

Heart River VOICE

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SEE PAGE 22

CALENDAR of
LOCAL EVENTS

JANUARY 2022 | VOL. 4, NO. 1 | HEARTRIVERVOICE.COM

EXCLUSIVE

A superb tyrannosaur
skeleton arrives in
Dickinson!
See page 16





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A note to our readers

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

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

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

Kelley Jilek

Publisher

Cover art "Theresa" a water color from the private collection of Dr. James and Cheryl Brooke by Cherie Roshau. For more information about the artist, see page 5.

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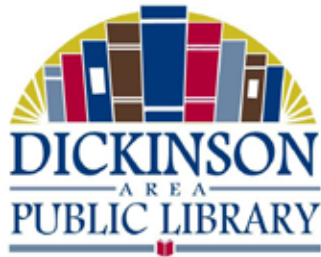
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#BOOKWORM**Did you know ... ?**

By Cindy Thronburg



Not everyone may know the ins and outs of the Dickinson Area Public Library (DPL), and it is our job as librarians to educate our patrons as best we can. For my article this month, I decided to compile a list of things that are commonly asked by our patrons.

Did you know we have an outside book drop?

We do! We have a drop on the east side of our building in the alley, so you don't even have to get out of your car to return your materials. There is a slot for books and a slot for AV materials (DVDs, audiobooks, etc.) The only materials you cannot put in the drop are materials labeled as such, like oversize books, learning bundles, me reader kits, board games, etc. If you prefer to bring your books inside, the drop is located to the right of the main circulation desk.

Did you know we have even MORE new items?

We have been overwhelmed with new items lately, and there isn't enough room to put them all on the new shelf. Some adult fiction and adult nonfiction items have gone straight to the stacks, with a handy yellow "NEW" sticker on them. Search the stacks to find them!

Did you know we have added new collections to the library?

The DPL is constantly looking for ways to expand what we have to offer our patrons. Most recently, we have added Me Reader Jr. kits to our Me Readers, giving an option for younger patrons. We have added Playaway Launchpads, which are tablets pre-loaded with games and learning activities for children. We have Binge Boxes now, which allow you to check out multiple movies on the same topic at once. Finally, we have our Board Games collection, which has grown tremendously and now contains well

over one hundred games! With so many different options, it's impossible not to find something for yourself at the library.

Did you know we have a bookmobile?

The Pagecoach Bookmobile services Stark, Slope, and Billings Counties. It makes routine stops in those areas, as well as to the school libraries in Medora and Fairfield, which we service. Any patron can check items out from the bookmobile. Simply request the item you would like, and we will retrieve it when the bookmobile is back in house.

Did you know we have a used bookstore?

The bookstore is owned and operated by The Friends of the Library Board of Directors and Volunteers. It is located directly south of the library. They are open from 11:00 to 5:00 Monday through Friday, offering quality used books at reasonable prices. All proceeds go to improve the resources and services of the Dickinson Area Public Library.

Did you know we offer a variety of regular programming?

When most people think about library programs, they think about Storytimes for the kids. While we do have those, we also offer a variety of regular programs for all age groups. All of our programs are listed on our website, Facebook page, and event calendar that can be found in the library. Some events do require registration.

Did you know we are working on building an expansion?

We are! We are currently in the fundraising stage of a planned expansion. The plan is to expand on to the existing building. We are expanding south to the street and adding a partial floor. Design plans are displayed in the library, and they can be viewed on our website as well. We are excited to be able to offer you even more items and programs once the expansion is complete.

Did you know we have online magazines through Libby?

Libby by Overdrive has more than just books and audiobooks. It also has a great selection of magazines! There are currently over 3,800 issues to choose from. The best thing about checking out a magazine in Libby is that it doesn't count towards your max number of borrows, which is 5 at a time, so check out as many as you like!

Did you know that help is just a phone call or short visit away?

If you ever need help navigating the library's online catalog (searching for



items, placing holds, or requesting items from another library) or any of its e-resources (Overdrive/Libby, hoopla, etc.), we are always happy to help. Feel free to call us at 701-456-7700 or stop by the library for assistance.

I hope this can offer some insight into the goings-on at the library. It truly is a bustling place with lots of appreciated patrons. We hope you'll stop by and see for yourself! ■

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COVER ARTIST Cherie Roshau



Cherie Roshau

Recently, I retired after teaching art for forty plus years to kindergarten children through the collegiate level. I have offered mixed media art workshops for grief and loss processing as well as a place of contemplation. I have experience in working as an art instructor at the ND Women's Penitentiary and with federally incarcerated juveniles in Dickinson. I

have always believed that visual arts define the deep-rooted enrichment of the human soul that is intrinsic in creating art. The language of visual arts is a universal language that enables the connection of humanity across the globe. During the COVID-19 pandemic, many artists and art venues were affected by cancellations, closures, loss of business and for many of us a way



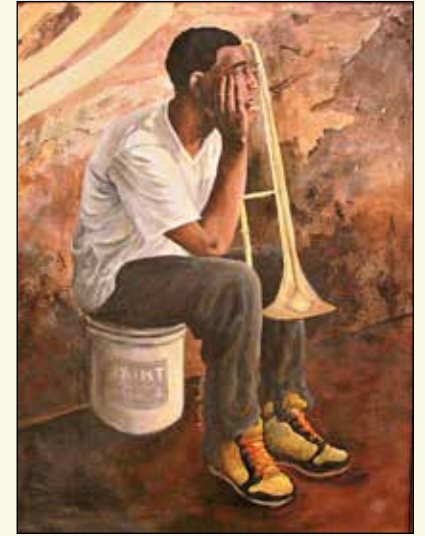
of life. I have committed to developing relationships with galleries, art shows and various venues.

My artwork has been displayed in Montana, North Dakota, South Dakota, Washington, and Arizona. I have been able to share my work with art collectors in China, Ethiopia, Germany, Japan, and the Ivory Coast as well. During the "Into the West" Capital Gallery exhibition in Bismarck throughout March and April, I was honored to be introduced as a new artist with an extensive list of well-known artists. I recently was invited to



showcase my work at the Waterworks Art Gallery in Miles City, Montana during March and April of 2022.

I will reach out to the community as one who will offer artistic experiences as a means of engaging the artist (young and old) in experiencing and producing art through a personal one-on-one classroom teaching in my studio. I



recently converted our two-stall garage into my art studio and intend to work at my studio each day (as if I were working a full-time job). In the afternoons and evenings, I will offer independent art lessons to elementary students and adults at scheduled times beginning in February.

Cherie was recognized by the Badlands Art Association this year as they dedicated their 51st Annual Art Show in her honor. Cherie has a deep appreciation for the rich texture in nature and the colors embedded in the earth. The daily experiences that surround her life, whether it is human interaction, animals, or Mother Nature, emphasize the essence of her focus as she studies the blank canvas. Her art is her voice, creating ideas and feelings for the viewers. Visit her website: cherieroshau.art ■



COMMUNITY

16th annual Murder Mystery Dinner Theater



Don't miss "Murder in Outer Space," an audience-participation mystery dinner theater!

"Ladies, gentlemen, quoglarg and diffdorgs, thank you for flying with us! We hope to get you home safely without encountering many aliens, meteors or... MURDER! As our intergalactic journey comes to an end, don't forget to shop our SpaceMall catalog... oh and buckle up for Murder in Outer Space!"

Someone just said to me this morning, "There is nothing to do in this town." I disagree, but a lot of people feel that way and look forward every year to the Dickinson Public School's Foundation's signature event, the #1 murder mystery dinner play in Dickinson. This year's play is called "Murder in Outer Space." The play is written and directed by our own local DHS & DSU grad, Josh Nichols. We have a very talented cast again this year.

This year's play will be held February 10-12, 2022, at the Roosevelt Grand Dakota. There will be a No Host Social starting at 6pm and the dinner/play starts at 6:30pm.

Cast members include: Jamie Prellwitz, Troy Kuntz, Jesse Kilwein, Elizabeth Tibor, Layne Brandvik, Sarah Ramsey and Todd Selle. Josh Nichols is the director, and he also wrote the play.

The menu includes: appetizers, grilled chicken with a lemon butter wine sauce, rice and glazed carrots served buffet style. Also, a Bistro Red Velvet Cake for dessert and coffee. Sorry, no meal substitutions.

Tickets go on sale Friday, January 28 starting at 5pm until 8pm at the Roosevelt Grand Dakota in the DeMores room. Tickets are \$50 for the Thursday performance and \$55 for the Friday and Saturday performances. We will have prizes for the best costumes and sleuth award each night!

The dinner theater is sponsored by the Dickinson Public Schools Foundation. This play contains some spicy situations that may not be recommended for younger audiences.

For more information, contact Karen at 701-590-0495 or at kheidt@dpsnd.org. ■



COMMUNITY

Adult Learning Center seeks input

Members of the community and surrounding area, the Dickinson Adult Learning Center wants to hear from YOU! What kind of Community Education courses would you be interested in taking?

Do you long to be a better writer? Have you always wanted to learn how to knit? Wish you knew how to better manage your money? Give us your wish lists and we'll see what we can do to help fulfill your education and personal development goals!

Better yet, do you have a skill you'd like to share with others? Contact us about teaching a workshop or Community Ed class at our location.

The DALC currently offers GED completion, English as a Second Language, and basic computer and technology courses. Send us your answers by emailing dickinsonalc@dpsnd.org and visit our website to learn more about our programs! www.dickinsonalc.com ■




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HEALTH

Connect expands services, participates in Hispanic health fair

By Mark Billings



Two new staff and expanded services highlight the Connect Medical Clinic's continued reach into the community.

Joining the team last month include Nurse Manager Chelsey Crone, RN and Nurse Practitioner Rachael Marshall, FRN. Crone replaces Deb Bolin, RN, Connect's nurse manager for the past four years, who retired from her position in November while capping off a 44-year nursing career.

Crone, a Montana native, has spent the past 10 years as a nurse working in behavioral health and labor and delivery, both in Montana and for the past six years at CHI St. Alexius Health.



Chelsey Crone

She graduated from Miles Community College with an Associates Degree in Nursing and later earned her nursing license. At Connect, Crone will manage the medical department operations, which serves men and women facing an unplanned pregnancy or other sexual health event.

"I have a heart for people and I'm excited to serve women and men in our community," said Crone. "I love that Connect offers a welcoming, confidential setting to connect with patients one-on-one in a less-rushed atmosphere where we can really listen, support and educate."

Born and raised in Dickinson, Marshall is a board-certified



Rachael Marshall

Family Nurse Practitioner who graduated from Walden University and earned her Bachelor's Degree in Nursing from Dickinson State University in 2009. Since then, she has worked as a nurse at CHI St. Alexius Hospital for the past 10 years. At Connect, she will provide new services, including well-women exams, including Pap smears and pelvic exams, as well as other genital exams for men.

"I am excited to be able to extend onto the services provided by Connect, and am passionate about providing care for at-risk sexually active patients in Dickinson and the surrounding areas," said Marshall.

Tara Zettel, RN, Connect's president and executive director, said Crone and Marshall will follow a tradition of positive patient interactions Bolin established in her four years at the nonprofit. "(Bolin's) patients always left comments reporting that they felt seen, heard, valued and respected," said Zettel. "I've learned a lot from her as a nurse and am excited to have Chelsey and Rachel here to expand the strong relationships and community impact we are so passionate about."

In other news, Connect partnered with Women Empowering Women in November by participating in the first Women's Health Fair to reach Hispanic women. Connect was one of 11 organizations to join in the event, which included free childcare, a Spanish translator at each booth and a Mexican cultural dance at the Biesiot Activities Center. Zettel said the successful outcome of the event could pave the way for additional funding to women who are disconnected from services.

"With more staff and new services, we anticipate more partnerships with organizations such as Women Empowering Women to reach at-risk patients, no matter what their cultural or financial backgrounds," she said. ■

SAY YES TO THE TEST!
January - Cervical Cancer Awareness Month

Connect Medical Clinic now offers Well Women Exams including Pap Tests and pelvic exams. Call 483-9353 for more information and appointment times

Cervical cancer awareness: Why women of all ages need annual well-woman exams

By Tara Zettel

January is Cervical Cancer Awareness Month. According to the American Cancer Society, cervical cancer (cancer of the cervix) was once one of the most common causes of cancer death for American women. But, cervical cancer death rates dropped significantly with the increased use of the Pap test.

Pap tests are a screening procedure that can find changes in the cervix before cancer develops.

It can also find cervical cancer early – when it's small and easier to cure.

As part of a healthy lifestyle, women are recommended to have a Well Woman Exam every year, and those who are 21-29, Pap tests are included every three years.

Cervical cancer is most frequently diagnosed in women between the ages of 35 and 44, with the average diagnosis at 50. Many older women do not realize that

the risk of developing cervical cancer is still present as they age.

Recommendations for Pap tests for women 30-65 are screening continuing every three years with HPV testing (common causative agent for cervical cancer) every five years.

Statistics show that more than 20% of cases of cervical cancer are found in women over 65. However, these cancers rarely occur in women who have been getting regular tests to screen for cervical cancer before they were 65.

Connect Medical Clinic is now offering Well Women Exams with Pap testing. Call 483-9353 for appointment details.

For more information about Your Health Cervix, check out our educational videos on Connect's YouTube channel at: shorturl.at/brRU5 ■

COMMUNITY

3rd Annual Winterfest Family Fun Event

Plan to attend the 3rd Annual Winterfest Family Fun event on January 22nd, 2022, at the Dickinson Armory 46 Museum Drive starting at 10am.

As you enter this event you will see art and photography pieces. These will be available for purchase by bid through a silent auction with a portion of the proceeds going to the House of Manna. For all of you with a sweet tooth, we will have a dessert auction with all the proceeds going to West Dakota Parent and Family Resource Center.

Visit engaging classes for kids! At 10:30am and 11:00am, we have a Pitter Patter Club music class for ages 5 and younger. Do You Want to Build a Snowman? - A Wintery Sensory Experience Class by Expressions Pediatric Therapy will be held at 12:30pm to give your kids some sensory fun. Both of these classes are FREE. Additionally, we have an art class at 2:30pm for teens and adults for \$35 by Finks Custom LLC. This class will feature a Positive Affirmations Mixed Media Painting Class. Pre-registration is required for ALL classes. To register for classes, go to www.winterfestnd.com.

Then head on down the hall to the gymnasium and experience fun for the kids and adults. Purchase an activity wristband for the kids (ages 5 and older). Pre purchase them for only \$1 at the Dickinson Convention and Visitors Bureau on Museum Drive. The wristbands give unlimited access to the carnival games/prizes.

We can't forget about the adults! We will have local vendors on hand to help you get early Valentines shopping done, as well as lunch options. First attendees will win a swag bag full of coupons and goodies. Finally, Bingo in the classroom at 4 pm. Winners will receive various gift cards. A portion of proceeds will go to The West Dakota Parent and Family Resource Center. ■



BADLANDS MINISTRIES
Fearless Faith Retreat
 March 11-12, 2022 Medora, ND
 Featuring Dynamic Speaker
Melanie A. Brown

Friday, March 11 - \$40.00
 Fearless Faith Friday: 1-4:30 p.m. Refreshments Served

Saturday, March 12 - \$40.00
 Soul Sisters Saturday: 9 a.m. to Noon

Full Retreat - \$200.00
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REGISTER TODAY:
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3rd Annual Winterfest
 First Attendee's Win Swag Bags

Indoor Family Fun Event

SATURDAY, JANUARY 22, 2022
 DICKINSON ARMORY 46 W MUSEUM DR, DICKINSON, ND

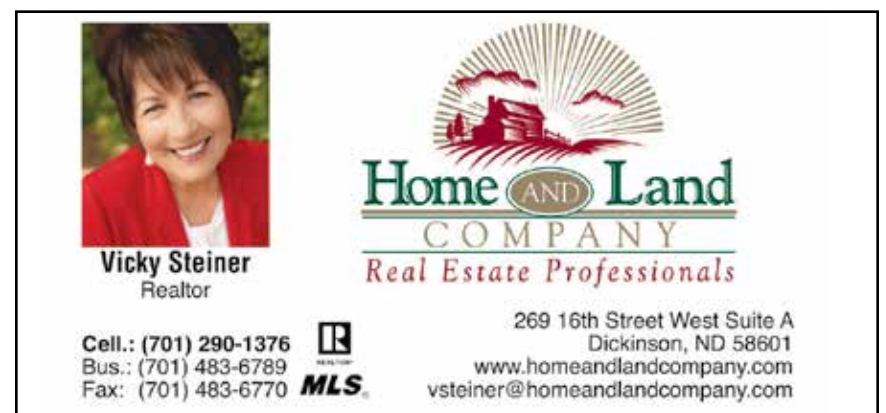
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Schedule of Events

10:00 A.M.-4:00 P.M. SHOP VENDORS, CARNIVAL GAMES, CLASSES, FOOD, AND ART/PHOTOGRAPHY/ AND DESSERT SILENT AUCTION	FREE GROUNDS ADMISSION	*2:30 P.M. POSITIVE AFFIRMATIONS MIXED MEDIA WOOD SIGN BY FINKS CUSTOMS LLC FEE \$35
*10:30 AND 11:30 A.M. PITTER PATTER CLUB CLASS FREE CLASS	*CLASSES REQUIRE REGISTRATION <small>Please Visit www.winterfestnd.com/classes</small>	4:00 P.M. TO 6:00 P.M. BINGO - \$2 PER CARD OR 3 \$5 AGES 18 AND OLDER
*12:30 P.M.-1:15 P.M. CLASS DO YOU WANT TO BUILD A SNOWMAN -AWINTERY SENSORY EXPERIENCE CLASS BY EXPRESSIONS PEDIATRIC THERAPY FREE CLASS		

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NDSU EXTENSION Parents Forever™



By Holly Tuhy

Happy New Year North Dakota! I hope you are all healthy and well this season. For many of us, the start of a new year means planning for the exciting months ahead. NDSU Extension Stark/Billings County in partnership with the West Dakota Parent and Family Resource Center are happy to share that the 2022 Parents Forever™ class dates have been set!

In-person Dickinson Classes:

Saturday February 5, 9:00AM-1:00PM
 Saturday April 2, 9:00AM-1:00PM
 Saturday, June 4, 9:00AM-1:00PM
 Saturday, July 9, 9:00AM-1:00PM
 Saturday, September 10, 9:00AM-1:00PM
 Saturday, November 5, 9:00AM-1:00PM

Virtual Dickinson Classes:

January 13 and 14, 6:00PM-8:00PM
 August 3 and 4, 6:00PM-8:00PM

As you read this, I am sure you have many questions about Parents Forever™. Parents Forever™ is an evidence-based course that educates parents going through separation or divorce. They learn how to co-parent in a healthy way, minimizing stress on themselves and their children. Let's take a look at what participants learn from the course, who should attend the course and why:

What Will I Learn From Parents Forever™?

- The impact of divorce on children at different ages
- Ways to reduce conflict and keep children out of the middle
- How to make informed, child-supportive decisions during transitions such as separation and divorce, resulting in healthy children and positive parent-child relationships

Who Should Attend Parents Forever™?

- Parents experiencing a family transition such as separation or divorce
- Parents who are considering

separation/divorce and who would like to learn more about the impacts on their family

- Parents who are divorced and experiencing challenges with co-parenting

• Never-married parents who do not live together but want to strengthen their co-parenting efforts

Why Should I Attend Parents Forever™?

• Learn valuable skills to reduce effects of divorce or separation on their children and themselves in 4 hours

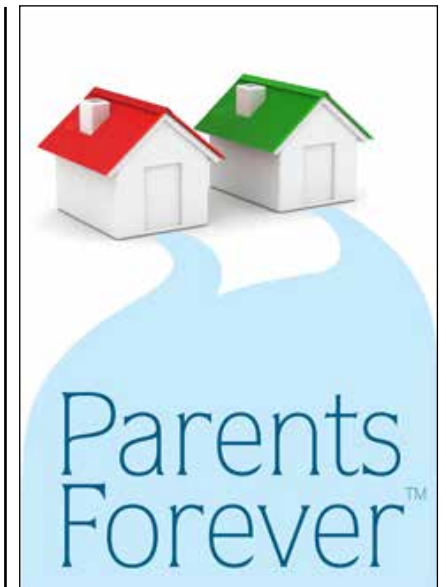
- Available in-person, virtually, or online

• Customized for North Dakota parents experiencing divorce or separation

• Recommended by the North Dakota Supreme Court and North Dakota Bar Association

• A certificate will be made available upon completion of class

The impacts of Parents Forever™ have been very positive. In participants who have taken the course, we are seeing more voluntary settlements of disputes and a greater likelihood of settling future disputes. Children whose parents have taken Parents Forever™ courses experience less distress and build



stronger relationships with their parents. For more information on Parents Forever™ or to sign up for a class, contact NDSU Extension Stark/Billings County at 701-456-7665. More information is also available at ndsu.edu/agriculture/parentsforever. Take care, and Happy New Year! ■



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WHERE BUSINESS GOES TO GROW

CONVENTION AND VISITORS BUREAU ND AgriTourism

AgriTourism is the practice of inviting guests to visit and/or participate in normal farm or ranch activities. Farms and ranches participating in agritourism activities are most often working farms and ranches with tourism activity as a secondary income for the family. Generally viewed as small-scale, low-impact and education-focused, agritourism activities are not usually designed for large groups of guests, with the exception of pumpkin patches, orchards, farm festivals and corn mazes.

AgriTourism includes camping, biking, hiking, bed and breakfasts, fresh pick-your-own (U-pick) vegetables and fruits, rental cabins, fee hunting, fishing and other outdoor activities such as nature photography and bird-watching. The list is limited only by the operator's imagination.

If you are considering something more, perhaps a pick-your-own enterprise or

a corn maze would be the way to go. For example, if you already sell pumpkins to a wholesaler or retailer, you may want to grow a few more and create a pumpkin patch with children's activities. And if you grow corn, add a corn maze. These would be complementary businesses to your current operations. They are just an expansion of what you already do.



Wineries, bed and breakfasts and other overnight lodging can and probably would become primary enterprises as they grow in scope with the number of related activities and the time involved.

Whether the agri-enterprise supplements, complements, or becomes the primary enterprise depends entirely on what the farm or ranch family wants to do. It is critical to well-plan whatever enterprise is envisioned. The first thing you need to consider if you are thinking about starting an agritourism business is whether this is an appropriate option for you. You then will need to set goals, assess your resources and develop a business plan. For more information, contact the North Dakota Tourism Division at 701-328-3505. ■



• WINTER READING PROGRAM •

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• Jan. 1st - Feb. 28th •

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FINANCIAL FOCUS

Should inflation affect your investment moves?

As you know, inflation heated up in 2021, following years of pretty stable – and low – numbers. And now, early in 2022, we're still seeing elevated prices. As a consumer, you may need to adjust your activities somewhat, but as an investor, how should you respond to inflation?

First, it helps to know the causes of this recent inflationary spike. Essentially, it's a case of basic economics – strong demand for goods meeting inadequate supply, caused by material and labor shortages, along with shipping and delivery logjams. In other words, too many dollars chasing too few goods. Once the supply chain issues begin to ease and consumer spending moves from goods to services as the COVID-19 pandemic wanes, it's likely that inflation will moderate, but it may still stay above pre-pandemic levels throughout 2022.

Given this outlook, you may want to review your investment portfolio. First, consider stocks. Generally speaking, stocks can do well in inflationary periods because companies' revenues and earnings may increase along with inflation. But some sectors of the stock market typically do better than others during inflationary times. Companies that can pass along higher costs to consumers due to strong demand for

their goods – such as firms that produce building materials or supply steel or other commodities to other businesses – can do well. Conversely, companies that sell nonessential goods and services, such as appliances, athletic apparel and entertainment, may struggle more when prices are rising.

Of course, it's still a good idea to own a variety of stocks from various industries because it can help reduce the impact of market volatility on any one sector. And to help counteract the effects of rising prices, you might also consider investing in companies that have a long track record of paying and raising stock dividends. (Keep in mind, though, that these companies are not obligated to pay dividends and can reduce or discontinue them at any time.)

Apart from stocks, how can inflation affect other types of investments? Think about bonds. When you invest in a bond, you receive regular interest payments until the bond matures. But these payments stay the same, so, over time, rising inflation can eat into your bond's future income, which may also cause the price of your bond to drop – a concern if you decide to sell the bond before it matures. The impact of inflation is especially sharp on the price

of longer-term bonds because of the cumulative loss of purchasing power.

However, Treasury Inflation-Protected Securities (TIPS) can provide some protection against inflation. The face value, or principal amount, of each TIPS is \$1,000, but this principal is adjusted based on changes in the U.S. Consumer Price Index. So, during periods of inflation, your principal will increase, also increasing your interest payments. When inflation drops, though, your principal and interest payments will decrease, but you'll never receive less than the original principal value when the TIPS mature. Talk to

your financial advisor to determine if TIPS may be appropriate for you.

Ultimately, inflation may indeed be something to consider when managing your investments. But other factors – especially your risk tolerance, time horizon and long-term goals – should still be the driving force behind your investment decisions. A solid investment strategy can serve you well, regardless of whether prices move up or down.

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



Marlene Bradbury
Financial Advisor

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WHERE BUSINESS GOES TO GROW

Entrepreneurship: Is it right for you?



An entrepreneur is defined as, “a person who organizes and operates a business or businesses, taking on greater than normal financial risks in order to do so”, from Oxford Languages.

Success in business depends on the owner’s ability to understand the business, develop the skills to overcome obstacles, and assume the risk required to make a profit. Traits of a successful entrepreneur include drive, commitment, passion, energy, leadership, and pride of ownership. A new entrepreneur, you must understand their strongest talents and skills while at the same recognizing their areas of weakness.

It will be entirely up to you, the new entrepreneur, to develop projects, organize your time, and follow through on details. You must be a self-starter; no one is going to coax you out of bed or push

you. Business owners need to develop working relationships with a variety of people including customers, vendors, staff, bankers and other professionals so it is imperative to be able to get along with different personalities and handle conflicts.

Small business owners are required to make decisions constantly – often quickly, independently and under pressure. Physical and emotional stamina are a requirement to run a business. Business ownership can be exciting, but it’s also a lot of work. It’s not uncommon for small business owners to have to face six or seven 12-hour workdays every week.

Entrepreneurs must be able to think creatively and outside of the box to take advantage of new opportunities and adapt to changing circumstances. Am I able to think of new ideas and imagine new ways to solve problems?

Research indicates that poor planning is responsible for most business failures. Good organization of financials, inventory, schedules and production can help you avoid many pitfalls.



Running a business can wear you down emotionally. Business owners carry all the responsibility for the success of their business on their own shoulders. They also bear the weight/responsibility of for making payroll; their employee’s lively hood depends on it, it’s an enormous responsibility. Strong motivation will help you survive burnout.

The first few years of business start-up can be hard on family life. It’s important for family members to know what to expect and support you during this time. Additionally, if it’s a family run business, the inter family relationships will be tested during the trials and tribulations,

ups and downs, of the business success and struggles.

Carefully evaluate your skills, interests, and personal abilities to help you answer the question, “Am I an entrepreneur?” And, if so, “What is the business for which I am best suited?”

It’s true, there are a lot of reasons not to start your own business. But for the right person, the advantages of business ownership far outweigh the risks.

You can find them on-line at www.ndsbdc.com or call 701-456-9044.

Source: North Dakota Small Business Development Network Business Resource Guide ■

Murder in Space



Mystery Dinner Theater

Tickets go on sale Friday, January 28

5-8 pm Roosevelt Grand Dakota Hotel

Performances are:

Feb. 10, 11, 12

Tickets are:
\$50 Feb. 10
\$55 Feb. 11 & 12

For more information, contact:
Karen Heidt, Director of Development Phone: 701-590-0495
Email: kheidt@dpsnd.org



COMMUNITY**Fearless Faith
Women's Retreat**

Badlands Ministries is delighted to announce our Fearless Faith Retreat for women set for March 11-12, 2022 in Medora. Melanie A. Brown, our keynote speaker captivates audiences through her contagious energy and invigorating spirit. She is known for her characteristic blend of humor, storytelling and insight.

Come join us and let your light shine in our beautiful Badlands. The sessions will take place in our dining hall, on Friday, March 11 in the afternoon from 1-4:30 pm and Saturday, March 12 in the morning from 9-noon. Refreshments will be served. Each session is \$40.00 per person, until Feb. 25 when the price is \$55.00 per person.

The other option to hear Melanie will be for those who take in our 'full retreat experience', which includes four meals, sleeping overnight in our accommodations, admission to both sessions, plus an exclusive Friday night session, all for a cost of \$200.00 per

person, until Feb. 25 when the price becomes \$225.00.

Fearless Faith Friday's session is about Legacy of Greatness. You have been gifted with a greatness that has the potential to forever change your life. You will be inspired to do four phenomenal, simple, but significant steps to truly discover God's purpose and dreams for your life...then God's best will come back to you!

Soul Sisters Saturday's session is titled Breakthrough to Your Brilliance. Experience a powerful breakthrough that shatters doubt, fear, anxiety, and worry. You will walk in confidence, courage, and believe with God all things are possible.

Melanie A. Brown, founder of Women Ignited by Faith, is an inspirational author and leadership coach from Sioux Falls, SD. Melanie's dynamic presentations celebrate and empower women.

You can find out more about our phenomenal speaker at <https://melanieabrown.com>

Seating is limited. Please register on our website www.badlandsministries.org Call 701-290-8482 for more information. ■



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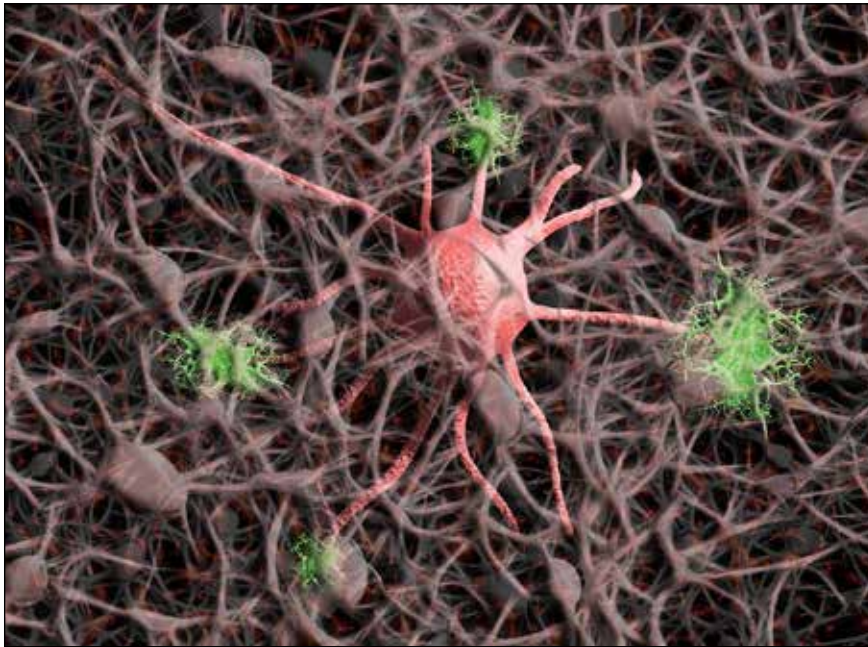
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HEALTH

Peripheral Neuropathy

By Steve Irsfeld



It seems like I am confronted more and more with patients dealing with the pain and numbness of peripheral neuropathy. The condition can result from many entities and is often time only effectively treated with medications that have a host of unsavory side effects. My hope is to offer you some alternative options that will help you get back on your feet and enjoy the things you are used to doing.

Peripheral neuropathy refers to the

computer use) to nerve damage linked to diabetes.

Neuropathies are typically classified according to the problems they cause or what is at the root of the damage. One of the most common forms of neuropathy is diabetic neuropathy, a condition that occurs in people with diabetes. It is more severe in people with poorly controlled blood sugar levels and the incidence can be 50 to 90% of diabetics depending on



conditions that result when nerves that carry messages to and from the brain and spinal cord from and to the rest of the body are damaged or diseased. They are common, especially among people over the age of 55. Altogether, the conditions affect 3% to 4% of people in this group, which is a good chunk of the population.

There are several different kinds of peripheral neuropathies that stem from a variety of causes. They range from carpal tunnel syndrome (a traumatic injury common after chronic repetitive use of the hands and wrists, such as with

the criteria used.

The most common symptoms of neuropathy include, tingling, numbness, loss of sensation in the arms and legs, and a burning sensation in the feet or hands. Neuropathies can be caused by environmental factors such as toxins, trauma, illness, or infection.

The conventional treatments include products that block receptors in our body that transmit the pain signal primarily amitriptyline, duloxetine, gabapentin and pregabalin or Lyrica. They do a decent job of treating the symptoms of PN but

contain some unwanted side effects, mainly drowsiness and fatigue which are the last things we want to patients who are older as this can potentially increase their risk of falling.

If you are a diabetic patient and have taken metformin for a period of time, you may want to have your Vitamin B12 level checked and consider supplementation. This medication is known to deplete B12 in our systems and a low B12 can lead to neuropathies.

Studies show that high doses of alpha-lipoic-acid can help patients with PN who are diabetic. Taking 600mg per day is the recommended dose. PEA or palmitoylethanolamide is another dietary supplement shown to have beneficial effect for neuropathic pain. Together these two ingredients promote healthy functioning of the endocannabinoid system to support nerve function, stress response, relaxation and healthy immunity. Studies show that these two ingredients work synergistically (together they work better than separately) in promoting healthy nerve function.

Sometimes the cause of the PN is something that can't be treated by a dietary supplement due to its cause, this may be an opportunity to use a compounded medication. By placing medications that typically cause systemic side effects into a transdermal gel, you are able to apply the gel to the site of pain, decreasing the amount of drug that is used but applying to the receptors responsible for the pain transmission.

Other options that are outside of the box include low dose Naltrexone, an opioid receptor blocker that works in our central nervous system to block neuro-inflammation. In these low doses, Naltrexone increases endorphins which are our bodies natural opioids, decreases inflammatory markers and blocks neuroinflammation, 3 separate avenues to block neuropathic pain.

Lifestyle modifications can help prevent you from getting to the point of PN's in many conditions. Eating right and keeping blood glucose normalized, supplementing omega 3 fatty acids, exercising, sleep and stress reduction are ways to lower inflammatory burden.

Please stop in or call the pharmacy if you would like further information on ways to help with peripheral neuropathies and pain. You can access this and other articles on our website at irsfieldpharmacy.com. Until next time, be vigilant about your health! ■

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wish
you
the
best
in
2022!

from the team at

Heart River
VOICE

LESSONS IN BUSINESS

12 ways to build better workplace relationships



By Debora Dragseth

Have you ever disliked a job not because of the job itself, but because you found your co-workers unbearable? Upon reflection and distance, is it possible that you had some responsibility in making your previous work environment stressful?

It takes time and effort to develop a friendly, cohesive work group. Following are some dos and don'ts for building healthy workplace relationships.

1. Have a positive attitude. An upbeat outlook will go a long way toward building a good climate. Like a virus, negativity is contagious. Look in the mirror and honestly ask yourself if you would like to work with someone day in and day out who was just like you.

2. Appreciate the diversity of your co-workers. There are many different types of intelligence and work styles. Just because they differ from yours doesn't mean they are wrong or ineffective.

3. Focus on your co-workers' positive attributes; don't obsess over the negative ones. For example, perhaps they are slow to get their reports turned in, but on the other hand, they are careful and methodical and their reports contain few errors.

4. Applaud your co-workers on their work efforts. Commend them on a job well done. Be sincere and specific. A genuine, heartfelt and positive comment can make a co-worker feel appreciated.

5. Celebrate the successes of others.

Don't be jealous or resentful when your co-worker is named employee of the month, is praised by the boss, or receives the promotion you were aiming for.

6. Show interest and concern for your co-workers' personal lives. You need not be meddlesome about their private lives, but doing things like sending an encouraging note when a co-worker's mother is ill will show that you care about her as a person.

7. Compliment your co-workers: "Great shoes. Nice haircut. Cool new photo in your office." Your co-workers will appreciate the fact that you noticed.

8. Offer to help if a co-worker is having a difficult time mastering a new task or is overwhelmed with work. Helping someone who is in need will go a long way toward enhancing your workplace relationship. The additional upside is that, someday you may need her help and she will be much more inclined to give you a hand.

9. Keep your promises. Be someone that your co-workers can trust and count on. Do your job to the best of your ability.

10. Don't judge your co-workers. Don't gossip. If you talk negatively to Jim about Jane, it won't be long before Jim figures out you are likely talking about him as well.

11. Don't pout, resort to the silent treatment, or throw a tantrum if you are unhappy with your co-workers. Hostile communication tends to degenerate

relationships very quickly. Resolve problems with good communication skills. Be willing to admit your mistakes and compromise.

12. Do understand that life at work is not always going to be ideal. But, by putting the extra effort into building positive workplace relationships, you will build for yourself a more desirable environment.



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



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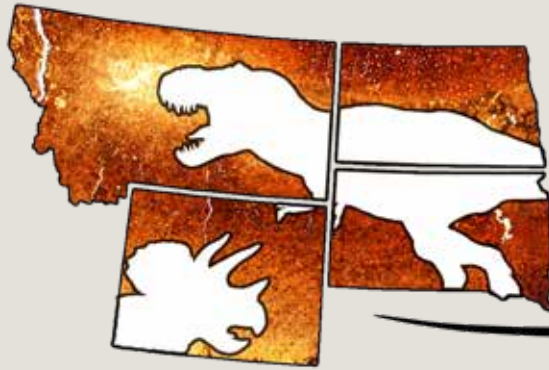


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DICKINSON MUSEUM CENTER



Badlands Dinosaur Museum

Another world-class dinosaur for Dickinson

By Denver Fowler, PhD

A claw. That's what gave it away that this fossil skeleton was something special.

Summer 2017. The Badlands Dinosaur Museum field crew was prospecting rocky outcrops of the Judith River Formation near Glasgow, Montana. We'd been introduced to this area the previous year (covered in HRV article Dec 2019) when we'd found a fossilized arm of a duckbilled dinosaur preserved in a slab of super hard "concreted" sandstone, sticking up out of the prairie like a gravestone (see photo 1). We came back to the area in 2017 to dig this up and look for more dinosaurs.

To begin with our finds were modest – a few nice teeth, a well-preserved log, all kinds of interesting burrows, and an intriguing bird bone. These were preserved in "lags": concentrations of small bones preserved in ancient riverbed sandstones. Then we started finding skeletons of duckbills, preserved in large blocks of the concreted sandstone. Usually these skeletons were quite damaged already from weathering by the elements, but they were still exciting to find. We got used to finding boulders with tail or leg bones sticking out (see photo 2), but we

really hoped to discover one with the skull intact!

We hiked deeper into the coulee. Small creeks criss-crossed our path, some just wide enough to require a slightly worrying leap to reach the other side. Near the heart of the coulee we came across a goldmine of a "lag", larger and richer than others we had found earlier. Down on our hands and knees we checked every pebble. Most of the fossils were small, a half inch or so, and many were water worn, showing that they had been transported by rivers. Even so there were many treasures hidden among the pebbles: tyrannosaur teeth; claws from duckbills, little bits of dinosaur armor and spikes. Looking up from my search I spotted some larger bones in the distance, wedged in the v-shaped valley formed by a small stream. "I'll get to those in a bit" I thought, I was having far too much fun with the tiny treasures at my feet!

After another twenty minutes maybe, I finally got around to investigating the big bones. They were foot bones (metatarsals and phalanges), and there were a lot of them. Then I saw the claw. Ah, yes. I had gotten so used to finding duckbill bones that for a second I had not really paid attention to the shape of

the bones, but the sharp, pointed claw was screaming out to me. No doubt about it, this was a tyrannosaur (see photo 3).

Some of the foot bones had fallen out of the cliff already, but one or two were still in place, connected to the ankle which in turn was connected to the shin bone, plunging deeper into the cliff. Next to this were bones from the second foot. This was really promising: its not that rare to have a foot or leg on its own (maybe pulled off a carcass by a predator), however, if you have both feet together, then that means you probably have



Photo 1 - This slab contains the arm of a duckbilled dinosaur

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Photo 2 - Articulated tail vertebrae from a duckbill



Photo 3 - This claw told me that this was a tyrannosaur skeleton

them connected at the hips, and if you have the hips, there's a good chance you have more of a skeleton. I tried not to get too excited. After all, at most of these sites the bones fizzle out. Still, I can dream... We collected the loose bones, but we would need a special BLM excavation permit to dig in deeper, so we covered up what remained and anxiously waited for a whole year!

Fast forward to July 2018, excavation permit now in hand! We worked hard for two weeks removing over ten feet of overburden by hand to get down to the bone layer. We carefully dug around the feet that had been originally exposed, and quickly found that they went into another concreted sandstone. The concretion was too hard to dig into with normal tools, so we worked our way around it. To the right we came across more foot bones and 38 "belly ribs" (from the front of the chest), all in perfect condition, but scattered (see

The tail and belly ribs were preserved in soft rock, so we removed these in plaster jackets. This left us with the problem as to what to do with the main skeleton, preserved in hard, heavy, concreted sandstone. The small creeks which surrounded the site meant that we could not drive a vehicle in to pull the slab out. We would need a heavy-lifting helicopter. We returned to Dickinson to raise funds and plan the extraction.

In summer 2019, to lighten the load, we used a rock saw to cut about 6-10" of rock from the top of the concretion. This lightened it considerably, but we still calculated that it would weigh between 9 and 13,000 lbs. The only helicopter powerful enough would be either an Erickson skycrane or a Chinook. Fortunately, Montana's Billings Flying Service had chinooks for hire, but they were often busy fighting fires, and we still needed to raise the funds to pay for one.



Photo 4 - The belly ribs of the tyrannosaur were scattered as the belly had burst when the carcass rotted

photo 4). To the left we found the tail emerging from the concretion, curling up and over the main block. At this point we knew we had something special: an articulated tyrannosaur skeleton in what is called an "opisothotic" posture (see photo 5), where the head and neck are pulled back and the tail is curled up and over the body.

In 2020 and 2021 we were fortunate to receive grants and in-kind donations that would cover the cost of the helicopter lift and transport of the skeleton back to Dickinson (thanks to Bureau of Land Management, TC Energy, ConocoPhillips, JE Dunn and Tooz Construction). Using 1000lbs of

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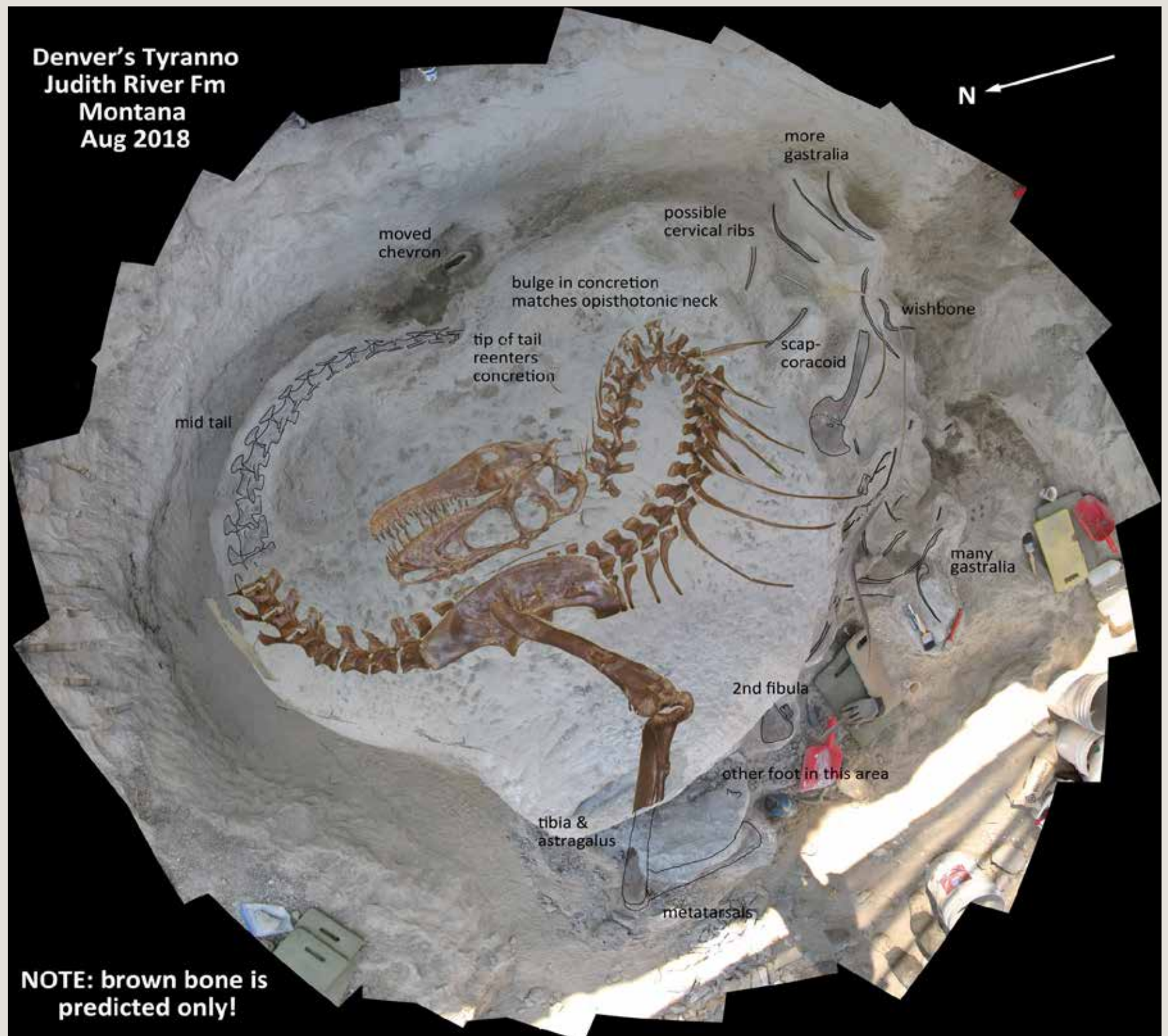


Photo 5 - The tyrannosaur is probably quite complete and is preserved with the head and tail curled up

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Photo 6 - The tyrannosaur concretion with lifting frame fitted on top



Photo 7 - The helicopter successfully lifts the skeleton up and away!

steel, our board president, Tyler Schoch, had already designed and built a special lifting frame for the concretion (see photo 6), and another board member Loren Myran had offered the heavy-duty trailer needed to bring it home! Now it was just a waiting game, hoping that the helicopter would be free to perform the lift. By some miracle, the 2021 fires



Photo 8 - The helicopter flying away after successfully dropping the skeleton onto the trailer

were not as bad, and the helicopter was available in early October. We were ready!

The day of the lift was set at October 16th. A crowd of people from the museum, the BLM, local ranchers,



Photo 9 - Tooz Construction crew move the flipped slab into our fossil preparation lab

newspapers, and more watched as the chinook approached. From a distance it looks a bit like two normal helicopters bolted together, but in reality it is much larger than this, more like a flying house with thunderous double rotors. I'd like to say I enjoyed the day, but I was much too nervous about it all. We had built the frame extra-sturdy, had extra chains and straps, all to make sure it was as secure as it could be, but until it is actually down on the trailer and safe, you're never 100% sure. However, everything went off without a problem. I was so relieved to watch as the chinook lifted the frame, then the skeleton block up and out of the quarry, flying a couple of miles over the badlands to drop it in to the trailer (see photos 7 and 8), waiting at the roadside. We then drove triumphantly back to Dickinson, only blowing two tires on the trailer on the way back(!).

Once we were back in Dickinson, Tooz Construction and JE Dunn kindly had offered to use one of their big cranes to flip the skeleton block over, then attach wheels to the frame so that it could finally be rolled into our lab on Nov 17th (see photo 9).

So now the huge concretion sits in our public viewing lab, ready for the cleaning to start! You will be able to watch through the lab window as we remove the rock from around the bones, which we expect to take around two years. Once cleaned, the skeleton will

go on display in our main exhibit hall, another world-class dinosaur fossil for Badlands Dinosaur Museum and Dickinson Museum Center!

To view our complete Field Report, go to <https://dickinsongov.com/2021/12/02/5th-annual-museum-field-report/> ■



Note: Look for Bob Fuhrman's second installment of Dickinson Confederates in our February issue.

BEST FRIENDS**Best Friends Mentoring Program celebrates National Mentoring Month**

January is National Mentoring Month, and this year, BFMP is celebrating the annual campaign aimed at expanding quality mentoring opportunities to connect more of our community's young people with caring adults, by holding a match event during the Martin Luther

Yet, the same research shows that one in three young people in our country will grow up without a mentor.

National Mentoring Month is the time of year where engagement from community members interested in becoming a mentor is highest. This year, with the support of the mentoring community, we are encouraging the public to go beyond just digital engagement – and become involved in real life. Mentoring relationships are at their best when connections are made between a caring adult and a young person who knows that someone is there



King Day of Service, on January 17th.

"We appreciate our mentors every day, and during National Mentoring Month, we really get to celebrate and thank them for their service!" says Angie Rabbitt, executive director of Best Friends Mentoring Program.

Research shows that mentors play a powerful role in providing young people with the tools to make responsible choices, attend and engage in school, and reduce or avoid risky behavior. In turn, these young people are:

- 55% more likely to be enrolled in college
- 81% more likely to report participating regularly in sports or extracurricular activities
- 78% more likely to volunteer regularly in their communities
- More than twice as likely to say they held a leadership position in a club or sports team

to help guide them through life choices.

National Mentoring Month is led by MENTOR - the national unifying champion of the mentoring movement. Each year since its launch in 2002, the campaign has enjoyed the strong support of the President and the United States Congress. Other well-known supporters have included Maya Angelou, Clint Eastwood, General Colin L. Powell, Cal Ripken Jr., MENTOR co-founder Bill Russell and Usher. In 2016, President Barack Obama's office shared a National Mentoring Month press release highlighting the crucial role that mentors play in young people's lives.

To learn more about the role mentoring plays in our community and to find volunteer opportunities, visit Best Friends Mentoring Program at 135 W Villard Street in Dickinson, visit their website at www.bestfriendsnd.org, or call their office at 701-483-8615. ■

PAWSITIVELY POPPY**Warm drinks, warm hearts**

By Miranda Kuhn

Doesn't everybody love a good mug of hot cocoa this time of year? The nights are long and cold, but our mugs are deep and warm. Poppy stares longingly at me while I sip my cocoa tonight and I wish, like I have countless times, that I could share with her.

Sadly, chocolate and any food items with cocoa as an ingredient are toxic to dogs. Chocolate consumption in dogs can cause vomiting, diarrhea, tremors, elevated heart rate, seizures, or even death. NEVER feed chocolate to your dog. If your dog consumes any amount of chocolate, contact your veterinarian immediately.

That being said, an ingredient called carob can be used as a substitute for cocoa to make dog-friendly "chocolate" treats! Carob contains neither caffeine or theobromine, both of which make chocolate unsafe for dogs. In addition to being free of dog-toxic compounds, carob also has fiber, potassium, and other vitamins, making it a safe and healthy ingredient for dog treats of all kinds! You can find carob powder in some grocery stores, and it can be purchased online from reputable sources (just be sure the carob doesn't contain added sugar).

Enjoy a cup with your dog during a cold winter night. ■

**Poppy's Dog-Friendly Hot "Chocolate"****Ingredients:**

- 1/4 C water
- 3/4 C goats milk (can use fresh or powdered goats milk)
- 1 tsp carob powder

In a mug, heat water and whisk in carob powder until dissolved. In a separate cup, heat goats milk until warm, about 45 seconds in a microwave. Whisk the milk until it is frothy, or use a milk frother to foam. Add this to mug with carob. Top a sprinkle of extra carob powder as garnish. Be sure the temperature of the drink is not too hot for your pet. Now kick back with your pooch and enjoy! ■



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HEART RIVER VOICE | JANUARY 2022

Calendar

COVID-19 IS A PANDEMIC. COVID-19 IS CONTAGIOUS. EVERYONE WHO ATTENDS EVENTS DOES SO AT THEIR OWN RISK.

SUNDAY JANUARY 2

ANNUAL CHRISTMAS BIRD COUNT 8AM Ring in the New Year with the annual Christmas bird count. This event is part of the National Audubon's Society 122nd annual citizen science bird project. Each year from December 14 - January 5, volunteers from across the country join together to count birds. Bird counts will once again be

hosted at the Theodore Roosevelt National Park. If you're interested in joining, meet at the South Unit Visitor Center to form teams of beginner and advanced volunteer birders; then disperse, covering survey areas. Bring binoculars, water, snacks, and warm clothing. Plan to be out birding for at least 4 hours. No registration required.

HOT DOG EATING CONTEST

2PM It's a new year and let's start it off with some dogs! No entry fee. 10 contestants, 10 dogs. Whoever can eat them the fastest wins \$100 gift certificate. I Don't Know Bar, 207 4th St NW, South Heart.

TUESDAY JANUARY 11
BOOKS & BREW BOOK CLUB
(ADULTS 21+) 7PM A book

club for adults set in a relaxing atmosphere. Each month we will discuss a book while enjoying a beverage or two. This concept is growing across the country and is designed to bring book clubs to people who might not normally have considered joining a book club. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. Drinks are not provided by the library. DePorres Lounge, 17 2nd Ave W.

THURSDAY JANUARY 13

START-UP YOUR DAY 8-9AM Join us to brew up your entrepreneurial spirit! Event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. Stark County Veterans Pavilion, 801 5th Ave W.

FRIDAY JANUARY 14

DICKINSON CATHOLIC ADULTS 6:30PM Geared towards adults (21-50) from the Dickinson area. January's speaker is Dr. Thomas Arnold. Refreshments served. Free childcare provided at Queen of Peace (725 12th St W) from 6:15 pm to 9:00 pm. Children must be dropped off and picked up by a parent or legal guardian. More info, www.facebook.com/groups/dickinsoncatholicadults/ or email dickinsoncatholicadults@gmail.com. Held at 618 Palm Beach Road.

SATURDAY JANUARY 15

SATURDAY STORYTIME 10AM A new Saturday Storytime and craft geared to kids 3-5. Dickinson Area Public Library.

GENEALOGY PROGRAM

11:30AM Join our genealogical librarian for a discussion and/or presentation on a genealogy-related topic. Dickinson Area Public Library.

BOARD GAME CLUB 1PM

Participants may play games provided or bring their own to play with new friends and old. (Ages 11+) Dickinson Area Public Library.

MURDER AT THE MUSEUM

7PM Tickets \$35.00/person includes the game and hors d'oeuvres. Cash bar provided by

Ponderosa/Town and Country. Visit the Museum or call (701-456-6225) to reserve your character. Must RSVP by January 10th. Dickinson Museum Center, 188 Museum Dr E.

SATURDAY JANUARY 22

3RD ANNUAL WINTERFEST 10AM-6PM Come spend the day with your family enjoying various classes, carnival games, delicious foods, shopping vendors, and more! Free admission, carnival games for a small fee. More info, contact Sarah Moe 701.495.4480. Dickinson Armory, 46 W Museum Dr.

9TH ANNUAL CHILI COOKOFF

Doors open at 5:30PM Astoria Hotel & Event Center, 363 15th St W. Tickets \$25/person. All proceeds benefit local area fire departments. To register a booth, contact ddoohen@ndenergyservices.com or shirleybuckman67@gmail.com. Astoria Hotel & Event Center, 363 15th St W.

THURSDAY JANUARY 27

CRIME SQUAD 6PM Love true crimes? Want to discuss them with like-minded people? Ever thought "Maybe I could help solve a crime?" This is for you! Dickinson Area Public Library.

JANUARY 28-JANUARY 30

58TH ANNUAL TRINITY MARDI GRAS A weekend of fun for the entire family! See back cover for more information.

SATURDAY JANUARY 29

BOARD GAME CLUB 1PM Participants may play games provided or bring their own to play with new friends and old. (Ages 11+) Dickinson Area Public Library.

SAVE THE DATE**FEBRUARY 10-12**

MURDER IN SPACE Join the Dickinson Public Schools Foundation for an evening of mystery, dinner and more! Tickets on sale January 28! See ad, page 12, for more information.

MARCH 11-12

FEARLESS FAITH RETREAT Join Badlands Ministries as they host dynamic speaker Melanie A. Brown. See page 8 for more information.

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Winter Season PUBLIC ICE SKATING

Friday & Saturday 7:00-9:00 pm
Saturday & Sunday 1:30-3:30 pm

ADMISSION:
\$4.00 (Ages 6+) | 5 & under are free
\$2.00/skate rental
PUNCH CARDS: 15 Sessions = \$52.00
15 Sessions + Skate Rental = \$77.00

When public school is not in session,
public skate will be held
from 1:30-3:30 PM.

NEW

TODDLER SKATE

It's time for your little ones to have their chance on the ice!
Toddler skate is meant for families with younger children, giving
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\$3/child
(\$3 fee is for toddler skate hour only)




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KNIGHTS OF COLUMBUS

November Family of the Month

Knights of Columbus Council 6308 honors the Larry and Ardella Custer family for the month of November. Larry and Ardella met in 1960 at a birthday party. They were married at St. Joseph Catholic Church on November 7, 1961. Congratulations on 60 years of marriage! They have six children: Larry, Leon, Scott, Stacy, Shelby, and Shawn. Larry retired from driving truck for TMI. Ardella retired from service work in motels. They have been regulars in praying at adoration on Tuesday for several years at St. Joseph's. ■



ROTARY CLUB



Spurred by a \$1,000 match by a local Rotarian, the Dickinson Rotary Club's pie auction raised a total of \$4,805 in just under 25 minutes, thanks to auctioneer Larry Schnell and the generosity of club members. Rotarians donated 18 pies, cakes and truffles for the effort that will go toward our club's budgeted donation to PolioPlus. Donations to PolioPlus are made through The Rotary Foundation, Rotary International's charitable arm that was formed at the 1917 "for the purpose of doing good in the world."

Polio eradication is the top project for Rotary International. RI's goals include no cases of polio by 2023 and to certify the world polio free by 2026. In January, two cases of polio were reported and 10 months later another two cases were reported in a remote area of Afghanistan, where we understand that the Taliban is protecting polio vaccine workers. RI this year has spent 60 percent of its budget on vaccine production and vaccinating children. ■



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PIPER'S PALS Ask Alfie

Dear Alfie,

My human has worked from home since March of 2020. I loved having her home all the time! Recently she has gone back to the office to work three days a week. It's been kind of stressful for the both of us. Do you have any advice on how to make the transition a little easier?

Love, Your Friend, Carl Winslow, the cat

Dear Carl Winslow,

How lucky you are to have spent that much time together with your human! It is easy to see why the two of you may have gotten used to a daily routine together, making it hard to adjust to changes.

If your human had been given advance notice, she might have been able to help you with this transition by leaving the house more often for longer and longer periods of time. Now that she is gone three days a week, however, let's talk about how we can alleviate the anxiety it puts on both of you.

First of all, she should keep an eye out for signs you might be stressed. Are you acting out inappropriately? Tearing up the blinds, getting into things you shouldn't have? These "naughty" behaviors may simply be the result of separation anxiety and it is important to address these with compassion. The best way to do this is by making a point to spend more time playing together and interacting when she is home. This can "make up for lost time" so to speak. Digging out your favorite toys, getting a new swishy wand to dangle, or setting up some cardboard boxes for you to play in will help you to feel like you are still getting plenty of attention each day.

When she does leave for work, make sure she leaves lots of toys and activities to occupy you, such as an interactive puzzle toy or something new with which you have not yet played. If she can afford it, getting a nanny-cam or two might help her feel better about the situation if she is able to check on you throughout the day.

Lastly, just remember that you both will adjust. It's possible that your mom is feeling more anxious about it because she thinks you are upset, when actually you're just fine. As we know, cats love to sleep during the day and before

you know it, the two of you will have developed a new routine altogether! Just be patient with one another.

Your Friend, Alfie

Dear Alfie,

My cat keeps bothering my new potted plant, scooping the dirt out of the planter and onto the floor! How can I make her stop?

Sincerely, New Plant

Dear New Plant,

First of all, we assume you've already researched and determined that this particular plant is safe for your pets! As a reminder to others, many common houseplants are toxic and can make your pet sick or even kill them if ingested. Always thoroughly do your research before bringing one home!

Now back to your question. There are lots of ideas people have for how to keep pets from digging in their potted plants, but my personal favorite is a very simple solution. Landscaping stones, about 2-3 inches big, layered over the dirt, are a fast and easy way to fix the problem. Your cat won't be able to dig in the soil and you can still pour water over the stones when your plant needs moisture. They're easy to remove



if you change your mind or want to add fertilizer to your soil at a later date.

As an added bonus, the rocks look nice! You can be creative with it and select stones that are all white, all black, colored, etc. Have fun and enjoy your new plant!

Sincerely, Alfie ■

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

Pet Name Match

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

A: Charmaine (#___)

B: Dakota (#___)

C: Beau (#___)

D: Zek(#___)

E: Izzy (#___)

F: Daisy (#___)

(Answers in our next issue!)

Last month's answers:

A: #6 Dozer

B: #3 Ivy

C: #5 Blue

D: #1 Keisha

E: #2 Dixie

F: #4 Elle

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

Email kelley@thejileks.com



#1



#2



#3



#4



#5



#6

HEART RIVER GEMS

George Nodland

By Kaylee Garling

We're starting the year off right by featuring George Nodland as this month's Heart River Gem. George is a native North Dakotan, who grew up in Dunn Center. His humble upbringing, kind heart, and giving nature shines through his stories, and it's an honor to get to share a few of them with you.

To start things off on a festive foot, George shared this experience. "At Christmastime, I would cut trains out of the Sears and Montgomery Ward catalogs and play with them. Women ordered everything out of catalogs back then. I never got toys. I got clothes. I'd get 2 pair of jeans, and 2 shirts." His wife, Kayleen, remembers him wearing only 2 shirts in high school, one of them being a beautiful turquoise color.

George is a writer for Dickinson Press and 4 other newspapers in Southwestern North Dakota. He summarized an article he wrote of his first experience buying a bike. "I could buy an old bike for \$5, so I asked my mom if I could have \$5, and she said, 'What for?' I said, 'I want a bike.' She said, 'You want a bike, you go find a job.' So, I went and helped a farmer haul hay that did everything with horses and by



George Nodland

hand. We did 2 loads in the morning, and 2 loads in the afternoon because we had to put it in the hay rack and take it out of the hay rack. I got 25 cents a load, so it took me 5 days to get the \$5."

His work ethic was ingrained in him from a young age due to his mother being a widow from the time he was 7 years old. "A fortunate thing was, I always had work. There was always somebody that needed help." And work he did. His career achievements, along with volunteerism is vast beyond his years. "My mother never drove a car. My one sister finished high school the year after my father died, so they sold the car. I had to bum rides from my friends for everything." When George graduated from high school, he was finally able to afford an old car for \$300. Kayleen was ecstatic that he could meet her places instead of making the long drive from the Killdeer Mountains where she lived, to Dunn Center and back, which was around 60 miles round trip, not including if they went to Killdeer. He continued, "With that old car, I had poor tires. The Standard Dealer was good to me. I would buy an innertube for a dollar and an old, used tire for 2 dollars. I'd have 3 spares in the back of the car. By the time the weekend was over, after driving around, picking Kayleen up, and driving to things, I used up all 3 tires. By Monday night, after I got all done working for the farmers, I would patch the tires. You made do with what you had."

Kayleen saw George's potential from the moment she met him, and potential he did fulfill. After high school, George got drafted into the Army. "I spent a year in Korea. Came back and finished my education at DSU. I went to work at Fisher industries. We started General Steel and supply. I was the first employee and manager for about 8 or 9 years. The oilfield came in 1980, so I started an oil company-a supply store. Had that for about 3 years, sold it, then went into banking. Worked at 2 different banks but spent most of my time at American Bank Center. In the meantime, I was a school board member and county commissioner. When I retired, I became a state senator.

I am a real community guy and have served on 24-26 different boards. When my kids were in grade school, I was on parent advisory committees. When they were in high school, it was booster clubs. That got me into the school board. Then there was the many church boards. With the military, I was in the Veterans of Foreign Wars and the American Legion. With the Foreign Wars, I was in all the



George and his wife, Kayleen

ranks up to Officer and on a District level. On the county level: park board, fair board, zoning board, all those different boards. Then I was on state board, and national committee. I went to Chicago once or twice on the national retail committee. I was one of the first board members for Stark Development way back when we started it. I've been on the Chamber Board. Amen Food Pantry."

This just names a few, but Amen Food Pantry was especially important to George, as he remembers how much it helped his mother when he was young. She had a stroke shortly after his father passed away, and back in those days, you really needed the help to receive it. The pantry supplied things like molasses, flour, and a chunk of cheese. It was very

basic, and food you'd have to make from scratch. He was the poor of the poor, but after spending a year in Korea, and seeing how the people there lived in shacks made of rice straw, he felt rich. "Everybody in America is rich compared to what we saw in Korea." One of his favorite charitable activities was, "When the national guard of Dickinson got called up to Iraq, and they sent 2 buses from Dickinson, Kayleen and I, along with Mayor Decker, started a support group that met once every 2 weeks. We met with mothers, grandmothers, and wives of the guard. We'd talk, support one another, and send packages."

Modest beginnings taught George perseverance, humility, generosity, and hard work. Be sure to check out George's articles in the Dickinson Press. ■

Heart River Gems is proudly sponsored by

or-i-gin Chewing the fat

In the old days, they cooked in the kitchen with a big kettle that always hung over the fire. Every day, they lit the fire and added things to the pot. They ate mostly vegetables and did not get much meat. They would eat the stew for dinner, leaving leftovers in the pot to get cold overnight and then start over the next day. Sometimes stew had food in

it that had been there for quite a while. Hence the rhyme: *Peas porridge hot, peas porridge cold, peas porridge in the pot nine days old.*

Sometimes they could obtain pork, which made them feel quite special.

When visitors came over, they would hang up their bacon to show off. It was a sign of wealth that a man could "**bring home the bacon.**" They would cut off a little to share with guests and would all sit around and **chew the fat.** ■



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KUDOS

Art Wanner honored for his leadership

Art Wanner was recently honored with the Stark County Spirit of Excellence Award. Art was nominated for the award following her generous Leadership over the years towards veterans, his country, his community, and beyond.

Surrounded by nearly 100 family, friends, local dignitaries, community groups, and other special guests, Art was honored at a surprise celebration at the Stark County Veterans Pavilion on November 16.

Julie Obrigewitsch, award organizer, led the award ceremony with details of how the Stark County mayors selected Art through a blind process out of 34 total nominations. Wanner was showered with many donated gifts from Stark County businesses and individuals. Presenting the award to Art was Major General Alan Dohrmann, Adjutant General of the North Dakota National Guard.

Art is a charter member and Vice President of the Stark County Veterans Memorial Association, overseeing the planning, fundraising and completion of the memorial. Art is the leader of American Legion Post 3 Honor Guard, thus performing military rites at veterans' funerals. He supervises the Legion's food pantry for local veterans in need. Art has also nominated veterans for ND Honor Flights to Washington, DC.



He is actively involved in recognizing our veterans for the Quilts of Valor program in Southwest North Dakota. In addition,

Art belongs to other veteran organizations, as well as church and civic organizations.

The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated

exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts within Stark County, ND.

All submitted nominations who were not selected will be carried over to the following bi-monthly awards and will be considered for up to 12 months.

To receive more information on the award program or to nominate, go to www.starkcountysheriffnd.com or call 701-290-1640. ■



KUDOS**Emerging Women Artist award winners**

The portrait "Bits and Pieces", is the recipient of the Emerging Woman Artist award provided by Women Empowering Women, a nonprofit organization in Dickinson.

The award is in the Youth Division of the Badlands Art Association show held in November.

Artist Molly Robb was inspired to create this piece to honor her younger sister Megan showing beauty can be found in all faces in all expressions. Sharing this experience with her younger sister gave Molly a perfect opportunity to remind Megan to appreciate herself and her beauty. Recognizing



Molly Robb

that women appreciate and deserve such reminders is important to the mission of Women Empowering Women as well.

Molly is a sophomore at South Heart High School. Her first experience with creative art was as a seventh grader. She has since worked with a variety of mediums but finds photography to be the one she enjoys most. Molly feels photography captures a moment in time that will forever be lost.

The portrait "Mint Jelly Dreams" is the recipient of the Emerging Woman Artist award provided by Women Empowering Women, a nonprofit organization in Dickinson.

The award is in the Amateur Division of the



Mint Jelly Dreams

Badlands Art Association show held in November.

Artist Chantel Fugere has been focusing on her art in her free time since returning from Japan where she taught English for three years. It was in Japan that she first focused on powerful women in history as a muse to her art. Her early illustrations portrayed women in contemporary art and feminism through digital artwork. Moving into acrylics and oils is a new medium for Chantel and as evidenced by this piece - a success! She is committed to portraying women as the best versions of themselves. Her work represents the divine femininity of women through art that is thoughtfully inclusive of all women. Chantel is inspired by women of all ages, women of



Chantel Fugere

color and women with disabilities. Fugere is a graduate of Dickinson High School and holds a Bachelor in Fine Arts and Design with emphasis in illustration from MSU Moorhead. She offers freelance commissioned portrait work for people and character design and can be reached at chantelfugere@gmail.com.

Women Empowering Women is dedicated to the collaboration of women to meet needs and helping women become the best versions of themselves. Kudos is a program to recognize the good works women do. These are women who've lived quietly, joyfully or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. To learn more, visit wewnetwork.org ■



Bits and Pieces

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The stamp designs start with the playful illustrations of Elise Gravel, whose characters are frisky, fresh and full of fun. Colorful characters populating the pane include a roundish, rosy rascal with a sunny tummy; a silly, striped imp waving a four-armed howdy; a squiggly yellow critter with enough eyes to go around; and a reddish rapsallion in short shorts.

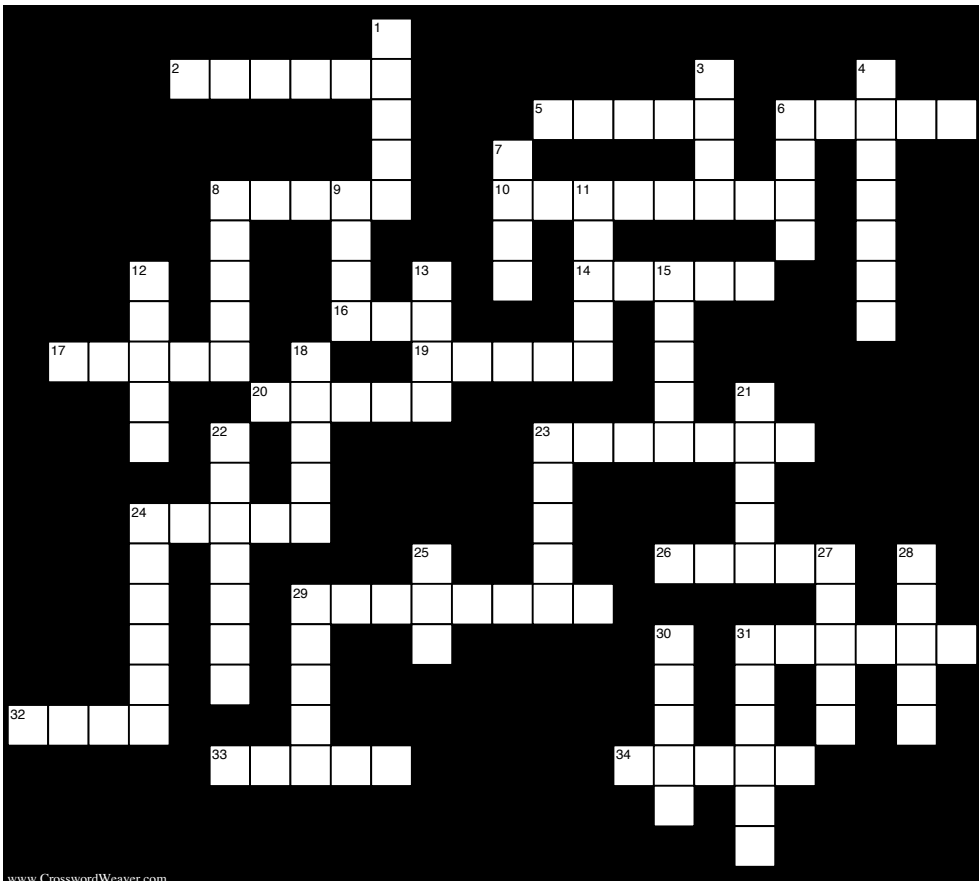
Whimsical, wacky and inviting your inventiveness, these creatures appeal across generations.

The 20 Message Monsters on the pane, in four different designs, invite you to enhance your mail with the included adhesive accessories. These little monsters are totally adorn-able. Make them yours and they're even more delightful! ■



CROSSWORD

JUST PUZZ by Carlinka



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ACROSS

- 2 Port city in Ukraine
- 5 Not hold on
- 6 Pandemonium
- 8 Crouch in fear
- 10 Way of voting not in person
- 14 Ambitious way to solve a crossword
- 16 Tree whose name sounds like a pronoun
- 17 What waves, voices and fevers can all do
- 19 Ladder steps
- 20 _Way
- 23 Slightly firm, as pasta
- 24 Covered in prickles
- 26 Two out of 100?
- 29 Picture that develops before your eyes
- 31 CA leads the nation in production of this crop
- 32 Frontpage stuff
- 33 Wine barrels
- 34 Like chords that sound sad

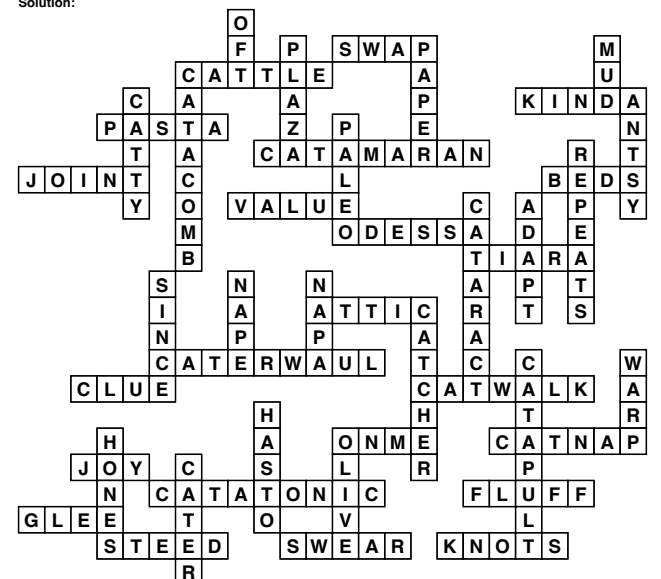
DOWN

- 1 What's stored in the cloud?
- 3 Unit of lightning or fabric
- 4 Roof beams
- 6 Worker who takes whisks
- 7 _a one (nobody)
- 8 Big, thick piece
- 9 Catch sight of
- 11 Word before chard or cheese
- 12 Caterer's booking
- 13 Bad way for things to go
- 15 Like many films at Sundance
- 18 Small and insignificant
- 21 (None of the above choices)
- 22 Mythical animal that's a symbol of rarity
- 23 Criminal suspect's excuse
- 24 Attacks like an eagle
- 25 Fleeting trend
- 27 Big mess-up
- 28 Poem of lament
- 29 Steps taken in a duel
- 30 Industry impacted by the podcast boom
- 31 Rain boot

Last month's puzzle solution

++FELINE FRENZY++

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HOROSCOPE

JANUARY 2022 by Hilda De Anza



ARIES March 21- April 20

January starts out on a constructive note, and a good time to be part of a group that widens your horizons intellectually. You are searching for truths philosophically, but also you can get lost regarding what beliefs you can get attached to. A complex month for partnerships, where crisis and transformation seem to characterize developments. End of January, a period begins when you exercise power which nobody will be able to resist.



TAURUS April 21- May 21

In January, you review your ambitions and goals and modify them. Socially, there are new and important trends expanding your circle of friends and your engagement with organizations that serve high ideals. You have extremely strong convictions right now, and it is good to be part of a group which shares them. With relationships, end of January is a good time to join forces with a strong partner, especially if you are engaged in a difficult journey.



GEMINI May 22- June 21

In January, you will try your hand at starting something new, and on the other trying to finish off something that has been the source of painful emotions. January brings a new focus on study or travel, and a widening of your horizons. Things become complicated which may force you to deal with unfinished business. On a positive note, there is an expansion of your career in some way facilitated by new leadership with ideals that you believe in.



CANCER June 22- July 22

January starts with a focus on a variety of important relationships in your life. There may for example be a family matter which reached a crisis point in December, and that you will be working hard to resolve this month. Around January 8th you are confronted by someone you are dealing with, which requires that you renegotiate terms based on new circumstances. The end of the month brings an important turning point and exciting new opportunities, which may be related to international groups.



LEO July 23- August 22

As January begins, there is a focus on the structure and rhythm of your daily life, particularly work, with a strong emphasis on change affecting colleagues, customers and clients. Around January 20th your focus on what is going on at work lessens, as interest in personal relationships increases. An excellent period begins for outgoing activities with groups, and the end of January is an excellent time for forging a strong bond with a partner.



VIRGO August 23- September 22

2022 is characterized by involvement with individuals who have a big dream with a strong focus on developments at work. You are going through a period of restructuring, which affects the daily rhythm of people you work with. You want to show solidarity and engagement, but unforeseen developments force you to put plans on hold. You may be thinking you are back where you started, because there is unfinished business that is going to absorb time and energy.



LIBRA September 23- October 22

In January, you will be drawn deep into an issue requiring a deep investigation of hidden issues. If something at home is exhausting your resources, you may have to disentangle yourself from it. End of January, you find a liberating solution. For single Libras, there are indications that a prior relationship gets a second chance, and soon union is achieved. If in a relationship, you merge your interest around a shared goal.



SCORPIO October 23- November 21

January begins with a sense that your finances have a solid basis. Some care has to be taken mid month when matters of the heart can lead you astray. You can safely rely on the advice of family and friends. Relationships matters are more complex, both in connection with partners, siblings, or people who live close by. End of January, there is a change in emphasis, and you will be motivated to achieve great things intellectually with creative communication, both professionally and romantically.



SAGITTARIUS November 22- December 21

Beginning of January, there is an extremely strong emphasis on financial developments connected with your working or social life. One outcome could be innovative changes in your daily working life, which give you the freedom to decide how you want to work. End of January, strong new initiatives in connection with income start to bring some great benefits. This could be to do with a creative venture, where you provide the inspiration, and others provide the funds and organization.



CAPRICORN December 22- January 20

As January begins, focus is on working with a team on socially enlightened projects. There is an intense focus on relationships. This could be in your love life, with a child, or with a professional associate or boss. Dealing with the complexity of relationships is a difficult process, and you will probably be involved with a number of people who rely on you. End of January, you can get to grips with any unfinished issues as a powerful ally lends a helping hand.



AQUARIUS January 21- February 19

As January begins, you are in a strong position, but you are struggling to create a lifestyle which corresponds to your authentic needs. Finance is an area where expansion takes place in January, and things look optimistic. This may be great, but it is crucial that you don't start spending or investing on a hope and prayer. January is a wonderful month for creative ideas and communication.



PISCES February 20- March 20

January brings a dynamic period of expansion, a time when you can tune in to your true nature and express your creative, spiritual and idealistic side. Be guided by friends who will always provide a dose of realism. This is an intense period for friends, and social scenes general. Things get resolved in surprising ways and to your advantage in mid-January. End of January, new and powerful friends enter the scene, and if you make a strong alliance with competent people, then you will have considerable success.



LastPass

You can use an app like LastPass, a password manager and password locker which saves your information. It has a master password which handles the rest of them. With two-factor authentication like mobile pin unlocks and fingerprint login, you can certainly expect your passwords to be safe.



Headspace

Meditation apps have become the latest rage now because we cannot be more stressed out given the prevailing conditions in the world right now. Headspace's tagline reads- "Be kind to your mind." That's exactly what it aims to achieve with its guided meditation courses.



Aack! Cast

This podcast focuses on Cathy, the comic strip by Cathy Guisewite that was successful over its 34-year run but is now largely remembered in somewhat less-than-flattering light. As Jamie Loftus explores, what if Cathy isn't just a mere "product of its time" but a reflection of the very human complexities involved in adequately navigating the fluid and shifting politics of an accelerating culture? The answer is worth digging through.



Radiolab: Mixtape

This five-episode miniseries presents stories about the ways in which cassette tapes, now underappreciated, changed the world. The series, hosted and produced by Simon Adler, takes us to surprising places—a Tokyo park in 1979, Bing Crosby's studio in 1946, nineties South Sudan—to show how providing people with the ability to record, edit, and transport sound has altered our relationship with culture, politics, history, our loved ones, and reality itself.



TRINITY Mardi gras!

58TH ANNUAL

JANUARY
28.29.30
2022



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- 4th Prize: \$500 Cash - Anonymous
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- 7th Prize: \$300 toward service(s) - Consolidated Telcom
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- 9th Prize: Rtic Cooler - Anonymous
- 10th Prize: "A Night of Golf" - Neighbors Bar



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SUNDAY / "Ron's Gone Wrong" at 2pm



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FRIDAY / 5:30-10:15pm (Hourly) \$100, 9:50 - \$100, 10:00 - \$200, 10:15 - \$500

SATURDAY / 3:30-10:15pm (Hourly) \$100, 9:50 - \$100, 10:00 - \$200, 10:15 - \$500

SUNDAY / 12:30-7:40pm (Hourly) \$100, 6:50 - \$500, 7:00 - \$750, 7:15 - \$1,000, 7:40 - \$1,000



VISIT THE ESCAPE ROOM!

Escape rooms are back and even better!

Escape rooms are back and even better! First is Carnival Catastrophe - a MEGA escape room (new) that can hold up to 10 tables with 6 people at each table. Developed especially for Trinity due to the enormous interest last year. The Cabin is the 2nd escape room returning from last year. All ticket sales are online at Mardigras22.givesmart.com



PLAY THE MIDWAY!

FRIDAY / 5pm - 10pm

SATURDAY / 3pm - 10pm

SUNDAY / 12pm - 6:30pm



ENJOY A MEAL!

FRIDAY 4:30-7:30pm

The first entrée Deep-Fried Alaskan Pollock, the second entrée is sausage w/sauerkraut & dumplings. The meal also includes green beans, coleslaw, dinner roll, pistachio salad, and dessert will be a simple sweet baked good.

SATURDAY 3:30-8:00pm

Mexican Night

Tamales (pork and chicken), Azteca Pastel (a Mexican style lasagna with chicken, no pasta noodles but instead tortillas layered with sauces and cheese) rice, beans, fresh tortilla chips, pico de gallo and sauces. Finished with a simple sweet baked good.

SUNDAY 11:00am-4:00pm

Comfort Food Night

Deep fried turkey, beef roast, mashed potatoes with gravy, cherry fluff salad, corn, coleslaw, dinner roll and dessert will be a simple sweet baked good.

TO PURCHASE
RAFFLE TICKETS
AND PARTICIPATE,
VISIT:

Mardigras22.givesmart.com



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