, contact janelles@ndsunet.com. Fluffy Fields Winery, 2708 21st St E.

WEIGHT WATCHERS

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

TOASTMASTERS

6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at 1967.toastmastersclubs.org. Held at SWDHU, 227 16th St W. More info, contact Teresa Buck 701-880-0374.

MEETINGS

HISTORIC PRESERVATION COMMITTEE MEETING 4-5PM 2nd Tuesday of each month. More info, 701.456.6225. Dickinson Museum Center, 188 Museum Drive East.

PLANNING AND ZONING

MEETING 8:00AM Last Thursday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

BELFIELD PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Thursday of each month at 7PM at Belfield High School, 308 3rd St NE, Belfield. More information, call 575.4275.

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

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

St East.

EAGLES CLUB 5:30PM Auxiliary Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month. 31 1st Ave East.

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club, 31 1st Ave East.

DICKINSON PUBLIC SCHOOLS SCHOOL BOARD MEETING Regular monthly meetings are held the second Monday of each month at 5 p.m. either at the Professional Learning Lab located at 266 3rd Ave West, or in the Board room of the Dickinson Public Schools Central Administration Office located at 444 4th St. West (use the east or west door), or unless otherwise noted. For more information on Board meetings, contact the Central Administration Office at 701-456-0002, ext. 2203.

SOUTH HEART PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 7PM. 310 4th St NW, South Heart. More info, call 677.5671.

RICHARDTON-TAYLOR PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 6PM in the RTPS Board Room, 320 Raider Road, Richardton. More information, call 974.2111.

COMMUNITY OFFERINGS

AARP TAX AIDE 1-4PM Mondays and Wednesdays. AARP will provide limited tax help. AARP volunteers are meeting at the Dickinson Public Library to help seniors with their tax forms. DAPL, 139 3rd St West.

START UP YOUR DAY 8-9AM 2nd Thursdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info, visit startupyourday.com.

COMMUNITY

ND area schools launching a new children's book series

Prairie Rose Elementary first and second graders were given the new children's book, *Porter the Hoarder and the Ransacked Room*, as part of a reading and family engagement project launching in North Dakota. This event took place at Prairie Rose Elementary on March 5th, 2020.

Porter the Hoarder is a series of look-and-find books written by Sean Covell (producer of several movies including the iconic independent film, **Napoleon**

Dynamite) and illustrated by Rebecca Swift (artist and singer/songwriter who has appeared on **American Idol**). The series follows the emotional rollercoaster of a snappy little girl named Porter. In book one of the series, *Porter the Hoarder and the Ransacked Room*, Porter must clean her room with the help of the reader and decide what stays and what gets thrown away. She has very strong opinions about both outcomes.

"We set out to write a book that has Bigs reading with Littles, and have a great time while reading together," said writer Sean Covell. "We never imagined that our book would become part of such an amazing program. As a native South Dakotan, it's exciting to see Porter launch with our neighbors to the north."

"As a mom of three I've read every kid's book under the sun," said illustrator Rebecca Swift. "With Porter, we set out to create something fun for both parents and kids. So that's what we did! And now it is part of a massive reading project. I'm

blown away."

A kick-off event was held at Prairie Rose Elementary. Over 164 students received their very own copy of *Porter the Hoarder and the Ransacked Room*, along with "Parent Homework" designed to encourage reading in the home.

In early March, 70 schools across North Dakota were gifted books to over 3000 students as part of a parent engagement program. According to a study conducted by the United Way, only 36% of elementary school students in the United States are reading at grade-level proficiency by 4th grade. Reading proficiency by 3rd grade is the most important predictor of high school graduation and career success.

Additionally, research concludes that parents are the first and foremost influence on their children's development and school success. When parents are involved, students get better grades and score higher on standardized tests. Children of involved parents have demonstrated better attendance records, drop out less often, have higher aspirations, and more positive attitudes toward school and homework.

We would like to thank the Dickinson Eagles Club for accepting our grant proposal and funding this project.

More information on the Porter the Hoarder Reading and Family Engagement Project can be found at: <https://porterthehoarder.com/teachers>



UKRAINIAN CULTURAL INSTITUTE

UCI's 40th Anniversary: 1980 – 2020 Poster Contest

In May of 1980, the Ukrainian Cultural Institute received their non-profit status from the state of North Dakota. For the last 40 years, those who established UCI have worked hard to past on, promote, and help UCI grow into the institute that it is today. UCI has endured many growing pains over the years, but they have been true to their original mission, to honor and respect their parents/grandparents who left their home land for the unknown in the United States and to pass on their customs and traditions. The original organizers of UCI have passed down to the younger generation, who have kept their dream alive.

To celebrate the 40th anniversary, UCI sponsored a poster contest for the general public to participate in. Information about the poster contest was e-mailed to local schools, advertised

on UCI's Facebook and the Ukrainian radio show, and by word of mouth. Nine posters arrived at UCI with 17 more coming from a local K-6 grade school. The public is asked to vote on the posters which are on display at UCI, 1221 West Villard in Dickinson until May 1, 2020. A few of the posters are pictured here.

Easter Traditions

In keeping with their tradition, many in the Ukrainian community celebrate the Easter/Lent season as their ancestors did. Fasting during Lent is one of those traditions. Wicker baskets of food are taken to church on Easter morning to be blessed. One of the food items is the Paska, an eggy, round loaf of bread sometimes decorated with religious symbols made out of dough. ■



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MISS BEA'S KITCHEN

Molten Meatloaf

By Laura Beth Walters

How is everyone doing? Do we need a minute? Let's just take a minute to breathe deeply, smile, and think of the people in our lives who bless our souls. I have several friends who randomly contact me throughout the week (or month, because... #adulting) and they always bring a sense of belonging to my soul when I read their message or hear their voice. Do you know what I'm talking about?



It's that sudden feeling of freedom to exhale deeply and cast the weight of the world off your shoulders because there's someone there who truly cares how you're doing and who wants to help bear your burden. These friends are priceless.

During these strange times, it's important to take a moment to vocalize our gratitude and love for these special people. Literally, every single person around us needs encouragement right now. Be the one to reach out and uplift.

When I moved here to North Dakota, I felt a bit out of pocket and it took me a while to make a space for myself. My friend Amber, who I met through a Facebook group, was hugely

instrumental in helping etch out that space and I am so incredibly grateful for her. My husband and I had a chance to host Amber and her husband for dinner and I decided to make a meal that reminded me of our friendship..... Molten Meatloaf.

Now, before you roll your eyes or laugh out loud at me please hear me out! Meatloaf and mashed potatoes is hearty food but it's also super yummy and happy just as much as it is comfort food!

My friendship with

Amber is a "hearty-meat-and-potatoes" friendship but we also have a lot of fun together... it's happy! Everybody needs an Amber in their lives!

I hope you make this meal for your loved ones and that you take a second to think about your own "meat-and-potato" friends and check in with them. Let them know you love them and you care about them. You won't regret it.

Laura Walters is the Owner of Miss Bea's Kitchen. She offers affordable, local menu planning for the busy family and non-chef alike. Follow her on Facebook: @MsBeasKitchen, on Instagram: @msbeaskitchen, or email her at: MissBeasKitchen@gmail.com ■

Molten Meatloaf

Ingredients:

Patties:

3/4 lb ground beef
1/4 lb ground turkey
1 egg
1/2 tsp garlic
1/2 tsp onion powder
1 tsp oregano
1 tsp basil
Salt & pepper to taste
1 1/3 cups cheese of your choice - I used Provolone and Mozzarella!

Sauce:

14 oz tomato sauce
2 1/2 Tbs tomato paste
1/2 c ketchup
1/4 tsp garlic
1/4 tsp onion powder
1/2 tsp oregano
1/2 tsp basil

1. Combine the patty ingredients in a bowl (except the cheese) and mix well with your hands (just like normal meatloaf).
2. Divide the meat into 8 equal parts.
3. Form each section into a thin patty and make an indent in all the middles with your fingers
4. FILL THOSE INDENTS WITH ALL THE CHEESE.
5. Take two patties and stack them with the cheese in the middle... press the edges together to seal everything up inside.
6. Heat about 1 Tbs olive oil in a large skillet over medium heat. Add the patties and cook until browned on both sides (about 3 minutes each side).
7. Combine all the sauce ingredients in a blender and blend until smooth.
8. Add the sauce directly to the pan with the patties. Cover and simmer for 15-20 minutes.

I served these scrumptious patties over garlic mashed potatoes with green beans and corn on the side and some more cheese sprinkled across the top. ■



LOCAL TALENT

Author - Annika Plummer



Annika with her nephews

Local Dickinson author Annika G. Plummer has two self-published books that should inspire you and lighten your heart during this global pandemic and time of social distancing. The Felt Heart was published in 2017 and tells the true story of her nephew Haakon and how he shared his heart - and God's love -

to others and positively impacted lives in the process. "Haakon was only four when he shared his heart like I describe in the book," Plummer states. "I think it shows to others how easy it is to make an impact on the lives of others, young or old!" The Kind Cowboys was published in 2019 and was inspired by her grandpa Leon and her nephews, Haakon and Sigurd. The book shares three important values - to love God, to show kindness, and to show thankfulness. "My grandpa Leon was the kindest person I knew, and I'm so happy to share some of his values with others through this book," Plummer shares. Both books are told in simple "cowboy poetry" rhyme, and the charming illustrations by Scott Nelson of Solen are sure to warm your heart. The books are available at a variety of local North Dakota businesses, including Faith Expressions in Dickinson and Western

Edge Books in Medora. The books are also available online through www.dakotabooknet.com. The books can also be purchased directly through the author; just email annikaplummer@gmail.com. The Felt Heart retails for \$17 and The Kind Cowboys retails for \$20.

The Apple Story was published in 2016 and tells the story of a boy looking for God's little red house in his farmyard. "It was a story my grandma Martha told often, and I requested it both as a young girl and as an adult," Plummer states. The book is available through christianfaithpublishing.com/books/?book=the-apple-story and has limited availability through local retailers.

Watch the author read her books aloud on her Facebook page! Just search for Annika G. Plummer. The videos are available free to the public. ■



The author showcasing her three books

OUT AND ABOUT

Photos from travels close to home



Mountain bluebirds are back at Theodore Roosevelt National Park!
Photo courtesy of Dean Rummel



A bald eagle soars over Theodore Roosevelt National Park on a beautiful sunny day.
Photo courtesy of Dean Rummel



Canada Goose enjoys some lunch amid frozen waters.
Photo courtesy of Dean Rummel



A wild horse roaming the grasslands of Theodore Roosevelt National Park.
Photo courtesy of Dean Rummel



Porcupine keeps watch from afar.
Photo courtesy of Dean Rummel



An owl rests in the opening of an old tree.
Photo courtesy of Dean Rummel



An elk carcass found in Theodore Roosevelt National Park.
Photo courtesy of Dean Rummel



Buffalo graze as the sun rises in Theodore Roosevelt National Park.
Photo courtesy of Laura Walters



Laura and Joel Walters enjoy the sunrise at Theodore Roosevelt National Park.
Photo courtesy of Laura Walters

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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!



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kelley@heartrivervoiced.com

DICKINSON STATE UNIVERSITY

Alumni Spotlight: Jeremy Messer '07

Tell us a little about your life before you attended Dickinson State University (DSU).

I grew up on a farm and ranch south of Richardton, North Dakota. My grandfather, Phillip Messer, originally started it, with my dad, Jerome, and his three bothers, Mark, Greg, and Scotty, all joining him after they graduated high school. I graduated from Richardton Taylor High School in 2003.

In what year did you graduate and what degree did you earn?

I graduated in 2007 with a major in pre-professional biology and a minor in chemistry. Following DSU, I attended Oregon Health & Science University (OHSU) in Portland, Oregon, and graduated in 2011 with a doctorate in dental medicine. I then completed a one-year general practice residency at Palmetto Health Richland Hospital in

well!

What are you most proud of when you look back at your time at Dickinson State?

I am always so proud to say how well prepared I felt for dental school after graduating from DSU. I was able to not only keep up in dental school but excel. I also speak a lot about how many other dentists I know that have graduated from DSU and work in the area such as Dr. Shannon Galster, Dr. Maria "Duffy" Meyer, Dr. Samuel Sticka, Dr. April Robinson, Dr. Riley Parker, Dr. Kristin Schoch, Dr. Kamila Dornfeld, and myself, just to name a few. DSU has a strong heritage of some great dentists practicing in this area, and it makes me very proud!

How did DSU help shape your decisions for your path after you graduated?

I think it helped me stay grounded. I was honestly terrified going off to dental school in Portland. I was a small-town kid, the son of a farmer, and here I was in the middle of a large city, learning beside people who had degrees from big name universities across the country, and that can make you feel very inadequate. Little did I know that the work ethic I learned growing up and the outstanding education I received at DSU would actually help me excel.

We're so glad to hear that! What are you doing now?

I am now in Williston, North Dakota. My wife and I moved there in the summer of 2012, and I worked as an associate dentist for Dr. Ron Seeley for 18 months. We were fortunate that Dr. Seeley and his wife were also great mentors for us and really helped us become integrated into Williston. I then purchased the practice from Dr. Seeley in 2014, and it is now Messer Dental. ■



Jeremy Messer with his family

Columbia, South Carolina, graduating in 2012.

What is a favorite memory you have of your time as an undergraduate?

The day I met my wife, Lindsay. She also attended DSU and graduated in 2006 with a degree in elementary education. We met the summer of 2005, before my junior year, and had a little spark, and now we have been together almost 15 years and are blessed with two kids. I would say that spark worked out pretty

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Probiotics

The weather is nicer, and most of us are working in our yards, caring for our gardens and grass. What happens to them when they go unfertilized? They don't grow very well.

Think of your gut as a rain forest, a flourishing environment loaded with microorganisms. If you don't have enough of the good organisms to balance out the bad, you can run into digestive issues. Also keep in mind the benefits in the areas of immunity and brain health which are tied to the gut.

Fertilizing your gut with probiotics is a needed way to keep the rain forest healthy. What better way to do that than to take advantage of our April probiotic special?

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Heart River VOICE

COMMUNITY ACTION

Your feedback needed

Community Action Partnership of North Dakota and North Dakota State University invite your feedback through a community needs assessment survey. The survey should take no more than 10 minutes to complete.

Community Action Partnership, Region 8 includes the eight southwestern North Dakota counties: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope and Stark, with



the main office in Dickinson.

This survey will help us to better understand the needs our specific geographic regions related to employment, income and asset-building, education, housing, health and social/behavior development, civic engagement and other supports.

North Dakota's Community Services Block Grant program supports community-based, anti-poverty programs. Local Community

Action agencies receive CSBG funding to develop local action plans based on assessment of needs, currently available services and locally available public and private resources. Action plans target one or more of three main themes: 1) Individuals and families with low incomes are stable and achieve economic security; 2) Communities where people with low incomes live are healthy and offer economic opportunity; and 3) People with low incomes are engaged and active in building opportunities in communities.

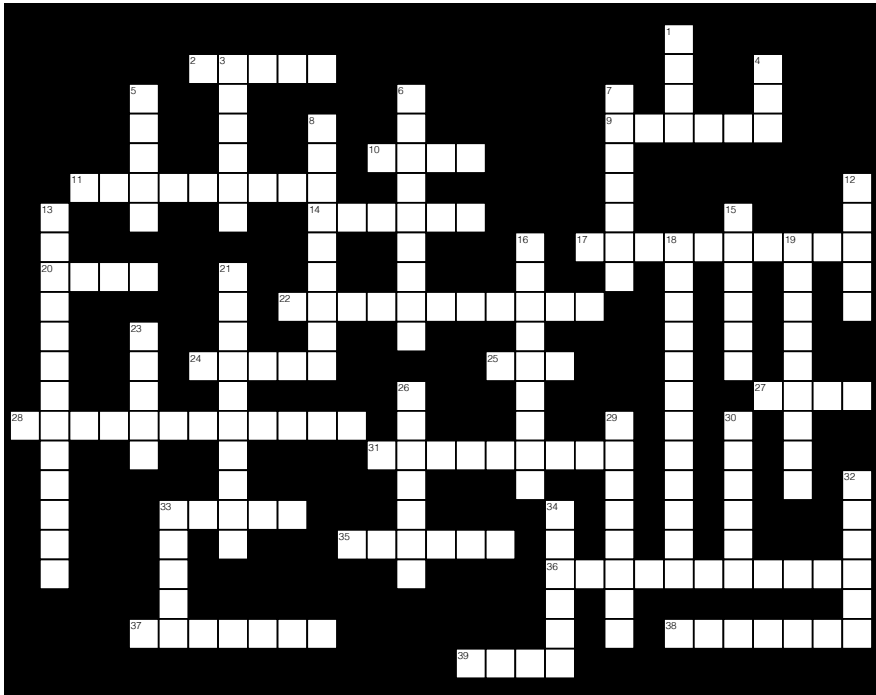
If you live in southwest North Dakota, we want to hear from you! If you're a provider, client, Board member, a community member, advocate, or just want to chime in, please complete our short survey! Thank you! ■

The survey is available on the Community Action Partnership website at dickinsoncap.org or by scanning the QR Code below:



Heart River PASTIMES

VOICE HOPS By Carlinka



- ACROSS**
 2 +Giant rabbit in "Donnie Darko"
 9 +Starred with Jimmy Stewart
 10 Two dimensional
 11 +Battery bunny
 14 Great veg with peanut butter
 17 +Wallace and Grommet film
 20 +Fruit- flavored cereal rabbit
 22 +Associated with egg hunts and a holiday
 24 Dried plum
 25 Opposite of yang
 27 Witty remark
 28 +Monty Python and the Holy Grail
 31 +North American mythical animal of folklore
 33 A toilet or sharing in a secret
 35 Necklace worn close to the neck
 36 +Jefferson Airplane song
 37 +Famous name for Easter chocolates
 38 Largest crustacean
 39 One sending out

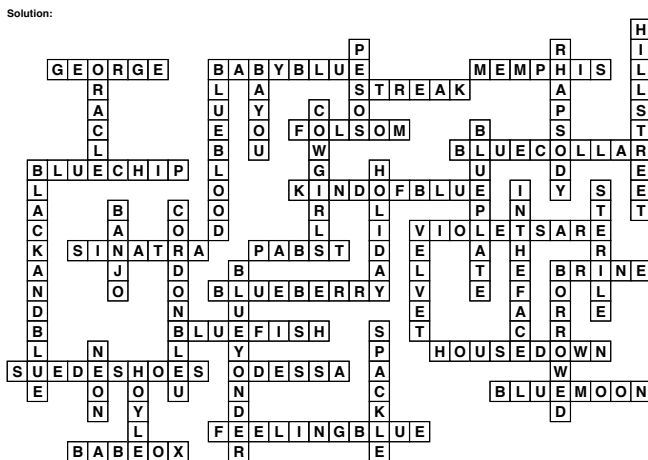
- tweets
DOWN
 1 Eggs order
 3 +A character in Winnie the Pooh
 4 Double agent
 5 Most powerful chess piece
 6 +The __ Rabbit by Margery Williams
 7 +Bambi's sidekick
 8 +1 of 2 rabbits in Alice in Wonderland

- 12 +Beatrix Potter's well-known rabbit
 13 +Novel features rabbits with human traits
 15 Dried grape
 16 +Vampire bunny in child book series
 18 +Kate DiCamillo character
 19 +Warner Bros. star
 21 +Trickster bunny from Uncle Remus fame

- 23 +Who Framed __ Rabbit
 26 +Hugh Hefner's bunny
 29 +Bunny mascot for chocolate milk
 30 Port city in Ukraine
 32 Art on a wall with tacks
 33 By the slice or pie
 34 +Rabbit from Disney in the 20's-30's

Last month's puzzle solution

++BLUE++



HOROSCOPE APRIL 2020 by Hilda De Anza



ARIES
 March 21- April 20
 April highlights huge changes

in social allegiances. This is not a time for social niceties, but rather a time to break with the past and merge forces with powerful players professionally and in society in general. Early April is a positive time for relationships, both romantically and with friends and groups. April promises to be a dynamic and productive month, although you may be up against dominating personalities in areas of leaderships.



TAURUS
 April 21- May 21
 On April

4th, a need to adapt to new circumstances in your professional life will take place. This is the time to capitalize on your connections to maximize your income. It is a great moment for partnership both in your professional and personal life. In your social life, confusing issues get resolved which has a lot to do with social idealism and perhaps also difficulties with friends who keep changing course. On April 23rd, focus on your plans for the future. Don't be afraid of change.



GEMINI
 May 22- June 21
 April starts with the resolution

of a confusing career issue. Professionally, you are in a period of your life when you are looking to express a creative mission and to live out your ideals through your work. Harness the imagination and work on projects which benefit society. Children and their education become more important. Early April can be a period of change and transformation for partners. Later in the month, the focus is on friendships and connections with social groups.



CANCER
 June 22- July 22
 April is an excellent

month for career initiatives. There are new trends socially and in partnership, and the financial scenario is changing. This can be a very positive month for making a determined effort to sort out financial responsibilities. Mid-April is an excellent period for international alliances, and there are huge forces at play that affect these allegiances. Things may develop slowly, but they become unstoppable.



LEO
 July 23- August 22
 As April begins, groups or

individuals make demands on your time. For the single Leo this influence can be good for love. Mid-April, at work there can be disagreements in principle. However, you are so confident that nothing can intimidate you. The new moon on April 23rd may have a significant effect on your career goals. This is the time when you can welcome career changes which give you more independence and freedom.



VIRGO
 August 23- September 22
 As April starts, you get a

better understanding of a relationship matter. You are able to tune in to partners' needs and work more closely to get things done. Mid-April, you move out of a situation where your independence has been compromised into a more authentic state of mind. With new trends at work, people will be dependent on you for your input and ability to take the lead. Last week of month, absorb ideas from thinkers who have a new vision of how the future can be.



LIBRA
 September 23- October 22
 First of April, life

gets a lot less serious and a lot more fun. The next few weeks are excellent for getting your ideas out into the world. It's a perfect period for forming new relationships and improving existing ones. There are new creative trends in your life, and so much to learn. End of April is characterized by an intense phase in relationships. Not all dreams come true, so make sure you stay realistic and that you keep expectations within the bounds of possibility.



SCORPIO
 October 23- November 21
 Particularly striking in

early April is your desire to break conventions, rules and taboos to express something you uniquely want. Despite unpredictability of this period, this is an excellent time for partnership. By talking over ideas and experimenting with ways of being together, you get a greater insight into the emotional chemistry in important relationships. The new moon on April 23rd highlights developments with people who have a different way of looking at things.



SAGITTARIUS
 November 22- December 21
 As April begins, there is the

strongest focus on assets and resources. Overcome economic obstacles and you will achieve your goal. Eliminate financial dependencies that undermine your security. Personally, April is a great month for relationships and meeting with fun people. There are long-term trends regarding communication which have just begun, and it is rewarding for you to develop your connections and expand your network.



CAPRICORN
 December 22- January 20
 You start this

month with the sense that your life is changing. Initially, you may be working closely with an individual who represents a completely different type of personality than you are used to. New colleagues are interesting to be with and easy to talk to, and there is no shortage of great ideas which make the workplace stimulating and inclusive. It's hard work, and you are ready to push yourself. Then success.



AQUARIUS
 January 21- February 19
 As April begins, rarely has so

much energy and willpower been at your disposal. Stay focused and define your goal. April is also an excellent time for love and romance, and for generally celebrating the good things in life. The new moon on April 23rd brings excitement at home and this could be a good time to contemplate change. This is a very special time, as you try to juggle changes in your domestic life with changes in your personal agenda.



PISCES
 February 20- March 20
 As April begins, you

may experience a crisis in your social life, or in the organizations of which you are a part, or with specific friends. There may be a tendency to get overly involved in a group of people with a strong ideology. The last part of the month is excellent for connecting with a group of people who have an untraditional approach. This could be with an educational project or group work which inspires you with a new set of ideas.



This Must Be the Gig

This Must Be the Gig gives backstage access to passionate fans worldwide. Each week, Consequence of Sound staff writer Lior Phillips talks to artists and industry personalities about their first concert, preshow rituals, trends in the festival scene, and much, much more. Experience life on and behind the stage with headlining musicians, up-and-coming artists, music industry personalities - everyone who makes live shows come to life.



Gossipmongers

David Earl, Joe Wilkinson and Poppy Hillstead read out unsubstantiated rumours sent in by listeners. At the end of each episode, they choose their favorite piece of gossip and help spread it further by getting Poppy to shout it out the window.



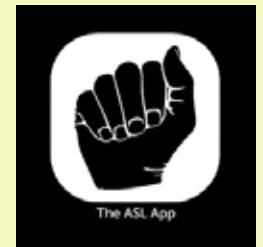
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What's App?

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.

GOING POSTAL

The U.S. Postal Service celebrates the beauty of Wild Orchids with stamps of flowers that grow in the United States.

The stamp art highlights photos taken by photographer Jim Fowler. Art director Ethel Kessler designed the stamps.

Each stamp features a photograph of one of these nine species: *Cypripedium californicum*, *Hexalectris spicata*, *Cypripedium reginae*, *Spiranthes odorata*, *Triphora tri-anthophoros*, *Platanthera grandiflora*, *Cyr-topodium polyphyllum*, *Calopogon tuberosus*, and *Platanthera leucophaea*. Within the booklet, each stamp design is featured twice. The Wild Orchids stamps will be issued with 10 stamp designs in booklets of 20 and coils of 3,000 and 10,000.

Orchids are beloved by plant experts and casual flower lovers alike for their gorgeous colors, unusual look and delicate features.

Part of the largest family of plants on Earth, orchids grow in many climates and thrive under a variety of conditions. There are more than 30,000 species of wild orchids in the world, with more than 100 species native to North America.

Many orchids native to North America are endangered or threatened, making sightings in their natural environment increasingly rare. These striking flowers are native to damp woodlands and numerous organizations across the country are working to preserve their habitats. Orchids also thrive in cultivated gardens or as houseplants.

Customers may purchase stamps through their local post office. ■



Source: store.usps.com

CENSUS 101: WHAT YOU NEED TO KNOW

The 2020 Census is closer than you think!
Here's a quick refresher of what it is and why it's essential that everyone is counted.

**READ MORE
PAGE 15**

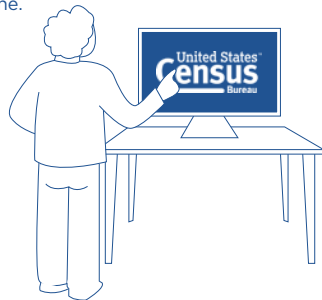
Everyone counts.

The census counts every person living in the United States once, only once, and in the right place.

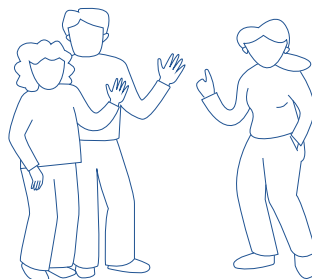


2020 will be easier than ever.

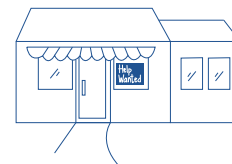
In 2020, you will be able to respond to the census online.



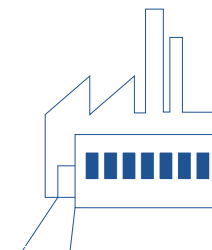
Census data are being used all around you.



Residents use the census to support community initiatives involving legislation, quality-of-life, and consumer advocacy.



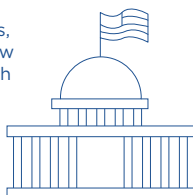
Local governments use the census for public safety and emergency preparedness.



Businesses use census data to decide where to build factories, offices, and stores, which create jobs.

It's about fair representation.

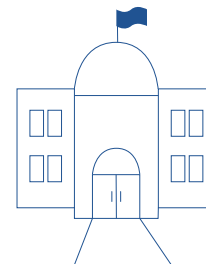
Every 10 years, the results of the census are used to reapportion the House of Representatives, determining how many seats each state gets.



Your privacy is protected.

It's against the law for the Census Bureau to publicly release your responses in any way that could identify you or your household.

By law, your responses cannot be used against you and can only be used to produce statistics.

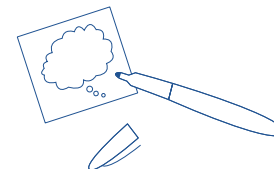


Real estate developers use the census to build new homes and revitalize old neighborhoods.



You can help.

You are the expert—we need your ideas on the best way to make sure everyone in your community gets counted.



It's about \$675 billion.



The distribution of more than \$675 billion in federal funds, grants, and support to states, counties, and communities are based on census data.

That money is spent on schools, hospitals, roads, public works, and other vital programs.



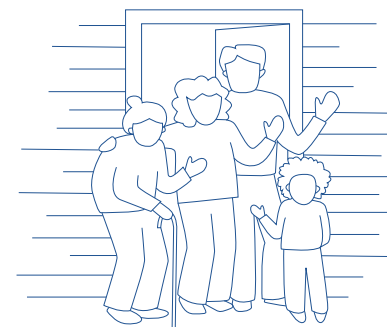
Taking part is your civic duty.

Completing the census is mandatory: it's a way to participate in our democracy and say "I COUNT!"



It's about redistricting.

After each decade's census, state officials redraw the boundaries of the congressional and state legislative districts in their states to account for population shifts.



It's in the Constitution.

The U.S. Constitution mandates that everyone in the country be counted every 10 years. The first census was in 1790.

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