

# Heart River VOICE

FREE | TAKE ONE

**Kent Van Ells**  
Executing retirement after  
50 years of coaching  
page 16

**Then...and Now**  
The history of St. John's  
Episcopal church  
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CALENDAR of  
LOCAL EVENTS





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## A note to our readers

Winter weather is still upon us, but luckily, there are plenty of activities and events to entertain us and keep us from getting "cabin fever."

Check out the library's offerings (pages 4 and 7), a jazz music benefit recital, If Music Be the Food (page 11), and Dickinson Public School's winter production of "Get Smart" (page 25). Care for an intellectual discussion about soil health? Join Humanities ND at The Rock (see page 7).

There's plenty to do to help us through the cold days ahead.

Come explore our February issue.

**Kelley Jilek**  
Publisher

Oil Painting by Donna Cristy entitled "Steam Dance." For more information about the artist, see page 5.

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## #BOOKWORM

# Cabin fever cured at the public library

By Cindy Thronburg

With January being an off month for programming planning, we are jumping into February with a calendar chock-full of programs! Besides being the final month of the Winter Reading Program, we have several other events for patrons of all ages.

Teens will get to challenge themselves to read something new with Emoji Reads. These are mystery books that are wrapped up so they don't know what the book is, but there is a hint as to what it is using emojis. They will be located at the lower level circulation desk.

There is also fine forgiveness for teens (ages 11-17) in the entire month of February. Teens who fill out the slip will get fines taken off of their account (up to \$10.00), as well as a free replacement card if theirs is lost. Only one slip is allowed per patron, and fines waived cannot be applied to lost or damaged items.

Teen Movie Night will be on Friday the 21st at 5:00pm, and we will be showing Maleficent: Mistress of Evil. A popcorn bar will be provided. This event is limited to teens ages 11-17.

The highlight of events for teens in February will be the Anti-Valentine's Day Party on Tuesday the 11th from 4:00pm to 5:30pm. Teens (ages 11-17) are invited to make a craft, take anti-valentine photo booth pictures, enjoy some snacks, and break a heart ... piñata.

Adults can enjoy the monthly programs of Adult Book Club, Adult Craft Club, Books & Brew, and Film Society. This month the Film Society will be showing Kingdom of Shadows, a documentary about the U.S.-Mexico drug war, seen through the eyes of three

individuals. The film will be shown at 2:00pm on February 8th. Also, adults are encouraged to participate in the Winter Reading Program!

We would like to again thank everyone for their continued patience as we navigate in our new Integrated Library System. We learn new things every day in a continued effort to improve the library patron experience. We hope you are enjoying the new features we have available, including options to receive text or email notifications and managing your account online.

#### Announcements:

- Starting on February 3rd, the AARP Tax Aide will be available from 1:00pm to 4:00pm every Monday and Wednesday until April 15th in the Community Room. The AARP will be here to help your questions this tax season. Appointments are first come, first serve.

- We now have a page on our website that shows the newest items that have been added to the collection. Navigate to our "New at the DAPL" page by going to the Search drop-down menu and selecting "Featured New Items." If you can't get to a computer, below are a few of our new offerings.

- The last day to hand in the Winter Reading Program Coloring Contest entries is February 15th. Entries will be on display for voting during the week of the 23rd.

- The last day to hand in Winter Reading Program logs and coupons is Saturday, February 29th. We will be having our Cookies & Cocoa Social on March 6th from 3:00pm to 5:00pm. Please join us for some goodies while we announce the prize winners from the reading program!



Dickinson Area Public Library offers Keurig coffee for \$1.00 and fireside lounging. Cozy up with a good book today! (Photo courtesy of 4N3 Photos)

#### New titles added to the collection:

- **Adult Fiction:** Elevator Pitch by Linwood Barclay; Kopp Sisters on the March by Amy Stewart; The Fifth Column by Andrew Gross; Red at the Bone by Jacqueline Woodson

- **Adult Nonfiction:** Generation Friends: An Inside Look at the Show That Defined a Television Era; Permanent Record by Edward Snowden; The Education of an Idealist: A Memoir by Samantha Power; The Undying; Tools and Weapons: The Promise and the Peril of the Digital Age

- **Adult DVDs:** Victoria: Season 3; Chicago Fire: Season 7; Chicago Med: Season 4; Chernobyl; Doom Patrol: Season 1

- **Children's DVDs:** Bubblegum Fairies Valentine's Day Sing-a-long; Sgt. Stubby: An American Hero; Sesame Street:

Celebrate Family; Minnie's Winter Bow Show; All Grown Up...And Loving It!

- **Children's Easy Books:** I Am Love; The Pout-Pout Fish and the Bully-Bully Shark; The Very Last Castle; The King of Kindergarten; A Stone Sat Still; Octopus Stew; Unicorns 101

- **Children's and Teens' Fiction:** Tristan Strong Punches a Hole in the Sky by Kwame Mbalia; Rise of the Dragons by Angie Sage; Allies by Alan Gratz; The Lantern's Ember by Colleen Houck; Dactyl Hill Squad by Daniel José Older

- **Children's Nonfiction:** Snowman - Cold = Puddle: Spring Equations; The Far Away Brothers: Two Teenage Immigrants Making a Life in America; Manhattan: Mapping the Story of an Island; Caught! Nabbing History's Most Wanted; Samuel Morse, That's Who! ■

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**COVER ARTIST**

**Donna Cristy**

Oil painting is my escape from all our world issues and stresses. When I walk into my studio and turn on soothing tunes, I feel the stresses of my day melt away and I am absorbed into a beautiful world of shapes and color. Everything beautiful reflects God's love. I am so blessed to have the opportunity to take a blank canvas, squeeze out gorgeous, luscious color on my palate and create a work of art. Each time one of my paintings



a sense of peace and joy. When they are moved to take it home to enjoy every day, this is the most amazing and humbling experience for me. I feel the gift God gave me is shared. I say a prayer over each blank canvas asking God to help me create something that will be moving and cherished by someone. I sign each canvas with

a cross in reverence to Christ. On the back you will find my signature, date it was completed and the biblical verse Romans 5:8 as a reminder of the greatest gift that has ever been or ever will be given to all who choose to believe.

I have been married to an amazing and supportive husband for over 30 years! Together we have three grown children, two beautiful daughters-in-law, four adored grandchildren and another expected this month!

I am a Nurse Practitioner and I work in Women's Health. I am a Texas gal transplanted into North Dakota and shocked how much I love it!

I am self-taught in oil painting and did not pick up a brush until our youngest went to college. I love color and I am passionate about oil painting both with brush and palate knife! ■



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**GIRL SCOUTS**

**Building leaders, one cookie at time**

On February 21, Girl Scouts will embark on the 2020 Girl Scout Cookie Program — an opportunity to build skills while earning funds to fuel their experiences.

While customers can't wait to get their hands on the delicious treats, the Girl Scout Cookie Program isn't about the cookies, it's about the Girl Scouts themselves. Through the program, girls get their first taste of entrepreneurship. They learn how to set goals, create budgets, manage finances, cultivate customers, and make business decisions while developing confidence handling money and interacting with numbers.

Girl Scouts set their own money-earning goals for the season. They may decide to give back to their community by funding a service project or use their hard-earned money to embark on

big adventures such as camp or travel. Girls also earn awards at every level of Girl Scouting, including cookie and financial literacy badges and the Cookie Entrepreneur Family pin.



The largest girl-led business enterprise in the world, the Girl Scouts sell their cookies door-to-door, at cookie booths supported by community businesses and also through their own on-line store made possible through the Digital Cookie platform.

Don't have a direct Girl Scout connection? Customers can download a "Cookie Finder" app on their phone that alerts them when they are near a cookie booth. Following a diet that looks less than favorably on sweet treats? The Girl Scouts have the option of participating in a "Heroes on the Horizon" program that allows them to collect cookie box donations for local heroes such as military and first responders.

When you buy Girl Scout Cookies, you are empowering girls to do amazing things — aspects essential to leadership, success, and life. Through Girl Scouting and the Girl Scout Cookie Program, girls learn they can be and do anything they set their minds to. ■

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 **#ThinkOutsideTheCookieBox**



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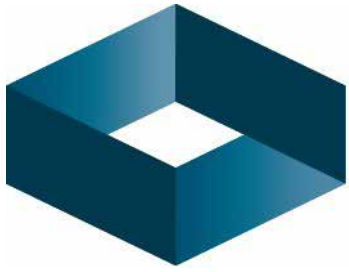
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## HUMANITIES ND

## Think &amp; Drink



HUMANITIES  
NORTH DAKOTA

Think & Drink is a Humanities happy hour series that combines brave conversation and great beer. Join our content experts for a dynamic dialogue set in a great local bar, The Rock, in Dickinson. On Sunday, February 23rd, the discussion will be led by Jon Stika and moderated by Steven Doherty.

Jon Stika is a retired soil scientist and soil health instructor with the U.S. Department of Agriculture Natural Resources Conservation



Jon Stika

Service and is currently a part-time professional at the North Dakota State University Dickinson Research Extension Center, free-lance writer, environmental consultant, and head brewer at Phat Fish Brewing Company LLC in Dickinson. Jon is the author of "A Soil Owner's Manual: How to Restore and Maintain Soil Health" published in April of 2016. The book draws on Jon's lifelong experience with the soil as a farmer, dairyman, integrated

pest management specialist, gardener, soil scientist, agronomist, horticulturist, and soil health instructor to help folks understand how the soil operates as a living system. He is the recipient of many awards for his work in writing and teaching about soil health.

Dr. Steven Doherty is a Professor of Political Science and Social Science Department Chair at Dickinson State University. He received his doctorate in Political Science from Loyola



Dr. Steven Doherty

University Chicago in 1999. His research interests and publications include the impact of energy development on political behavior in boomtown communities, minority group voting behavior, and the political career of Theodore Roosevelt.

All tickets include one drink and snacks. All participants must be 21+. Doors open at 1 PM. Program begins at 2 PM. ■

## CHI 2019 Employee of the Year

CHI St. Alexis Health Dickinson is pleased to announce Mary Walser as the winner of the 2019 Employee of the Year award. Mary is an CNA in the Radiology Department and has been serving patients at our hospital in Dickinson for over 50 years. Her hard work, compassion, and caring attitude have touched hundreds—probably thousands!—throughout her career. Congratulations, Mary! Thank you for your hard work and commitment to CHI St. Alexis Health Dickinson and our community! ■



## THAT'S CHEESY

## Swiss Emmental

By Tara Laber

Swiss cheese is a generic name in North America for several related varieties of cheese mainly of North American manufacture, which resemble Emmental cheese that originated in the area around Emmental, in Switzerland.

The two most famous Swiss cheeses are Emmental and Gruyere varieties highly prized in fondues and for both their flavor and melting ability. Emmental, the model for the American version of Swiss cheese, is a semi hard yellow cheese with a mildly nutty flavor and holes of varying sizes. A young Gruyere has a softer paste with far less noticeable holes but a similarly mild taste. It gets more granular and sharper in flavor as it ages. ■



## Highlights of February Programming

- **February 1st** — **Genealogy Programming Topic: Using the resources of Find A Grave and Billiongraves on the internet.**
- **February 6th** — **Books & Brew will be meeting to pitch books from our members. Bring your favorite book or books and explain why we should read them. 7pm at DePorres House of Barbering and Lounge.**
- **February 8th** — **Film Society will be showing Kingdom of Shadows at 2pm in the Community Room.**
- **February 11th** — **Anti-Valentine's Day Party for teens from 4 to 5:30 pm in the Community Room.**
- **February 11th** — **Library Board Meeting at 4pm.**
- **February 17th** — **The Dickinson Area Public Library will be closed in observance of President's Day.**
- **February 21st** — **Teen Movie Night in the Community Room at 5pm featuring Maleficent: Mistress of Evil. (This event ends after normal library hours, please pickup your child at the West Entrance at 7pm.)**
- **February 25th** — **Teen Tuesday featuring Board Games with friends both old and new.**



Fine forgiveness for TEENS during the month of February. This is not automatic, you do need to come in and ask for the fine forgiveness program at the circulation desk. Only available during the month of February.



## BADLANDS CONSERVATION ALLIANCE

# Conservation group hires Dr. Elizabeth Loos

Badlands Conservation Alliance, a 20-year-old North Dakota conservation organization that bills itself as “A Voice for North Dakota’s Wild Places,” has hired Dr. Elizabeth Loos as its new Executive Director. Dr. Loos replaces the group’s longtime director, Jan Swenson, who has retired.

Dr. Loos is a Pittsburgh native and a graduate of the Rachel Carson Institute at Chatham University, who first came to North Dakota in 1995 as a summer researcher for Delta Waterfowl. Before moving permanently to Bismarck in 2013, she divided her time between North Dakota and Louisiana, conducting



in Pennsylvania, as an organizer for Dakota Resource Council in North Dakota, and as a wildlife consultant with Western Plains Consulting in Bismarck. Most recently she has been employed as field director for North Dakotans for Public Integrity and legislative coordinator and organizer for the North Dakota Human Rights Coalition.

“We are excited that Liz is bringing her broad expertise in both natural resource conservation and non-profit organizing to BCA,” said Lillian Crook of Bismarck, the group’s Founder and current President. “Jan Swenson is a tough act to follow. We already miss her dedication and leadership over her long tenure with BCA, but we’re confident we have found the new leader who can lead BCA into a robust future.”

Badlands Conservation Alliance (BadlandsConservationAlliance.org) was founded in 1999 in response to continued encroaching industrial development on western North Dakota’s public lands, especially North Dakota’s National Grasslands and Theodore Roosevelt National Park. The group says it “provides an independent voice for hundreds of conservation-minded North Dakotans and others who are appreciative of this unique Great Plains landscape.”

“Our mission is to ensure that the public lands management agencies adhere to the principles of the laws that guide them and provide for wise stewardship of the natural landscapes with which the citizens of the United States have entrusted them—for this and future generations,” Crook said.

BCA has prepared a proposal, Prairie Legacy Wilderness, to designate the remaining 40,000 acres of roadless “suitable for wilderness” areas in the North Dakota National Grasslands as part of the National Wilderness Preservation System, under the federal 1964 Wilderness Act. The proposal will need Congressional approval. ■



Dr. Elizabeth Loos

her Master’s research in Ornithology (Louisiana State University) and her Ph.D. research in Environmental and Evolutionary Biology (University of Louisiana) on the North Dakota prairies. From 2004-2007 she served as Research Director for Delta Waterfowl at its national headquarters in Bismarck.

In addition to her work for Delta Waterfowl, Dr. Loos has previous conservation experience as director of the Rainforest Action Group in

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## GOING POSTAL

Expressions of friendship, romance, encouragement, or just to say “I’m thinking of you” – these new stamps from the U.S. Postal Service will deliver your message in style. The connection between sentiment and the heart symbol is at least as old as the ancient Greeks. They used images of ivy, grape, and fig leaves – all shaped like the heart – in art and on pottery to symbolize abiding love. Use of the heart as an expression of romantic constancy might date to the concept of courtly love that was the fashion in the Middle Ages.

Today, the heart is used to signify more than romantic or eternal love. A favorite motif in art, hearts are also design elements frequently found on furniture, jewelry, textiles, shoes, or clothing. The heart is universally understood to symbolize devotion, affection, and love.

Antonio Alcalá designed this new Forever stamp and was art director for this project. ■





**TRINITY CATHOLIC SCHOOLS**

# A school of the whole student

By Steve Glasser, President, Trinity Catholic Schools

It is a great time to be a Titan! Trinity Catholic Schools is experiencing a tremendous enrollment wave of momentum. We have worked hard to develop a culture that awakens greatness in our administration, faculty, staff and students, and we feel that everyone is embracing this culture, resulting in a 15% system-wide enrollment growth in the 2019-2020 school year.

Titan  
P r e s c h o o l  
(our preschool program) has grown incredibly in the 2019-2020 school year - with a 60% increase in enrollment! With that tremendous increase in enrollment, we created and filled 121 student openings. Our newly formed all day prekindergarten has one section at Trinity Elementary East and one section at Trinity Elementary West with a total enrollment of 37 students. In the fall,



elementary, or junior high and high school.

One important piece to our culture is our safe environment. We take pride in providing an environment where our students feel safe - physically and emotionally. We have had zero recordable violent incidents over the last several years. I feel that educating students in a Christ-centered environment and having a very dedicated and caring faculty and staff has a strong impact on our safe environment. Our students and faculty have many opportunities to attend Holy Mass, receive the sacraments and live out their faith. This has never been more important, as we do our best to educate the whole student in the challenging society in which we live today.

We are proud of our test scores at both the elementary and secondary



Mrs. Kathy Kiedrowski, Family and Consumer Science teacher, with two freshman during the fall cupcake sales.

Our students are involved! Nearly 96% of students grades 7-12 participate in an extracurricular activity and over 80% are involved in more than one. Our students thrive when they are able to use their gifts both inside and outside the classroom - and the lessons learned

a comprehensive strategic planning initiative. This plan will involve all constituencies - students, parents, stakeholders, community members and business professionals. We are excited to plan for the future based on the input that we receive!



Trinity Elementary 5th grade students enjoy lunch time guests: a few of the varsity boys basketball players.

2020, we plan to add an additional section. Registration for the 2020-2021 school year opens to the public on February 3. Please give us a call if you are interested in exploring all that Trinity has to offer - in early childhood,

levels. Every year our ACT scores are above state and national averages and we do our very best to help each student reach his or her academic potential - recognizing that each student's potential is different and valuable.



Kindergarten students at Trinity Elementary take time for a photo in their "safety glasses," worn during a recent experiment.

on the stage, the court or the field are important for human formation.

We are constantly striving for excellence as a school community, and thus in the fall of 2019 we began

It is so rewarding to see our students grow and flourish in their faith, academics and extracurricular activities - and it is, indeed, a great time to be a Titan! ■



## GIVING HEARTS

## The ties that bind us



# GIVING HEARTS DAY

Connect with a purpose greater than yourself this Giving Hearts Day!

It's no secret that the communities in southwest North Dakota are tightly knit. When two people meet for the first time, it typically takes less than five minutes to discover someone they have in common. We tend to know our neighbors, be in touch with the needs of our communities, and to actively care for one another.

This spirit of neighborliness, connection, and goodwill becomes supercharged each year on Giving Hearts Day, an annual 24 hour online fundraising event taking place this year on Thursday, February 13th. First held in 2008 with a dozen or so charities in the Fargo area, Giving Hearts Day now includes charities throughout North Dakota and Minnesota, including a collaborative of 12 charities located right here in southwest North Dakota. Last year, the area collaborative

raised an incredible \$369,000, with every dollar being put to work strengthening the fabric of our southwest North Dakota communities.

While Giving Hearts Day has made a huge difference for area charities, it's not simply those on the receiving end that benefit, donors have also come to look forward to this day of connection, meaning, and generosity. "On Giving Hearts Day, I get to be part of a vision that is amazing and exciting!" states Marlo Nelson of Dickinson. Her sentiments are echoed by many other area donors who anticipate the experience of giving on this day, year after year.

To make a donation, visit [www.GivingHeartsDay.org](http://www.GivingHeartsDay.org) on February 13th, or for your convenience, consider scheduling a gift to your favorite charity today! ■

### SW ND Giving Hearts Day Collaborative Charities

Assumption Abbey, Richardton  
 Badlands Ministries, Medora  
 Best Friends Mentoring Program, Dickinson  
 Camp ReCreation, Inc., Richardton  
 CHI Health at Home-Hospice, Dickinson  
 Connect Medical Clinic, Dickinson  
 Dickinson Back Pack Program, Dickinson  
 Home on the Range, Sentinel Butte  
 Sacred Heart Benedictine Foundation, Dickinson  
 St. Benedict's Health Center, Dickinson  
 Sunrise Foundation, Bowman  
 West River Health Services Foundation, Hettinger



Collaboration and Connection: Dr. Catherine Houle of West River Health Services in Hettinger, part of the SW ND collaborative, is pictured above with one of her OB patients, Katie Vidmar of Mott. "I love the care I receive at WRHS and having quality rural healthcare close to home matters to me," Vidmar states. Due in March, Vidmar is the Executive Director of another participating charity, Connect Medical Clinic of Dickinson.



Sacred Heart Benedictine Foundation, Dickinson, one of twelve collaborative charities participating in Giving Hearts Day.



## YOUR HEALTH

## Protect your heart

By Steve Irsfeld

February is Heart Month, the perfect time to learn about your risk for heart disease and the steps you need to take now to help your heart. That is why I will be discussing the use of the popular pain reliever ibuprofen and the cardiovascular risk associated with that medication.

Ibuprofen is part of a group of medications called non-steroidal anti-inflammatory drugs or NSAIDs. The use of these medications can potentially cause some serious adverse events, the most common being cardiovascular and stomach. The U.S. Food and Drug Administration (FDA) requires OTC NSAIDs to be labeled with the following risk warnings:

*Heart attack and stroke warning: NSAIDs, except aspirin, increase the risk of heart attack, heart failure, and stroke. These can be fatal. The risk is higher if you use more than directed or for longer than directed.*

In the prescription world, a warning like this is referred to as a "Black Box" warning and is included in the package insert. The "Black Box" is the FDA's most stringent safety labeling requirements for prescription drugs. This warning is designed to inform prescribers and patients about the serious health risks associated with a drug's use. When I first started practicing, very few prescription medications were associated with a black box warning, but these days, it's not uncommon to have one.

These warnings are a big deal because the number of people taking ibuprofen and naproxen as an over-the-counter product or prescription is quite high. As a matter of fact, studies show that NSAID usage happens in about 20-30% of the



population. Not only do we have a high consumption of these products, but they are being taken in doses that exceed the recommendations as well.

What is a person to do when they want relief from pain or inflammation and they don't want the potential side effects of OTC products? The answer is fish oil, curcumin, bromelain, ginger, probiotics and systemic enzymes. All of these natural products have the ability to exert pain relief or an anti-inflammatory effect. In addition, they are much safer long-term options than the current standard of care.

If you would like help, my staff and I are available, so stop by the pharmacy or call to schedule a consultation for help with chronic pain issues. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

## MUSIC CORNER

## If Music Be the Food

January seems to be the unofficial national month of the diet. People turn their attention away from feasting towards fasting. And as we turn our minds from celebrating to cycling, our attention is also drawn away from those

at DSU, as well as DSU pianists Cheryl Hewson and Joel Walters. We will also be privileged to hear from award-winning jazz singer and DSU student Julianne Skaff, and we will be treated to a performance from the DSU jazz



among us who may need a helping hand to keep their cupboards stocked. Susie Kapelovitz, pantry manager for The AMEN Food Pantry here in Dickinson, explained this to me when I first spoke with her about creating a benefit recital series to help keep the pantry's shelves full. Carol Rodland, founder of the If Music Be the Food recital format, told me that our Dickinson series should be held at times of year when the pantry tends to run low. It is for these reasons that we will be hosting our ninth semi-annual If Music Be the Food recital on Saturday, February 15 at 7:00 pm at St. John Lutheran Church.

Although our recital series typically focuses on offering classical music to our community, this February's event will focus on jazz! We are excited to have performances from Dr. Erin Oberlander, a singer from Mott, who taught voice

band. A few performances are still to be determined, but we can guarantee that our surprise performers will bring artistry and enjoyment to our audiences!

All we ask in return is that audience members who are financially able bring non-perishable food or cash donations for the AMEN Food Pantry. Over the last four years of recitals, the series has taken in around \$2000 in cash donations and many hundreds of pounds of food. We are lucky to live in such a generous, supportive community. It is important to note that even if you cannot afford to donate, you are welcome to enjoy this gift of music!

Come join us for a free, belated Valentine's date and warm up with some jazz on a wintery night! For more information, see [ifmusicbethefood.com](http://ifmusicbethefood.com) or contact artistic director Kelsey K. Rogers at [kelseykrogers@gmail.com](mailto:kelseykrogers@gmail.com). ■



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## MISS BEA'S KITCHEN

# Spicing up our winter menu

By Laura Beth Walters

I moved to California for college and fell into a world of spices and culinary variety I never knew existed. My favorite

I think was when I found this tiny Indian place called Malhi's. They had the most amazing flavor profiles and exotic dishes I'd never seen before, and I loved it! I spent so much time there with my books sprawled across the table, studying and eating my weight in Chicken Tikka Masala, and I'm not sorry.

Fast forward a few years to 2017 and I had the opportunity to introduce my (now)

husband to Indian food while on a trip to Philadelphia. We found this tiny place called Indeblue within walking distance of our hotel (about 13 blocks... but it's always a good idea to plan a long walk after gorging on Indian food). I ordered us a variety of dishes along with every kind of naan available and watched with glee as Joel fell as deeply in love with Indian food as I had when I first tried it back in California. I don't think there was a single grain of rice left on that table when we rolled ourselves out of the restaurant! Since then, whenever we travel, we try to find an Indian restaurant for dinner, and we have found some really yummy ones.

In the last year or so, it finally dawned on me that I can actually make Indian food at home - the novelty! You see, my parents were never really adventurous

when it came to food (more so my dad) and so we never had anything other than straight up Midwest meat and potatoes,

Mexican, or Italian growing up, so it was a huge "ah-ha moment" to think that I could actually make that food we so enjoyed out in my own kitchen. I haven't made it in a while and so last night I decided to make Butter Chicken because it was so cold outside, and I wanted something hearty and comforting with lots of flavor. Often, I think we see stews and hotdishes as

comfort food but during these long winter months, that menu can get pretty repetitive and boring. Butter Chicken can be made in the crockpot, and it's really quite decadent and satisfying.

My husband told me last night that he always thinks of Indian food as being special or exotic because it's something we do when we travel, and it's true, but I want to make him feel special more often and give him that "exotic date night" feel right here at home if I can - and I know I can! I plan to make Indian food more often during these cold winter months knowing it will fill our bellies and feed our souls much the same way those casseroles and hearty stews do, but with a little adventure thrown in.

If you're feeling adventurous and want to add a little spice to your winter menu,



consider trying this delicious recipe for homemade Butter Chicken! It's easy, mild, and something the whole family will enjoy.

P.S. Follow me on Facebook for the recipe for Turmeric Tea that I served with this dinner and more!

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



## Crockpot Butter Chicken

### Ingredients:

- 2 lbs boneless, skinless chicken breasts (about 4 medium breasts)
- 1 TBS coconut oil
- 1 small yellow onion, diced
- 1 TBS minced ginger
- 4 cloves minced garlic (about 4 tsp)
- 1 ½ TBS curry powder
- 1 TBS garam masala
- 1 ½ tsp chili powder
- ¾ tsp salt
- 1 6 oz can tomato paste
- 1 small cauliflower cut into florets (about 4 ½ c)
- 1 14 oz can tomato sauce
- 2 TBS unsalted butter
- ½ c half-and-half
- ½ c plain Greek yogurt

### For serving:

- Rice (we prefer Jasmine rice), or quinoa
- Naan (Indian bread, you can find it at WalMart or Cash Wise if you don't want to make it)
- Chopped fresh cilantro

1. In a nonstick skillet, heat the coconut oil over medium high. Once hot, add the onion and cook until beginning to soften, about 5 minutes. Add the ginger, garlic, curry, garam masala, chili powder, salt, and tomato paste. Cook until fragrant, about 30 seconds.

2. Transfer the onions to a 6 qt or larger slow cooker. Lay the chicken on top, then the cauliflower florets, and top with the tomato sauce. Stir to combine the florets and sauce a bit until evenly coated, try to leave the chicken pieces undisturbed underneath. Scatter the butter in pieces over the top.

3. Cover and cook on high for 1 ½ - 2 ½ hours or on low for 4-6 hours, until the chicken is cooked through. Cooking time may vary, so check early to ensure your chicken doesn't dry out. When the chicken is done, remove it to a cutting board and let it cool slightly.

4. At this point, the cauliflower may not be tender. If it needs more time, give the contents of the slow cooker a good stir, recover the slow cooker and cook on high until the florets are completely tender, about 30 minutes to an hour more.

5. Once chicken is cool enough to handle safely, cut it into bite sized pieces and return to the cooker. Stir in the half-and-half and let everything cool for a few minutes before adding the Greek yogurt. Don't add the yogurt right away as it will curdle if the sauce is too hot. Enjoy Butter chicken over rice or quinoa and serve with naan. Sprinkle with cilantro before serving. ■





**PIPER'S PALS**

**Pet Name Match**

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

- A: Chicky (#\_\_\_)
- B: Sarabi (#\_\_\_)
- C: Diggs (#\_\_\_)
- D: Kramer (#\_\_\_)
- E: Zani (#\_\_\_)
- F: Toby (#\_\_\_)

(Answers in our March issue!)

WOULD YOUR PET (dog or cat) LIKE TO BE ONE OF PIPER'S PALS? SEND US YOUR PET'S PHOTO AND NAME FOR CONSIDERATION!  
Email [kelley@heartrivervoic.com](mailto:kelley@heartrivervoic.com)

Last month's answers:

- A: #6 Luna
- B: #3 Fendi
- C: #2 Bailey
- D: #5 Bently
- E: #4 Patchouli
- F: #1 Boone



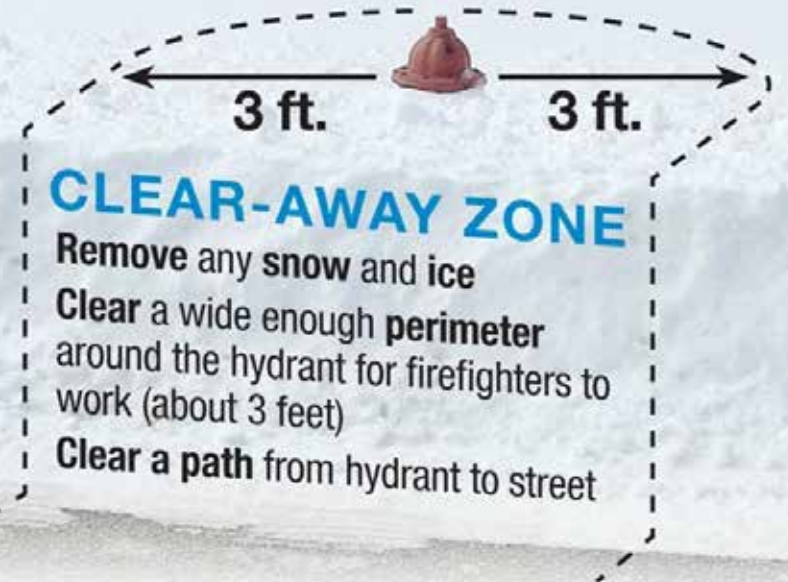
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Mandy's Bagel Bar  
Dunn Brothers Coffee  
Dickinson Theodore Roosevelt Regional  
Airport  
Community Action  
Southwestern District Health Unit  
Stark Development Corporation  
Chamber of Commerce  
Convention and Visitors Bureau  
Downtown Dickinson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

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

## SOUTH HEART

I Don't Know Bar  
South Heart Public School

## RICHARDTON

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

## BELFIELD

Trappers Kettle  
City Hall  
Belfield Public School

## M'S MENTAL MOMENTS

### Embrace today

**By Melissa Gjermundson**

A week before Christmas one of our dogs died. Of those that grieved, it was my son that broke my heart the most. His ten year old heart was not only sad about one of his dogs dying, but it also held guilt for not seizing the moments he could have spent more time with her.

We have all had a time when we reflect on how life got busy and how we forgot to make time to show appreciation for who is in our life and what we have - times when we didn't tell someone our

be hurting. We all have been given gifts that can help uplift others; whether it is a kind word, helpful hand or friendly compliment.

You are in this world for a reason and God has called each one of us in this place and time. What is your gift to offer? Think about what you enjoy and use that to pay it forward. Today, people feel more comfortable staring at their phones instead of smiling at strangers. We are consumed with technology, but that will never fulfill our lives like helping someone. You can be a blessing



thoughts and feelings that we are proud of them, miss them or love them.... or times when we simply should have spent more time visiting with them. In these moments, when we realize that our actions haven't measured up to our loving intentions, our hearts are left heavy.

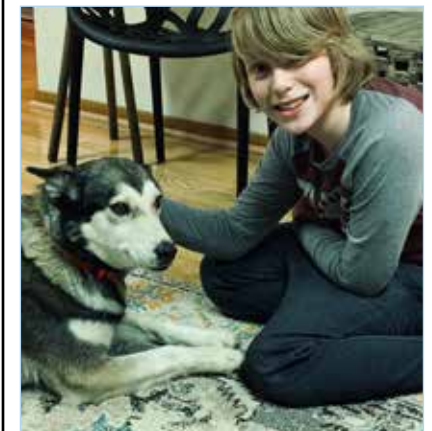
Helping my son through his grief was heart wrenching yet rewarding. It was an opportunity to remind him of the times he spent with the dogs and how much each of those moments meant to Taffy, but mostly, we discussed following through on spending more time with our other, still living, sled dog. He is fortunate to learn this lesson at such a young age.

Taking this hard lesson and applying it to this new year and new decade, lets change our short-lived inward resolutions of bettering ourselves to long-term outward intentions that better someone else. A simple conscious intention of kindness could be exactly what that person needs at that moment.

Our lives are built on many moments and not all of them are good. We don't know what is internally going on within others - and while their exterior looks calm and happy, internally they could

to someone while receiving a blessing at the same time. When you feel that nudge of helping someone or spending time with them - listen and act on it. You may be the vessel that God is using to help them see their potential and value in this world. God never promised us a pain free life. But he does promise to never leave us or forsake us.

Let my son's life lesson be a reminder; we don't want to look back and have any regrets. Listen. Trust. Step out in Faith. Be Brave. Be Kind. Be Love....Embrace Today. ■



Embracing today.



## WHERE BUSINESS GOES TO GROW

# Congressman Armstrong to keynote SDC annual meeting

By Stark Development Corporation

As we welcome in 2020 we are excited to make plans for the future as well as excited to see what changes the new year will bring. We also get to reflect on the accomplishments, challenges and new beginning from the previous year. At the beginning of every year Stark Development hosts our annual meeting as an opportunity to engage our community and membership.

This year, we are honored to announce that our keynote will be delivered by United States Congressman Kelley Armstrong. Kelly is a lifelong, devoted North Dakotan and a tireless advocate for making North Dakota a better place to live and work. With his background in business, his love for the outdoors and his volunteer and public service experience, Kelly is fighting for our North Dakota values in Washington and working to advance positive changes to benefit our state and country.

Kelly graduated from Dickinson High School in 1995 and attended the University of North Dakota. He continued to grow his roots in Dickinson, returning home in the summers to coach the Dickinson Roughriders American Legion baseball team. Kelly earned a bachelor's degree from UND in 2001 and a law degree from UND law school in 2003.

Kelly's commitment to family and community is evident in everything he does. A recipient of the North Dakota Bar Association's Community Service Award, Kelly served as a volunteer fireman for the Dickinson Fire Department from 2005 through 2012, coached girls' softball and boys' baseball and is active in charitable works for many local organizations, including his local hospital, university, police association, volunteer fire department, best friends mentoring program, domestic violence rape crisis center, and the Teddy Roosevelt Bully Pulpit Board. He also served as President of the Dickinson Baseball club for ten years and was elected to the North Dakota Dickinson Baseball Hall of Fame in 2017.

We look forward to Kelly presenting at our annual meeting scheduled on February 18 and adding context from the Federal perspective to what we have been working on locally with Stark Development, the City of Dickinson and Stark County.

For more information or to reserve seats for our annual meeting contact the Stark Development office at 701.225.5997 or email us at [team@starkdev.com](mailto:team@starkdev.com). ■



## 2020 ANNUAL MEMBERSHIP MEETING



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TUESDAY, FEBRUARY 18, 2020

11:45 AM

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## KEYNOTE: CONGRESSMAN KELLY ARMSTRONG

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## HEART RIVER GEMS

## Kent Van Ells

By Kaylee Garling

Our hearts are filled with gratitude and sadness this month as the Dickinson High School Gymnastics and club coach, Kent Van Ells, calls his 50th year of coaching his final, culminating with the state meet hosted right here at Dickinson High School on February 28th and 29th.

Kent Van Ells grew up in Sioux Falls, SD, where he participated in gymnastics in high school and at the competitive level. Later, he competed for South Dakota State University when men's gymnastics was on the rise. He went on to do grad school at SDSU, where he received a degree in political science. When he graduated, he continued with the college team as an assistant coach. Even though he graduated in four years, he was there for seven, helping with coaching and taking the education block in order to combine his love for gymnastics and teaching. After coaching college, he ran gymnastics clubs in Vermillion, SD. He smiles when he says he somehow ended up in Dickinson back in 1983. "I came up for an interview, and it seemed like the perfect place for coaching gymnastics from the very beginning. There was so much support from the people and the school. You hear about other places where there's conflict between the school program and club, but here, it is all one. There has never been conflict, and I've felt like I've been really lucky that way."

Kent met his wife, Valerie, when they

were teaching together at Heart River Elementary. For him, it was love at first sight, but he jokes that he had to do some convincing to snag Valerie. He also jokes that both his daughter and son's smarts come from his wife. When asked what his greatest achievement has been, he readily says it was marrying Valerie and then having two wonderful children. "Picking my wife was a very important thing. She's put up with me. It's been a bit of a challenge just running the club and high school program, which is a full-time job."

"One of the lucky things was having my daughter in the program from the time she was four, then later, having my son help coach gymnastics for a while too. The summer of my daughter's sophomore year, she had an ACL injury, so she did bars and a few other things, but she couldn't dismount. But by senior year, she was the captain of the team and won the state championship and WDA.



Van Ells coaching the girls during his last season.

She was a born leader and has always been very earnest about what she is doing."

"My son, Luke, who was smarter than me by the time he was in 8th grade, only got one B in school, which was in an art class. He went to college as a chemistry major, was in pre-med, then went to medical school at Columbia in New York. There were times when it was really hard, but he's done well."

Kent is very humble, opting to speak about the great support from the community and administration, other PE teachers and fellow parents over the years rather than himself. Though he has been

very saddened by the decline in men's gymnastics over the years, he has been impressed by the growing gymnastics numbers in our community since the oil boom around 2014. "We have twice as many kids now than we had before the boom. Our schools and community have grown, which has helped the interest in gymnastics grow as well. We have 60-70 kids in developmental teams and 250 in others. We could take more if we had more space, but that's all we can accommodate right now."

Kent retired from teaching school in 2014 but hasn't slowed down. He spends his days focused on both the club and high school teams. "The main thing I do is give kids an opportunity and then, don't get in the way. I try to direct them but let them do things their way. Some state meets we've just barely won, which was exciting and fun, and other times we've blown everyone away. This year is an unusual season because we didn't add anyone to the team, yet we lost two great seniors from last year. We have the all-around champion from last year, Ayanna Fossum. We have Brinklyn Schumacher, who is a really strong gymnast and also a great runner in track, Mikah Schock from Leath, ND, who is a great kid, two freshman, Brooklyn Deguzman and Amy Fridley, 8th graders, Rylee Olson, Anna Clifton, and Addison Fitterer. It's great to have the younger girls look up to the older ones and see a possible future. The ones that make it to 7th grade are pretty seasoned and know what they're doing. Once they get on the high school team, the atmosphere of the team is different. They become closer and compete better.

*Continued, next page*



Van Ells with the team.



Continued from page 16

They are really good at what they do.”

“We couldn’t run the program without the parents. We’ve even named meets after people who have made a big impact in gymnastics. Pokorny (one of our early judges), Heiser (parent who was always there to help), and Dulum (incredible athletic director). Other PE teachers have been so helpful and cooperative. We’re fortunate to have wonderful athletic directors who know what we need for the future of our team. I expect that things will continue just fine as we transition into a new coach.”

As far as the future, he says, “I plan to stay in touch with the kids I’ve coached as best I can, but I will be happy to have more time with my wife, family, and kids. Trying to get everything done, especially when I was teaching and coaching full time, and not getting home until 9 pm

was my biggest challenge. It doesn’t go away on Saturday. I have the kids from 9am-2pm and then other things to get done after that. But it’s worth it. I don’t regret it. I’m just ready to be busy after the season with things we haven’t been able to do like traveling and seeing family a little more often.”

Kent has made an incredible impact on the gymnastics community and not to mention, countless lives. We hope you will show support for not only him, but the gymnastics program at the end of this month. Come out and support the Dickinson Gymnastics High School Team Friday, February 28 at 4:00PM as they compete in the State Team Championships and on Saturday, February 29 at 1:00PM for State Individual Championships at Dickinson High School, 979 13th Ave West. ■



The Van Ells celebrating graduation from Columbia University.



The Van Ells on vacation in North Carolina.

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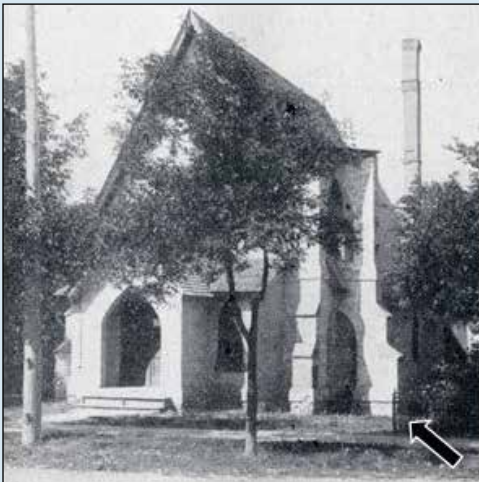
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St. John's Episcopal Church, c.1915. Note the open bell cote (arrow) – was this part of the 1904 addition? Image - *Queen City of the Prairies* promotional booklet



## THEN... and Now: St. John's Episcopal Church

By Bob Furhman

On Sims Street, near downtown Dickinson, sits a modest late 19th Century structure that has served as a house of worship, a kindergarten, a bookstore, and is now home to a coffee shop. It is believed to be the first Episcopal Church built west of the Missouri River in North Dakota (an earlier Mandan Episcopal church having been purchased from another denomination) and tradition says Teddy Roosevelt and family attended services during a western visit.

Architectural historian Barbara Beving Long's National Register study 'Episcopal Churches of North Dakota, 1872-1920s' provides some good insights to the early settlers of that faith – many were Yankees (i.e. New Englanders) or Canadian immigrants of an entrepreneurial bent. They were few in number and widely disbursed compared to other denominations but pulled together nonetheless to establish small groups of coreligionists in the "Home Mission" model used by several protestant denominations during westward expansion when small settlements might be served by circuit riding preachers who visited the home missions.

In December 1883, William Walker, the first Bishop of the Missionary District of North Dakota was consecrated, taking on the leadership of 18 churches and nearly 35 missions; based in Fargo, Walker rode the rails to serve his scattered flocks, visiting Dickinson on July 11, 1884 to hold services using the local Baptist church. One week later, the Dickinson Press

announced that Dickinson had joined the list of missions with the organization of an 'Episcopal Aid Society,' Mrs. Nelson Lawrence serving as the initial secretary, and publicizing meetings in private homes where "all are cordially invited to attend."

Walker's visit spurred the local Episcopalians as the Aid Society used various ways to promote the congregation and raise funds for a church building. They held socials at members' houses and events at various commercial venues over the first few years, including a basket social at the Lawrence & Collister building and a 'supper and entertainment' at the skating rink (which netted \$40). All the while, they followed the ecclesiastical calendar, holding services led by laymen (often in private houses) and happily hosting Bishop Walker whose travels brought him to southwestern North Dakota when he would hold sacramental services, the local newspaper noting the confirmation of nine parishioners in August 1887, for instance.

Shortly thereafter, the congregation welcomed Charles Dobson who had studied in Pennsylvania and at New York's General Theological Seminary. Dobson was ordained a deacon in 1880 and came west in 1888 to regain his health ranching with his parents (who had settled south of town in 1883). He continued his studies while working for Bishop Walker at the Dickinson mission, staying nearly two years here and was considered "the founder of the work in Dickinson" by The Churchman journal. Dobson was followed by layman George

Schadman who conducted services for a short time (he had also served a few months as principal of the Dickinson school) before taking a college post in Wisconsin. November of 1889 saw Rev. George Chambers of Waterloo, Iowa appointed rector.

Important developments occurred during Chambers' tenure – the first mention of the Dickinson mission by the name "St. Johns" occurred in a February newspaper. Then, following an April 1890 visit by the Bishop (when he again held confirmations in the Court House) it was announced that the congregation had decided "to erect a neat brick building for a place of worship" and that several hundred dollars had already been raised by subscription – the Bishop contributing the largest amount, followed by the mission's former leader Rev. Dobson. By July, the Press reported that over \$2000 had been raised and plans were to build on Sims Street between the residences of Alphonse Hilliard and William Ray (block 17, lots 8 & 9, original Dickinson plat). At the same time, it was announced Bishop Walker would be on hand to lay the cornerstone in fall, the contract for the foundation awarded to F. Mott in August.

The foundation had progressed far enough for setting the cornerstone on October 2nd in a 3:30 pm ceremony presided over by Walker. The stone was donated by Mrs. Frank Green of Brainerd, a former member. Placed in the cornerstone were lists of diocesan and mission officers, a history of the church, a prayer book and hymnal

and copies of local newspapers. Work continued until late October when it was suspended due to the "scarcity of masons."

Details of the building's genesis are lacking from contemporary accounts, but upon completion, it was noted that the building committee consisted of Rev. Chambers, Charles Wilson, W.A. McCloy, Nelson Lawrence, and J.J. Freeman. The plans came from Rev. George Washington Goss Van Winkle (1849-1921) an Episcopal cleric of Hailey, Idaho. No visit by Van Winkle is ever mentioned in the Press so it is speculated he may have provided plans via mail. Besides being a cleric, Van Winkle is referred to as an architect with mention of him providing plans for Trinity Episcopal Church in Carrolton, Illinois (1871, where he was rector), improvements to St. Thomas' Episcopal Church in Ketchum, Idaho and the Odd Fellows Orphan Asylum (1892) at Idaho Falls, Idaho. He also is credited with the design of Christ Episcopal Church and Rectory in Douglas, Wyoming (1898), which was added to the National Register of Historic Places in 1980. Despite this body of work, there is no evidence of him studying architecture formally.

During the winter-time lull in construction, the congregation continued to raise funds, presenting a dramatic reading of Will Carleton's poem "Over the Hill to the Poor House" at the Opera House on December 13, 1890 (featuring local talent). Then, in

*Continued, next page*



Continued from page 18

late January, it was announced that Rev. Chambers' duties were now extended to Mandan and Bismarck. By mid-March he and his family had moved to Bismarck as the planned construction of a new church at Mandan was expected to take up most of his time, although he or another cleric was dispatched to Dickinson for Easter services in April.

Despite Chambers' departure, fund raising continued with the Aid Society leading the way, cooking food for community dinners, presenting musical programs and sponsoring lectures such as New Yorker Abraham Bogardus' presentation "Forty Years Behind the Camera" at the Courthouse in May, 1891.

Probably due to a shortage of labor, work on the superstructure of St. John's did not start until August. The walls were constructed of 'white' Dickinson brick, made from local clays and burned by F.J. Kricek at his brickyard. Architectural historian Beving-Long noted brick (used in just four state Episcopal churches) was unusual as stone was preferred for 'ecclesiologicaly correct' Episcopal churches; it also being noted that frame structures were common when financial resources were lacking. St. John's used locally procured sandstone for the foundation and trim at the doors, windows and buttresses, the masonry by Thomas Way of Taylor, who wrapped up his work in November.

A mistake in window measurements delayed a Christmas completion (the stained glass windows coming from Brown and Haywood of Minneapolis), but was quickly rectified. Lysander Davis still had some finish carpentry to complete, and a furnace was planned for later installation, but nonetheless



Interior views – *left* 1898 Christmas service, *right* assumed early 1950s before the was built at new church at 822 5<sup>th</sup> Ave. West. Both images Dickinson Museum Center, Osborn Photo Collection.

plans for the initial service were made for Sunday, January 17, 1892. By this time, the Bishop had tabbed Rev. Dobson (apparently still residing at his parent's ranch) to oversee completion of the work, freeing Rev. Chambers from having to travel from Bismarck to look after things. Because Bishop Walker could not attend the inaugural service, it was conducted by Dobson; his return to the Dickinson mission, although brief, having been warmly received.

With the end of construction, things should have settled down for St. John's. Unfortunately, like many missions and parishes, Dickinson suffered from the West's chronic clergy shortage, sometimes having temporary clergy or finding rectors leaving shortly after arriving, seeking greener pastures. Finally, in June 1901, newly ordained Rev. John Dobbyn arrived to provide

some stability and energy for growth.

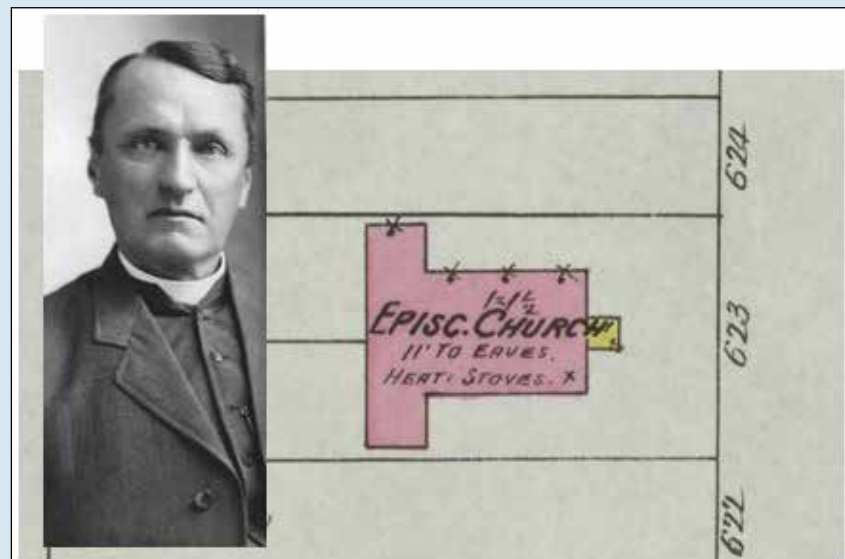
Dobbyn's background is somewhat of a mystery, but Bishop Edsall who ordained him "found him a man who will be perfectly congenial to the Dickinsonians and prove a bright light in church work..." Dobbyn certainly brought energy to his work and shortly after his arrival, the congregation's hard work paid off the final church debt and secured funds for a rectory, which, it was hoped, would make the rector's post more appealing. That goal was realized in August when a house one block north of the church on Sims was purchased from A.P. Folsom (it would eventually be sold and moved with a new rectory erected in 1916).

It was during Dobbyn's tenure that an addition to the church was made. The chancel was extended 15' and two "rooms to be furnished for reading and recreation for the young men of the city" were built on the north side, Dobbyn receiving credit for raising the funds from supporters of mission work in the eastern part of the country during his fall 1903 vacation. Work began in early 1904 and looked to be finished by mid-year, however, the congregation

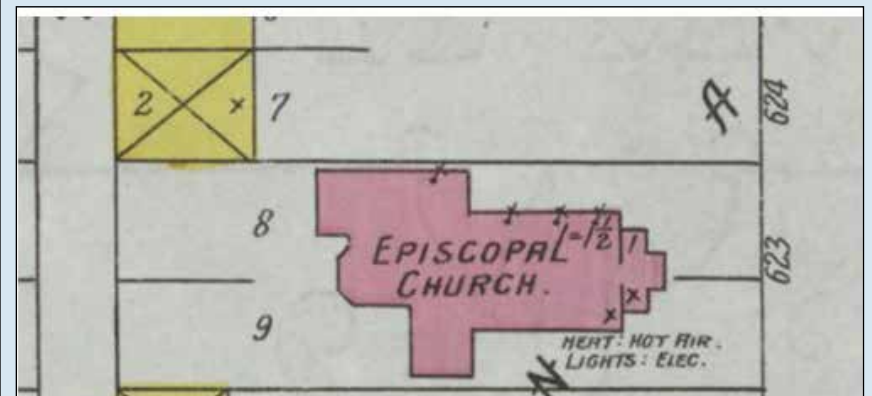
was surprised to receive Dobbyn's resignation notice in late April. The congregation tried to persuade him to remain but to no avail, Dobbyn departing May 28 for his "new home in Moorhead" following a farewell reception the previous week.

Scandal quickly erupted following Dobbyn's departure, he being caught in flagrante delicto less than a week later in the commission of a 'nameless crime' at the Clarendon Hotel in St. Paul. This resulted in a term in the Work House and his being deposed from the ordained ministry by Bishop Morrison of Duluth. Sadly, it emerged that this was not to be the first nor last time Dobbyn would commit illegal acts under the mantle of the clergy of various denominations.

St. John's congregation was obviously shocked and details of the completion of the addition are missing from the Press, however, perhaps all's well as ends well as it was announced in July 1904 that the Reverend Charles Dobson would be returning to Dickinson to become rector of St. John's, the result of a unanimous appeal from the congregation. ■



George Washington Goss Van Winkle who designed St. John's, and the church's original outline from the 1898 Sanborn Fire Insurance Map. Compare to 1904 map view.



1904 Sanborn Fire Insurance Map – note the expanded chancel to left, new brick vestibule at right and the 'reading room' extension at top (north side).

## DICKINSON PUBLIC SCHOOLS

# School board insights

By Brent Seaks

As I leave to attend school board meetings, my wife says, "Have fun." That always makes me smile. While I can't imagine anyone serving on a school board for the fun of it, I do enjoy working with the board and staff to help create the best possible educational opportunities for every student. Serving on the school board can be challenging, frustrating, and time-consuming, but it can also be immensely satisfying because we are working collectively to do what is best for kids.

It is important and meaningful work, and perhaps, more fun than I am willing to admit. Now completing my 4th year on the board, I hope I can help others better understand the role of the school board and what we are working on in 2020.

**What does the school board do?**

The School Board is comprised of five elected officials, serving four-year terms. Ultimately, the school board provides oversight and accountability for the school district. We directly supervise and evaluate the district superintendent and business manager, and we monitor, set, and revise all district policies. We also play a part in setting the vision and goals for our district and are accountable to the public.

School board members are elected representatives, and we are tasked with making decisions based on what we believe is best for our students, our district and our community. It is important to note that school board members have no power individually. We



School board members work with quite a pile of information.



The Seaks family

only hold power as a collective body and make decisions as one.

**Understanding the limitations of a board member.**

School board members appreciate hearing feedback from members of our community, and that feedback is beneficial. However, the role of the school board is not to interfere with the proper resolution process. They should encourage folks to follow the appropriate steps if they have an issue or concern. For example, if a parent has a concern regarding an incident in their child's classroom, they should address that concern with their child's teacher directly as a first step. If they are unsatisfied after meeting with the teacher, they should then set up a meeting with the principal. If a resolution is still not reached, they should meet with the school district superintendent.

**What is the school board working on in 2020?**

Some priorities for Dickinson Public Schools and our school board are:

- We need to find solutions for overcrowding at the high school and elementary schools. Many of our classrooms are full, and our district student enrollment numbers continue to grow each year.
- We are working to find ways to eliminate student discipline challenges throughout our district.
- We will be reviewing a recently updated strategic plan for our district next month.
- We will be determining how to best proceed with the data we received from our recent survey regarding our current mascot.
- We will continue to make it a priority to share the successes of students (and staff) with our community.

On behalf of our school board, I thank you for the opportunity to serve. ■

## ADVERTISE WITH US

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CONTACT KELLEY JILEK AT 701.290.2063  
kelley@heartrivervoice.com OR www.heartrivervoice.com



**NDSU EXTENSION**

# Agricultural Livestock Forum

By Kurt Froelich

You won't want to miss the second annual Agricultural Livestock Forum on Thursday, February 20, in western North Dakota. Along the way, he learned to play the guitar and started writing songs and poems



at the Ramada Grand Dakota Lodge, Dickinson starting at 5 pm. Presenters are Curt Pate, Montana Stockman and DW Groethe musical artist and cowboy poet. Registration Fee is \$20 per person or \$15/student which includes the evening meal. Preregister online at dickinsonchamber.org. Due to a meal count, preregistration is required by February 12, 2020.

For more than a decade, Curt Pate has been conducting demonstrations and clinics on stockmanship, colt starting, horsemanship and safety. His abilities conducting both horsemanship and stockmanship demonstrations along with his ability as an effective communicator have made him a sought-after clinician both on the national and international scene.



Curt brings great value to the livestock industry. He spends his time conducting stockmanship demonstrations and trainings and also manages a small grazing operation in Ryegate, Montana. With his ability to think outside the box, his ability to challenge others to do the same, and a willingness to share his skills, Curt has set himself apart in conducting stockmanship clinics. His lifelong experience in ranching adds credibility and enables him to communicate his methods effectively to cattle ranchers throughout the country.

DW Groethe was born and raised

about life out west. In 1991, he pulled stakes, moved to Bainville, Montana, and started working as a ranch hand. Over the years, he has been invited to perform his eclectic assortment of poems and tunes at the Western Folklife Center's National Cowboy Poetry Gathering, two National Folk Festivals, the Library of Congress, The Kennedy Center...and a whole lot

of grand places all over the West. His poems have appeared in American Cowboy, Cowboy Magazine, RATTLE, The Cowboy Way, Rope Burns, at CowboyPoetry.com, and on the Western Folklife Center and National Public Radio's "What's in a Song," Ranch Rhymes: Cowboy Poetry and Music from the Western Folklife Center, and The BAR-D Roundup from the Center for Western and Cowboy Poetry. He has recorded three CDs and has four other books of poetry, one of which, West River Waltz, won the Will Rogers Medallion Award for excellence in Cowboy Poetry. ■

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# Heart River VOICE Events

Send your events to  
kelley@heartrivervoicedotcom  
to list your events for  
FREE!

## **FEBRUARY 1-27**

**ART SHOW** The Community Art Show at the Dickinson Museum Center will be February 1-27. This year we are featuring photography. Monday-Saturday, 9AM-5PM. Normal entry fees are applicable.

## **FEBRUARY 12-MARCH 18 SPORTS AND FITNESS**

**MIXER** 4-5PM Wednesdays Introduce your child (ages 6-12) to a variety of activities from sports to active games, fitness activities and nutrition education. Learn how to be a team player while building new athletic skills. \$40 Register at dickinsonparks.org. West River Community Center.

## **SATURDAY FEBRUARY 1 MAKE & TAKE CRAFTS**

10:15-11AM Craft stations will be set-up for participants to explore making seasonal themed crafts and increase their fine motor skills. Children will have the opportunity to be indoors and outdoors, weather permitting. Ages 2-5. Children must be accompanied by an adult. \$6 walk-ins. Register at dickinsonparks.org. West River Community Center.

**CONNECTING TO YOUR INNER SELF** 2-4PM Must prepay (\$60) -10 people max. More info, contact Salt of the Earth, 701.590.5005. 44 West Villard St.

## **FEBRUARY 1-2**

**GET SMART** 7PM Saturday; 1PM Sunday. \$10/adult, \$6/student. Join Dickinson Public Schools for their winter theatre production. Dickinson High School Auditorium.

## **SUNDAY FEBRUARY 2**

**SUPERBOWL BREAKFAST** 8AM-NOON Join us for a great breakfast before the big game! Adults \$10/Students \$5/Pre-School \$3. Menu Includes: Sausage, Ham, Scrambled Eggs, Potatoes, Biscuits and Gravy, Pancakes, Juice and Coffee. Eagles Club, 31 1<sup>st</sup> Ave. East.

## **MONDAY FEBRUARY 3**

**YOUTH ART CLASS** 4-5PM Challenge your child's creativity! Your child will have the opportunity to create their own masterpiece to take home! For ages 2-6 (Must have adult present). \$10/preregistered or \$12 walk-ins. Register at dickinsonparks.org. West River Community Center - Room #1.

## **TUESDAY FEBRUARY 4**

**TEEN TUESDAY - SHARPIE MUGS** 4-5PM For teens ages 11-17, come design your own mug with sharpies. Dickinson Area Public Library Community Room, 139 3rd St West.

## **WEDNESDAY FEBRUARY 5**

**YOUTH ART CLASS** 4:30-6:30PM Challenge your child's creativity! Your child will have the opportunity to create their own masterpiece to take home! For grades 1-6. \$10/pre-registered or \$12 walk-ins. Register at dickinsonparks.org. West River Community Center - Room #1.

## **THURSDAY FEBRUARY 6**

**DSU BLOOD DRIVE** 12-7PM More info, contact jacinta.skretteberg@dickinsonstate.edu. Student Center, Ballroom 116B, 900 Campus Drive.

## **KIDS LEGO CLUB** 4-5PM

Free event for kids and teens. We provide the LEGO! Small prize drawing at the end of every club event. (Children under 8 must be accompanied by an adult.) No registration required! Dickinson Area Public Library, 139 3rd St West.

## **FEBRUARY 6-8**

**MURDER UNDER THE BIG TOP** 6PM No Host Social 6:30PM Curtain Call & Dinner. A fundraiser for Dickinson Public Schools Foundation. \$45 for Feb. 6, \$50 for Feb. 7 or 8. More info, contact 701.290.7732. Roosevelt Grand Dakota Hotel.

## **FRIDAY FEBRUARY 7**

**FREE FAMILY MOVIE - ANGRY BIRDS 2** 4-6PM All ages welcome! One free bag of popcorn per movie attendee. Bring your own drink. No unattended children under 10. Hosted in the Library Community Room by the West Entrance. 139 3rd St West.

## **SARPC WOMEN CONQUERING FEAR** 5:30-9PM

Annual banquet and meeting. Serving Deep Fried Turkey & Roast Beef. Please join us for food, fun and special drawings. Adults: \$20 & Kids 12 and under: FREE. Eagle's Club, 31 1<sup>st</sup> Ave East.

## **SATURDAY FEBRUARY 8**

**AURA CLOUD READINGS** 11AM-4PM \$30 More info, contact Salt of the Earth, 701.590.5005. 44 West Villard St.

## **FILM SOCIETY - KINGDOM**

**OF SHADOWS** 2-4PM One free bag of popcorn provided. Bring your own drink.

Discussion to follow. All are welcome! (Recommended for adults.) Dickinson Area Public Library Community Room, 139 3rd St West.

## **29TH ANNUAL RONALD MCDONALD CABIN FEVER**

**BENEFIT** 4PM-MIDNIGHT BBQ's, silent auction, dance, raffle. Eagles Club, 31 1<sup>st</sup> Ave. East.

## **4TH ANNUAL DSU SOFTBALL CRAB FEED** 6-9:30PM

Come feast on crab in support of the softball team. More info, contact kristen.fleury@dickinsonstate.edu. Biesiot Activities Center 398 State Ave.

## **FEBRUARY 8-9**

**GET SMART** 7PM Saturday; 1PM Sunday. \$10/adult, \$6/student. Join Dickinson Public Schools for their winter theatre production. Dickinson High School Auditorium.

## **MONDAY FEBRUARY 10 ADULT CRAFT CLUB - DIY**

**FLOWER PENS** 6-7PM Crafters unite! We will be making a bouquet of flower pens. Beautiful and useful! Dickinson Area Public Library, 139 3rd St West.

## **TUESDAY FEBRUARY 11**

**TEEN: ANTI-VALENTINE'S DAY PARTY** 4-5:30PM This party is for teens only! (Ages 11-17). We will do a craft, take anti-valentine photo booth pictures, eat some snacks, and break a heart... piñata. Dickinson Area Public Library, 139 3rd St West.

**PARENT CAFE** 6-7PM Parent Cafe. These are designed for and open to any caregiver of children - parents, grandparents, foster parents, etc. They are free to

everyone and always include a meal and childcare. West Dakota Parent and Family Resource Center, 402 4th St. West.

## **WEDNESDAY FEBRUARY 12**

**MAKE & TAKE CRAFTS** 10:15-11AM Craft stations will be set-up for participants to explore making seasonal themed crafts and increase their fine motor skills. Children will have the opportunity to be indoors and outdoors, weather permitting. Ages 2-5. Children must be accompanied by an adult. \$6 walk-ins. Register at dickinsonparks.org. West River Community Center.

## **WEDNESDAY NIGHT WINE**

**CLUB** 6-9PM The Brickhouse Grille along with Liquor Warehouse invite you to join them for a casual monthly wine enthusiast gathering with special guest hosts as they present featured wines and knowledge as you sip and snack on Chef Collin Wehner's appetizer pairings. Event cost will vary slightly from month-to-month depending on featured wine. Space is limited, so call ahead to reserve your spot! 701.483.9900.

## **THURSDAY FEBRUARY 13**

**GIVING HEARTS DAY** Be counted as a Giving Heart on this 24-hour fundraising event supporting charities from North Dakota and Minnesota. To make a secure online donation to one or more of the charities go to: GivingHeartsDay.org.

## **SATURDAY FEBRUARY 15**

**BEAT THE WINTER BLUES** 9AM-6PM Enjoy activities all day long at the WRCC: A



bounce house, music, crafts, free lunch, a pool party, dive in movie, glow golf and so much more! Bring non perishable food items to donate to the Amen Food Pantry. \$3 entry fee or free to WRCC members. West River Community Center.

#### **IF MUSIC BE THE FOOD**

7:30PM Enjoy jazz music while supporting our local food pantry. Free to attend, but we ask that audience members who are able bring non-perishable food or cash donations for the AMEN Food Pantry. St. John's Lutheran Church, 146 6th Ave West.

#### **TUESDAY FEBRUARY 18**

**TEEN TUESDAY - CANDY MAZES** 4-5PM Come and create your own edible candy maze! Ages 11-17 only. Dickinson Area Public Library 139 3rd St West.

#### **WEDNESDAY FEBRUARY**

##### **19**

**COFFEE CHAT** 9-10AM Wednesday Morning Coffee Chats. Presented by Analena Lunde. Join us in the unit across the hall from Creative Cards and Gifts as we learn about: The Secret Life of an Instagram Stalker. Event is FREE and open to the public. Prairie Hills Mall.

#### **THURSDAY FEBRUARY 20**

**KIDS LEGO CLUB** 4-5PM Free event for kids and teens. We provide the LEGO! Small prize drawing at the end of every club event. (Children under 8 must be accompanied by an adult.) No registration required! Dickinson Area Public Library, 139 3rd St West.

#### **AG LIVESTOCK FORUM**

5-9PM Dinner and speaker presentations. Curt Pate, Montana Stockman and DW Groethe, Musical Artist & Cowboy Poet are speakers. \$20/general, \$15/student, \$40 at the door. Registration Deadline Is February 12. More info, contact the Chamber at 701.225.5115. Grand Dakota Hotel, 532 15th St West.

#### **FRIDAY FEBRUARY 21**

**TEEN MOVIE NIGHT - MALEFICENT: MISTRESS OF EVIL** (Rated PG) 5-7PM All teens ages 11-17 welcome! There will be a Popcorn Bar. The library will be closed when the movie is over, please pick up your child at the WEST ENTRANCE! Dickinson Area Public Library, 139 3rd St West.

#### **SATURDAY FEBRUARY 22**

**COWBOYS & CANDLE-LIGHT** 5PM-MIDNIGHT Join the DSU Rodeo Council for their fundraiser consisting of a prime rib buffet, live and silent auctions, a calcutta, and dance featuring RG Wild Entertainment. Tickets \$60/person or purchase a reserved table for \$750. More info, contact the DSU Heritage Foundation at 701.483.2486. Grand Dakota Hotel, 532 15th St. West.

#### **CHAKRA CLASS 101 & EXPLORING YOUR INTUITION**

Must prepay (\$60) 10 people max. More info, contact Salt of the Earth, 701.590.5005. 44 West Villard St.

#### **SUNDAY FEBRUARY 23**

**THINK & DRINK** 1PM Doors open, 2-4PM Program - Regenerative Agriculture or BUST! Ticket purchase includes one drink and snacks. Tickets online for \$15 (Eventbrite). Tickets are \$20 at the door, cash only. The Rock's Corner Bar, on the corner of 1st St W and 1st Ave W.

#### **TUESDAY FEBRUARY 25**

**TEEN TUESDAY-BOARD GAMES** 4-5PM For teens ages 11-17, come have fun with your friends, both old and new, while playing board games. Dickinson Area Public Library, 139 3rd St West.

**FEBRUARY 25-26 ND RECLAMATION CONFERENCE** Begins on 2/25 at 5PM. 8th annual ND Reclamation Conference for students and energy resource personnel. \$90 public, free to students. Grand Dakota Hotel, 532 15th St West.



#### **Thursday, February 6 and Thursday, February 20**

**KIDS!** Join your friends at the Dickinson Area Public Library for Kids Lego Club from 4-5PM. Small prize drawing at the end of every club event!

#### **THURSDAY FEBRUARY 27**

**TOT DRIVE-IN MOVIE-BACKYARDIGANS** 10-10:30AM Drive on in and add some wheels to your car, find a "parking spot", grab some snacks, and enjoy the show! Please feel free to bring a pillow and/or a blanket. Ages 0-5. Dickinson Area Public Library, 139 3rd St West.

#### **FRIDAY FEBRUARY 28**

**STATE GYMNASTICS TEAM COMPETITION** 4PM Held at Dickinson High School, 979 13th Ave West.

#### **SATURDAY FEBRUARY 29**

**STATE GYMNASTICS INDIVIDUAL COMPETITION** 1PM Held at Dickinson High School, 979 13th Ave West.

**COMEDY NIGHT** 8PM Four live comedians! Come have dinner and enjoy the show. The Rusty Nail Saloon, 107 1st Ave NW, Belfield.

### **ONGOING EVENTS**

#### **DINING, NIGHTLIFE, BARS**

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

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

**THE EAGLES CLUB** 5:45PM Wednesdays and Fridays Stop in and play Bingo. Games played in succession. 5-9PM Thursdays Beer and Wings. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1<sup>st</sup> Ave. East.

**I DON'T KNOW BAR** 11AM-3PM Lunch specials Monday-Friday. Mondays Pizza and a pitcher \$11. Tuesdays \$2 Long Island Teas. Wednesdays 2-4-1's wells and domestics 6-10PM. Thursdays \$2 pints. Friday prime rib 5-9PM and \$6

pitchers. Saturdays \$15 beer buckets. Ladies night free wells and domestics 8-9PM then 9PM-close only \$1. Sundays \$5 Bloody Mary bar 11AM-3PM and \$3 pounders 5PM-close.

#### **FAMILY FUN**

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

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

#### **SUPPORT GROUPS**

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

*Continued on page 24*

Continued from page 23

### FOOD KITCHENS

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

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

### CLUBS/GROUPS

**AARP WALKING GROUP** 8-9AM M, W, F through the end of March. A walking group for senior adults. Attendees walk around the outside of the basketball court at their own pace. Free and open to the public. For more information, contact Betsy Murphy at [betsy.murphy@dickinsonstate.edu](mailto:betsy.murphy@dickinsonstate.edu). Scott Gymnasium, 1100 2<sup>nd</sup> St West.

**SEW SISTERS** 2PM Sew Sisters, 2<sup>nd</sup> Tuesday of each month. Other classes available and info, see [www.SuzysStash.com](http://www.SuzysStash.com). 118 N Ave, Richardton. 974.7899.

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

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

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

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

**DICKINSON STRINGS** Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 290.9145.

**BADLANDS ART ASSOCIATION** 7PM 1<sup>st</sup> Tuesday of each month. All community artists welcome! Meet in ABLE, Inc. building 1951 1<sup>st</sup> St. West. More info, contact [janelles@ndsupernet.com](mailto:janelles@ndsupernet.com).

**WEIGHT WATCHERS** 12:15PM OR 5:30PM (Weigh-ins start 15 min prior) EVERY Monday. 46 1<sup>st</sup> Ave E (Sunset Center).

**TOASTMASTERS** 6-7PM. 2<sup>nd</sup> & 4<sup>th</sup> Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at [1967.toastmasters-clubs.org](http://1967.toastmasters-clubs.org). Held at SWDHU, 227 16<sup>th</sup> St W. More info, contact Teresa Buck 701-880-0374.

### MEETINGS

**PLANNING AND ZONING MEETING** 8:00AM Last Thursday of each month. Stark County Courthouse Commission Room at 51 3<sup>rd</sup> St East.

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

**DICKINSON CITY COMMISSION MEETING** 4:30PM Commission Room at 99 2<sup>nd</sup> St East 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month. [dickinsongov.com/boards-and-officials/city-commission/](http://dickinsongov.com/boards-and-officials/city-commission/)

**STARK COUNTY COMMISSION MEETING** 8:00AM 1<sup>st</sup> Tuesday of each month. Stark County Courthouse Commission Room at 51 3<sup>rd</sup> St East.

**EAGLES CLUB** 5:30PM Auxiliary Meeting 1<sup>st</sup> Tuesday of the month. 7:30PM Aerie

Meeting 2<sup>nd</sup> Tuesday of each month. 31 1<sup>st</sup> Ave East.

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

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

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

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

### COMMUNITY OFFERINGS

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

**START UP YOUR DAY/ START UP YOUR NIGHT** 8-9AM 2<sup>nd</sup> Thursdays/5-7PM 4<sup>th</sup> Wednesdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info, visit [startupyourday.com](http://startupyourday.com) or [startupyournight.com](http://startupyournight.com).

## SAVE THE DATE

**SATURDAY MARCH 14 DIVINE WINE AND DINE** 5:30-9:30PM Join Trinity Fine Arts Boosters for their annual "Divine Wine & Dine!" You'll enjoy a 7-course meal, complete with wine pairings. There will be a raffle, and plenty of good company and entertainment. Trinity Catholic Schools Commons Area, 810 Empire Road.



### Saturday, February 8

**4TH ANNUAL DSU SOFTBALL CRAB FEED** 6-9:30PM Come feast on crab in support of the softball team. More info, contact [kristen.fleury@dickinsonstate.edu](mailto:kristen.fleury@dickinsonstate.edu). Biesiot Activities Center 398 State Ave.



**BEST FRIENDS**

# Pushing past labels and barriers

By Mark Billings

From behind, with her flowing auburn hair and tall stature, second-grader Jeice Tibor appeared in charge and ready to conquer any obstacle in her way.

In front though, Tibor's speckled glasses framed blue-green eyes masking the reality of her life at Heart River Elementary School: An insecure place in which she was afraid to raise her hand in class or talk to anyone outside her tightly-held inner-world.

"If she could squeeze herself into my leg, she would have been happy," said Tibor's mom, Jenna Roth.

Seeking options, Roth took the advice of Liz Olheiser, a former second-grade teacher at Heart River, and signed her daughter up for the Best Friends Mentoring Program (BFMP). Having grown up in Dickinson and a Heart River graduate herself, Roth said she could see herself in her daughter, described as "very shy" by the school.

"I was just like her at her age, the one who always wanted to blend in," said Roth, who is raising Tibor as a single mother with the help of her mother, Cleora Roth.

Having a new BFMP friend show

up during her lunch and recess hour helped Tibor develop self-confidence and created an outlet for the bookish and artistic student to express herself. She continued with several mentors at Heart River and into the third grade before moving to Roosevelt Elementary to complete the fourth and fifth grade.

At that point, Tibor met a new mentor, Jalyn McGill, a stand-out double-major who graduated Summa Cum Laude from Dickinson State University in 2016. With her busy schedule finally free to pursue mentoring, the soft-spoken and articulate McGill was the perfect match for Tibor.

And as a full-time youth worker – she became a full-time youth pastor at the River of Life Church International last year – the experience allows McGill to see youth first-hand in their own environment.

"It's a reminder of the challenges, peer-pressure and other influences students have in school, which sometimes aren't so great," she said. "With Jeice, I have seen a huge difference in her socially since we have been meeting the last one and one-half years at Roosevelt. Especially this

past year, she's more vocal and excited about things. She submitted one of her pieces into an art contest and she loves to draw."

After observing how Tibor could more easily express herself when the pair was engaged in an art project, McGill started bringing inexpensive adult coloring books with her. Coloring pencil in hand, Tibor seemed more relaxed and engaged. "I noticed it was easier for her to talk while her hands were busy," she said.

The experience has pushed McGill to relate to younger youth more, she said, and served as a catalyst for personal growth during the process.

"High school-aged kids were more of my connection point and mentoring younger kids has been a growing process for me," she said. "I've learned to be more creative to establish a connection. The support of BFMP staff has also made it easier to navigate different challenges I've experienced."

McGill and Tibor participated in a professional photo shoot to showcase BFMP this past fall; the organization is using a picture of the once very-shy Tibor as its Facebook profile picture.

For more information about becoming

a mentor, contact Mark Billings with BFMP at (701) 483-8615 or mark@bestfriendsnd.org. Candidates must be at least 16 years old and a high school junior or above. Depending on the program, the mentoring commitment is once per week



Jalyn McGill and Jeice Tibor sharing a moment.

for about one hour during school hours or early evenings and weekends. ■



Jeice Tibor

**Get Smart**  
A play by Christopher Sergel. Based on the series created by Mel Brooks and Buck Henry

Performed by Dickinson Public Schools at Dickinson High School

\$10 Adults  
\$6 Students

**Saturday, February 1st and 8th**  
7:00 pm  
**Sunday, February 2nd and 9th**  
1:00 pm

Produced by Special Arrangement with the Dramatic Publishing Company of Woodstock, Illinois



# BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Locals, Ken and Cheri Roshau, attend the NCAA FCS National Championship game in Frisco, TX, cheering on the NDSU Bison and end up on television!



When in doubt, use the "skating buddy" at the West River Ice Center.



Kevin Moberg, who served nine years on the board of directors of Best Friends Mentoring Program and Western Wellness Foundation before retiring from the board in December, was recognized by the board for his dedication with a desk clock. He will be missed!



For its January Community Kindness Initiative, the Dickinson Rotary Club collected birthday party items and \$246 to help children living in the domestic violence shelter celebrate their birthdays. Pictured are committee members Deb Dragseth, left, and Dawn Pruitt.



Welcome CHI St. Alexis Health Dickinson's first baby of the New Year: Eret Ole Lefor was born 1/1/2020 at 10:37am, weighing 7 lb 11oz and measuring 21 inches long. Eret was welcomed by mother Amber, father Chris, and big brother Parker.



Amanda Lindvig, a board member with Best Friends Mentoring Program, sets up for Giving Hearts Day at Gate City Bank.



Enjoying a nice, warm day sledding down Water Tower Hill.





Midco employees Jimmy Smith, left, and Andi Adams, right, surprised the Best Friends Mentoring Program and Executive Director, Kris Fehr, with a new year grant! TWO additional children will be mentored with the funds!



Having fun during the second season of curling at the West River Ice Center.



Enjoying an ice skating birthday party at the West River Ice Center.

**FINANCES**

**Banking cannabis business**

Cannabis is a hot topic in the news. There are now 33 states, the District of Columbia, Guam, and Puerto Rico which have legalized the use of marijuana to some degree. In North Dakota, we have legalized marijuana for medical purposes

and have a new dispensary in Dickinson. Despite actions by states, the possession, distribution or sale of marijuana remains illegal under federal law. This means that banks are not allowed to accept any money that can be traced back to marijuana operations. For a bank, these dollars could be considered money laundering. Because we are FDIC institutions, accepting these deposits, though legal in the state, exposes a bank to significant legal and operational risk.

In addition to growers and retailers, there are vendors, landlords, and employees that are indirectly tied to the cannabis industry. Banks are in the middle of allowing a safe depository or reasonable lending terms for state licensed cannabis businesses vs. being in

violation of federal law.

No matter where you stand on the issue of marijuana legalization, businesses cannot operate safely or transparently without access to banks. Cash-based businesses are targets for

crime. This is particularly true with high volume businesses such as marijuana in states where recreational use is legal. The federal government is currently in the process of reviewing and revising laws to provide greater clarity for banks operating in North Dakota and states where marijuana has been legalized for medical or adult recreational use.

The House has passed the SAFE Banking Act by a large, bipartisan margin. The Senate is now tasked with making their decision. The SAFE Act will only cover state licensed cannabis businesses. There is no protection for non-licensed drug trade. With Congress again in session, we may have Senate action prior to the print date of the February Voice! ■



CORNERSTONE BANK

**Call for Artists**

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

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

We'd love to show off your talents!



Email to:  
kelley@heartrivervoic.com



DICKINSON STATE UNIVERSITY

# Alumni Spotlight: Mandie Erickson '06

**Why did you choose become a Blue Hawk at Dickinson State University (DSU)?**

My parents are both DSU graduates. I started off by attending North Dakota State University for one semester but missed home and came back to Dickinson State. I was a member of the Blue Hawk golf team.

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

I graduated in 2006 with a degree in business and management.

**Was there a certain professor who made a big impact on your life?**

I really liked all of the staff and professors in the business department at the time I attended, but one of my favorite professors was Dr. Dragseth. She always was so confident and educated in her teaching and treated her students with respect. I always admired the extra things she did to make herself better at her profession.

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

I have many great memories. I made a lot of friends that I am still friends with today that I would have never met. A couple of my best friends were members of the golf team with me, and we were fortunate enough to qualify for the national golf tournament in Daytona Beach, Florida. Many of my friends were

athletes, so most of my memories are of Blue Hawk football or basketball games. We would travel to out-of-town games and those were always filled with lots of laughs.



**What would you tell someone who is considering attending Dickinson State?**

This university is very welcoming. DSU has tremendous coaches and teachers that truly care about your success and well-being. The smaller classroom sizes allow you to get to know your professors on a more personal level. You will not only obtain a great education but will also come away with great friends and mentors.

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

After graduating from DSU, I felt prepared to try something new, so I moved out of state for a while. I began working for a large corporation and enjoyed my time in a faster-paced environment. But, since I was raised in Dickinson, I always knew this was the community I wanted to raise a family in. And, after attending DSU, I gained even more appreciation for the community.

**How do you stay involved in your community or with DSU?**

I have been a Blue Hawk Booster Club board member since 2012 and for the past year have served as the Booster Club President. I try to volunteer for events at the public schools where my kids attend and support anyway I can.

**What are you doing now?**

I am currently a realtor. I got my real estate license in 2014 and am an agent at Continental Real Estate.

**Do you have any plans for the future you would like to share?**

I plan to stay in Dickinson and hope to watch my two kids become Blue Hawks! ■



Mandie Erickson and her children



By Helma Lein, Edgewood Hawks Point resident, age 103

Every age should be one to enjoy  
And to recall;  
Then the present one could be  
The happiest of all.

Life usually send us many gifts  
From day to day each year.  
We receive a goodly share  
Of joy and luck and cheer.

The rich green earth provides our food  
And from the skies above  
The sun, the moon, the twinkling stars  
Look down an all we love.

Our home provides us shelter  
And a meeting place to greet  
Those special freinds and relatives  
Who make life very sweet.

With all there is to learn about  
With all there is to do  
The years pass much too swiftly  
Yet, one thing's very true.

Each day brings new blessings  
That's why folks like you and me  
Will always find that any age  
Is a very good age to be. ■

*Love your Heart* this Valentine's Day

**COULD YOUR "STATIN" CHOLESTEROL MEDICINE BE HURTING YOUR HEART?**

Research shows that "statins" deplete a nutrient called CoQ10. By supplementing with CoQ10 we can try to avoid the problems associated with "statins." In addition, supplements containing CoQ10 have different levels of absorption, so it is recommended to choose a CoQ10 with proven higher affinity for absorption.

**IRSFELD**  
Pharmac<sub>PC</sub> *More than just prescriptions.*

Enjoy  
**20% Off**  
of Q-Best 100 for the  
month of February!





**COMMUNITY**

**Hope's Landing WEM**

Hope's Landing is again offering Sober Living Homes for those seeking recovery from addiction to drugs or alcohol in Dickinson. In the four years since we opened a home for women, we have seen lives changed and families healed. We are delighted to have been able to open a men's facility this spring. Our new home for men is filling a desperate need, and we have again seen lives changed and hope restored.

Both facilities offer a safe and supportive environment where those in recovery have time to heal, plan, and gain the life skills needed to live sober and successfully. Our residents are required to gain employment and have proved to be excellent employees as they are always on time, accountable, focused and truly able employees. We have found that when one has a safe place to live, a job and support, the likelihood of going back to the drug culture or prison is minimized.

The support from the community for Hope's Landing has been enormous, and we are grateful beyond words. As we prepare for our annual St. Patty's Day Celebration in March, we would like to

again invite everyone to join us in focusing on solutions to a drug and alcohol problem that is devastating individuals, families, communities and our nation.

This year we are so pleased to welcome Judith Roberts as our Headliner for the event. Judith Roberts is North Dakota's leader in Sober Living leadership and her understanding of recovery is in-depth and so exciting. Come celebrate what sobriety can do. ■



Judith Roberts

*"I'm grateful for the opportunity to work on myself, when I wouldn't be able to do so otherwise. Western North Dakota is in desperate need of these opportunities."*

~ Hope's Landing resident



Male Hope's Landing resident



Female Hope's Landing resident

**Thank you to our advertisers!**

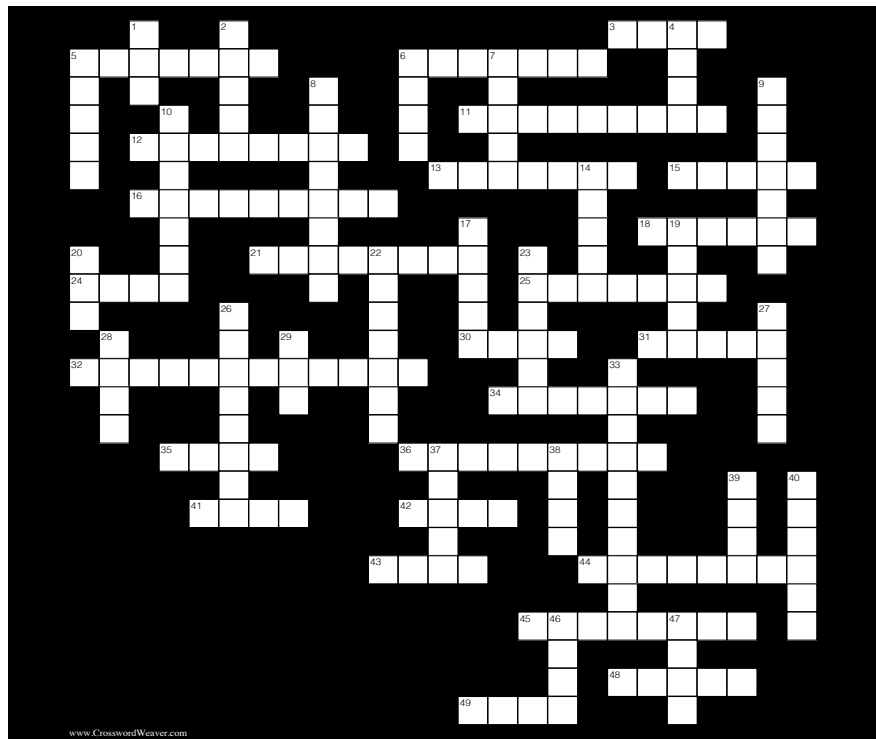
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| CHI St. Alexius Health Dickinson            | Dickinson Public Schools                     |
| Stark Development Corporation               |  |

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



# Heart River PASTIMES

## VOICE KNEAD BREAD By Carlinka



- ACROSS**  
 3 Despair's opposite  
 5 Sweet bread with nuts, raisins, etc...  
 6 Indian flat bread  
 11 Traditional in Ireland  
 12 Fancy name for bread sticks  
 13 Baked bread in a knot, German  
 15 Dessert that jiggles  
 16 Ancient bread slowly fermented  
 18 Thin flatbread of Armenia  
 21 Flat, oven-baked Italian bread  
 24 Unit of farmland  
 25 Towered over  
 30 Drive out  
 31 A holey bread  
 32 Heavy, dark and sweet rye  
 34 Baked in clay oven  
 35 \_\_, cool and collected  
 36 French crescent shaped flaky bread  
 41 Fluffy Indian bread  
 42 Sound of a scissors cut  
 43 Costing nothing  
 44 Narrow French stick loaf  
 45 Crispy sweet

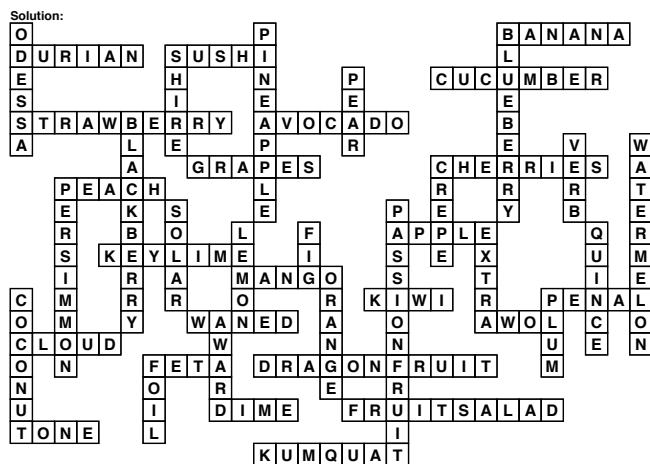
- bread, Germany  
 48 Get some Z's  
 49 Horse's slow gait  
**DOWN**  
 1 Chinese cooker  
 2 What birthday candles represent  
 4 Pocket bread of Middle East  
 5 Path down a mine  
 6 State of deep unconsciousness  
 7 Show to be true  
 8 Sweet bread from Mexico or Latin

- America  
 9 Used for Benedict's, \_\_muffin  
 10 French buttery bun or loaf  
 14 Crowd scene actor  
 17 Unleavened bread used for Passover  
 19 South American cornmeal patty  
 20 Sprinted  
 22 Plaited bread for Jewish occasions  
 23 Port city in Ukraine  
 26 Staple of Mexican

- cuisine  
 27 Creature from outer space  
 28 \_\_beetle  
 29 Alaska's main export  
 33 Cornbread baked on a griddle  
 37 Dishwasher cycle  
 38 Extend across  
 39 Well-mannered guy  
 40 Ethiopian sponge bread  
 46 Painful mark  
 47 Zenith

### Last month's puzzle solution

#### ++FRUIT SALAD++



## HOROSCOPE FEBRUARY 2020 by Hilda De Anza



**ARIES**  
 March 21- April 20  
 There is still a good deal of

confusion about relationships as the month begins, especially those relationships that depend on a shared set of beliefs and values. Things change around February 8th when potential partners are far more inclined to adjust to your needs, and at this time there is a new enthusiasm about relationships. February is the time when you should innovate and branch out in new imaginative directions.



**TAURUS**  
 April 21- May 21  
 First of

February, focus on friends and groups you are affiliated with who are striving to accomplish a dream. Around the 8th, disillusion may have set in and there is a much greater need to process things on your own. Many of your ideas and beliefs are undergoing restructuring and change in this period, and in February you may have a hard time getting your voice heard because you are up against intellectual authorities who may think there is only one way of doing things.



**GEMINI**  
 May 22- June 21  
 Beginning of February

represents an important process in your professional life where you apply the ideas and methods you have learned to your career aspirations. This is a time when concern for people and the environment can grow in importance. The last of the month is a fantastic time for mobilizing these efforts together with powerful colleagues. When you do this, you will have them on your side, and money or resources are supplied naturally with strings attached.



**CANCER**  
 June 22- July 22  
 February gets off to a good

start in your working life, as long as you take precautions to check dealings with people to make sure they deliver on promises. The full moon on February 23rd puts a major focus on intellectual and spiritual development. This is a good period where dreams and creativity can be channeled into constructive projects via partnership. Whatever you are involved with at this time requires going over a few times before you get it just right.



**LEO**  
 July 23- August 22  
 Relationships with friends,

groups and partners are important for the major part of February. New horizons open romantically. Mid-February, you'll find new developments in your daily life and rhythms. New arrivals at work bring a sense of purpose, making working life a lot more inspiring and interesting. End of February is an excellent time for tuning in to the resources that other people have to enrich your life and theirs at work and personally.



**VIRGO**  
 August 23- September 22  
 February constitutes a

time when you are outside your comfort zone because you have to adjust to the needs of others. You are challenged to put your creativity on the line and be more expressive. This relates to both working with a team, and perhaps also working with children who need you to have a hands-on approach. The last part of February is characterized by creative initiatives, which can open up new horizons.



**LIBRA**  
 September 23- October 22  
 There may still be some

disorientation about work and working relationships as February begins, because some of the dreams you had have failed to materialize. February brings challenges in relationships, perhaps because the decisions you make do not harmonize so well with the needs of the family. This is in fact an excellent time for ambitious projects which create renewal and change. The wise Libra adjusts and allows partners to decide things for the time being.



**SCORPIO**  
 October 23- November 21  
 As February starts, you may

still be trying to create order in connection with loved ones and financial complications that arose last month. Mid-February, the opportunity to branch out in a new direction presents itself, and if you want more space, freedom and creativity, it is a good idea to experiment a bit, even travel or take a working holiday to improve your mind and learn something new. The last week of the month is a great time for creative initiatives and self-expression.



**SAGITTARIUS**  
 November 22- December 21  
 As February begins, there

will be a lot of work, together with partners, to resolve communication matters. This can take time, but generally it is a successful process and agreements can be reached. End of February could be a time of opportunity to increase assets through innovation and change at work. February is quite a romantic month, and it is a time when money can be spent on enjoying life.



**CAPRICORN**  
 December 22- January 20  
 Life could hardly

be more intense than it is these days. This is a time to mobilize all available forces to achieve your goal. A sense of exhaustion or that resources are depleted gets stronger, culminating in important events resulting in you moving on and testing the waters of a major transition in your life. February is a time for experimental initiatives in your lifestyle, when you dive deep into the past to build a bridge to the future.



**AQUARIUS**  
 January 21- February 19  
 February could be a month

when you embrace a slightly modified lifestyle with a greater awareness of nature, diet, health and purity. Also an excellent month for self-discovery, and it helps to take dynamic and brave initiatives, especially when processing changes in your family life and past family events. It's a time to work hard and create order in your affairs, particularly economically. It is an excellent month for financial initiatives that harness your creativity and innovative talent.



**PISCES**  
 February 20- March 20  
 February will be an intense

period of trial and error as you implement new ideas and contact new people. This is an important time for relationships, and partners are motivated to help you out and do things your way. You are more focused than you have been for a long time. By working with others, this focus can be used laser-like to achieve a specific goal and make a major transformation, which changes the social fabric in some way.





**Decomposed**

If you think that classical music is boring, you've got a lot of company - it's one of the least popular genres in the country. But there's actually a lot to love. Not only is the music infinitely varied and just as moving as any more popular genre, but the stories behind the greatest compositions in history offer portraits of some fascinating artists and their work.



**Fresh Air**

Fresh Air from WHY?Y, the Peabody Award-winning week-day magazine of contemporary arts and issues, is one of public radio's most popular programs. Hosted by Terry Gross, the show features intimate conversations with today's biggest luminaries



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**Elevate**

Elevate is a new type of cognitive training tool designed to build communication and analytical skills. Since launching in May 2014, Elevate has been downloaded more than 15 million times on the App Store and Google Play.



**WikiHow**

The wikiHow app gives you over 150,000 how-to guides right in the palm of your hand. Read or watch step-by-step instructions on every imaginable topic. Become the DIY master of anything, instantly. Also in the wikiHow app, you'll find the Survival Kit, a collection of emergency situation guides every person should have stored on their devices, which are stored for offline use so you won't need Internet service to access them.



**What's App?**

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

**DICKINSON PARKS AND RECREATION**

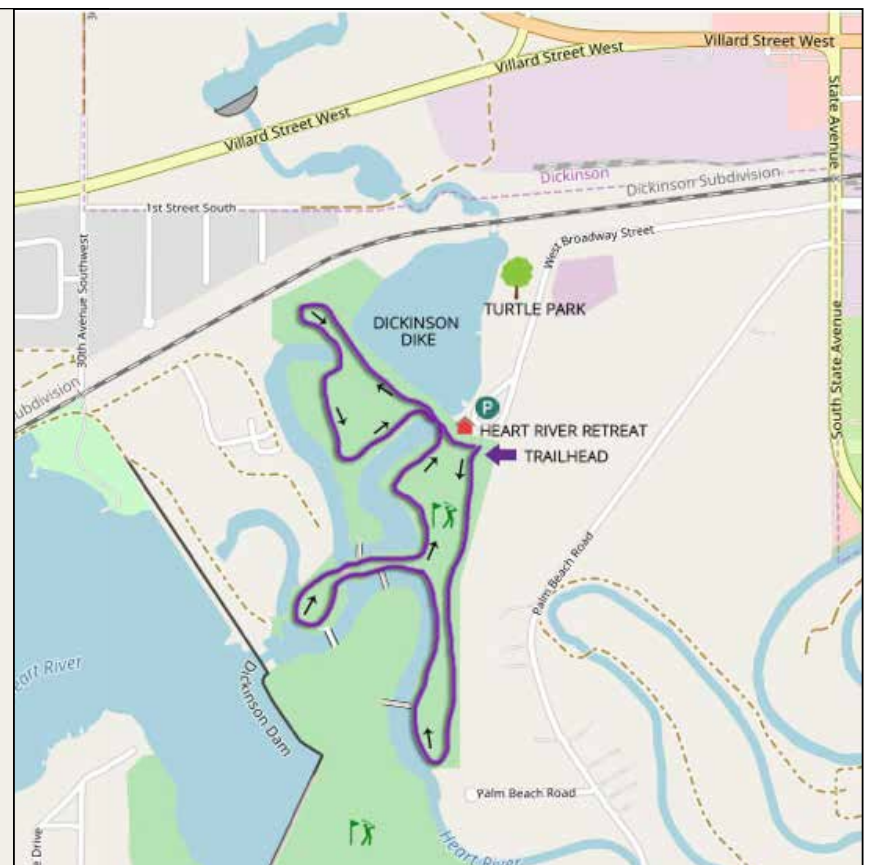
**Cross country skiing trail**



The Dickinson Parks & Recreation cross country ski trail is a scenic and professionally maintained trail that follows the back nine of the beautiful Heart River Golf Course. The trailhead begins at the Heart River Retreat, 2475 Broadway West, where public parking and signage will direct you to the ski trail. The trail is meticulously groomed daily to always provide the

best possible skiing conditions. The cross country trail is perfect for families or individuals of all ages looking for a challenging workout or just wanting a leisurely hour or two of beautiful scenery along the ponds and streams of the Heart River Golf Course.

The trail will be open for the season when the snow depth is adequate to groom. The trail closes in the spring when conditions are no longer favorable for skiing. The trail route is subject to change. ■



# Valentine Cookie Sale



Order decorated boxes of  
**Delicious Homemade  
Cookies**

delivered to your business on  
Valentine's Day  
Wednesday, February 14!

**\$12 per two dozen  
cookies/box**  
(Plus \$5 delivery fee  
per address)

Payment is required at delivery by cash or  
check or in advance by credit card.



CHISTAlexiusHealth.org

Call 456-4785 by  
Monday,  
February 12  
to order.



Or, save the delivery fee by  
picking them up at the  
hospital south entrance  
information desk between  
7:00 and 10:30 am.  
2500 Fairway Street  
Dickinson

All proceeds benefit the  
Auxiliary at  
CHI St. Alexius Health

# PARENT CAFÉ

CONVERSATIONS TO KEEP YOUR FAMILY STRONG



DICKINSON

Feb. 11 | Mar. 10 | Apr. 14 | May 12

5:30 - Free meal - West Dakota Parent and Family Resource Center 402 4th St W, Dickinson  
6:15-7:15 - Parent Café

Free child care provided during Parent Café

## What Are Parent Cafés?

Parent Cafés are conversations where you can:

- Meet new people & friends
- Share your hopes and dreams for your family
- Get new ideas
- Engage in positive conversation
- Share ideas
- Learn about community resources



## Are Parent Cafés For Me?

Are you a parent, grandparent, or other person who is actively involved in raising a child? If so, the answer is "yes"!

\*\*\*Parent Cafés are FREE to all participants

Contact Emily Gran at 701-390-3012 or [emilyg@lssnd.org](mailto:emilyg@lssnd.org) with any questions.

West Dakota  
PARENT & FAMILY  
RESOURCE CENTER

EARLY  
HEAD START



K.I.D.S. Program  
A program of HET, Inc.



# THINK&DRINK

THE ROCK'S CORNER BAR  
DICKINSON

A HUMANITIES ND  
BRAVE CONVERSATION SERIES

1/26

The Relational  
Power of  
Animals

2/23

Regenerative  
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or Bust!

3/29

Freedom,  
Empowerment,  
Communication  
Bias

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History and  
Current  
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