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SEE PAGE 22

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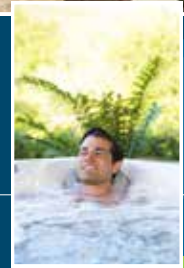
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A note to our readers

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

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

To get in touch, email us at kelley@thejileks.com.

Kelley Jilek

Publisher

Cover art, "Ukrainian Peace", a watercolor on archival paper, by Ric Sprynczynatyk. For more information about the artist, see page 5.

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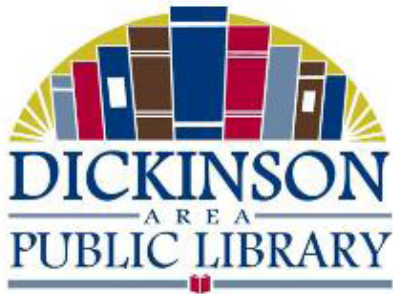
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#BOOKWORM

Holiday happenings

By Cindy Thronburg and Library Staff



The holiday season is upon us, and the Dickinson Area Public Library has a plethora of special activities to get you into the spirit. We kick off the season with the Dickinson Area Public Library Foundation's Old Fashioned Christmas Social. This will be happening on Friday, December 2nd from 6:00pm to 9:00pm. Join us for hors d'oeuvres, cookies, a traditional wassail, a silent auction, and live music while socializing in our beautiful library—all decked out for the holidays. This ticketed event is free for Platinum Card holders. Tickets for all other attendees are \$20 per person.

These are available for sale at the library or on the Foundation's website at daplfoundation.org.

Our other big event in December is our Grinchmas Party! Happening on Saturday, December 10th from 10:00am to 11:00am, this is an event the whole family can enjoy! Come make a grinchy craft, go on a candy cane hunt, and meet the real live Grinch! The Grinch movie will follow the festivities this year. It's sure to be a Who-jubilee!

The library will be participating in this year's Downtown Stroll. On Saturday, December 3rd from 12:00pm to 4:00pm, check out all the stops around the Downtown area and stop by the library to build your own edible snowman!

There will be a Family Holiday Movie showing at 6:00pm on Thursday, December 8th. We will be showing The Santa Clause. Hot chocolate, cider, and popcorn will be provided. Bring blankets if you wish! This event is for all ages.

The library will wrap up the year with its Noon Year's Eve Party. At 11:30 on Saturday, December 31st we will have fun with treats, confetti, and more! Then we will ring in the New Year at noon! This



event is for ages 3-12.

We have a ton of winter and holiday-themed regular programs to offer you this month. Tweens (ages 10-12) will be making Melted Snowman Tea Light Ornaments on Thursday, December 1st at 4:00pm. The S.T.E.A.M. group (ages 6-9) will be doing a Snow Scoop Challenge on Monday, December 5th at 4:00pm. Teens (ages 13-17) will be making Snowflake Ornaments on Tuesday, December 6th at 4:00pm. Finally, Adult Craft Club will be making Candy Topiaries on Monday, December 5th at 6:00pm.

We also have a new program we would like to introduce. It's called Book Club with a Twist, and it's for ages 14 and up. Instead of reading a specific book

each month, read a book or two from that month's genre or theme. Then come to the book club to discuss the book(s) you read, as well as those others read. The library will bring some suggestions

for the next month's book club to the meeting. The December meeting will be Saturday, December 17th at 2:30pm, and the genre is Vampire Stories.

The library is once again doing the Angel Tree for the United Way of Dickinson. There is a tree near our main circulation desk with tags on it representing a boy or girl in our area who is in need of new books. Choose a tag to donate a new, unwrapped book for that child. Do not feel limited to the tags on the tree. You may donate any kind of new books for children ages 0-17. Monetary donations are also accepted and appreciated. The last day to turn in books is Saturday, December 10th.

One thing of which we would like to make you aware is that January is a planning month for us. This means that there will be no storytimes or programs for the month. However, our Winter Reading Program starts January 1st. All ages can participate in this program. Sign-up can be done on Beanstack through our website. Watch our website and Facebook page for more information. There will also be more information about it in next month's article.

We hope to see you around the library this month. Check our website, Facebook page, and events calendar for a complete list of programs. Happy holidays! ■

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COVER ARTIST Ric Sprynczynatyk

For the past 30 years, Ric Sprynczynatyk has traveled the planet painting the largest and most viewed sky ceiling murals in history. From Caesars Palace and the Venetian Resort Hotel in Las Vegas to temples in India, malls in Japan and Philippines, clinics in Mexico and a variety of restaurants, theaters, churches and homes worldwide. The largest project was in China and was over 260,000 square feet (5 acres) at an average height of 50 feet (five stories). The stories of the adventures would fill several volumes.

In Ric's own words..."I always knew I would be an artist...always. My auntie was a librarian and would bring us publications. The illustrations

from artists such as James Montgomery Flagg and Norman Rockwell would amaze me, even as a child in grade school. This IS what I wanted to do with my life.

With my first art class, I was 11 years old, my first oil painting ... the instructor told us to buy a 8 x 10 inch canvas. And I (always thinking big) went for a 24 x30 inch. Challenging!



Ric Sprynczynatyk

But truly, it was my calling, and as a young man I began investing in supplies and equipment for a studio space and researched and taught myself techniques through trial and error.

Throughout my life, I kept my eyes and ears open, and I took on any and every project that came my way. Magazine illustrations to menus, and with the encouragement and support of my

family and friends, I eventually landed the opportunity of painting skies on ceilings that opened the world to me.

Bismarck was my home town and some of my work can still be seen there. The Bismarck Airport, Space Aliens Restaurant, Bismarck City Library ... and there are homes and other small projects sprinkled about the town. Whenever I am fortunate enough to be in Bismarck during the summer season, I have had the honor of working with Sleepy Hollow Theatre doing backdrops for their incredible productions.

I still have family (awesome kids!) and studio space in Bismarck, but now split my time at my home in the Philippines with my wonderful wife, Rhea.

I am currently showing works at Gallery 522 which are just a compilation of art that I produced while the pandemic kept me isolated and void of travel."



Ric and his wife, Rhea

Ric's artwork can be viewed at Gallery 522 in the Logan's on Third building at 120 N 3rd Street in Bismarck. The gallery is open Tuesday-Friday, 1pm-4pm or by appointment by calling 701.319.0894. The exhibit runs through the holidays. This exhibit is sponsored in part by ND Council of the Arts. ■



The ceiling at the Venetian Resort Hotel in Las Vegas





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CONVENTION AND VISITORS BUREAU

Cold weather can be good for you



Cold Weather Can be Good for You

Really? Well, there are a lot of benefits about colder weather. The standard phrase we all hear about North Dakota – “It’s cold!”. Okay, it can get cold in North Dakota. But it can get cold in a lot of other northern states also. Why is it that when we tell someone from out of state that we are from North Dakota, that we typically hear, “How can you live there, it’s so cold!”? Maybe in part because we also feed into the shock value of confirming it.

Change your response. For one, again, many other northern states have the same weather conditions. Second, there are benefits to living in a cooler climate.

1. Improved Sleep – Ladies, think about those hot, restless nights. You can open the back door, and dive into the snow. A no cost solution for those hot flashes.

2. Cold Weather Burns Calories – Just thinking about going to the vehicle, you’ve already got a start on it!

3. Brain Booster – Cold temperatures help you think more clearly. Ah, now I remember what her name is, and I’ve only known her for 20 years!

4. No Mosquitoes – Swatting the pests can be frustrating, especially the single one that hovers over your ear and after you slap

yourself, it moves to the upper corner of your bedroom, and then returns.

There are many positives about winter across the northern states, and many individuals embrace the recreational activities such as cross-country skiing, winter hiking, winter mountain biking, outdoor ice skating, ice fishing, building snow forts, make a snow maze, go sledding.

Looking for an adventure in lodging? Book a yurt! Yurts fall somewhere between a tent and cabin, and they have transformed winter camping in the state. The yurts in North Dakota’s state parks are luxurious with a rustic backwoods charm. They have heat and electricity, so there’s no need to stoke the fire after returning from a chilly hike, unless you want to.

In North Dakota, three state parks feature yurts as part of their lodging packages: Cross Ranch State Park near Washburn, Lake Metigoshe State Park near Bottineau and Fort Ransom State Park near Fort Ransom.

Embrace winter and change your response to “I enjoy winter in ND!” ■



ROTARY

More than a dictionary

Dickinson Rotarians continue to give the gift of literacy and during the month October the Rotary Club members distributed dictionaries to third grade students in all schools in Dickinson, South Heart and Belfield. It’s a tradition spanning more than 15 years, organized by Rotarian Glenice Hansen for most of those years. This year, 480 dictionaries were placed in the hands of students during a two-week period. It’s an effort that takes Rotarians into the classroom, where they meet students, hand out dictionaries and point out ways to use a dictionary. Students can use the dictionaries in school and at home, too.

Supporting education is one of the seven areas of focus for Rotary, an international service

organization. Basic education and literacy are essential for reducing poverty, improving health, encouraging community and economic development and improving peace. Rotary’s literacy emphasis helps to ensure that all people have sustainable access to basic education and literacy by involving the community to support programs that strengthen the capacity of community to provide basic education an literacy to all.

The project is one of the club members’ favorite activities, Hansen said. It’s more than a dictionary, it’s one way our Dickinson Rotary Club can help foster a love or learning and spread the gift of literacy. ■



Students at Roosevelt Elementary received dictionaries from Rotarians Vicky Steiner and Travis Ellison.

Home for the Holidays!

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THE ARTS

Dickinson Band and Strings

The Dickinson Band and Strings will present their first concert of the year on Saturday, December 10th at 7pm in the Dickinson High School Auditorium. Rehearsals started in September and have continued weekly on Monday nights. The strings are under the direction of Priscilla Keogh and the band is under the direction of Matthew Goettle.

Both groups have worked hard to present a variety of pieces that will catch the audience's attention as the notes wave through the facility. On the program for the band is "Lola Flores", "March and Procession of Bacchus" and a stunning version of "American the Beautiful". A special addition will be "Clarinet Escapade" featuring Dr. Jeremy Wohletz from DSU.

The string will present Christmas pieces including "Away in the Manger", "Carol of the Bells", and "Bring a Torch Jeannette Isabella" as well as additional pieces like "And So It Goes" and "Alborada from Capriccio Espagnol". The strings will include players from Bismarck to



add to their numbers for this concert. The strings and the band will come together to perform two orchestral pieces "The Christmas Song" and "It's the Most Wonderful Time of the Year".

The Dickinson City band has been a mainstay in the community since the late 1800's and includes musicians from Dickinson and the surrounding area. The ensemble has seen players of all ages come and be a part of the group for many years, but there is always room for new members.

Don't miss your chance for a terrific way to add to your holiday season with the Dickinson Band and Strings. ■

THE ARTS

Prairie Rose Chorus Christmas Sing

Prairie Rose Chorus, a member of Region 6 Sweet Adelines, invites you to their Christmas Sing on December 4 at 2pm at St. John's Lutheran Church.

Christmas is such a special time for the chorus as we invite women to join us for the rehearsals and performance. The time gives them the opportunity to give barbershop singing a try without committing long term. Of course, we hope that they will love it so much that they will stay. This year we have had four women singing with us since October, learning a variety of fun and beautiful Christmas songs.

To make it more special, Region 6 has implemented a program called "Jingle and Mingle", and in December it will all come together in a virtual concert featuring all the choruses of Region 6. This virtual concert will be featured on December 18 beginning at 3pm CT on the website at www.regionsix.org and will be available until January 5. We hope you will check this out, as it promises to be a wonderful concert! Prairie Rose will be submitting two songs from their

Christmas Sing - "Warm and Fuzzy" and "Christmas Is a Feeling".

This has been an exciting season for us. In addition to our "guests", Prairie Rose Chorus spent some time with eight members of Dakota Horizons Girl Scout Troop 85120 teaching them about barbershop singing. In addition, we taught them two of our Christmas songs, "Christmas Chopsticks" and "Three Carols for Christmas", and they will join us in singing those songs at our Christmas Sing. During that performance, the girls will be presented with their Young Women in Harmony patch to add to their other girl scout patches.

Other Christmas selections include "12 Days After Christmas", "Angels We Have Heard on High", as well a time for group caroling. There is also a chance for a couple of other guest performers. Refreshments will be served after the concert with a free will offering taken to help support the chorus in their endeavors, especially helping them raise money to attend competition in April. ■

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COMMUNITY Keeping kids safe from abuse during the holidays



The holidays are a joyous time for adults and kids alike. But amidst the celebration, there are more visitors, schedules get hectic, and parents are often overwhelmed, all types of child abuse increase. So now is the perfect time to take a moment and read on to learn how to better protect the children in your life.

Stopping Sexual Abuse

Sexual abuse increases during the holidays when kids are often left with babysitters, there are guests staying in the home, and parents are distracted. Here are some tips to better protect your child from sexual abuse:

- Talk to your child. Discuss with your child that their body is their own and no one has a right to touch their body or take pictures of them without permission.

- Limit alone time. 80% of sexual abuse occurs in one child – one adult situations. If you do need to leave your child alone with someone, let the person with them know you may pop in to check on them.

- Be alert. 90% of sexual abuse occurs by someone the child knows and trusts.

Preventing Physical Abuse
Increased stress, time commitments, and financial demands impact everyone during the holidays. This may lead to an increased risk of physical abuse. Here are some tips to help you keep your cool during this stress-filled season:

- Take a breather. When you feel yourself on the verge of losing it with your child, take a break or a time-out.

- Reach out. Call a friend and ask for support. We are often reluctant to ask others for help, but in a stress-filled, escalating situation, asking for help is not a sign of weakness.

- Be a support. Watch for signs of increased stress or possible abuse in those around you.

For more information on keeping kids safe, call (701) 323-5626. ■

CONNECT MEDICAL CLINIC World AIDS Day

World AIDS Day is a day observed internationally on December 1 to raise awareness of the AIDS pandemic caused by the spread of HIV and mourn those who have died of the disease.

This past year, Tara Zettel, RN and Executive Director of Connect Medical Clinic, has served on the ND HIV Prevention and Care Advisory Board and assisted in creating an Integrated HIV Prevention and Care Plan for our state.

“In order to make an impact in our region, we need to fight the stigma surrounding HIV and encourage as many to test as possible,” states Zettel.

Since 2006, the CDC recommends everyone between ages of 14-64, across ages, race and sexual orientation, to be tested for HIV at least once. They estimate 1 in 7 who are living with the virus are unaware of their infection. Widespread testing is just one aspect of the End the HIV Epidemic (EHE) by the year 2030 initiative.

This December 1, Connect Medical Clinic and the DSU Nursing Student Association (NSA) are helping end this epidemic by hosting a community-wide testing event.

Teresa Bren, Assistant Professor and advisor for the NSA states, “The DSU NSA is honored to promote the World AIDS Day HIV Testing event to provide easy access HIV testing to the DSU community. The opportunity to participate in active strategies to improve the health of our DSU community is exactly why our DSU nursing students commit themselves to the NSA organization.”

Free Rapid HIV and Hepatitis

C* tests will be offered at these three locations:
Connect Medical Clinic (10 am - 4 pm)
DSU Student Center (11 am - 2 pm)
West River Community Center (4 pm - 7 pm)
Testing is by walk-in, with Subway sandwiches and donuts for those participating.

Rapid tests are a finger stick (one drop of blood) with results in 20 minutes. Negative results confirm no exposure to the viruses. Tests that come back positive are considered “preliminary positive” and a confirmatory test (blood draw) will follow to be sent to the lab.

Plus, the ND Department of Health has granted Connect Medical to offer a free STI panel for those who participate in the event. Testing must be completed by December 23, 2022.

For more information call 483-9353.

*21% of those with HIV also have HCV
sources: cdc.gov/endhiv and hivinfo.nih.gov ■

COMMUNITY

History of Dickinson community food pantries



In American cities, awareness of poverty and hunger in our nation heightened in early 1970.

By 1977, the food bank called Second Harvest became today's Feeding America. Dickinson's pioneer advocate to provide food for the hungry was Marcia Frank who established St. John's Food Pantry at St. John's Lutheran Church in the early 80s. With approval of the church council and the collaboration of volunteers from other churches and donors, the first pantry flourished.

Art Wanner and Shirley Brentrup joined Marcia to expand the mission in the greater community. Shirley mentioned a national movement called Hands Across America which gave impetus to city leaders to mobilize community efforts to provide food and emergency services to families in need. Several meetings were called to collaborate with businesses, banks, social and church leaders. Community Action provided a building for distribution of food and handled staffing and meeting agendas. Shirley said that federal monies were available for food distribution as well as commodities. When this building was destroyed by fire, the committee rented an old bank on 1st. Avenue West. When the pantry needed more space, they moved to garages north of town in the Everett Real Estate building.

In 1986, the pantry association met to better organize their mission. AMEN was born and named The Association to Meet Emergency Needs by Art Wanner. Food was provided by community drives. Erv Kessel mentioned the thousands

of pounds of food collected by the Boy Scouts. Another early food drive was the one organized by the Postal Service. Volunteers to work the pantry were provided by local churches. Marilyn and Erv Kessel were members of the board. Ron Keller and his father, George were very active in AMEN early on, and Ron was a board member for 30 years.

In 1998 AMEN received a share in a trust fund provided by Mr. Messerschmidt. These monies enabled the pantry board to purchase Mary Heather's building on 3rd Avenue as a permanent site. The pantry flourished there for twenty years. When Great Plains Food Bank expanded its services statewide, AMEN became a member. Monthly orders were delivered to provide food needed in addition to community contributions.

In 2018, the board began actively looking for a larger space to meet the needs of a growing pantry.

In 2020, the decision was made to rent renovated space in St. Joe's Plaza, the former St. Joseph's Hospital. The pantry moved in November of that year where it has flourished to this date.

We are indebted to community leaders on whose shoulders we stand today: Marcia Frank, Art Wanner, Shirley Brentrup, Erv and Marilyn Kessel, Ron and George Keller, as well as the numerous board members and volunteers who have served AMEN for its 36 years in existence. We thank and salute you for your love and devotion to the Dickinson Community. ■

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EDUCATION**DPS Foundation, Inc. annual review highlights**

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Celebrating our 33rd year! Here are the details by the numbers since 1989:

- \$569,295 awarded to teachers in grants
- \$42,000 awarded to students in scholarships
- \$30,050 awarded to students in sponsorships

Tri Energy Cooperative (Cenex) donated \$47,000 for the second year in a row so every DPS teacher could receive \$140 to assist them in enhancing the learning within their classrooms. New classroom teachers received an additional \$200 to purchase classroom supplies.

The American Federation for Wildlife

at the Southside Saloon donated \$10,000 through their charitable gaming dollars so that every school in the district received \$1,000 to purchase sensory/wellness items for their school.

The Foundation established the Mrs. Fields Education Scholarship in honor of Jan Fields, a former DPS teacher and Foundation board member.

Mystery Dinner Theater is scheduled for February 2, 3, and 4, 2023. Keep an eye out for more details about sponsorships and ticket sales! Contact kheidt@dpsnd.org for more information.

We want to thank our board members for their dedication and service! ■

COMMUNITY**Volunteers needed for bell ringing**

There is no doubt that times are getting harder right now. What is invisible are the people in our community who do not have any of the bare essentials. Services take time - sometimes weeks - they are not immediate. Most funds come from charitable organizations. They also feel the brunt of financial shortages, cutting back to true emergent needs. Many in our community struggle with homelessness in a town without a shelter, unable to afford transportation in a town with no city bus, and limited resources.

This is the season of hope, light and giving. There are many ways to give - to your church, donations of food to AMEN pantry, clothing & items to House of Manna, hats & mittens drives, food baskets, donations to Salvation Army, St Vincent de Paul, Domestic Violence and other helping agencies.

Salvation Army's only fund raiser is over the holiday season; kettles will be set out. Volunteers to ring bells are needed! Please call 290-1481 for a generous donation of your time. Thank you! ■





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Avoid these estate-planning mistakes

When many people hear the words “estate planning,” they assume it’s just for the wealthy. But that’s not the case because everyone can benefit from an estate plan. And when you’re creating one, you’ll want to avoid some common mistakes.

Before we look at those mistakes, let’s go over what estate planning is designed to accomplish. Essentially, an estate plan allows you to pass on your assets in the way you desire. But it can also specify other actions, such as naming someone to care for your minor children if you were no longer around. In creating an estate plan, several key documents are involved, including a will, a trust, a financial power of attorney and a medical power of attorney or a health care directive.

Now, let’s consider a few estate-planning mistakes:

- Not communicating your plans. You’ll need to inform your family about whom you’ve chosen as executor – the individual who will administer your estate – and whom you’ve named as the trustee – the person who will manage your trust’s assets. (You can also choose a trust company to handle this duty.) And to help avoid unpleasant surprises when your estate is being

settled, consider letting your children or other close relatives know who will be receiving what.

- Not reviewing your plans periodically – Once you create your estate plans, don’t forget about them. Over time, your personal situation may change – you may experience a remarriage or bring in new children. Your interests may change, too – perhaps you’ll become deeply involved in supporting a favorite charitable organization. Given these and other potential changes, you’ll want to review your estate plans once in a while to see if they need to be modified.

- Not updating beneficiary designations – Every so often, you may want to review the beneficiary designations on your life insurance policies, investment accounts and retirement assets. As mentioned, changes in your life, such as remarriage and the addition of new children, may affect your beneficiaries. Beneficiary designations are powerful and can even supersede your will, so you’ll want to update them as needed. Also, if you have a 529 education savings plan, you’ll want to name a successor owner – someone who can take over your 529 if you were to pass away.

- Not re-registering assets placed in a trust – A living trust offers you many potential benefits, such as the ability to bypass the time-consuming and highly public process of probate when it’s time to settle your estate. However, just establishing the trust, by itself, may be insufficient – you likely also need to re-register assets, such as your investments, so they are officially owned by the trust, not by you. This is essential for the trust to work as you intended.

Here’s one other mistake – not

getting the help you need. Estate planning can be complex, so you’ll want to work with an attorney, and possibly with your financial advisor and tax professional, too.

By avoiding key mistakes and working with a qualified team of professionals, you can create and maintain an estate plan that will help you leave the legacy you desire.

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

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LESSONS IN BUSINESS

Becoming more efficient, one Pomodoro at a time

By Debora Dragseth, P.D.

"Leonardo Da Vinci accomplished amazing things—of course, back then there were 24 hours in a day."

—Anonymous

Are distractions, interruptions, ticking clock anxiety, the lack of ability to concentrate, and procrastination your productivity enemy?

Let me offer you a micro-challenge:

Find a time management technique that works for you and stick with it for at least one month. I recommend trying the Pomodoro Technique. The Pomodoro Technique was invented in the late 1980s by Francesco Cirillo. He wrote, "I discovered a method by which you can learn how to improve your effectiveness and be better able to estimate how long a task will take to complete by recording how you utilize your time."

The Pomodoro Technique has three

appealing attributes: it is easy to learn, portable, and works for almost any task. There are four basic steps:

1. Pick one task you want to focus on.
2. Set a timer for 25-30 minutes, and intentionally focus on and begin your task.
3. When the alarm sounds, take a three-minute break.
4. Repeat.

Cirillo recommends that after four sessions, it is helpful to take a longer break. When Cirillo developed the technique as a college student, he used a kitchen timer shaped like a tomato to time his study sessions. Each session is called a "Pomodoro," the Italian word for tomato.

This method has some hard and fast rules. Never multi-task, break large projects down into chunks if necessary. Combine small tasks that take less than one Pomodoro. Finally, a Pomodoro cannot be divided. If you are interrupted during the 25-minute block, the Pomodoro is considered void and must be restarted.

One aspect that can be changed is the

25 minutes on and 5 minutes off rule. New research completed post-pandemic suggests that for some of us, the on/off cycle may be effectively extended to 52 minutes on and 17 minutes off.

To implement the Pomodoro Technique, you need the following:

1. A kitchen timer or another device that will allow you to clearly see the remaining time left in each session. There are dozens of Pomodoro specific apps that work well for the countdown.

2. A "To Do Today" list in order of priority. Cirillo suggests including a section labeled "Unplanned and Urgent Activities" where any unexpected tasks that have to be handled can be listed as they come up.

The Pomodoro Technique is especially useful if you get distracted while working on a project and/or want to understand how long a task takes. Cirillo notes that the technique is ideal for many types of work including writing, studying, or wading through a bulging inbox.

You can find more detail on the Pomodoro Technique and additional best practice tips at the link below, a Creative

Commons document.

https://lasolutionestenvous.com/wp-content/uploads/2014/04/ThePomodoroTechnique_v1-3.pdf



Debora Dragseth, P.D. is a professor of business at Dickinson State University. Her column appears monthly, providing commonsense answers to common workplace issues. ■

COMMUNITY

KC Family of the Month

Family of the month for the month of November 2022 is Andrew and Lindsay Krebs. Andrew is a longtime Knight. He joined the club at age 18. He and his wife, Lindsay, were married on July 28, 2012 at St Joseph's Catholic Church in Dickinson. They have three sons: Logan, Liam, and Levi. Andrew works at Kadrmas, Lee and Jackson. Andrew is an usher at St Joseph Church. Lindsay works at Highlands Engineering. They are pictured here with their boys and Father Justin Waltz.



HOLIDAYS AT MARKET PRESS

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1740 MARKET DRIVE, DICKINSON, ND
MON - SAT 5:30 AM - 6:00 PM

NDSU EXTENSION Prairie Fare

By Julie Garden-Robinson, NDSU Extension food and nutrition specialist

When I was in grade school, I used to walk home for dinner around noon. After school, I was really hungry, so I had lunch

The historians at Merriam Webster Dictionary provide some context for the names of our meals. "Dinner" comes from a Middle Eastern word meaning "to dine" while "supper" comes from an Anglo-French word meaning "to sup." "Sup" sounds like "soup," and a pot of simmering soup was a welcome lighter meal in the evening.

NDSU

EXTENSION
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at 3 p.m. About 6 p.m., we had supper.

When I went away to college, I began referring to "dinner" as "lunch" and "supper" as "dinner." My family thought I had turned in to a "city slicker" with my change in the names of our meals. After all, we had a supper club in the next town, and church suppers drew a large crowd.

"Breakfast" was always named breakfast, though. Sometimes, however, we would have "lunch" between breakfast and dinner. Now, the lunches would be considered "snacks." I suggested having "brunch" as a meal between breakfast and lunch. I was really "highfalutin" with that eye-rolling term.

What did you grow up calling the midday and evening meals? The names of meals vary a bit depending on where you grew up and how old you are.

Where did the various meal names originate? Was this a Midwest term or a small-town phenomenon? Traditionally, dinner was the largest meal served in the middle of the day, and supper was a lighter meal served in the evening. Dinner was a more formal, complete meal.

The names of our meals evolved with the changes in society. As more people began working a distance from their homes, having a large noon meal with family was not very practical. The evening meal became the heavier meal and was known as "dinner."

Whatever you call your meals, eating a variety of healthful food regularly is important for all of us. Finding time for meal preparation can be a challenge for some, regardless of the time of day the meal is served. Which of these time-saving tips do you use?

- I plan menus and write grocery lists, so I have meal ideas and the food I need.
- I sometimes prepare portions of a meal in advance.
- I sometimes use leftovers as the basis for another meal.
- Other people in my household help with meal preparation and cleanup.
- I assemble equipment, cooking utensils and ingredients before I begin meal preparation.
- I use the one-pot method. For example, I add vegetables to pasta that is cooking.

For more information, check out nds.edu/agriculture/extension. ■




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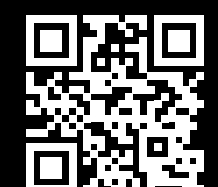
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FOLLOWING THE WEEKLY PROMOTION

WHERE BUSINESS GOES TO GROW

Success through adversity

By Matt Ellerkamp, Business Advisor, SBDC



Dean Klüber Painting started in 1983 by Dean's father, Dean Klüber Sr. in Washington State as a roofing company and evolved into an interior and exterior painting company. Dean Sr. eventually lost everything in the wake of the 2008 financial collapse and in 2013, seeking sunnier horizons, came to western North Dakota to capitalize on economic growth from the oil field. Dean Klüber Jr. came into the business in 2016. He was trained and groomed by his father to take over the business in 2019.

Dean Klüber Painting quickly built a positive reputation for quality and professional approach to business. The goal of the company is to always bring a professional appearance, run a clean jobsite and build positive relationship with customers by avoiding controversy and focusing on commonalities. They also offer a legal contract, providing transparency and flexibility for customers, that lays a foundation for trust and referrals to other clients.

Dean Klüber Painting is positioned to take advantage of growth and stability by providing more than painting services but becoming a coating specialist company, applying all sorts of lacquers, finishes, and protective layers to different types of materials in all major locale industries from agriculture, industrial, commercial, residential, and oil field applications.

Dean Klüber Painting stays competitive by taking marketing approaches where the competition doesn't, such as direct sales, focusing on exclusivity, and garnering clients that are willing to wait for their quality services, but pay for it as well. The company also focuses on retaining employees by competing on intangibles like leadership transparency, communication, flexibility and listening.

Dean Jr is establishing a work culture of communication to create trust with employees, customers, and within business-to-business relationships. This culture communication and trust helps everyone, creating a fun and safe environment for all.



Dean Klüber Painting wants to be recognized for having a positive impact on Dickinson by providing time, talent, and treasure through charitable organizations. They also currently offer discounts to all military, 1st responders, teachers and seniors.

Dean's desires to give back by collaborating and helping entrepreneurs by providing insight where he can. Dean expressed his success came from having strong communication skills and creating realistic expectations on all fronts; at home with his family, in customer relations, with business-to-business deals and in community involvement.

He stated having a mentor was vital in guiding him through the up and downs to keep an objective perspective, provide constructive criticism and positive reinforcement when needed. He also recommends not selling oneself short on what they are worth both in skill, personally and fiscally. That and managing client's expectations, time frames, and personal work/life balance has helped him to learn to work smarter, not harder.

Dean Klüber Jr. will be presenting at Start-Up Your Day Entrepreneurial Speaking Series on Thursday, December 8th, 8am at the Stark County Veteran's Pavilion. He will be presenting on "Success through Adversity". All are welcome. ■






AUTHOR MEET & GREET

Jessie Veeder

Children's Book Reading, Music & Creative Workshop

Wednesday, December 14 @ 10:30 AM (MT)
Dickinson Public Library
FREE and open to all ages

jessieveedermusic.com





HEALTH**Magnesium deficiency**

By Steve Irsfeld

A recent study shows that 68% of Americans do not consume the recommended daily magnesium intake. Even more frightening is data from this study showing that 19% of Americans do not consume even half of the government's recommended daily magnesium intake. Estimates show that about 1/2 of Americans are deficient and don't know they are.

Magnesium is considered the master mineral as it helps regulate other macro-minerals including calcium, sodium and potassium. It is responsible for the activation of over 300 enzymes and biochemical reactions in the body. When deficient in magnesium, our bodies are less efficient. Magnesium deficiency makes the impact of stress on our health drastically worse.

Magnesium decreases cardiovascular risk. It decreases blood vessel constriction, relaxes electrical impulses, encourages calmness, maintains the normal rhythm of your heart and lastly, it

increases our good HDL cholesterol.

Higher doses of magnesium decrease blood glucose levels and help prevent insulin resistance in Type II diabetes. A study published in Diabetes Care found that magnesium improved insulin sensitivity and reduced blood glucose in patients with diabetes who had low magnesium levels.

Migraine headache prevention is another area that magnesium is effective. Many studies looked at either low levels possibly being a cause of migraine headaches or using magnesium to decrease the frequency and severity of headaches.

Lastly, magnesium can be beneficial in helping with insomnia and depression. Magnesium has some muscle relaxant properties and taking it at bedtime can help increase sleep time and reduce the time it takes to fall asleep.

Signs of deficiency can include the following symptoms: muscle cramps, tremors, irritability, headaches, generalized anxiety, panic attacks, insomnia and fatigue.

Good sources of magnesium include green leafy vegetables, whole grains, beans, and nuts. Consumption of whole



grains, dark-green vegetables, and beans among Americans is well below intake recommendations. When diet isn't possible, dietary supplements can help make up the difference.

Choosing a magnesium supplement can be a difficult task as there are so many different products available. Unfortunately, magnesium is not available as simply magnesium, and it needs to be attached to another ingredient to form a salt. The most common salt forms include chloride, oxide, sulfate, citrate, glycinate and l-threonate. The latter three are the ones that I recommend due to absorbability and specific benefits.

Important to note: Magnesium should not be given to those with kidney disease without a practitioner's consent.

My staff and I would be honored to help you with questions about magnesium supplementation so stop

by the pharmacy or call to schedule a consultation. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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Goldie's Type

By Bob Fuhrman

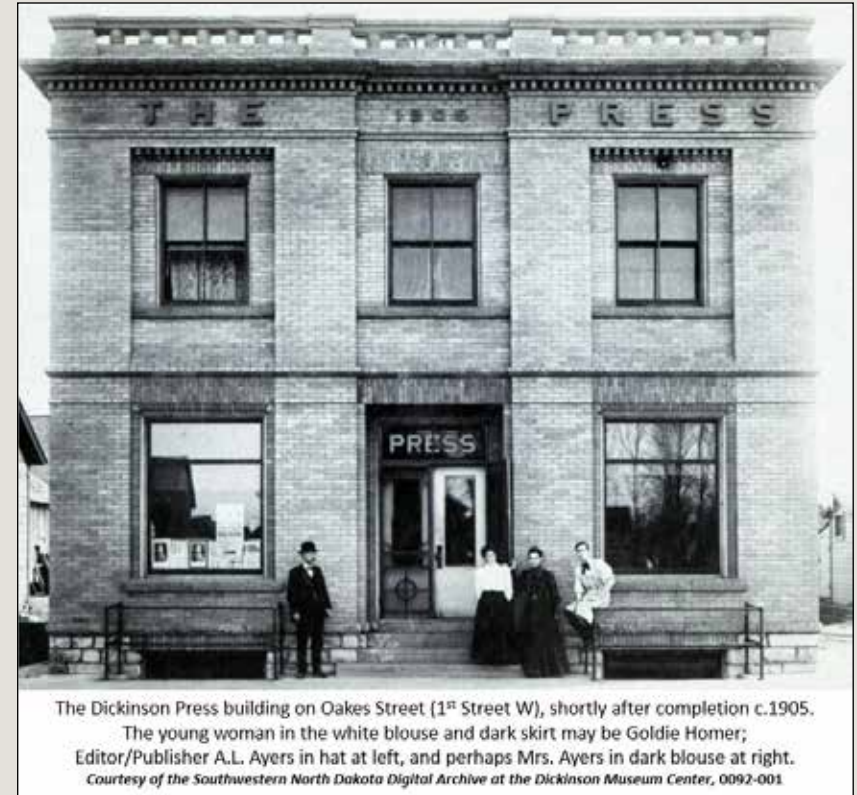
Regular readers of these local history articles are aware how important the Dickinson Press is to our efforts to tell local history stories. Published beginning in 1883 the Press truly provides the first draft of the history of our city and the surrounding countryside. We are doubly fortunate that the Press was selected for inclusion in the Chronicling America website, a joint project of the Library of Congress and the National Endowment for the Humanities which provides access to selected, searchable digitally scanned newspapers, including the Dickinson Press for the years 1883-1917.

Many of our articles have their genesis in old issues of the Press which provide us a jumping off point for further research to enhance the story. This month we choose to focus on one of the many individuals who came to our attention via the Press, Miss Goldie Homer who actually helped bring Dickinson news to readers for 53 years.

Goldie Homer arrived in Dickinson on July 6, 1900 along with her Mother Viola Hollenbeck Homer and sister Myrtle. Viola, (born 1867) was an Iowa girl

who made her way to Missouri where she married Charles Homer at Mound City in 1884. Very few details about the marriage are known. The couple lived in Nebraska for a time (c.1889) and Viola gave birth to six children, two of whom – Goldie (born 1885) and Myrtle (1889) - survived to adulthood. Then, in late 1890, Charles was arrested for absconding with a team and buggy which he borrowed from O.C. Sands, a Missouri friend, to pursue work selling washers (yes, there were 'washing machines' available at that time). Charles traveled the countryside 'farm to farm' making sales calls but, according to the Kirksville, Missouri Weekly Graphic, "After driving about for several days and taking a number of orders for washers he skipped out with the team and buggy."

Charles sold one of the horses and the buggy (and presumably appropriated the proceeds of his sales) before Mr. Sands traced him to St. Joseph where he was arrested and held for trial, temporarily, as he successfully broke jail a few days later. It is unknown how long he was at large but he is listed on



The Dickinson Press building on Oakes Street (1st Street W), shortly after completion c.1905. The young woman in the white blouse and dark skirt may be Goldie Homer; Editor/Publisher A.L. Ayers in hat at left, and perhaps Mrs. Ayers in dark blouse at right. Courtesy of the Southwestern North Dakota Digital Archive at the Dickinson Museum Center, 0092-001

the court docket the next April and is presumed to be one of the two people sentenced to the penitentiary at that term of court. The next mention of Viola and Charles Homer is a divorce proceeding in spring of 1898 in which the plaintiff (Viola) was granted the decree. For years afterward, Viola would identify herself as a 'widow' in the Federal Census, probably trying to avoid the stigma of divorce and questions about her former husband. Her death certificate, however, does list her as divorced.

Before coming to Dickinson, Viola worked as a dressmaker in Mound City where her household included a nephew, Glen Hollenbeck. In 1900 Viola came to Dickinson, to be close to her brother John Hollenbeck who spent the 1890s between South and North Dakota, marrying a Dickinson woman and finally settling on a claim near Sentinel Butte,

ND, about 50 miles west of Dickinson. By early 1901 Viola had established her dress making business in Dickinson, serving as the local agent for Charles A. Stevens & Bros. ladies' line for nearly nine years before purchasing a relinquished claim near her brother's Sentinel Butte property.

While Viola tended to her business Goldie attended school before entering the work force, becoming an operator at Dickinson's new telephone exchange sometime before 1903. There are several mentions of Goldie being one of the first operators when the exchange opened in 1901 which may well be true but there is no contemporaneous mention of her attachment to the exchange prior to November 1903. The 1982 Centennial Roundup history identifies Goldie along with her good friends Ruby Roberts and Clara Davis as the first operators

Continued, next page



"Three School Mates" c.1902
(Joachim Museum Collections, 2019.001.004)

"Three Friends for 55 Years" c.1905 (?)
Dickinson Press Jubilee Edition, July 2, 1957

Goldie Homer, center in both views along with Clara Davis (left) and Ruby Roberts (right)

Continued from page 16



Goldie Homer
Portrait by the Presthus/Horstman Studio,
April 2, 1955
Courtesy of the Southwestern North Dakota Digital Archive
at the Dickinson Museum Center, 34238.015

but perhaps we should look to an 'Interesting Personalities' article (a 1941 series in the Dickinson Press) as the authoritative source since, after all, Goldie Homer most likely type-set the article herself:

After attending high school in Dickinson, Miss Homer was employed in the telephone office in Dickinson. For a year, she handled all the telephone calls for the day shift by herself...she was local operator, and handled information (too)."

Thus, do we segue into what would become Goldie's career with the Dickinson Press. According to that 'Interesting Personalities' article Goldie was recruited to join the newspaper's workforce by Alice Ayers, wife of editor Myron Lyndon Ayers. It is not clear how Mrs. Ayers came to know Goldie but certainly her mother's business might have played a part or, more likely, as wife of the newspaper editor, Mrs. Ayers naturally enjoyed a wide circle of friends and acquaintances.

Howsoever it came about, Goldie joined the Press on April 25, 1905.

Earlier that year the newspaper's office on the second floor of the Odd Fellows Hall narrowly survived a February 9th fire that destroyed the Klondike Restaurant next door on East Villard. Though able to continue operations in the short run, when the Odd Fellows decided to sell their building to Frank Kihm (who planned to expand his adjoining St. Charles Hotel) Mr. Ayers decided to take the plunge and erect a new building for the Press on Oakes St. (1st Street West).

Even as she helped the paper prepare for the move into its new home in July 1905, Goldie learned to set type by hand under the direction of Head Compositor Mrs. Thomas Dewey. It was a laborious process - "... each letter was placed in a 'stick' set for the measure used...one column or more. When the type was all set up for the paper, the work was only half done, for every letter and character had to be put back in its particular partition when the work was done."

Goldie's work was made somewhat easier in 1908 when the Press purchased a Simplex typesetting machine. This new equipment allowed the paper "to print nearly double the news matter...and the reporting staff has been also increased so that much more territory can be covered each week." The announcement concluded by noting the Goldie along with newly hired Mabel Cummings would be the machine's operators. In 1912 Goldie was advanced to 'head machine girl' and head compositor as Mrs. Dewey retired.

Two years later the Press again upgraded, purchasing an Intertype typesetter. Within six months Goldie's growing proficiency allowed her to set an entire column of type in one hour. Throughout the remainder of her career Goldie continued as head operator of the various typesetting machines the Press obtained. She was also responsible for maintaining the paper's mailing list and for selecting papers to be sent to the bindery for the permanent files as well as putting aside papers for the 'morgue'

ready reference files.

In 1919 readers were allowed some insight into how the Press' back shop ran when an article noted that the paper would modify staff hours beginning on July 1st to comply with union rules and the new Women's Labor Law rules which were passed during the recent legislative session. The law prohibited women from working more than eight and one-half hours in any one day in towns and cities with more than 500 inhabitants. While the Press had been on a strict 48-hour a week schedule prior to the new law, the custom had been an extended shift on Thursdays, working into the evening hours to meet the weekly deadline with staff then working only a half day on Saturdays in compensation. The matter-of-fact announcement did not contain any editorial comments on the change nor reactions from Dickinson Press staffers.

Outside of her work Goldie was a busy person. Though she never married she had an active social life and was often mentioned in the Press' Local News columns as attending gatherings and hosting holiday parties for her co-workers. Goldie was a member of the

Warren A. Simpson Methodist Church, being cited as its oldest member in 1941 and attending many Methodist state conventions beginning in her teens. She was also active in the Rebekah Lodge (a women's branch of the Odd Fellows) and the Royal Neighbors (a fraternal benefit organization).

When Goldie finally retired in 1958 she had continuously served the Press for 53 years and had become something of an institution both locally and in North Dakota newspaper circles. Affectionately (and mysteriously) known as 'Bill' in the back shop for many years, Goldie's long term of service had garnered attention "in various national trade publications." in 1930 such an article noted, "We doubt that another operator in the state has been so long a period in continuous service in one shop." That was printed twenty-three years before she typeset her last edition.

Goldie Homer died on February 15, 1975 in Dickinson at age 89 following a lengthy illness. She is buried in Dickinson Cemetery along with her mother Viola and sister Myrtle Homer Bartle. ■



Goldie Homer at her typesetting station. This grainy photo is from an old 1958 Dickinson Press clipping on the occasion of her retirement following 53 years of service.



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ROTARY



The Dickinson Rotary Club, sponsor of Cub Scout Pack 28, recently donated \$500 to help with operations of the Pack. Cub Master Scott Huitt, left, accepted the donation presented by President Stepheny Reger and Rotarian Todd Otto, club liaison to the scouts. The cub scouts and Rotary Club participate together in a variety of community service projects throughout the year, including the recent Pancake Karnival and tree planting.

COMMUNITY

A Christmas Yarn

Upcoming HCA Christmas Musical Program: "A Christmas Yarn"

At Unique Gifts from Luxurious Yarns (U.G.L.Y.), ugly is beautiful! At the factory of the world's leading supplier of ugly Christmas sweaters, founder Sam Ebenezer pulls all the strings to make sure no stitch is dropped. With a huge order looming to get out the day before Christmas, the team of Bob Crochet, Tiny Tom, and others weave together a plan of attack, while Sam encounters three mysterious visitors who not only help overcome some ugly obstacles, but bring the beautiful good news of Christmas!

With apologies to a well-loved Christmas Carol, don your ugliest



Christmas sweater, and have a Dickens of a good time with the students of Hope Christian Academy as they perform "A Christmas Yarn" on Thursday, December 15 at 7 p.m. at HCA. Everyone is welcome to attend this free and family-friendly production to celebrate the reason for the season! ■

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COMMUNITY

The Connection's Christmas Celebration

Dickinson's own Christian Music Station, 103.7 The Connection, will be hosting The Connection's Christmas Celebration on Tuesday, December 6 at Evangelical Bible Church (2891 5th Ave. W). The event will feature a concert from regional ensemble "Four Hands on Two Grands." This ensemble consists of Lyle Zimmerman and Colleen Reinhardt. They will be singing and playing a variety of Christmas songs.

Lyle Zimmerman is from Carson, ND. He has a long resume of experience, including playing with the Rocky Top Band for 15 years, various back-up bands and charity events. He has opened for a number of artists, including Johnny Cash.

Colleen Reinhardt was raised in Almont but now resides in Mandan. Colleen is known throughout the region for her talents both as a vocalist and pianist. She is currently on staff at Church of Corpus Christi and First Lutheran Church in Bismarck.

Both Zimmerman and Reinhardt have been inducted into the Dakota Musician's Association Hall of Fame.

Joining Zimmerman and Reinhardt is Christi Kuhlka on violin and vocals. Kuhlka and her husband farm and ranch outside of Glen Ullin. Kuhlka has played with both the Bismarck-Mandan Symphony Orchestra and the Minot Symphony Orchestra.

The event begins at 7 pm with doors opening at 6 pm. Tickets are available at The Connection office - 2898 5th Ave W, via phone 701-483-1037 or online at 1037theconnection.com. In person and phone on sale hours are 9-11:30 am and 1-4 pm Monday through Thursday (or by appointment). Advance tickets are \$20 adults, \$10 students (ages 2-17). Prices increase the day of event - \$25 adults, \$15 students.

The Christmas Celebration is a fundraiser for 103.7 The Connection. The radio station relies on donations and fundraisers to cover their operating costs. Along with playing Contemporary Christian Music, The Connection desires to share the message of the Gospel to the Dickinson area. ■

COMMUNITY

Holiday drive seeks community support

Women Empowering Women is currently holding our 4th annual Holiday Drive for the low-income elderly women of our area.

According to the 2020 census, it is estimated that over 125 women in Dickinson over the age of 75 are living in "Extremely Low-Income Limits." This means that a one-member household lives on an income that does not exceed \$11,670.00 per year, or less than \$1,000.00 per month. These women are the silent, forgotten poor.

We are asking for community support in donating to help these women. Each year we have been fortunate to have an increase in donors and funds raised. In 2020, we were able to provide support to 42 area women. That number grew in 2021-2022 to 74 women. We hope to continue that trend this year to be able to provide for these women who have been and continue to be such an important part of our community.

Because of the continued generous support from community members, we have been able to expand the support provided to not just Thanksgiving and Christmas, but also for the Easter holiday, and have an emergency fund available for needs that arise throughout the year.

If you have questions, please contact us at info@wewnetwork.org. If you would like to donate to the drive, you can send your donations to Women Empowering Women at 5 Patterson Lake Drive, Dickinson, ND 58601; drop them off at Haynes Melbye Law Office, PLLC at 2048 3rd Ave W, Suite A or make your donation online at www.ndcf.net/donate (select Holiday Drive). We are requesting cash donations, prepaid VISA or bank gift cards to provide the greatest flexibility for the recipients. ■



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December



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THE ARTS

5th Annual Interfaith Christmas Concert

"Good people all, this Christmas time, consider well and bear in mind, what our good God for us has done, in sending His Beloved Son." These lyrics, from a traditional Irish Christmas carol—known as the "Wexford Carol"—reflect our invitation to our friends of all faiths this Christmas season. The Interfaith Christmas Concert Committee invites everyone— young and old—to an evening of music, reflection, unity, and fun on Friday, December 16 at 7:00 p.m. at 510 Museum Drive in Dickinson (The Church of Jesus Christ of Latter-day Saints). Admission is free.



This year will feature the ever-popular St. John Lutheran Church Handbell Choir, the Prairie Rose Chorus, an Interfaith Choral Ensemble, and musicians from Queen of Peace and St. Joseph Catholic Parishes, St. John Lutheran Church, and the Church of Jesus Christ of Latter-day Saints. In addition to wonderful music, a display of Nativity sets will be available to view before and after the performance, and cookies and hot chocolate will be served. Come revel in the warmth of faith, friendship, and community—we hope to see you there! ■

HEART RIVER VOICE | DECEMBER 2022

Calendar

ONGOING IN DECEMBER DICKINSON AREA PUBLIC LIBRARY Ongoing activities and events at the library. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail.

NOW THRU DECEMBER 13 TOY DRIVE Bring in a new, unwrapped toy, food or household item and your name will be entered for a drawing for a new iPad or \$50 Visa card. Items can be dropped off at Consolidated

or Cornerstone Bank. Gifts go to needy kids in SW ND. Drawing held December 14. For details, go to consolidatednd.com.

NOW- DECEMBER 31 COOKIES FOR A CAUSE All day, each day, at Players Sports Bar & Grill.

FRIDAY DECEMBER 2 OPEN HOUSE AT THE MUSEUM 3-6PM Visit the Joachim History Museum for live Christmas music and historical Christmas displays, a Christmas craft for

children will be offered. See ad, this page, for more info. Dickinson Museum Center.

DECEMBER 2-4 4TH ANNUAL CHATEAU GINGERBREAD COMPETITION 3-6PM Grab some icing, your wildest ideas, and oven mitts to enter our annual gingerbread competition! Anyone 5 years and older is invited to make a gingerbread creation and enter to win amazing prizes! Not a baker? Vote for your favorite on Facebook @ChateauDeMores! More info, call 701.623.4355. Chateau de Mores, 3426 Chateau Rd, Medora.

ANYTHING GOES 7PM (Friday/Saturday); 2PM Sunday. A TCS Drama Department presentation. A toe-tapping evergreen classic with music and lyrics by Cole Porter, this voyage of the S.S. American between New York and England is filled with a madcap group of passengers, witty repartee, exceptional singing and brilliant dancing. Trinity High School Auditorium.

MEDORA'S 26TH ANNUAL COWBOY CHRISTMAS Join us in Medora for Winter hospitality at its finest! Eats on the streets, shopping, dancing, A Very Merry Badlands Christmas Show, and entertainment for the whole family to enjoy — all amidst western Christmas decor and snow-capped buttes. Downtown Medora.

SATURDAY DECEMBER 3 DOWNTOWN CHRISTMAS STROLL 12-5PM Shop local businesses, stroll the all-new Christmas Alley, music, hay rides, and more. Tree lighting followed by Santa's arrival. Free and open to the public. Downtown Dickinson.

DOWNTOWN STROLL: EDIBLE SNOWMAN MAKING 12-4PM Check out all the stops around town and stop by the library to build your own edible snowman! Dickinson Public Library Community Room.

COWBOY CHRISTMAS CRAFTS 1-4PM Kids of all ages are invited to make their very own Victorian Christmas ornaments and try their hand at historical games at the Chateau. All supplies are provided. Hot chocolate and coffee available. Free, but donations encouraged. More info, call 701.623.4355. Chateau de Mores, 3426 Chateau Rd, Medora.

SUNDAY DECEMBER 4 PRAIRIE ROSE CHORUS PRESENTS CHRISTMAS SING 2PM More info, see article, pg. 7. St. John's Lutheran Church.

MONDAY DECEMBER 5 ADULT CRAFT CLUB: DIY EARRINGS 6PM Crafty people unite! Advanced and beginners welcome. Craft supplies

provided. For ages 18+. Dickinson Public Library - Community Room.

TUESDAY DECEMBER 6 CHRISTMAS CELEBRATION 7PM Join The Connection 103.7 for Four Hands on Two Grands! More info, see ad, next page and article, page 20. Evangelical Bible Church, 2891 5th Ave. W)

THURSDAY DECEMBER 8 START-UP YOUR DAY 8-9AM Opportunities for current and aspiring entrepreneurs and entrepreneurial resources to network. See ad, page 2, for speakers. Also, see p. 14 for more info on speaker. Stark County Veterans Pavilion, 801 5th Ave W.

FAMILY HOLIDAY MOVIE: THE SANTA CLAUSE 6PM Hot chocolate, hot cider and popcorn provided. Dickinson Area Public Library - Community Room. PG (97 minutes).

BOOKS & BREW 7PM 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. (Beverages not furnished by the DPL). DePorres Lounge, 17 2nd Ave W.

FRIDAY DECEMBER 9 DICKINSON CATHOLIC ADULTS 6:30PM Social; 7PM Speaker; 8PM Fellowship.

CHRISTMAS OPEN HOUSE
FRIDAY, DECEMBER 2, 2022
3 - 6 PM

Join us for live music and see Christmas displays in the Joachim Regional Museum
FREE ADMISSION

DICKINSON MUSEUM CENTER
188 MUSEUM DRIVE EAST
701-456-6225

DOWNTOWN DICKINSON
Christmas Stroll
December 3, 2022

Dickinson Catholic Adults is a community for young adults (21-50) in Dickinson and the surrounding areas who are seeking to grow in their relationship with Christ and friendship with others. More info, contact dickinsoncatholicadults@gmail.com. 618 Palm Beach Road.

SATURDAY DECEMBER 10 COOKIE WALK 9:30AM until sold out! Homemade cookies sold by the pound. Our Saviour's Lutheran Church, 614 11th St E. More info, see ad this page.

GRINCHMAS PARTY 10-11AM Come dressed in green or as Who-girls and boys! It's going to be a Who-jubilee! Come meet the

Grinch! Crafts, activities and the Grinch movie! Dickinson Area Public Library - Community Room.

CITY STRINGS AND BAND CONCERT 7PM A family-friendly concert! See article, p. 7, for more info or call Priscilla Keogh at 701.290.9145. Dickinson High School auditorium.

WEDNESDAY DEC 14 JESSIE VEEDER AUTHOR MEET & GREET 10:30AM Children's book reading, music and creative workshop. Free and open to all ages. See ad, p. 14, for more info. Dickinson Public Library Community Room.

THURSDAY DECEMBER 15 WRAPPING PARTY 1-7PM Drop in anytime between

1-7PM to wrap some gifts. We'll provide the wrapping supplies and hot chocolate! Open to all ages. Dickinson Area Public Library - Community Room. PG (97 minutes).

A CHRISTMAS YARN 7PM Join Hope Christian Academy for their musical program. See article, p. 19, for more info. Hope Christian Academy, 2891 5th Ave W.

FRIDAY DECEMBER 16 FREE MOVIE: WHERE THE CRAWDADS SING 5PM One free bag of popcorn per movie attendee. Bring your own drink. No children under 17 without a parent present. Dickinson Area Public Library - Community Room. PG-13 (125 minutes).

5TH ANNUAL INTERFAITH CHRISTMAS CONCERT 7PM Admission is free. See article, p. 21 for more info. 510 Museum Drive in Dickinson (The Church of Jesus Christ of Latter-day Saints).

SATURDAY DECEMBER 17 CRIME CLUB: ND SERIAL KILLER & MASS MURDERER 10:30AM WANTED! True crime junkies who think they could help solve a crime or would just like to talk about them with like-minded people. Dickinson Public Library Community Room.

BOOK CLUB WITH A TWIST 2:30PM A book or two are read from each month's genre. December's genre: Vampire Stories! Come discuss what you've read with others. Ages 14+. Dickinson Public Library Community Room.

MONDAY DECEMBER 19 ADULT BOOK CLUB 6PM Read the book and come discuss it with other adults. Snacks provided! Check out your copy for each month at the meeting (or at the front desk if you have missed last



Cookie Walk

GIFT BASKETS, CRAFTS, AND BAKED GOODS SALE

WHERE:
Our Saviour's Lutheran Church
614 11th St E, Dickinson, ND

WHEN: Saturday, December 10
9:30 AM TILL SOLD OUT
HOMEMADE COOKIES SOLD BY THE POUND
Also selling
Crafts, Gift Baskets, & Baked Goods
All profits will be given to local charities and needy missions

month's meeting.) Dickinson Public Library Community Room.

SATURDAY DECEMBER 31 NOON YEAR'S EVE PARTY 11:30AM Come join the fun for ages 3-12! Treat, confetti and more! Dickinson Public Library Community Room.

NEW YEAR'S EVE ICE SKATING PARTY 1-4PM FREE and open to public. More info, call 701-456-2074. West River Ice Center.



The Connection 103.7
CHRISTMAS Celebration

FEATURING
Four Hands on Two Grands
with special guest *Christi Kuhlka*
on violin & vocals

TUESDAY 2022 DEC 6
DOORS OPEN AT 6PM/CONCERT AT 7PM
Evangelical Bible Church, 2891 5th Ave. W, Dickinson
Tickets available at www.1037theconnection.com or by calling 483-1037



Merry Christmas
from all of us
at **Heart River VOICE**

PIPER'S PALS Pet Name Match

These pets wish you the very merriest Christmas!

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

A: Ellie (#___)

B: Lucy (#___)

C: Pita (#___)

D: Kye (#___)

E: Addie (#___)

F: Ralphie (#___)

(Answers in our next issue!)

Last month's answers:

A: #2 Charlie

B: #4 Bruce

C: #3 Comet

D: #5 Ellie

E: #6 Honeydew

F: #1 Bandito

WOULD YOUR PET LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION! Email kelley@thejileks.com



#1



#2



#4



#5



#3



#6

PAWSITIVELY POPPY Poppy's Favorite Things

By Miranda Kuhn

(To the tune of "My Favorite Things" from The Sound of Music)

Balm on my paw pads and calm chews
that soothe me,
Stuffed toys with squeakers and
squirrels in the pine tree,
Jumping on Momma when my bowl
she brings,
These are a few of my favorite things!

Snow on my snout when I play in the
snowdrift,
Shopping at Runnings and choosing
my own gift,
Barking like crazy when the doorbell
rings,
These are a few of my favorite things!

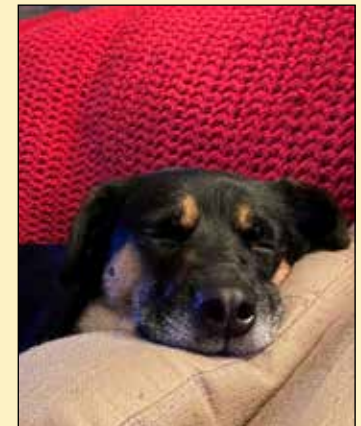
Snuggling my momma and playing with my dad,
Scratching my tummy and snoozing just a tad,
Jumping up and down like my feet are springs,
These are a few of my favorite things!

When it thunders, when my mom's gone, when I'm feeling sad,
I simply remember my favorite things and then I don't feel so bad!

Poppy and I want to wish you a Merry Christmas and Happy New Year! All the items and activities in the song above come pre-approved by Poppy, and they're a perfect way to slow down and enjoy the season. Poppy and I hope you take some time this holiday season to appreciate your furry best friends and all the joy and love they bring you all year round. See you next year and tell your pooch Merry Christmas for me! ■



Merry Christmas



Ask Alfie

Dear Heart River Voice Audience,

Today I write to you directly, as my heart weighs heavy. I am thinking of all the other cats and dogs who are not as fortunate as I am. The homeless, abandoned, and stray ones left to fend for themselves. Winter came earlier than usual this year, and with it came freezing temps which are already having a devastating impact on animals. Local rescues and shelters are being contacted daily about cats found frozen and sick, with frostbitten ears and blistered paws. Kittens born this Fall are not yet big enough to withstand freezing temps and are suffering and dying because of it. The snow cover also makes it even more challenging for them to find food, and lack of nutrition makes it difficult to stay warm.



There are still many months of winter ahead, so my plea to you is to consider doing something to help. First of all, if there are stray cats in your neighborhood, you may be able to help by placing insulated "feral cat shelters" on your property. A Dickinson group called Second Chances collects Styrofoam coolers and large storage totes and repurposes them into shelters for strays. To donate a cooler or tote, or to place one on your own property, contact secondchancesvolunteers@gmail.com. To be even more helpful and make one yourself, an easy-to-follow tutorial video can be found by visiting secondchancesvolunteers.org.

If you have a dog or cat that lives outdoors, you must provide adequate shelter. Better yet, consider bringing them inside. If being indoors is absolutely not an option, here are four important requirements for winter shelter:

1. Weatherproof. The shelter you provide for your cat or dog must be weatherproof, meaning it blocks the wind and does not allow rain or snow to leak inside. Keeping moisture out of the shelter may also mean that it needs to be raised off the ground to prevent flooding. You should regularly check your pet's shelter to make sure that it does not become damp or develop

leaks.

2. Insulation. Often times people think that if their pet has a house with four walls and a door, that is good enough. But you wouldn't be able to keep warm with just that, and neither can they. It is imperative that you ensure the walls, ceiling, and floor are insulated. Otherwise, the shelter will not be able to retain heat.

A popular dog house model is the "igloo". However, be advised that many igloo-style dog houses are simply constructed of hard plastic and are not insulated. Always do your research

or construct an insulated house yourself.

3. Size. How big or how small your dog or cat's shelter is matters. If the shelter is too small, the animal will have to lay directly in front of the entrance and be blasted with cold air. However, you must not rely on a shelter

that is too large. This is because unless they are provided with a heater or an electric heated mat, your cat or dog must warm the space with their body. If the space is too large, they will not be able to adequately heat the air around them.

It is very common for people to think that an unheated barn is good shelter for a cat or dog. And it is, but only if they are also provided with a smaller space inside. For example, an insulated dog house, a cooler which has been converted into a cat shelter, or small cubbies made out of stacked straw bales. Otherwise, it is impossible for the animal to create enough body heat to warm the entire barn, coop, or shed. A good rule of thumb is for the shelter to be about twice the size of your pet.

4. Bedding. The best bedding you can provide for an outdoor pet is straw. Blankets, and even hay, absorb moisture. This means that if your pet tracks in snow or water on their feet, their bedding will absorb it and freeze: creating an icy-cold bed to lay on. Straw, on the other hand, wicks moisture to the bottom and keeps the top layer dry. Fill your pet's shelter with a thick layer of straw and replenish it regularly throughout the winter.

If you are able to purchase

an electric heated pet mat, (specifically designed for outdoors and found locally at places such as Runnings Farm & Fleet) your pet will be even more likely to withstand freezing temps. Just be aware that it is not recommended to use the electric mat in conjunction with straw.

One last thing to keep in mind for winter survival is food and water. Because your pet has to expend more energy keeping their body temperature up, they burn more calories than they do during warm weather. For this reason, you may need to increase the amount of food they are given each day. Never expect your outdoor cats to survive on hunting alone as it is very difficult, especially in the winter months. Remember, water freezes quickly in the winter. Your pet needs to have access to fresh water every day, which may require checking their dish



Alfie and his friends, Beth, who helps him with his typing

and replacing the water at least twice per day. For your convenience, consider purchasing an electric water dish. These devices are affordable and easy to find online or in local stores.

Thank you for doing your part – together we can reduce suffering and save lives.

Sincerely, Alfie ■

Have questions about your pet(s)? Ask Alfie for advice by emailing AskAlfieCat@gmail.com



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Plus Many More Items

HEART RIVER GEMS

Rita Ennen

By Kaylee Garling

Happy Holidays! As we come to a close of the year 2022, and ready ourselves for another new year, we get to highlight an ending and new beginning with our local Library Director of 8 ½ years, Rita Ennen. She has been a key figure in expanding Dickinson Public Library programs for all ages. This has brought about wonderful opportunities for the community to grow in unique ways. Rita is retiring at the end of the year, and a new adventure calls. She will be transitioning into a part-time Pastor at the Dickinson United Methodist Church, which will bring all sorts of new ways to serve.

There have been so many amazing things in being the director, but every time Rita has been asked what her

favorite part about being at the library is, she says, "I really have a passion for empowering people. When you have a great staff, which I do, then you have the opportunity to make sure that they have everything they need to be successful. To me, that's what the director's position is. You put people where they can shine, give them everything they need for it, including some freedom for creativity and that kind of thing, but truly that is the very best part of being a director. The other thing I love is how we've moved forward with programming. Particularly how libraries are evolving to change along with our world."

There are several programs to mention, but just to touch on a few, there are Tiny Tots Storytime, Preschool Storytime, Free Movie Nights, Lego Club, Crime Club, S.T.E.A.M. Activities, Tween and Teen Movie Nights, Adult Craft Club, Adult Book Club, Socials, and Reading Programs.

To elaborate a bit, Rita shared, "Story

Heart River Gems is proudly sponsored by




SCAN ME



Rita (far right) helping library patrons

time is a place where, especially if you don't want or need to send your kids to preschool and daycare, they get all their kindergarten readiness. That's really the backbone of the program. The other being literacy in general. Those are big things that were started before I ever got here, but we've really grown things like our summer reading program, and we now have a winter reading program too. There were a lot of upsides to COVID, and a part of them are the ways that people have stopped and looked at what they're doing and transformed. Our BeanStack App lets us run reading challenges and that sort of thing year-round. It's accessible from your phone, easier for you, easier for us, and it has expanded our possibilities of adding reading programs and challenges across all of the ages. We start with little ones and then go all the way up to 102 or older. We've had great growth in our

adult participation particularly since we started the app. We do prizes and things for the adults just like the kids.

"Our Rubber Ducky Program is another one I'd like to highlight. It's the traditional 1000 books before kindergarten. Along with that, we have the Superhero Program which is for an older sibling reading to a younger sibling. Another program we've recently added is a Tween Program. We came to recognize that we had things for teens and the teenage group, which was getting way too big, and we had things for the little kids, but there's that middle area there. So, Jade has created a Tween Program and it has really taken off.

"Of course, our S.T.E.A.M. Programs have also really taken off too. They are offered after school, and I always express that kids have had to sit still, be

Continued next page

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Continued from page 26

quiet, and pay attention for hours by the time they get here. They need movement, they need interaction, so we make opportunities for that. Nothing that says you can't learn and have fun at same time." I would like to add that you learn even more when you're having fun.

She continued, "Another one I should mention is the Lego club. That's probably the most popular program. Some of us, as adults, even love Legos.



"The last time I was doing the Adult Craft Club, we had a lady participate who had only been here just a week. She moved from Tennessee, and it gave her a chance to sit at a table with a couple other ladies doing something crafty, visit and get to meet people. Whatever our activities are, you're going to be greeted by somebody that is happy to see you there, and you'll have that opportunity to get to know some like-minded people. To feel part of a community when you're new, that's the hardest part. You know, you come in and people will smile at you, and they'll say hello, but to actually break through that place where you

feel like you're part of it can be hard. I think our programs do pretty well at connecting that."

There are many exciting things happening at the Public Library. An expansion is on the horizon, but fundraising is still needed. "The City of Dickinson has committed \$3,000,000 towards the project, which is huge! They've made it so that we've gone forward to the point where we've gotten architectural drawings that people can see what



we're what we're looking at doing. A fundraising team is being put together." If you're interested in fundraising, reach out to the library.

The mission statement for Dickinson Public Library is: Enriching our Community, Igniting Curiosity, and Nourishing Minds. They've been actively doing all three and more within our community, a cause truly worthy of Superhero status. We would like to thank Rita for all she has done for our community since she moved here 21 years ago and look forward to watching her fulfill her next adventure at Dickinson United Methodist Church. ■

COMMUNITY

Brian Benesh honored for excellence

Brian Benesh was recently honored with the Stark County Spirit of Excellence Award for his Good Samaritan and Random Acts of Kindness.

Surrounded by family, friends, colleagues, and other special guests, Brian was recognized at a surprise celebration at the Stark County Veterans Pavilion on October 20. He was showered with donated items from Stark County businesses and individuals. Presenting the award was Dickinson Mayor Scott Decker.

Vietnam Veteran, Brian Benesh, is a man of duty, conviction, honor, and selflessness. For the past 27 years, Brian has taken on the task of placing an individual flag at every Veteran's gravestone for Memorial Day. In a



two-day span leading up to Memorial Day weekend, nearly 1,000 flags decorate the cemeteries throughout Dickinson. Brian has had the help of a few fellow Veterans over



the years, all of whom take on this task with the upmost respect to honor every Veteran laid to rest.

Brian led the Veterans Day program in Dickinson for over 18 years, up until last year, as he felt it was his duty to pay tribute to all who have served, especially our POW/MIA. Brian spearheaded the "Adopt a Vet" program, encouraging community members to an extra flower to the cemetery for Memorial Day, locate a Veteran's grave that does not have flowers, and place it there, to assure no Veteran is ever forgotten.

Brian has lived a life of giving to others who have given their life for our country's freedoms. He has been an unwavering rock for many fellow Veterans, as he has helped them connect with the local Veterans service department, and find the assistance needed to heal.

The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts in Stark County.

Nominate and view award information at www.starkcountysheriffnd.com or call 701-290-1640. ■



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KUDOS**Michelle Massie**

"As a well spent day brings happy sleep, so life well used brings happy death." - Leonardo DaVinci



Michelle Massie

Ask Michelle Massie to describe herself, and she may tell you she is first a wife and mother. Then a friend of Jesus and many others. Followed by a Registered Nurse and Life Coach.

Those she loves will tell you she is caring, spiritual, and empathic. A deep lover of all people and them living their best lives.

Which, all combined, led to her latest role as an End-of-Life Doula. Or as she will tell you, this leads to how the role of End-of-Life Doula actually chose her.

Michelle is the daughter of a funeral director and has spent many years of her nursing career working in hospice. But it was the personal experience of losing loved ones, some expected, some sudden and unforeseen, that made her realize the need for more support and community around the process of death, loss, and grief.

"Doula" is a Greek word that in ancient times referred to a woman of service. An End-of-Life Doula guides people and their families through the dying process, usually beginning soon after a terminal diagnosis.

Just as the roles of an OB nurse and OB doula are quite different at the beginning of life, so too are the roles of a Hospice nurse and End-of-Life Doula.

"A hospice nurse monitors the patient for a peaceful and pain-free death," states

Massie. "The End-of-Life Doula is an additional support and advocate offering holistic tips, education, and support to their patients and families as they are passing on.

"Too often we quiet death, when it's one of the only *for sure* in life. One of the biggest questions I ask my Death Doula patients is, 'How can I help you live your best last days?'"

As an End-of-Life Doula, Massie provides emotional, spiritual, and physical support to her patients by providing opportunities to speak openly about dying, explore the meaning of the dying's life and legacy, help incorporate traditions, and create new memories at the end of life. She also can assist with physical and practical care to ease the burden of caregivers, process emotions and experiences with loved ones, and guide families through the early stages of grieving.

"I've seen first hand, personally and professionally, in hospice the need for more support for families and the dying at end of life. The world also needs to normalize death, and the grief that comes with it; Death Doulas help with both of these," says Massie. "I want to create space for people. For the terminal mom, who needs someone who's not emotionally attached to help write letters to her kids; the grandma who wants to make that traditional recipe with her grandchildren; for someone who wants a chance to have a difficult conversation or finish that painting started years prior."

Massie believes that during this time of death, there can be moments to make life-giving memories. She is here in our community to walk next to families, ask intentional questions, offer support, help them tie up loose ends, and create memories, during this unforgettably challenging time in all their lives.

"This role of an End-of-Life Doula chose me, and I aspire to bring hope and life to the dying process, and after."

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good works women do. Women Empowering Women is dedicated to the collaboration of women to meet needs and helping women become the best versions of them self. To learn more see <https://wewnetwork.org>. ■

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VOICING SOME THOUGHTS

The golden age of Christmas past

By Nancy Hoff

Growing up, Christmas season began with December 6, St Nicholas Day or Mikulaus as it was known in our community. St Nicholas is the patron saint of children, eventually morphing into Santa Claus

At our community hall, Mikulaus would appear, with a great sack filled with paper bags of peanuts and hard Christmas candy for each child. He was accompanied by a devil named Cert who would rattle chains to deter any misbehavior. The masks were frightful – gauze, with heavily rouged cheeks and scant white beard. We were terrified. And we loved it! We grew up tough back then.

Preparation for Christmas was joyful. Christmas carols pealed on the radio all season and piped in as people shopped downtown. KDIX TV broadcast a local talent show, Kris Kringle, to raise funds for the needy and Money Tree where a contestant plucked dollar bills from a Christmas tree in a timed race.

On Christmas Eve, we went to our grandparents, taking our new board games – Clue, Operation, Sorry – to play with our cousins. We would walk to the village church for Midnight mass and hear Czech Christmas carols. I only understood a few words but what a beautiful reminder of where we came from. The peace and contentment of extreme sleepiness.



Christmas Day was our family day for chicken noodle soup and all the trimmings. Gifts were opened and goodies consumed. Then it was over. Six weeks of constant preparation – gone in a cyclone of an hour. A relief for my mother.

Via the wonder of TV, I remember two Christmas miracles:

In December 1967, the first successful heart transplant dominated the news. Although more commonplace today (yet still a miracle), think of this marvel, accomplished through our gifts of science and medicine to better humanity.

The second was the 1968 Apollo 8 mission to orbit the moon. On Christmas Eve, pictures were transmitted from space of our beautiful blue and white orb rising in the blackness of the cosmos. And the astronauts read from Genesis, “In the beginning, God created the heavens and the earth”. This picture is called “Earthrise”- look it up – it is stunning.

No matter what your belief is, there is awe in witnessing the glory of enhancing human life and the grateful humbleness of our small yet mighty presence in the universe.

Merry Christmas & Vesele Vanocel! ■

COOKING CRAVE

Cook with Laverne and Rhonda

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

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



Laverne and Rhonda

Homemade Recipes Made Easy! **COOKING CRAVE**

White Bean Chicken Soup

2 Tbsps. olive oil
1 onion, finely diced, about 1 cup
2 large carrots, peeled and diced
2 celery stalks, finely diced
1 jalapeno, seeds removed and finely diced (optional)
1 bay leaf
3 garlic cloves, minced
8 cups chicken stock
2 – 14 oz. cans cannellini beans, drained and rinsed
2-3 cups shredded chicken, poached or from a rotisserie chicken
1 tsp. salt
1/2 tsp. freshly ground pepper
2 Tbsps. fresh dill, finely chopped (plus extra for garnish)
1 bunch Swiss chard, stems removed and roughly chopped
1 lemon, juiced
Parmesan cheese for serving

CONSOLIDATED CHANNEL 18

Country Rose Cafe

Heat the oil in a large pot set over medium heat. Sauté onions, carrots, celery, jalapeno and bay leaf until vegetables are onions are tender, about 5 minutes. Add garlic and cook for 2 more minutes. Add chicken stock, beans, shredded chicken, salt and pepper and dill. Bring to a boil then reduce to a simmer. Simmer for 20 minutes stirring occasionally. Add chard and lemon juice and simmer for another 10 minutes. If you like it a little bit more bright add more lemon juice. Serve garnished with dill and shaved Parmesan.

Homemade Recipes Made Easy! **COOKING CRAVE**

Popcorn Cake

1/2 cup butter
2-10oz bags fresh Kraft marshmallows
Approximately 10 cups popped popcorn (not microwave)

CONSOLIDATED CHANNEL 18

Country Rose Cafe

Melt marshmallows and butter in microwave. Add fresh popped popcorn. The amount you add varies on the consistency that you like the cake. Add 1 cup M&M's and 1 cup salted party peanuts. Mix and put in a lightly buttered angel food cake pan.

You can vary the nut and candy addition to whatever you like...ie: almonds, gumdrops or any other favorites. If you like a caramel popcorn cake – just melt 25 Kraft caramels along w/ the butter and marshmallows.

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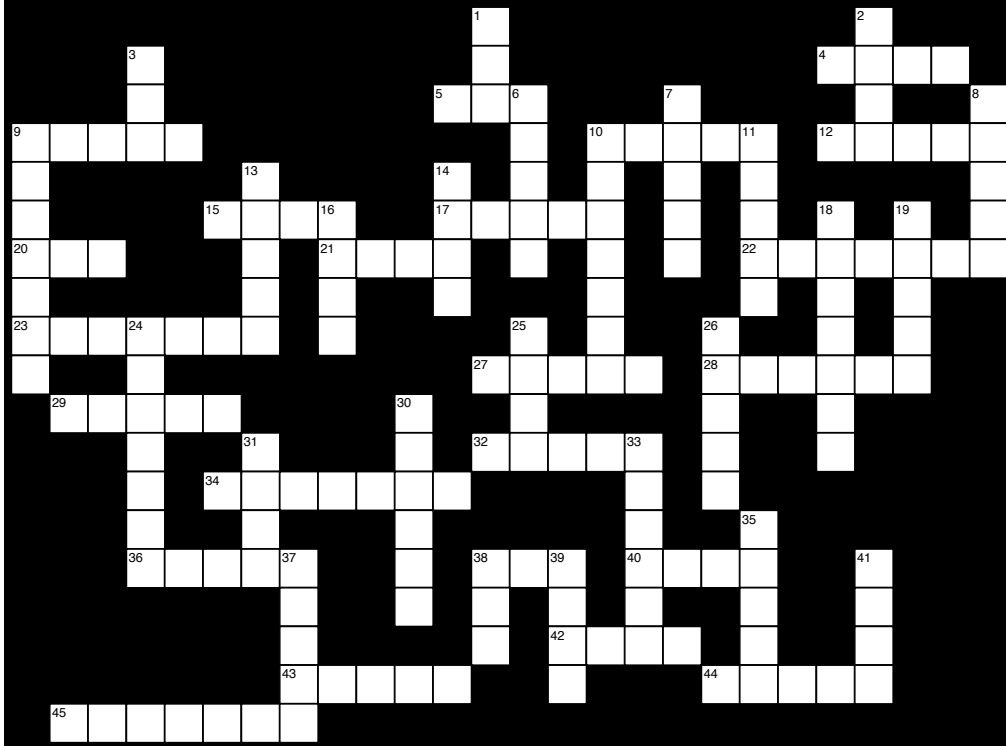
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JETSAM by Carlinka

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ACROSS

- 4 Message sent with thumbs
- 5 Keychain accessory
- 9 Music for a movie
- 10 Major blood vessel
- 12 Divide 50/50
- 15 Center of the planet
- 17 Old enough
- 20 Orchestra setting
- 21 They top kings
- 22 Part of a TV season
- 23 Small four-string instrument
- 27 Beer choice
- 28 Ones casting spells
- 29 Dunkin' purchase
- 32 Reason why
- 34 Affluent
- 36 Walled off, as a community
- 38 The spot on a domino or die
- 40 Ye_Shoppe
- 42 First part of a play
- 43 Japanese for "picture character"
- 44 Rich cake
- 45 What vests lack

DOWN

- 1 Question of identity
- 2 Lend a hand
- 3 E.M.T.'s training
- 6 Prickly patch
- 7 Reward for a good sit
- 8 Turner at a subway entrance
- 9 Leave the room for a second
- 10 Nothing special
- 11 Feel the same way
- 13 Zero people
- 14 Like Bo Peep's sheep
- 16 Toward sunrise
- 18 Covering for Adam and Eve
- 19 Charon's passengers in underworld
- 24 One responsibility for a bank
- 25 Long, drawn-out story
- 26 "Yeah, sure, whatever"
- 30 Port city in Ukraine
- 31 Optimistic feeling
- 33 Do an usher's job
- 35 Musical speed
- 37 Beach mounds
- 38 Use a crowbar
- 39 Button with a sideways triangle
- 41 Apt anagram of "evil"

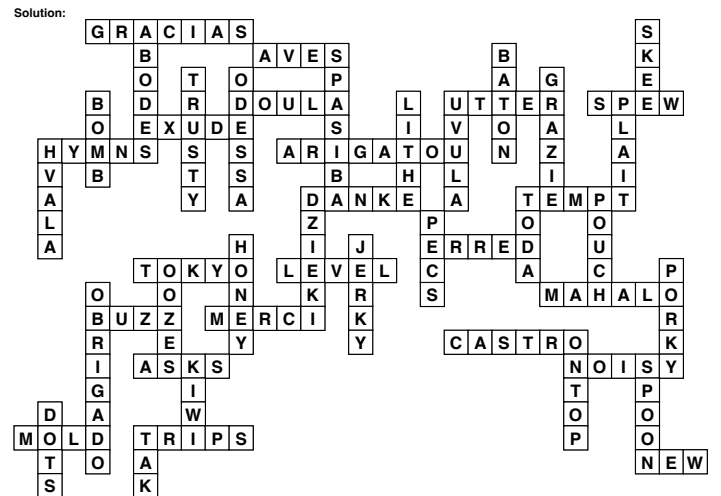


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Last month's puzzle solution

++Thank You++



HOROSCOPE**DECEMBER 2022** by Hilda De Anza**ARIES**

March 21-
April 20

December begins with a rare Mars-Venus opposition, highlighting relationships. This will be a dynamic month, with an opportunity to expand your intellectual horizons through travel, study and cultural activities. By the time Christmas comes along, Jupiter moves back into your sign Aries, and after Christmas you'll be ready to branch out.

**TAURUS**

April 21-
May 21

Early December

is a good time for career advancement, and you can expect support from the boss or the organization you work for. Christmas is a time when you are closely aligned with someone, taking on challenges together. By New Year's Eve you will want to redefine your goals, drop the things that no longer interest you, and focus on career expansion.

**GEMINI**

May 22-
June 21

Things change
near Dec 6th,

which is a time of transition when you extricate yourself from dependency and take a tougher approach, especially as regards matters affecting emotional or financial security. December is also a key time for friendships, and you may find yourself deeply involved in their relationships, perhaps acting as a matchmaker, messenger or advisor. It's a very active period for you socially.

**CANCER**

June 22-
July 22

December is one
of those rare

months which is both extremely dynamic and rather stressful. Right up to Christmas there are professional opportunities, and initiatives which may have been put on hold a couple of months back can be relaunched. The days up to New Year are very family-oriented, and you are motivated to be there for others and shoulder your share of the workload.

**LEO**

July 23-
August 22

December 7th
is a special

day because at this time the Sun opposes Mars, which happens only once every one and a half years, and on this occasion it presents you with a multiplicity of choices and meetings with a great variety of people. By mid-December, things get much more complicated, especially if there is romantic involvement, and you are likely to be confused about what to do.

**VIRGO**

August 23-
September 22

Double-check all
communication

early December. The 2nd week there is an important transition, you enter a period that will stretch for 2 to 3 months where the focus is on children, and your ability to express yourself. Christmas, your ruler Mercury moves retrograde, and this probably reflects someone you have a loving relationship with or someone you have been waiting for, perhaps turning up to celebrate the holiday period with you.

**LIBRA**

September 23-
October 22

The beginning
of the month

is a romantic period. Christmas this year is a family affair, and you can expect to reconnect with siblings who may be returning from somewhere far away. It's an intense period, both rewarding and exhausting, so that by the new year you'll be glad to embark on something a little less demanding. Over Christmas, a larger-than-life person reappears on the scene, promising excitement and adventure in the new year.

**SCORPIO**

October 23-
November 21

December begins
with significant

events affecting relationships and finance. Mid-December brings a lot of dynamic developments financially, and you may be able to recover some earlier losses. The period up to the new year is likely to bring both reminiscences and some intense discussions. For you, digging up memories from the past is an important self-discovery process, and you probably find that many secrets come to the surface at this time.

**SAGITTARIUS**

November 22-
December 21

As December
begins, a lot is going

on in regards to love and romance, perhaps in your life, or perhaps in the lives of children or friends you are close to. On December 21st, you recover your dynamism and are able to focus on personal creativity and independence, extricating yourself from family circumstances which have to be accepted rather than resolved. You are feeling in an extravagant mood over Christmas, but some financial restraint is advised.

**CAPRICORN**

December 22-
January 20

As December begins
you exude a quiet

confidence, many people at work and in your group look to you for advice and stability. Things change decisively after the first week of the month when people enter your sphere of influence. The more people you enroll in your agenda, the more that can be achieved. Life gets even more busy as Christmas approaches, and a new moon in your sign evokes a strong urge to do something radical which will affect your family life.

**AQUARIUS**

January 21-
February 19

December gets
off to an exciting

start, and it is particularly good for your relations with friends and children. Up to mid-December, this is a very sociable period for you, and it's excellent for parties, events with kids, romantic outings and all kinds of celebrations. After mid-December, a quieter period begins, and you appreciate time alone to nurture the activities and relationships which really matter. This tendency to withdraw from a very active social life continues throughout Christmas.

**PISCES**

February 20-
March 20

Important
relationships are

on the line in early December, and there is considerable confusion about what people want and the direction they want to go. There is a marked change of emphasis, and there is a sense that you can move on to work on ventures that were put on hold a couple of months ago. Christmas brings a lot of social activity with the arrival of a new set of friends, gathered perhaps by a partner. People have plans for you, and responsibilities pile up.

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or-i-gin Freelancer: (English)

This word first appears in Sir Walter Scott's *Ivanhoe*. Here he describes a kind of mercenary knight that would fight for any side for payment. These "freelances" would be bought for a price by the lords and had no loyalties to any particular cause. ■



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