

Heart River

VOICE

MARCH 2019 | VOL. 1, NO. 3 | HEARTRIVERVOICE.COM

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A note to our readers

We live in an age when waiting is something to be avoided at all costs. This time of year, those of us who love spring are forced to wait whether we like it or not. Might as well make the best of it, sit back and relax with a cup of coffee, and read Heart River Voice.

Find a way to get involved with our wonderful community by volunteering. We are blessed with an abundance of volunteers in Stark County, and in this issue, you can read about some of them. Maybe you'll be moved to do the same. Volunteers really do make a difference!

If volunteering isn't your cup of tea, there's plenty to do in our Calendar of Events. "Spring" into March by choosing an art exhibit, a class, or join in on a discussion. Music and theatre are always great options, too, and can help you escape for a little while.

Come explore our March issue while waiting out the remainder of winter.

Kelley Jilek
Publisher

On the cover

"Old Blue" by Donovan Slag. For more information about the artist, see page 7.

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Happy 103rd Birthday to Helma Lein on March 28!

Springtime in March

by Helma Lein

*When springtime shows up in March
And flaunts its bright array
Of tulips coming through the earth
Old winter's going away.*

*So frail the buds and grassy blades
As March winds puff and blow.
Then come the many greenening shades
Of plants that we love so.*

*The earth begins to come alive,
As presenting a new song
And all that is within us
Begins to sing along.*

*Oh, we are happy with the green;
We tire of wintry gray.
The snow and ice – though a pretty scene –
Are better gone away.*

HEART RIVER VOICE Q&A

Pageant life isn't just about glitz and glamour

By Kaylee Garling

Winning a title is no easy feat but having three title holders in the same household is unheard of, that is, until the Rambousek family achieved just that. Each of their three daughters hold a current pageant title. Dacia: Miss Mercer County 2019, Keira: Miss South Shore's Outstanding Teen 2019, Medora: Miss North Dakota Princess 2018. And that's not all, Autumn Fisher, who is also a local, holds the title: Miss Western Star's Outstanding Teen 2019. Read on for a fresh take on what it's like to be in the spotlight, and how these girls stand tall when the pressure is on.

Why did you decide to do pageants?

Keira: To follow in my big sister's footsteps. It's a great way to learn how to talk to people, how to communicate, and how to speak in front of large audiences.

Medora: I wanted to follow both my big sisters' footsteps, as well as show my personality to the world.

Autumn: I was invited by my friend Keira who had been doing them for a while. I had seen Miss America on TV and really liked all the dresses and performances, and even though at first I thought it was just about pretty dresses and talent, I started to read into it and found out that it was about a lot more

such as scholarships and caring about issues that become your platform.

Is it more fun being in the spotlight or off stage?

Keira: In the spotlight. I like the stage. The audience is my home.

Medora: I like being in the spotlight. Feels good to be on stage.

What is your platform?

Keira: This is my first year getting an official platform. "Let's Get Cooking: The Importance of Home Economics." I'm trying to show people the importance of home economics and why it is important to cook.

Autumn: "Helping Homeless Pets." I am hoping to bring awareness to the subject of animal rescue. Maybe people will adopt more animals or foster them, and that way less are killed in shelters. Shelters are full and so sometimes animals that are in there get put down; especially if they get sick or are too sick to help. Spaying and neutering your pets will help decrease the number of pets that end up in a shelter in the first place. Most of my pets are either adopted from the shelter or rescued and they are such good animals! I am trying to raise money so our local rescue groups can continue their work.

What would you say sets you apart from your competition?

Keira: Just being more experienced than the others. All the teens are newly starting, and I have been a princess in previous years, which has given me a boost.

Autumn: People who know me, know I like to be comfortable! I am the one who wears sweats and a t-shirt and no makeup instead of all the pretty stuff. I think beauty is more about the person on the inside, how kind and caring you are, and the good things that you do more than any look you wear on the outside.

Would you recommend girls to do pageants?

Keira: Definitely. People think it's just about being pretty. But it's a scholarship program, so you are earning money for school. It's a great experience to meet people, to gain on-stage experience, be under pressure, and answer questions on stage.

Medora: I kept telling my friend about pageants, so I suggested she join us, and she did.

Autumn: Yes! When I did my first pageant, I learned how nice everyone was. I was brand new and even though I

had my friend by my side a lot of the time—all the girls were so nice and if they saw you needed help, they would help without being asked. Plus, I earned a scholarship when I won!

What do you hope to achieve through your pageant experience?

Keira: Mainly speaking in front of people. Being able to talk to people is an important skill to have, especially at an early age, and great to have throughout the years.

Autumn: Well I think everyone eventually dreams of becoming Miss ND or Miss NDOT, so as a long-term goal, I'd like to achieve that. I also love getting to perform on stage, so this gives me a chance to do that. I want to become better at interviews and talking to large groups of people. And I also want to earn scholarships for my future education.

What is the hardest part of being on stage?

Medora: We have to tell a bunch of things about ourselves on stage so people can get to know us, and it's hard to just step up and share things about yourself.

Autumn: I am clumsy! I could trip over my own foot (which I do sometimes) and embarrass myself on stage in a fancy dress, so I have to learn to not worry about it and keep on smiling. I actually don't have a lot of stage fright, and love to be on stage performing so for me it's just a lot of fun.

What's the best thing about being on stage?

Keira: Being on stage, singing and performing. Getting to be up there with the applause is my favorite part.

Medora: Being on stage. Round of applause makes me feel happy.

Autumn: When I do dance shows for the classes that I take, I only get to be on stage one time at the end of the year. With this I get to be on stage more. I get to pick my own costume and music, plus I get to dance to my own moves, in whatever style I want. I am up there by myself, so it seems longer. I know other girls might not like that, but I love it! It gives me freedom!

What else are you involved in?

Medora: Dacia and I are in gymnastics. Keira is in voice lessons.

Keira: Just started speech this year at school. I hope to be a part of the upcoming Trinity Play. Got the Judy B Jones role previously, and really enjoyed that.

Autumn: I have been in dance since I was three, so I have been able to take all



Keira Rambousek

Photo courtesy of Natural Impressions Photography by Justine in Hazen, ND

sorts of classes. I enjoy drama and have been in a few plays. I've taken acting classes which were fun. I have lots of homework. Is that an activity?

Why do you think people have a negative image of pageantry? How do you change that?

Keira: People think it's all about looks, but that's not it at all. You could be wearing a potato sack and still get the best score. It's how well you speak and perform. Just getting the word out will help. More people need to know why we're doing pageants (for scholarships).

Autumn: I didn't think people had a negative image of pageantry. But I did hear one thing that was a rumor when I first started pageants, that girls are really competitive and weren't going to be very nice. I was prepared for that, but it is not the experience I had at all. Everyone was so nice!

Have you ever been bullied? How did you handle it?

Keira: My biggest bully is my own self. Thinking I'm not good enough.

Medora: I've been bullied by two boys. They called me Dora the Explorer when they know I don't like it. When I said I wanted to be a teacher, they said I would be a dumb teacher.

Autumn: Yes, when I was in kindergarten, there was a group of sixth graders that bullied me. The things they did to me have stayed with me, and I remember how that made me feel. So now if I see someone being bullied, I will stand up for them.

With everything you have going on, how do you handle the responsibilities of your crown?

Keira: Developing and promoting my



Autumn Fisher

Continued, next page

Continued from page 4

platform. I've always enjoyed cooking, cleaning, sewing, so as a seventh grader, I can take home economics class, which is really cool, since I've always been intrigued with skills you will use for the rest of your life.

Autumn: Very carefully! It's an honor. I have to just take things one at a time. It doesn't seem like work. Just timing is hard sometimes.

What is one thing we wouldn't know just by looking at you?

Autumn: Even though I have a title and a crown, I am actually really shy and have an anxiety disorder that I have to work hard to keep balanced. I have also been told that I'm really funny, so I hope that's true. I'm an honor student. And I love to travel. I have been to a third of the US states and four countries. Plan to get to my fifth country this summer!

How do you prepare for your pageants? Who has helped you?

Autumn: It's a lot of work before a pageant. I must write up my paperwork. We do a resume and a platform statement. The fun part: picking out the outfits. I get to pick my shoes, which is the very best part! Then we pick music, cut it to the right length, choreograph it and practice, practice, practice!

The people who have helped me the most...My mom is the bomb! Can I say

that? Basically, she does everything for me. My dad makes all the copies and things like that, takes the cart of clothing in and out, and brings me food and pays for stuff.

My friend Keira is teaching me a lot and gives me advice on how things will go. Her mom is very good at helping my mom. And my sponsors: Forever After Floral, Dermalounge, Ricks Plumbing, Weddings by Reyne, Action Cleaning, Players, Paradise Dry Cleaning, and The Cookie Lady: Ashley Carlson.

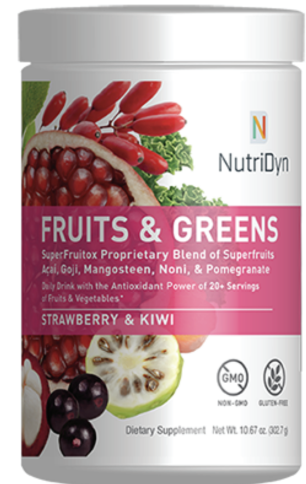
As you can read, these girls have a bright future ahead of them, sharing the light of their smiles with the rest of the state, while promoting North Dakota and all it has to offer. The people are what make this state great, and these girls prove just how wonderful the people truly are in our community.

Keira Rambousek and Autumn Fisher, who are best friends, will make bids for Miss North Dakota's Outstanding Teen this June 2019. Dacia Rambousek will compete in the Miss division at the Miss North Dakota pageant after holding four local titles at the teen division. She was named 2018 Miracle Maker for raising money for Children's Miracle Network and hopes to do the same again this year. She has partnered with the Hub to make this happen in April through June. ■

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AROUND TOWN

Mayor's memo

By Scott Decker

Last month I promised to bring forth information about public concerns, city projects and upcoming events in Dickinson. This month I will touch on a public concern that we as a commission have received many comments on and one very large public project that will concern all of us in the city of Dickinson.

The public concern that I will address this month is snow removal from our city streets. There is a general misconception that we, as a city, do not budget enough for winter street maintenance and to

3000 hours put on these vehicles and equipment.

The city of Dickinson has grown over the past 10 years, not only in population, but in our physical footprint. With that growth comes an increase in street miles that must be maintained. Currently, the Dickinson Street Department maintains 157.43 centerline and 350.50 lane miles within the city limits. This increase in miles puts limitations on how the department addresses certain snow events.



deal with major snow events. Our street department is budgeted for \$2,012,904 annually and 30% of that is directly job costed for city employee labor to deal with winter activities. The city commission also increased the budget for contracted labor assistance from \$50,000 in 2018 to \$75,000 in 2019.

In addition to the money dedicated to labor, the commission also budgeted \$115,000 for salt, deicer, and sand. The equipment used during the winter consumes approximately \$55,000 in fuel and another \$45,000 in maintenance. In an average year, there are about

There are times that the Public Works Director calls an "All hands-on deck" which means that all personnel that are certified to run the equipment needed are to assist the 8 members of the street department in removing snow. This combined number is around 20 equipment operators that are comprised of Solid Waste, Water Utilities, and the Building & Sites staff. The one drawback to calling an "All hands-on deck" is that other services must temporarily be suspended. Currently we are short one operator in the Street department and are actively seeking applicants with a

CDL to fill this position.

Their first order of business is to address all Level 1 roads. These roads are all roads leading to Emergency Services and any federal or state funded roads (generally arterial). The next roads to receive service are the Level 2 which are made up of collector streets and those running to schools. Business districts and residential areas are then addressed.

One of the chief complaints we receive is that residential streets are not cleared in a timely manner or that once they are cleared, the plows create snow barriers (berms) in front of driveways. Currently, the street department waits for significant snowfall to end before starting plowing operations. (In addition, there are times that managers send crews out during blizzards to keep all Level 1 roads open and any areas with major snow drift accumulation.)

By waiting out initial snowfalls, it can lead to snow compaction which when plowed, can create hard snow berms in front of driveways and limit street parking. If a berm is formed in front of your driveway, there is a service provided by the city to remove it if you are elderly or physically handicapped. The suggestion has been made by some citizens to buy snow gates for the equipment and the commission will be discussing all options with staff to improve our winter street maintenance.

Understand that whenever there is major snow storm, city staff is working hard to make all streets passable and safe. The top priority is to open roads for emergency services and be of assistance if a first responder must make it to your residence. I would request that during a major event, you limit your travels and venture out only when it is of the utmost importance. Yes, work is important, getting to school is important and getting to your doctor appointment is very important, but most establishments make concessions during really bad weather. Planning ahead and taking extra time when conditions deteriorate will help prevent most accidents.

Lastly, I would like to talk about one of the largest undertakings the citizens of Dickinson will have to decide on in May 2019. That is approving the funding for a new Dickinson High School. This project will lead to many discussions, not only in public forums, but in local coffee groups, civic organizations, and family homes.



I encourage everyone to bring forward their concerns but, in the end, I would ask that we all support this project.

Currently across this nation there is an abundance of jobs and it is no different here in Dickinson. When an area falls short in its workforce needs, it never meets its full potential. Western North Dakota is bursting with activity and we need the proper quality of life features to attract those employees. These are job seekers that are ready to move for new career opportunities and bring their families to areas with great potential. When moving to a new area, job seekers and their families look for a check list of many things. At the top of most lists are:

- 1) How available is health care?
- 2) How safe is a community?
- 3) What does a city, town or area provide for extracurricular activities?
- 4) How is the public-school system?

We are competing daily for workers, not only in the oil field but in our local manufacturing industries, in health care facilities, retail, and food services sectors. In this ever-competitive market, we must set a goal to separate our community from all the rest. Approving the construction of a new Dickinson High School will check one of the blocks and help in completion of that all-important quality of life puzzle we are looking to complete. ■

Mayor Scott Decker has served on the Dickinson City Commission since 2014 and was elected City Commission President in 2016. Mr. Decker served as an Infantryman in the US Army from 1989 until 1998 and in the ND Army National Guard from 1998 through 2010. The last ten years, he was the full-time station commander for the SWND Recruiting Office. Scott is the Compliance and Safety officer for ND Pharmacy and spends most of his time fishing.



COVER ARTIST

Donovan Slag

Donovan Slag has been drawing and creating art ever since he can remember. Usually working from photos, Donovan's favorite subjects have typically been antique cars and motorcycles. The challenge of creating details such as the reflections on chrome are part of his enjoyment and pencils allow the most flexibility to do that. Most drawings take anywhere from 3 months to a year to complete.

The cover piece shows "Old Blue" which is a 1955 Chevy owned by a friend from work. Many of his projects are requests from friends and family. Donovan has done portraits, people, pets, classic cars, and landscapes. Although he does enjoy creating abstract work, most of his drawings are "photorealism." Inspiration comes from many artists such as Vincent Van Gogh, Norman Rockwell, Grant Wood, Salvador Dali, Richard Estes, Davis Cone and David Lenz. The biggest encouragement and influence came from his family. His aunt Marian introduced him to artist-quality colored pencils and colored pencil technique when he was in high school. It has become his primary medium ever since.

Donovan was born and raised in Dickinson. He currently lives in Bismarck with his wife Mandy and their Australian Terrier, Andy. ■



STEPPING UP

New Best Friends mentor connects to local youth through sports

By Mark Billings



A mentor for only two months at the time, Joey Pavek quickly determined his mentee's true life passions.

A junior at Dickinson High School, Pavek learned quickly his mentee, Landon McMahon, skated several times a week at the West River Ice Arena and yearned to play hockey. The only challenge was his fifth-grade mentee did not have the connections or resources to make his dream come true.

McMahon's desires struck a chord in Pavek, who has played hockey since he was 5 years old and is a forward with the Dickinson Midgets Boys' Hockey team.

Bob and Melinda Hiatt, Landon's grandparents, are caring for him and his 6th-grade brother. Resources are tight.

"We changed jobs and are trying but we are not highly resourced," said Melinda Hiatt. "It's like raising a family a second time."



Pavek reached out to the Best Friends Mentoring Program (BFMP) to help facilitate, then took it in his own hands to find a way to pay the fees. Ultimately, Pavek and his father, Chad met with McMahon's family to expedite details for both brothers to play hockey this season. The opportunity to play hockey was the ultimate gift, said McMahon.

"I am so excited," said the fifth grader. "I never thought I'd be able to play hockey but thanks to Joey, I am."

New DHS male mentors during



the 2018-19 school year include the following: Brandon Groll, Brandon Krebs, Brady Thompson, Aiden Jung, Evan Showalter, Zachary Sprague, Diego Placios, Austin Raatz, Alex Praus and Pavek. They join returning mentors Matthew Meschke, Brendan Johnson, Dalton Berger, Jaren Berger, and Ryan Bren.

Prospective BFMP mentors must be 16 years old and at least a high school junior in order to be placed with a youth. In addition, BFMP conducts a reference and background check on each candidate before inviting him or her to an interactive training session. Male and female students who are currently sophomores and who are 16 years of age by Sept. 1, 2019, are invited to apply for placement during the 2019-20 school year. For information, contact Mark Billings at (701) 483-8615 or by e-mail at mark@bestfriendsnd.org. ■

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#BOOKWORM

The wacky and weird side of the library world

By Cindy Thronburg



Cindy Thronburg is the Cataloging Librarian at the Dickinson Area Public Library. Cindy is an avid reader and book collector and does not own enough book shelves.

In March we get to celebrate the works of one of the most beloved authors of all time—Theodor Seuss Geisel, or Dr. Seuss. Dr. Seuss Day is March 2nd, what would have been his 115th birthday.

Known for his silly rhymes of invented words and his uniquely fantastical characters, Dr. Seuss obviously embraced the wacky and weird. To celebrate this unique man, I figured I would share the wonderfully weird side of the library world: books you never could have imagined existed, including some by your

favorite authors, even Dr. Seuss.

Librarians are always quick to embrace things that are strange and different. I asked other librarians what their favorite weird books were, and each one easily named one off the top of their head. One named the book *What Was I Scared Of?* by Dr. Seuss, about a spooky pair of empty pants. Another named *The Nutshell Studies of Unexplained Death* by Corinne May Botz, which details the life and work of a woman named Frances Glessner Lee, who built miniature dollhouse crime scenes based on real cases to train police detectives. Another named Uncle Shelby's *ABZ Book: A Primer for Adults Only* by Shel Silverstein, described by Amazon.com as "humorous satire of alphabet books filled with ABC lessons parents would never want their children to learn." Personally, I like the book *Dancing with Cats* by Burton Silver and Heather Busch, which features people literally dancing with cats. I also always recommend the books of Mary Roach, who writes hilarious science books about things you didn't think you wanted to know about (see review below). All of these books are ones you probably wouldn't take a second glance at, but you would be sadly missing out.

We always say don't judge a book by its cover, but don't necessarily judge a books by its content either. That being said, there are some books that have lived their library life and must be weeded. The website awfullibrarybooks.net highlights some weeded gems. Librarians lovingly post books that have been on their shelves just a little too long, and some of them are quite funny. Most of the books are just hopelessly outdated, which also adds an element of nostalgia to the humor.

Needless to say, I love weird books. Books that people would quickly categorize as odd are the most fascinating

reads, and they stick with you long after you read them. I encourage you to seek one out.

New titles added to the collection:

- **Adult Fiction:** *Hazards of Time Travel* by Joyce Carol Oates; *Silent Scream* by Karen Harper; *Go to My Grave* by Catriona McPherson; *The Rain Watcher* by Tatiana de Rosnay; *Three Things About Elsie* by Joanna Cannon

- **Adult Nonfiction:** *The War before the War: Fugitive Slaves and the Struggle for America's Soul from the Revolution to the Civil War* by Andrew Delbanco; *Heirs of the Founders: The Epic Rivalry of Henry Clay, John Calhoun, and Daniel Webster, the Second Generation of American Giants* by H. W. Brands; *Trump: The Blue-Collar President* by Anthony Scaramucci; *Pie Squared: Irresistibly Easy Sweet & Savory Slab Pies* by Cathy Barrow; *Autism in Heels: The Untold Story of a Female Life on the Spectrum* by Jennifer Cook O'Toole

- **Adult DVDs:** *Hereditary*; *Bel Canto*; *Nancy*; *Slender Man*; *No Passport Required*

- **Children's DVDs:** *Blue's Clues: Blue's Jobs*; *Adventure Time: The Final Seasons*; *Peppa Pig: Stars*; *Hello Kitty & Friends: Let's Learn Together*; *Barney's Worldwide Adventure!*

- **Children's Easy Books:** *A Parade of Elephants*; *My Dog Laughs*; *The Visitor*; *This Is a Taco!*; *Quiet Please*, Owen McPhee!

- **Children's Fiction:** *Geronimo on Ice*; *Bad Kitty: Kitten Trouble*; *Diary of a Wimpy Kid: The Meltdown*; *Inkling*; *No Fixed Address*



PHOTO COURTESY OF SOPHIA JILEK

- **Children's Nonfiction:** *Little People, Big Dreams: Jane Goodall*; *Epic LEGO Adventures with Bricks You Already Have*; *No Small Potatoes: Junius G. Groves and His Kingdom in Kansas*; *Spooked: How a Radio Broadcast and The War of the Worlds Sparked the 1938 Invasion of America*

Monthly Mini-Review:

When I enthusiastically described two of Mary Roach's books to my dad, I think he was genuinely concerned about me. The books were *Stiff: The Curious Lives of Human Cadavers* and *Gulp: Adventures on the Alimentary Canal*. In *Stiff*, Roach details the many uses of cadavers, and it made me want to donate my body to science when I die. She talks about how cadavers are used for everything from surgery practice to crash test experiments. In *Gulp*, Roach covers every aspect of the alimentary canal, from smell and taste, to consumption and digestion. She covers topics like why your dog likes the food it does and what were to happen to you if you were swallowed by a whale. Fascinating through and through, every book by Mary Roach is now on my reading list. ■



PHOTO COURTESY OF SOPHIA JILEK

WHERE BUSINESS GOES TO GROW

Building an entrepreneurial ecosystem

By Stark Development Corporation

The first question I'm sure most of you are asking is what is an entrepreneurial ecosystem and how would it possibly affect me? Well the fact is, much of our local economy is based off of hard working and dedicated entrepreneurs who were willing to step out of their comfort zone and work to create something special.

Entrepreneurs are typically full of determination, drive and display unwavering courage to disrupt the norm to pursue their goals. Building an ecosystem around these entrepreneurs that bring innovation to our community has been a challenge for Stark Development Corporation since its inception.

Accounting for a significant percentage of our local employment, regional industry founded by entrepreneurs aids in balancing and diversifying our local economy. Whether it is agriculture based entrepreneur building an industry out of a family farm or a local entrepreneur building a nation-wide distribution network from products produced in Dickinson, the one thing in common is they all started as an idea and around someone with the courage to create something special.

By definition, an ecosystem is a complex network of interconnected systems, and to experience great success in building

a business, an individual needs to harness the power of collaboration. SDC has partnered with the Small Business Development Center to create events to bring together entrepreneurs.

Start-up Your Day and Night are monthly events designed to attract existing entrepreneurs, aspiring entrepreneurs, entrepreneurial support resources, experienced mentors, community leadership, and those wanting to network and take the opportunity to come together and discuss ideas and lessons learned surrounding business growth in the community.

Our goal is to build a sustainable entrepreneurial community in Dickinson through the spirit of shared knowledge and networking.

Throughout 2018 Start-up events have been held throughout the community and have brought together local entrepreneurs to learn from other entrepreneurs and community resources focused on fostering entrepreneurial success. Start-up Your Day is an hour long event featuring presentations from two entrepreneurs and starts at 8 a.m. and is held on the 2nd Thursday of the month. Start-up Your Night is held on the 4th Wednesday of the month starting at 5:00 p.m. and offers an opportunity for entrepreneurs to network amongst

“Our goal is to build a sustainable entrepreneurial community in Dickinson through the spirit of shared knowledge and networking.”



themselves and resources enthusiastic about building the ecosystem.

2019 season of Start-up Your Day kicked off with presentations from Ann-Marie from Stanza D'amore and Kelley from the Heart River Voice talking about their journeys, challenges and rewards of starting their own businesses. Presenters are encouraged to share their experience as a whole, including both the rewarding

and the challenging aspects of starting their own business, over a cup of locally brewed coffee and treats sponsored by Midco. Presenters are asked questions and offered guidance and support by those in attendance in a comfortable and neutral environment.

If you are a seasoned entrepreneur, veteran entrepreneur or maybe a “wantrepreneur” chasing the next big idea or success, we would love to have you join our events and discover the power of collaboration, share your stories and listen to others and learn from their experiences. For more information, speaker information and times for upcoming events, please visit startupyourday.com or startupyournight.com. ■



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THE URBAN HOMESTEADER

Growing grapes in western North Dakota

By Jon Stika

North Dakota is not known for grape production and certainly is not considered wine country. But there are a number of varieties of both wine and table grapes that can be grown here thanks to grape breeding work done in Minnesota and Canada. North Dakota State University is also working on developing hardy varieties of grapes that hold promise for the future. I have personally been growing wine grapes for several years, harvesting some nice crops, and making decent wine. Even though the world outside is still frozen at this time of the year, now is the time to think about spring planting if you are considering growing grapes in your yard.

The first thing to ponder, if you are considering growing grapes, is location. Choose a place that receives full sun for as much of the day as possible, is protected from severe winds, and has access to water for irrigation. Grapes need lots of exposure to the sun to not only grow, but to ripen the fruit before fall frost. Windy conditions early and late in the season often come with lower air temperatures that slow vine growth and fruit ripening, so protection from the wind will allow more consistent grape production. As we know, water from summer rains is often inadequate here in western North Dakota, so supplemental irrigation is very helpful to assure a good crop.

The next thing to consider is the use you will make of the grapes you grow. Consider whether you would like to have grapes to eat fresh, for making wine, or both. NDSU (North Dakota State University) publication H1761 "Growing Grapes in North Dakota" <https://www.ag.ndsu.edu/pubs/plantsci/hortcrop/h1761.pdf> lists varieties of both table and wine grapes that are hardy to survive and grow in North Dakota. I have had successful crops from both Frontenac and Prairie Star, which are red and white wine varieties respectively. Northeastern Vine Supply is an excellent source for cold-hardy grape varieties <https://www.nevinesupply.com/> recommended by NDSU.

Prior to planting your grape vines, have a trellis or sturdy fence in place for them to climb on. Some posts and #9 smooth wire run horizontally between the posts

works well for a basic trellis that the vines will eventually be trained onto. Bare root grape vines may be planted once the soil has thawed completely in the spring. Soak the roots in a bucket of water for no more than two hours immediately before planting. Dig a hole for each vine large enough so the roots of the vine can be positioned without being folded or bunched-up and the plant is sitting at the same level in the soil as it had been grown in the nursery. Water the vine well after planting to settle the soil and assure adequate soil moisture when the vine breaks dormancy and begins to grow. A vertical stake at each plant can serve as a temporary support for the vine until it reaches the lower trellis wire or fence.

Patience is a virtue when growing grapes, as they should not be allowed to produce any fruit for the first two growing seasons. The first two years, the vines should devote all of their energy to growing roots, trunks and main lateral branches. Clip off any flower clusters that appear during the first two growing seasons so all of the energy of each vine is directed at proper development, essential to becoming hardy enough to survive North Dakota winters! It is during the first two growing seasons that the vines are trained to your trellis or fence by gently securing them to the trellis or fence with string, so they are well supported into the future. Apply irrigation water to maintain adequate soil moisture without creating continuously wet soil conditions. Mulch or mow around the vines to control weeds and keep things looking neat. Do not use a powered string trimmer near the vines as they can easily cause fatal damage to the trunk of the vine! In year three, the vines should be pruned in early spring (March or April) for fruit production, leaving two buds per shoot.

Once your vines are allowed to flower and begin producing fruit, little needs to be done except irrigating them when needed until the fruit begins to change color from green to lighter green (in the case of white wine grapes) or purple (in the case of red wine grapes). When the fruit begins to change color and begin ripening, the vines need to be



PHOTO COURTESY OF JON STIKA

covered with lightweight plastic netting to prevent the birds from eating the fruit. If you do not cover the vines with netting the birds will eat most (if not all) of the fruit before it is fully ripe. When the interior of the fruit is no longer green, and they have good flavor and sweetness, clip the clusters of fruit from the vine and process them or store them in refrigerated storage until you can process them or eat them fresh. Typically, the fruit from my grape vines are not fully ripe until the first frost occurs in mid-September. Allow the vines to harden off through the fall and winter and then prune in early spring each year

to maintain good fruit production.

If properly cared for, grape vines can be a long-lived perennial that will add beauty and fruit to your yard for years to come. They may also lead you into the world of wine-making, which is a topic for another day. ■



Jon Stika is a former USDA scientist and the author of, "A Soil Owner's Manual: How to Restore and Maintain Soil Health" and numerous articles for *Brew Your Own* magazine.

COMMUNITY FOUNDATION

The role of philanthropy in economic growth and community vitality

By John Heinen

While most community leaders focus on jobs and business development to make their community thrive, one area that can be overlooked, but should not be, is the role of philanthropy and the nonprofit sector in the growth and vitality of a community.

What can philanthropy do for a community?



Local philanthropy, especially in the form of local community foundations, can capture financial resources that would otherwise leave an area. Once captured, those resources can be applied to address issues in a community, improving the quality of life for area residents and potentially attracting new ones.

Actual examples of projects partially or completely funded with philanthropic dollars include:

- Over a million private dollars raised to construct and enhance a school sports complex for a community with a rich sports history. (Killdeer)
- Raising over \$200,000 on the way to \$1.2 million (in-process) for Friendship Park playground. (Dickinson)
- Re-purposing of an historic bank building into a working steakhouse for a town that lacked a fine dining

establishment, thereby creating jobs, attracting people to spend time and money in the community, and providing a convenient dining option for area residents. (Anamoose)

- Building a community center for events, wedding receptions, regional meetings, and other

gatherings, all of which had to be held elsewhere as there was no suitable space in town. (Pembina)

- Creating and expanding a children's science museum that brings bus loads of students almost daily to tour and learn. The school buses buy gasoline in the community, the children eat a meal while there and may even stop to shop before returning to their home town. (Minot)

The private philanthropic dollars that supported these programs ranged from a few thousand dollars to over a million dollars. In some cases, the philanthropic dollars enhanced a project already supported substantially by the local governmental unit for which there weren't sufficient tax dollars to fully complete the project. In other cases, the private philanthropic dollars were the primary resource to accomplish the

program.

These are just a few of the hundreds of quality of life enhancements funded by private philanthropic dollars in communities of all sizes across North Dakota. You can certainly agree that these projects and others like them make for vibrant, active and attractive communities that not only retain residents but help bring new families and inhabitants that build not just a workforce, but the next level of leaders for a community.

Where did these philanthropic dollars actually come from? They came from local residents, from people who had left the community but still had a warm spot in their heart for their hometown and from area businesses. Some of the dollars came from grants from outside sources such as foundations, corporate giving programs from corporations doing business in the area, utility companies, cooperatives, banks, and credit unions.

The recent strong North Dakota agriculture, energy and manufacturing economies have created substantial, sometimes hidden wealth that can be a resource to further the development and enhancement of our communities. The potential of these private philanthropic resources to help transform our region

as in the examples above, and in ways that we have yet to discover, is vast. When considering ways to support economic growth and community vitality, remember that philanthropy is a critical piece of the puzzle.

The North Dakota Community Foundation, through its network of 65 community foundations, and 600 other funds, and in partnership with its volunteer community committees, serve as conduits between the needs of the community and generous people in and outside the community. We support philanthropy. NDCF is the "back-office" support and provides professional services to generous people, governmental entities, and non-profits. NDCF provides streamlined process and support services to allow effective and impactful giving at every level and with very little effort. The biggest decision is really taking the first step in connecting with a community representative or a staff person at NDCF to get information for your specific questions. You can play a bigger role than you think in your community well-being.

For more information contact John Heinen, NDCF Western Representative at john@ndcf.net. ■

FINANCES

Tips for your financial spring cleaning

As we kick off the spring season by cleaning, sorting and tidying up around the house, Cornerstone Bank is encouraging consumers to add financial organization to their spring cleaning to-do list.

"People are motivated to get things done when the worst of winter is behind us. This is an ideal time to look closely at your savings and spending habits," said Vaune Johnson, Cornerstone Bank Market President. "Some thought and effort now will help ease your mind and make life easier in the warm weather months ahead."

Cornerstone Bank recommends these

six tips to help consumers organize their finances:

- Review your budget. A lot can change in a year. If you've been promoted, had a child, or become a new homeowner or renter, be sure to update your budget. Determine what expenses demand the most money and identify areas where you can realistically cut back. Develop a strategy for spending and saving – and stick to it.
- Evaluate and pay down debt. Take a look at how much you owe and what you are paying in interest. Begin paying off existing debt, whether that's by chipping away at loans with the highest

interest rates or eliminating smaller debt first. Your banker can provide information to help you make the best decision.

- Set up automatic bill pay. By signing up for automatic bill pay, you'll never have to worry about a missed payment impacting your credit score. You can control the date money is withdrawn from your account.
- Sign up for e-statements, paperless billing and text alerts. Converting to paperless billing will help keep your house—physical and financial—clean and organized and will help protect you from fraud.

- Check your credit report. Every year, you are guaranteed one free credit report from each of the three credit bureaus. Take advantage of these free reports and check them for any possible errors. Mistakes can drag down your score and prevent you from getting a loan or cause you to pay a higher than necessary interest rate.

• Manage your money on the go. Utilize your bank's mobile app to check your balance, pay your bills, transfer funds, deposit a check and send money to friends from wherever you are. ■

Contributed by Cornerstone Bank and the American Bankers Association

YOUR HEALTH

Core 4: Foundational nutrition

By Steve Irsfeld

A common question I hear at the pharmacy is, "I don't take any vitamins, so where should I start?" That is a great question for a couple of reasons. First, it is an indication that the patient is interested in bettering their health, and secondly that they see value with supplements helping in that change.

The answer to their great question is quite simple, and we refer to it as the Core 4. We call it "foundational nutrition" because it is the foundation of health, and without a strong foundation, the structure or body can easily crumble. The four supplements that comprise the Core 4 are:

Multivitamin: This is taken simply to fill in the gaps that our diets don't meet. It is well documented that our food supply does not contain the same amount of nutrients as it did 40-50 years ago. By taking a multivitamin, we are exceeding levels that would prevent disease and illness. The goal is optimal health, and providing nutrients is essential for making that happen. A micronutrient test can be done for \$400.

Vitamin D: This is formed when your skin is exposed to sunlight. Unfortunately, we live too far from the equator to allow the sun to make this happen year around. If it's warm enough in April, the sun is potent enough, and getting 10-15 minutes of exposure should cover us until about mid-September. That means that we won't be getting our daily dose of Vitamin D for 6-7 months out of the year.

It only makes sense for us to supplement and if you are like me, my tan usually comes from the fluorescent lights of the pharmacy. 5000IU/day is the adult dose that I recommend. Testing can be done for as little as \$55.

Omega 3 Fatty Acids or Fish Oil: Unless you are eating fish twice a week, you probably are not getting the necessary amount of omega 3's to help support cell structure. It is anti-inflammatory, important for brain, skin and eyes and has cardiovascular benefits. Omega 3's is one of the few supplements that cost less to buy as a supplement than if you were going to get it from a food source. Dosing ranges from 1000 to 4000mg per day of EPA + DHA depending on the treatment plan. You can find these amounts under the supplemental facts on the label. Testing your levels is an option and can be done for as little as \$55.

Probiotics: It seems a little weird that we would add bacteria to our systems and good would come from it but yes, that is the case. Healthy (and unhealthy) gut flora affect so many things: Immune system, skin conditions, aging, digestive disorders, mood and brain function, weight gain, fatigue, and more. It is almost impossible to help a person who is not feeling optimal if he or she has dysbiosis that remains unaddressed.

As stated above, the Core 4 are foundational nutrition, and building a regimen off of that is where a

A graduate of NDSU College of Pharmacy, Steve Irsfeld has been the owner of Irsfeld Pharmacy PC in Dickinson for 23 years. Steve enjoys spending time with his 3 daughters and wife of 31 years, Carolyn. He enjoys traveling, gardening, mountain biking, cooking, and learning new ways to better help his patients.



personalized protocol comes into play. That protocol could be based on joint health, gut health, inflammation, stress or immune health to name a few.

Treating each patient uniquely needs to happen because each of us is unique. One of the challenges is trying to meet patients where they are. For example:

- What kind of change are they willing to commit to? Can they change their diets? Can they exercise 30 minutes at least 3 times a week?
- How often can they take their supplements? I can usually convince them that if they brush their teeth twice a day, they can take supplements twice a day. I know this because I fall into this category.
- What can they afford to spend on a regimen? Trying to work within the confines of this is challenging because if we bombard them with too much product which they can't afford, they can shut down and quit.
- And lastly, what are their expectations?

Regarding expectations, at a recent conference that my staff and I attended,

one of the speakers gave a great analogy of this. "Your health is like a train speeding down the track at top speed. If you are in poor health, it is going in the wrong direction. My job is to help you go from top speed, slowly decelerate until you come to a stop, change tracks, turn around, start moving, and accelerate until you are at top speed. How long do you think it will take for this to happen?"

The expectations of today are that you can make that happen by just taking a magic pill. I hope I don't burst anyone's bubble, but that train analogy will not happen by simply taking a pill. It requires hard work and commitment, something very different than a magic pill. It may cost you more than that perceived magic pill, but in the end, you will be better off for it.

Stop by the pharmacy if you need help navigating the Core 4 or are looking for help designing a protocol to meet your needs. Please visit my website irsfeldpharmacy.com to view health-related articles. Until next time, be vigilant about your health. ■



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THAT'S CHEESY**Dubliner Irish Cheese**

By Tara Laber, Owner of Salt Kitchen & Co

Kerrygold's original all-natural Dubliner Irish Cheese and its perfect pair, an Irish Stout, are now together in a new unique cow's milk cheese. The classic flavor combination brings out the sweet, nutty, rich flavor of Dubliner Cheese and swirls and tumbles it together with the malty, caramel, bitter flavor of a perfect pint of Irish Stout.

**Cauliflower Soup with Dubliner Cheese Crouton****Ingredients****For the soup:**

- 2 tablespoons Kerrygold unsalted butter
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 large potato, peeled and finely chopped
- 6 cups cauliflower, trimmed into small florets
- 7 cups chicken stock
- 1 cup grated Dubliner cheese
- 1 cup milk

For the Dubliner Cheese Croutons:

- 1 tablespoon melted Kerrygold unsalted butter
- 2 tbsp Dijon mustard
- 2 tbsp grated Dubliner cheese
- 2 large slices sourdough bread, cut in half

1. Pre-heat the oven to 350°F.
2. Place a saucepan over medium heat and add the two tablespoons of butter. Stir in the onion, garlic, potato and season with sea salt and freshly ground black pepper. Cover and stir occasionally until the onion is tender, about five minutes.
3. Stir in the cauliflower and stock, simmer over medium-high heat until the potato and cauliflower are very tender, about 20 minutes.
4. Next purée the soup until you reach a smooth consistency. Place back on heat and stir in the Dubliner cheese, milk and season to taste with sea salt and freshly ground black pepper.
5. Meanwhile, make the Dubliner cheese croutons. Mix the Dubliner cheese, Dijon mustard and melted butter together in a bowl. Spoon the mixture evenly between the four half slices of sourdough bread, and place in the pre-heated oven for five minutes.




To serve, spoon the cauliflower soup into four warmed bowls and place a Dubliner cheese crouton on top of each soup.

SUPPORTING RECOVERY**First Lady Kathryn Burgum to address Sober St. Patty's Day celebration**

Hope's Landing cordially invites you to the 2nd Annual Sober St. Patty's Day Celebration and Silent Auction on Wednesday, March 20th. Come and join us from 5:00pm to 8:00pm at the Ramada Grand Dakota Hotel and Conference Center for an evening of fun, fellowship and thoughtful learning about issues that are affecting our families, communities, state and nation.

The evening will begin with a silent auction and Chinese auction which will run from 5:00pm to 7:30pm. There are many wonderful items to bid on from the community and there will be drawings for great door prizes throughout the evening. A roast beef dinner with all the fixings and dessert will be served at 5:30pm. At 6:30pm, we will introduce our guest speaker for the evening, First Lady Kathryn Burgum. Governor Burgum and the First Lady have been strong advocates for Recovery Reinvented, an initiative to eliminate the shame and stigma of addiction in North Dakota. To close the evening, the winners of the silent and Chinese auctions will be announced. Winners need not be present to win.

Tickets for the evening are \$30, or you may sponsor a table for \$300. To purchase tickets, contact Pam Roller at 701-290-5884 or Kayleen Wardner at 701-290-3644, or email proller@icloud.com. All proceeds from the evening will be used for programs and services offered by Hope's Landing to women who reside in the sober living facility and its expanding mission to include others in a healthy recovery. ■


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PIECE BY PIECE

Idioms, proverbs and color theory

By Suzy Rummel

I've always been a fan of idioms and proverbs. A proverb is a short pithy saying in general use, stating a general truth or piece of advice while an idiom is a group of words established by usage as having a meaning not deducible from those of the individual words. The bottom line is with a proverb you know the phrase is trying to say but with an idiom, you have to figure it out. Confusing isn't it? What about a pun, which is a joke exploiting the different possible meanings of a word or the fact that there are words which sound alike but have different meanings.

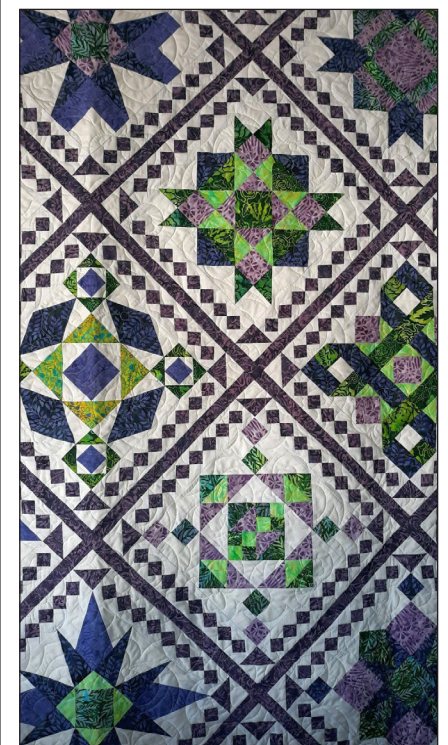
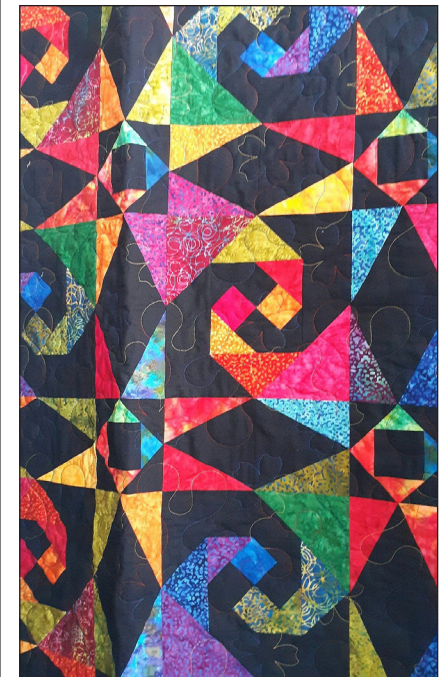
What is even more confusing is which one to listen to; "Don't keep all your eggs in one basket," or "You can't chase two rabbits and expect to catch either one of them." How about, "The early bird gets the worm" verses "The second mouse gets the cheese." "Ask a silly question and you'll get a silly answer" compares to "There's no such thing as a dumb question." One just has to shake his head, so I think we should all dance to the beat of our own drum and always chase rainbows.

Rainbows bring us to basic color theory which is very important in fabric design. There are three basic categories that are useful; color wheel, color harmony and the context of how colors are chosen. The color wheel is a circle based on the primary colors of red, yellow and blues. All colors are derived from these three hues. Secondary colors are green, orange and purple which are the colors formed by mixing the primary colors. Tertiary colors are yellow-orange, red-orange, red-purple, blue-purple, blue-green and yellow-green. These are the colors that form when you mix a primary and a secondary color. This is why the hue has a two-word name. Next month, we'll talk about color harmony.

Upcoming events include a Quilters Retreat held at Wix Lodge, south of Richardton. We have a couple of spots open so call for more information. Sew Sisters is open for everyone and will be held on March 12; always the second Tuesday from 2 - 4 pm. Table Topper Club is March 9 from 8:30 - 11:30am; always the second Saturday. We are also going to offer some new classes, including but not limited to, Beginning Quilting and Basic Color Theory - How to Pick Fabric. Check

our website www.SuzysStash.com or our Facebook page for more information.

Have a great month and remember, a picture is worth a thousand words. ■



HEART RIVER GEMS

Breaking Eight - Living your best life

By Kaylee Garling



The American Cowboy is iconic. It's a dream most have had at least once in their lifetime, and Beni Paulson would like to share his joy of being raised a country boy with the world through music. Being an authentic cowboy first hand, Beni's music is filled with knowledge and passion only a genuine cowboy could portray. Like Chris LeDoux, who is one of his greatest inspirations, Beni grew up on a ranch, worked the land, rode the circuit, competed at world championship levels, and has the buckles and sponsors to prove it. You might want to pull on a

pair of well-worn boots and saddle up for this story, because we're going country.

Sitting down with lead singer, song writer, and bass guitarist of Breaking Eight, I expected the denim jeans, the boots, and even the ball cap, but there's always more than meets the eye, and Beni is no exception. He comes from a family of ranchers in Western North Dakota, where his dad threw him on the back of a sheep at the age of four. He won himself a buckle, thus spurring the addiction of riding. Sheep became steers and steers became bulls, until he worked his way

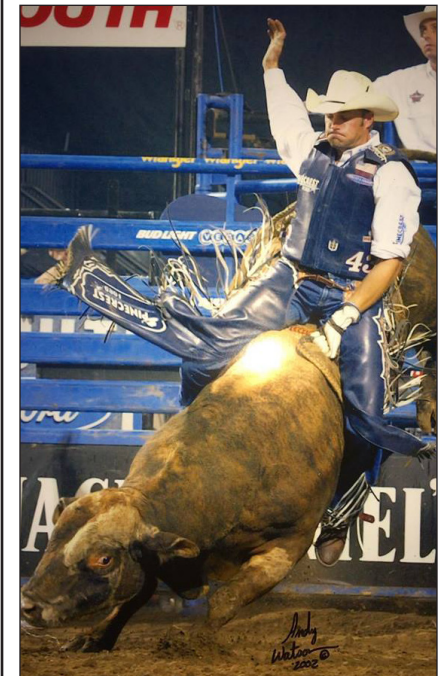
into the PRCA and PBR, qualifying for the finals. Not only are bulls athletes, but so are the riders.

Not only did his father introduce him to riding, he also got Beni started with guitar and singing. They began by recording music for the TV program Special Cowboy Moments, that incorporates stories from local cowboys, and still work with them today. The dedication it takes to compete in the finals is grueling, not to mention time consuming. He dedicated his whole self into the sport, but when his son, Cheyden,

was born, his focus switched gears. Now seventeen years old, and naturally talented in music, Cheyden helps with vocals on some of Beni's songs. As with bull riding, Beni didn't just invest himself a little into the ranch, he wanted to make a grander impact by taking it a step further, into agricultural awareness and education, proving that running a hundred and fifty head of cattle and farming three thousand acres with his wife, Michelle, and family, can have a positive

impact on the environment through sustainable agricultural management techniques. One day, he'll figure out how to incorporate 'Green Ranching' into a song, and we'll be hearing it on the radio, seeing Breaking Eight attached to the title.

His fellow band members, Ty Taylor-Vocals and Lead Guitar, Jerilyn Wiseman-Vocals and Fiddle, Luke Smilie-Vocals and Drums, are all hard-working individuals who dedicate their time and talents to making Breaking Eight a success. They will be performing at several venues once calving season is over, so check their Facebook page: Breaking Eight or their website breakingeight.com for upcoming events. To start listening now, you can find Breaking Eight on Spotify and iTunes. CD's are also available to order on the website.



Breaking into the music world is like any other business, you invest time, money, and loads of effort to get it off the ground. Supporting local businesses is crucial for our community, so come on out in September when Breaking Eight performs in Dickinson, put on that cowboy hat and be prepared to cut a rug. Their unique style of combining country with rock gets even the youngsters dancing. Beni and his band produce music you will be happy to hear your kiddos singing along to, music that makes you want to live your best life. ■

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A FOOT IN THE COACHING DOOR

Former area basketball star Austin Dufault spending season with L.A. Lakers

By Dustin Monke

After Austin Dufault scored an interview to be a coaching associate for the Los Angeles Lakers, it took him about 10 minutes to realize the job opportunity was with one of the most storied franchises in professional sports, not its minor-league affiliate.

The confusion, laughable now, was created by the job history of the people who connected Dufault and Lakers head video coordinator Will Scott. Not to mention the National Basketball Association team shares a nickname with the G-League's South Bay Lakers.

"For about the first 10 or 15 minutes I was on the phone, I just assumed he (Scott) was with the South Bay Lakers," Dufault said. "We were talking for a while and he kept saying, 'Luke likes things this way.' ... I'm like, 'Wait, are you talking about the Los Angeles Lakers?'"

Dufault, a Killdeer High School graduate, didn't hesitate when Scott eventually asked him to join Lakers head coach Luke Walton's staff as a coaching associate. He handles video preparation and some scouting duties alongside two

other coaching associates.

"It's a paid internship," Dufault said, describing his position. "We work all of our practices and all of our home games. We're on the court helping guys out with pre-game workouts. They throw me in drills a lot. I'm used as a defender a lot when guys are working out."

LinkedIn to the Lakers

While he's relishing in the opportunity and laughs about how it came about, Dufault was in no position to be choosy about jobs before he got the call from Scott.

He was at career crossroads last spring when he retired from playing professional basketball.

After spending four seasons as a starter for the University of Colorado and six seasons with seven teams in pro leagues throughout Europe and Japan, the former North Dakota Mr. Basketball winner was ready to be done playing the game. But he wasn't sure if he was done with it completely.

"All I had known for the last 10 years

was basketball," Dufault said. "I was taking online classes -- real estate, different stuff like that. I was kind of willing to do anything."

Dufault had settled in the Los Angeles area to be with his then-girlfriend (now-fiancé) Lauren Sanford and began working any connection he could to find a job. Most of those connections derived from the sport of basketball.

Sanford helped Dufault set up a LinkedIn account, hoping it would help him establish a professional profile. Using the social media site aimed at business professionals and job-seekers, Dufault linked up with a Colorado classmate who knew Scott.



PHOTO COURTESY OF @GRAYDIENIVISUALS

"He introduced himself and explained how they have a program every year where they hire a few interns, and they had one position open," Dufault said. "They were looking for a former player. He checked out my resume, and thought I'd be a good fit."

So far, he has been.

Dufault occasionally gets pulled onto the court during practices and workouts. Because of his 6-foot-9 frame and professional playing experience, it's no surprise when he's called in to match up with Lakers superstar LeBron James or rising stars like Lonzo Ball and Kyle Kuzma. He said experiences like that are humbling and, at times, surreal. Such as when Lakers Hall of Famer Magic Johnson, the team's president of basketball operations, comes to the practice facility.

"After a while, it becomes routine," he said. "A lot of them are a lot more down to earth than people realize. They're just hoopers."

Final pro season

At this time last year, Dufault was at the tail end of a career that lasted longer than he or really anyone thought it would. After setting Colorado's school record for most games played in a career (136) and helping the Buffaloes win their first Pac-12 Tournament championship as a senior, he seized an opportunity to continue playing professionally in the Czech Republic's top league.

He spent two years there before moving on to play in Macedonia, and then



PHOTO COURTESY OF @GRAYDIENIVISUALS

France and Hungary. Prior to the 2017-18 season, Dufault flirted with retirement before he was given what he called a "really good deal" to play for Niigata Albirex BB of the Japan B. League.

"I knew it was going to be my last year," Dufault said.

So, he settled into a backup role on the team and tried to enjoy himself on and off the court.

"I absolutely loved Japan," he said. "It was a great country to be in. Our staff, the management, they treated us great. The people in Japan are some of the friendliest people I have ever come across in the world."

Dufault said while he loved playing basketball, coaching one day was always in the back of his mind.

Rich Dufault, who coached his son's Killdeer Cowboys boys' basketball teams, believes Austin had an innate basketball savvy that will serve him well if he indeed begins to make a career out of coaching.

"I think he's where he needs to be," Rich said. "I think it's just the beginning of what he wants to get into."

What's next?

Though Dufault's position with the Lakers is only set to last through the end of this season, he's happy to be back in the U.S. and hopes to use the position to build his coaching resume and springboard a career, wherever that may take him.

"I felt like it was kind of meant to be," he said.

And unlike his days playing overseas, he won't be alone wherever the game takes him. After nine years together -- much of it spent apart while he played ball overseas -- Dufault and Sanford got engaged last December. He proposed during a hike in Yosemite National Park on one of his off days. They're planning a summer wedding.

Until then, however, he's part of the Lakers organization trying to return to the NBA playoffs for the first time in six seasons.

"Now that I have my foot in the door in the NBA, my goal is to stay," Dufault said. "Not to say I wouldn't coach in college. But my goal is to do the best job I can with the Lakers the rest of the year." ■



PHOTO COURTESY OF @GRAYDIENVISUALS

Monke is the former editor and sports editor of *The Dickinson Press*. He has won multiple state and national awards for his writing and editing. If there's a story on area prep or collegiate athletes you'd like him to pursue, email him at dustin-monke@gmail.com or tweet him at [monkebusiness](https://twitter.com/monkebusiness).



DICKINSON STATE UNIVERSITY

Selecting the SoBE logo

By Dr. Holly Gruhlke, Chair, School of Business and Entrepreneurship

In 2017, just in time for our 90th anniversary of business education at Dickinson State University, the Department of Business and Management was appropriately renamed the School of Business and Entrepreneurship (SoBE). This distinction allowed us to communicate our focus of providing quality business education with the entrepreneurial spirit in mind.

As part of the change, we selected an emblem that would appear on

Lambda (PBL) chapter and Business Club, led by Assistant Professor of Accounting Amy Kass, is hosting events that benefit the community. In October, these groups hosted hundreds of children in Wienbergen Hall for an indoor trick-or-treat. Last year, they held a very successful blood drive, working with the United Blood Services. This spring, Dr. Debora Dragseth will be challenging her Business Ethics students again to raise money for a local charity as part of risk taking bartering game titled, "Bigger and Better." For the last several years, this course has raised over \$10,000 for



SCHOOL OF
Business &
Entrepreneurship



letterhead, business cards, and perhaps the side of a building someday. Although an exciting task, it proved to be more difficult than originally anticipated. We believed it was profoundly important to choose something that represented the students, faculty, programs, and mission of the newly formed SoBE. We did not have to venture too far to discover a symbol that is focused on the quality of students we have come to enjoy in the School of Business and Entrepreneurship.

Affixed to the top of Stickney Hall, where SoBE is located, is the three torches icon we use to represent us today. This symbol, located on one of the campuses oldest buildings and constructed in 1921, represented the pillars of academics and service. Samuel T. May is famously quoted in one of his early addresses to students as stating at DSU, they will "enter to learn, depart to serve." In business, we have taken that mantra and made it part of what makes our program so unique to others.

In SoBE, there is plenty of opportunity to serve prior to earning a diploma. At any given time, our Phi Beta

charities, including the Backpack Food Program and United Way.

In addition to creating activities to demonstrate the importance of service, faculty will serve on community boards. Assistant Professor of Accounting Mark Lowe is an active participant in the Alzheimer's Association. He also recently participated in Gene Day, a fundraiser to benefit families with children born with Down syndrome. This type of service models the behavior we hope that students adopt as working professionals.

Service is an important thread that we share in SoBE. When looking at our emblem, we see the true meaning of those three torches as a symbol of enlightenment and hope for the future through service and academics. The crossing of the torches demonstrates the unity and necessity of relationships. We have found that often those relationships we cultivate in collective service to our community last a lifetime. By providing these opportunities, we create a well-rounded academic experience for our students as well as connect with the community that has supported us for over 90 years. ■

MUSIC TO OUR EARS



Prairie Rose Chorus

By Robyn Nadvornik

The Prairie Rose Chorus, a member of Sweet Adelines International, is busy getting ready for the Region 6 competition on May 3rd and 4th in Rochester, Minnesota. They call barbershop singing a hobby and a passion for those who are a part of this chorus. But our "hobby" takes dedication and hard work...work that is fun! Our family of singers in this group is unbelievable. We are a close-knit group that is always looking for additional women to join us for a learning experience that draws them in and won't let go.

Region 6 is made up of 20 choruses from North Dakota, South Dakota, Minnesota, Wisconsin, Iowa and Canada. To keep your charter with Sweet Adelines, each chorus must go to competition once every three years, and that is exactly what the Prairie Rose Chorus is preparing for now. In Region 6, chorus sizes range from 15 to well over 100. To be able to perform to our highest ability, we are currently working with a coach from Bismarck who helps us with a variety of things, including breathing, vocal production and phrasing. Barbershop is different from other types of singing in that we sing more phrase to phrase rather than counting each note and singing. We are on the risers to share a story with our audience and to be able to draw them into the performance and keep their attention throughout the entirety.

In March, our coach from Minneapolis will be coming to work with us to help us with the finishing touches. We will be having a sendoff performance on April 30th to debut our new costumes and perform our two competition pieces, "Alexanders Ragtime Band" and "Where Is Your Heart." This performance is for family and friends to come and hear what we have accomplished and get us ready to take the stage. Basically Sound, a quartet from our chorus, will also be competing in Rochester for the 3rd or 4th time. Each time they go, they learn something new to apply to their performance. Members of this quartet include Susy Krivoruchka, Trish Tews, Karen Landblom and Linda Spichal. Basically Sound will also perform during our sendoff performance.

Prairie Rose Chorus is open to women of all ages from 14 and up. Reading music is not a prerequisite to joining, but it does help. We provide a lot of education and teaching to be sure that anyone who commits to the chorus has the opportunity to feel comfortable and learn the music. Director Robyn Nadvornik has a music education degree and commented that she has probably learned more technics being a part of this chorus than she did while getting her degree. Currently the chorus has 22 members and is always looking to add to the ranks.

If you would like more information about the Prairie Rose Chorus please contact Robyn Nadvornik at 701-690-8958 or just come to a rehearsal. We rehearse each Tuesday evening from 6pm to 8pm in the basement of St. John's Lutheran Church. ■



If Music Be the Food

By Kelsey K. Rogers, MM, Artistic Director, If Music Be the Food, Dickinson

Tuesday, March 19 at 7:00 pm at St. John Lutheran Church marks the 7th time I will have directed an If Music Be the Food recital here in Dickinson. Our semi-annual recital series offers quality classical music to our community not for a paid ticket, but by bringing a food or cash donation for the AMEN Food Pantry. However, our recitals are open to everyone, even if they cannot afford to donate. We want to share not only food, but the gift of music with our community. This March we are extremely fortunate to have Andrew and Megan Potter presenting most of our recital. Megan Potter is a native of Bowman, but she and her husband travel all over the country, singing leading roles in operas with various companies.

My own journey to become the artistic director of our Dickinson series began many years ago. Growing up in Phoenix, Arizona and Las Vegas, Nevada, I saw homelessness on a regular basis. It was a routine part of my life to see people standing on street corners with handmade cardboard signs requesting help. These requests tugged at my heart strings from a young age. When I was ten, I saw a mother with her two children holding a sign on the street corner near our house. I asked my mother if we could give them something. My mother, practical but compassionate, said we couldn't give them money, but we could go home and get them some food. I still remember the mix of feelings I experienced as we came back offering our little paper bags full of food. I felt the warmth common to looking outside of oneself, but I also felt a sadness recognizing, even then, that this was not a permanent solution. I knew that this would help them in the moment, but it wouldn't solve their problems. In that moment, and in many similar ones throughout my life, I wished I could do more.

Partly in response to those experiences, I decided to serve as a missionary for



my church as a young adult. During my time as a missionary, I came to know more personally people who had much less than I did. I realized that they were not just sad faces on the corner, but people with lives and loss, just like me. These experiences were expanded when I became a foster parent and got to know the parents of the children that we took into our home. So often they were dealing with poverty on many levels, both physical and emotional.

It was during one of these times that I was asked by a music colleague to participate in a benefit recital in Tucson, Arizona. I was unable to participate in that recital because we were moving to Dickinson for my husband to take the position as choir director at Dickinson State University. However, I got from my colleague the information of the woman who had started the whole If Music Be the Food program. In 2009 Carol Rodland, while teaching at the Eastman School of Music, saw an opportunity to serve her community and teach her students about the importance of freely sharing their musical gifts. She began the first If Music Be the Food series in Rochester, NY and in the last 10 years, satellite series have begun in 10 other cities, including our series here in Dickinson. Ms. Rodland freely shares her recital model on a few conditions - no one is paid for their performance, all services are donated, all monies go directly to the food pantries we serve, and concerts are freely available to all, whether or not they can afford to donate. These are conditions I was happy to meet, and I was lucky enough to find both institutions and individuals here in Dickinson who were able and willing to help me. DSU and Service Printers help us with posters and programs, St. John Lutheran Church and DSU have allowed us to use their facilities to hold events, and so many of my friends and colleagues have freely shared their talents. In particular, my colleague and friend Joel Walters has served as our administrative liaison and helped with marketing and the many other details required to have a successful event.

Although we cannot eradicate poverty in our community with these recitals, we can offer a helping hand to a neighbor in need. We can begin to do the more I wished I could do as a child. Perhaps equally important, we can be lifted and strengthened by the heart-nourishing qualities of music. With our recital series, we hope to make a dent in both physical and emotional poverty in our community. I hope you will join us; you won't be disappointed! ■

PIPER'S PALS

Man's best friend

Do dogs' names fit them? Can you tell a dog's name by looking at him? Your goal: match the correct name with the dog. Good luck! ■

- A: Piper (#___)
- B: Foster (#___)
- C: Merlin (#___)
- D: Eddy (#___)
- E: Fred (#___)
- F: Louie (#___)

Watch for the answers in our April issue!



#1



#2



#3



#4



#5



#6

PARKS AND RECREATION

West River Community Center

By Caleb Burgard, Facility Supervisor
Dickinson Parks and Recreation

Since 2004, The West River Community Center has been a focal point for Dickinson and the surrounding areas. As a community, we are fortunate to have such a valuable recreation center that offers something for the entire family. Dickinson Parks and Recreation prides itself in offering an abundance of recreational opportunities, and we believe the West River Community Center encompasses that mission statement.



in new families and visitors to the City of Dickinson. Our staff plays a crucial role in the overall experience at West River Community Center, and we hope they continue to make each of our members and visitors experience more memorable.

Those amenities that we offer within our facility are designed to entertain, educate, and promote health and well-being. Whether you are taking part in a group fitness class or swimming in our lap or leisure pool, we hope you enjoy every minute of your time within our facility. The gymnasiums, racquetball/tennis courts, climbing wall, indoor playground, and golf simulator are only a few of the amenities that set us apart from other fitness centers in the area. We hope each member and visitor feel valued, as



they are the driving force for what we do on a daily basis. We appreciate the feedback and recommendations as we continually strive to be a better facility for our community.

Aside from the various amenities we offer, we are constantly looking for new events and improving our current events/leagues/lessons. We offer a variety of youth classes/lessons that

promote exploration and learning. The adult and senior classes/leagues we offer within our facility are designed to promote a healthy lifestyle. We encourage people to like and follow our social media sites and view our website for upcoming events/leagues/lessons.

Overall, the West River Community Center continues to accommodate and appease the majority of people in Dickinson. We truly thank all of our current and prospective members for making our facility one of the best in all of North Dakota! ■





THEN... and Now: Dickinson Elks Building

By Bob Fuhrman

The Benevolent and Protective Order of Elks (BPOE – also “Best People on Earth”), founded 1868 in New York City, has grown to become one of the leading fraternal organizations in the US. With an emphasis on community service guided by the principles of charity, justice, brotherly love and fidelity, the Elks’ charitable work supports veterans, youth programs and a lodge-driven community investment program. The popularity of the BPOE meant that a growing city like Dickinson could not help but become home to Elks who chose to try their luck in the young state of North Dakota.

In 1908, the Dickinson Press reported that 27 members of the BPOE resided in the Queen City of the Prairies and their traveling to other North Dakota cities’ Elk Lodges showed their continued enthusiasm for the fraternal group. In March of that year, several of these transplanted Elks gathered at the Dickinson Commercial Club to discuss the possibility of establishing a BPOE lodge in Dickinson.

The report of that meeting indicated new lodges were only granted to cities with a population of more than 5000. A committee met with the City Council to ascertain if a census could be undertaken (at the expense of the lodge-less Elks) to determine if Dickinson was eligible - recent statistics giving reason to believe it might be as the 1900 Federal Census counted 900 residents and the 1905 State Census

showed a 253% increase to 3,183. The City Council responded favorably and set Assessor Fouts to undertake the census which was completed in mid-April. Fouts tallied 5,038 (a 58% increase since 1905) satisfying the BPOE’s population requirement and put the city at “sixth or seventh in point of size, in North Dakota.”

With that question answered, the local Elks started the ball rolling on their application for the establishment of a lodge in Dickinson which was approved. Excitement for the lodge built through the summer and fall with an arrangement made for the Elks to sub-let the local Knights of Pythias hall in the soon-to-be-completed Berringer Block building at 37 Sims Street.

A grand installation celebration was

planned for December 11/12, 1908, featuring decorations throughout downtown, a bucking bronco contest, parade (which went on despite a snow squall) and a ball and banquet in the Dickinson Armory on the night of the 12th in addition to the solemn institution ceremony. The Press reported the event a great success and ranked as “the greatest social affair ever held in Dickinson” which played host to an estimated 300 Elks from various places in North Dakota, Montana and Minnesota.

Instituted as BPOE Lodge 1137, Dickinson’s Elks held their first lodge meeting December 26th in the Berringer Block with regular meetings twice a month. One point of business at that first meeting was creating a building

fund so the lodge could eventually erect a home of their own.

The Press was quiet on the progress of the fund but any doubts about the effort were put to rest with a story on November 19, 1910 announcing the lodge had acquired the Milton and Anna Linsley property on the NW corner of 1st Street W and 1st Avenue W. Mr. Linsley was a former railroader who ran a confectionery shop for many years before buying the Mott & Son pool hall in 1906. He and his wife lived in a two-story house on the 141 x 50’ corner lot which the Elks allowed them to occupy for a time before excavation work started in spring. A small title glitch came to light in December but was soon cleared as the Elks worked to perfect their plans for a three-story building which was initially predicted to cost \$50,000.

The Press confidently reported that the 200-member lodge (expected to double in two years) would have no trouble raising the funds – members supporting by subscription, and the business model calling for retail space on the first floor providing a revenue stream for operations and debt service. Indeed, the Elks had already been approached by two ‘prominent’ unnamed Dickinson firms interested in the space and less than an hour after the sale closed, the building committee was notified that a firm was “ready to take the ground floor as soon as completed.”

Continued, next page





Continued from page 20

In March 1911, the lodge hired Madison, Wisconsin architectures Claude & Starck. They were known for commercial/institutional work and Prairie Style residences (Claude had worked with Frank Lloyd Wright) but had also designed Elk lodges for Madison and Eau Claire, Wisconsin. The Dickinson Elks building is believed to be their only North Dakota commission, a rendering of which was published on the Press' front page in August. By that time the estimated cost had climbed to "fully \$80,000... (It) will be the finest of its kind in North Dakota." Preliminary thoughts from the building committee called for the lodge hall to be on the second floor with the third story profitably outfitted as a moderately priced hall which would be in demand for events and programs.

Meanwhile the ground was prepared – the Linsley house sold to C.S. Langdon who moved the house, barn and fence; in April the Vaugh Fuel & Coal Company had eight teams excavating, each removing thirty loads a day as the basement was planned for the entire 141 x 50' site. Work on the foundation's heavy cement footings began in September with the stonework (from the Davis Butte Quarry) completed the next month and the first floor joists laid and covered over in early November as winter shut down the site.

Starck's plans for the superstructure arrived in spring 1912 and Dickinson's Heaton Lumber Company won the contract on a bid of \$48,396 in June. With the land and foundation work, the cost of the building as bid then stood at about \$75,000. At the same time the contract award was published, the Press

reported that F.L. Roquette had made application to rent the first floor space and a large force of workmen would be starting before July 1st.

Despite lumber shortages, the building was nearly complete by March 1913 when the F.L. Roquette Co. department store opened its retail operation on the first floor and basement which the Press described in an extensive article. As locals thronged the new store, work on the upper floors continued unabated and the Elks, planning for an August dedication of the new lodge hall, sent a three-man committee to the Twin Cities and Chicago to purchase furniture and fixtures for their rooms.

The dedication celebration was held August 5/6, 1913 and the Press detailed the Elks' hall and auditorium above listing the various amenities. The large lodge hall was "a cozy, homelike place" of fine furnishings, with like-quality in the billiard room, steward's room, café, coat check, reading room, card room, ladies' and men's lounges and lavatories. "The entire floor is a symphony in browns and tans with a touch of green only in some rugs." With furnishings, the final cost of the building was reported as \$100,000 (over \$2.5M today).

The auditorium floor included hall, stage, dressing rooms, ladies lounge, men's smoking room and, for the audience, 'easy opera chairs.' No seating capacity is stated but as the hall was intended for performances, banquets and dancing those 'easy opera chairs' would certainly not be in fixed positions.

The building was served by a passenger and freight elevator and a dumbwaiter from the basement kitchen.

The 1st floor vestibule included a box office for ticketed events and the alley door was served by a telephone to the steward's room which was equipped with an electric switch to unlock that door.

The Elks building became a center for events and social doings in Dickinson immediately upon completion. Its most unique use being from fall of 1918 to spring of 1924 when the second and third floors were the initial home of Dickinson Normal School (forerunner to DSU), providing space until state funding for campus construction was approved (luckily the college was out before June 18, 1924 when a tornado struck Dickinson, taking roofs off several buildings including the Elks'). On the first floor, Roquette's store closed in 1928 to be replaced by Montgomery Wards, which relocated as a catalog store in the 1970s. Over time, the floor was sub-divided into space for a variety of stores (pet, jewelry, health food, liquor, framing, etc.) and service businesses (print shop, tax preparer, finance company, insurance). In 1979, the Elks sold the building to a group of

investors for redevelopment, the sale funding their new building just north of I-94.

Progress on re-development of the original Elks building came to a sudden halt when fire broke out in the northwest corner of the basement on October 15, 2007 during renovation work. The fire, started by a cutting torch, burned up the corner all the way to the roof which was destroyed. Despite the fire, the building was approved for National Register status in 2008 and recognized as a local landmark in 2009.

Unfortunately, little of the original interior decoration of the building remains due to the fire (and a 1957 remodeling project). Protracted litigation followed the fire and delayed renovation, but finally in 2014, Advanced Engineering and Environmental Services (AE2S) became the first new occupant in the newly renovated structure. They have since been joined by Jericho Services, JLG Architects and MBI Energy Services with Stark Development Corporation slated to soon be the next addition to the historic structure's tenant roster. ■



Heart River VOICE Events

MARCH 1-31

TRAVELING CHILDREN'S ART SHOW The Dickinson Museum Center will be hosting Minot's Taube Museum traveling children's art show throughout the month of March. View the collection during regular museum hours.

HUNGER ISN'T A GAME FOOD DRIVE Head over to Menards any day in March (during their normal operating hours) and donate a non-perishable food item. Through United Way of Dickinson, all food items will go to Domestic Violence & Rape Crisis Center, Sunrise Youth Bureau, House of Manna, and Amen Food Pantry. Pet food will go to Oreos.

FRIDAY MARCH 1

RAISE THE WOOF COMEDY SHOW 6PM Only 200 tickets will be sold. Pre-sale tickets available at Bernie's Esquire Club, Safety Works LLC, and Paw and Claw Pet Palace. Must be 21+ to attend. Bernie's Esquire Club, 43 Sims St. More info 701-590-2645.

FREE FAMILY MOVIE: THE NUTCRACKER AND THE FOUR REALMS 4PM Movie is rated PG and runs 99 minutes. Dickinson Area Public Library.

CRAFT & COFFEE NIGHT 5:30-8:30PM Make St. Patrick's Day gnomes while enjoying coffee or a smoothie. \$25 includes supplies. Suzy's Stash, Richardton.

MARCH 1-3

DICKINSON STATE UNIVERSITY PRESENTS LITTLE SHOP OF HORRORS Performances are scheduled for Dorothy Stickney Auditorium in DSU's May Hall March 1 and 2 at 7:30PM with a matinee on March 3 at 2:30PM. Rated PG for adult themes. Tickets are \$10.00 each. DSU students, staff, and faculty are free with valid ID. www.dsuararts.com, or 701.483.2154 or May Hall Room 3 during business hours. Tickets also sold at door.

SATURDAY MARCH 2

PUBLIC LIBRARY EXPANSION PROJECT PUBLIC FORUM 10AM-Noon Community Room, Dickinson Area Public Library.

SUNDAY MARCH 3

K OF C BREAKFAST 8AM-Noon Proceeds benefit Special Olympics. Parish Life Center, St. Wenceslaus Catholic Church, 505 3rd St East.

MONDAY MARCH 4

WOMEN'S VOICES - AUTHOR READING 6:30PM Maya Rao, author of Great American Outpost: Dreamers, Mavericks, and the Making of an Oil Frontier, will do a reading from her novel and host a discussion. This event is free. More info, lara.carlsonmcgoey@dickinsonstate.edu. DSU's Beck Auditorium in Klinefelter Hall.

THURSDAY MARCH 7

PRIVATE PESTICIDE APPLICATOR CERTIFICATION TRAINING More info, call 701.456.7665. Richardton.

AUTHOR VISIT: TORY CHRISTIE 6:30-7:30PM Community Room, Dickinson Area Public Library.

TRUE BLACK HISTORY MUSEUM 10AM-4PM Dickinson State welcomes the community to visit this collection of artifacts and documents detailing the history of African-Americans in the United States. This event is free and open to the public. It will be held at The Perch, located in the lower level of the Student Center. For more information, visit our blog at <http://bit.ly/2Ru-aR43>.

FRIDAY MARCH 8

COOKIES AND HOT COCOA SOCIAL 3-5PM Winter Reading Program and Teen Lock-In winners announced! Community Room, Dickinson Area Public Library.

MARCH 8 - APRIL 12

UKRANIAN CULTURAL INSTITUTE LENTEN LUNCHES

11AM-1PM Fridays during Lent. 1221 West Villard. More info 701.483.1486.

SATURDAY MARCH 9

TRINITY FINE ARTS DIVINE WINE AND DINE 5:30-9PM 7-Course Meal paired with wines. Entertainment and Art Show by Trinity students. Additional entertainment by DSU Jazz Trio. Contact Trinity Catholic Schools for more information at 701.483.6081 or go to trinity-catholicschools.k12.nd.us.

WINE AND CHEESECAKE SHINDIG

7-11PM Fundraiser for Domestic Violence and Rape Crisis Center. Entertainment by "Fun Pianos! by 176 Keys" Live and Silent Auction. Tickets go fast, call Chamber of Commerce 701.225.5115 or DVRCC 701.225.4506. \$60 (Ages 21+) Ramada Grand Dakota Lodge, 532 15th St West.

SAWDUST LIVE

9PM-12:30AM Dickinson Country Band live at Army's West Sports Bar 640 12th St West.

SUNDAY MARCH 10

DAY LIGHT SAVINGS TIME BEGINS

ND YOUTH ROUGHSTOCK CHUTE-OUT

2PM Kids 6-17 riding all sizes of bucking ponies. Jr. High and High School Bull Riding. Adults \$5/Kids (3-10) \$2. Concessions available. DSU Indoor Arena. More info 701.880.8372.

TUESDAY MARCH 12

BUSINESS AFTER HOURS 4-6PM Join area businesses for networking and socializing opportunities. Food, drinks, music and door prizes. Dan Porter Motors showroom, 2391 1-94 Business Loop East.

THURSDAY MARCH 14

ST. PATTY'S DAY AT EDGEWOOD HAWK'S POINT 4-6PM Celebrate with beer and hors d'oeuvres! More info 701.225.9173.

Send your events to kelly@hearttrivervoic.com to list your events for FREE!



TRINITY FINE ARTS BOOSTERS PRESENT

Divine Wine & Dine

03.09.19 | 5:30 PM
TRINITY HIGH SCHOOL

FRIDAY MARCH 15

JAMESON TASTING DINNER 5:30PM Social/6PM Dinner. 4 courses, 5 drinks. \$100/ticket. Tickets can be purchased at: Liquor Warehouse, Brickhouse Grille, Southview Liquor or call 701.590.1304. B2 Lounge, 2 West Villard.

MARCH 15-17

ST. PATRICK'S WEEKEND WITH DJ DONNY DAHL Come out to Army's West Sports Bar for a St Patty's Day weekend with DJ Donny Dahl! Wear your green all weekend long!

SATURDAY MARCH 16

MAKE A WISH FUND RAISER 2019 4PM-1AM. Sponsored by Dickinson Noon Lions. Jumping castles, free skate, live and social auction and entertainment by Josh Kehr. Build your own taco bar. More info 701.590.0665. West River Ice Center, 1865 Empire Rd.

MARCH 16-17

ROUGH RIDER ARCHERS INDOOR 3D SHOOT 7AM-5PM Saturday, 7AM-2PM Sunday. Everybody's welcome! Limited number of youth bows available for free use. Cost depends on round and age. More info roughriderarchers@gmail.com or call Kurt Einspahr 701.590.4187. DSU Indoor Rodeo Arena.

MONDAY MARCH 18

PAINTING WITH A PURPOSE 7-9PM Help United Way and Badlands Baby Fair raise funds to help local low-income families. \$30 early bird registration, \$40 at the door. Snack included. More info, contact Nichole at 701-483-1233 or unitedway@ndsupernet.com. Fluffy Fields Winery 2708 21st St E.

TUESDAY MARCH 19

MULTI-INDUSTRY JOB FAIR 1-6PM Looking for a new job or a change in your career? More info contact Aimee Kovash/Mary Urlacher Dickinson Job Service 701-227-3100. Biesiot Activities Center.

ADULT CRAFT CLUB 6PM (18+) Pipe cleaner terrariums. Crafty people unite! All supplies provided. Community Room, Dickinson Area Public Library.

IF MUSIC BE THE FOOD RECITAL 7PM Sharing the gift of quality classical music with the community. Donations of food or cash for Amen Food Pantry encouraged, but all are welcome. St. John's Lutheran Church.

WOMEN'S VOICES - WOMEN AND THE AMERICAN DREAM: WE, TOO, SING AMERICA 7:30PM Readings from various literary texts will offer specific points of discussion and make for a fun, thought-provoking evening. Free to the public. More info lara.carlsonmcgoey@dickinsonstate.edu. Beck Auditorium in DSU's Klinefelter Hall.

WEDNESDAY MARCH 20

EGGS & ISSUES 7-8AM School Learn more about the Dickinson Public School district bond referendum on the ballot this spring. Breakfast buffet. Register by March 18. Call 701.225.5115. Free to Chamber members. \$20 Non-members. Biesiot Activities Center.

2ND ANNUAL SOBER ST. PATTY'S DAY CELEBRATION

5-8PM Guest speaker First Lady Kathryn Burgum. Silent auction, Chinese auction, roast beef dinner, door prizes. Tickets \$30. Contact Pam Roller 701.290.5884 or Kayleen Wardner 701.290.3644. Ramada

Grand Dakota Lodge.

THURSDAY MARCH 21

JEDI TRAINING 6PM (Ages 5-12) Become a Jedi you will. Train you must. Come see if you have what it takes to be a Jedi. SIGN-UP REQUIRED. Dickinson Area Public Library.

FRIDAY MARCH 22

TOM PETTY TRIBUTE SHOW WITH CHRIS CADY 8:30PM Music from the legend Tom Petty performed by Chris Cady from Spearfish, South Dakota. I Don't Know Bar, 207 4th St NW, South Heart.

MARCH 22-MARCH 23

DSU PRESENTS BLAZERS AND BLUE JEANS RURAL WOMEN ON THE WESTERN EDGE CONFERENCE 5-9PM Friday, dinner included. 7:30AM-5PM Saturday, lunch provided. Breakout sessions along with vendor show. For more information, visit dickinsonstate.edu/rwc or contact Betsy Murphy at betsy.murphy@dickinsonstate.edu.

CHOOSE LIFE FOR YOUR MARRIAGE EVENT This is an opportunity for you to invest in your relationship whether you are recently engaged or married ten or fifty years. Register online at www.dickinsonebc.com/marriage-event. More info Evangelical Bible Church Office 701.227.1464 or ebc@dickinsonebc.com.

SATURDAY MARCH 23

COFFEE WITH LEGISLATORS 10AM-12PM District 36 and 37 legislators will be available to inform community members about what is happening in ND state government. Community Room, Dickinson Area Public Library.

2019 POLAR PLUNGE 11AM-2PM This cool event offers a great opportunity for individuals, organizations, schools, and businesses to support Special Olympics. Cashwise parking lot.

BLUE HAWK BOOSTER CLUB RENDEZVOUS 5:30-8:30PM Silent and live auctions, gun raffle, social and dinner. Astoria Hotel & Event Center. More info 701.260.3443.

SUNDAY MARCH 24

THINK & DRINK-SETTLERS: ARE NORTH DAKOTANS HAPPY? 2PM A happy-hour discussion featuring Dr. Debora Dragseth, Professor of Business. Small cover charge for drink

ticket. Must be 21+. The Rock's Corner Bar.

MONDAY MARCH 25

SPRING FEVER GARDEN FORUM 5:30-7:30PM Learn about vegetable gardening and which varieties perform best in our climate. Registration is requested. 701.456.7665 or online at ag.ndsu.edu/springfever. NDSU Extension office 1340 West Villard.

BOOK CLUB FOR ADULTS 6PM Read a great book and discuss with other adults. Snacks provided. Books can be checked out at Book Club meetings. Dickinson Area Public Library.

OFFICE 365 FOR BUSINESS 6:30-8:30PM Learn how to navigate your Office 365 Business account. \$25/person, limited class size. Must have Office 365 Business login. More info 701.456.0008. Dickinson Adult Learning Center, 402 4th St West (Use North Door #3).

WEDNESDAY MARCH 27

LUNCH & LEARN: THE BASICS ON TECHNOLOGY & SOCIAL MEDIA 12-1PM Enjoy a complimentary lunch & presentation by Jeff VanCleave, Information Systems Administrator, and Zach Miller, Desktop Support, with American Bank Center. Please RSVP by March 22nd 701.225.9173. Edgewood Hawks Point

THURSDAY MARCH 28

TOTS DRIVE-IN MOVIE: BLUE'S CLUES 10AM (Ages 0-5) Snack provided. Feel free to bring a blanket and pillow. Movies are typically 30-45 minutes. Dickinson Area Public Library.

WOMEN'S VOICES MOVIE SHOWING: HIDDEN FIGURES 6PM All ages. Rated PG (runs 127 minutes). 1 free bag of popcorn per attendee, bring your own drink. Community Room, Dickinson Area Public Library.

Ongoing events

DINING, NIGHTLIFE, BARS WEDNESDAY NIGHT WINE CLUB 1st Wednesday of the month. Casual event with guest hosts presenting featured wines. Wines are paired with appetizers. Cost varies depending on featured wines. Limited space, call ahead to reserve your spot 701.483.9900. Brickhouse

Grille, 2 West Villard.

THE ROCK CORNER BAR 7PM

Tuesdays Brushes and Booze. Limited seating. Tickets presold at The Rock. Thursdays 1st-Open Mic Night-Brady Paulson, 2nd/4th Open Karaoke, 3rd-Live Music, 9PM-close, no cover. Friday Night Trivia. Starts at 6:00pm FREE to play. Regular Trivia followed by Music Trivia. Come early...Seats fill up FAST! 113 1st St West. More information rockdickinson.com.

THE EAGLES CLUB 5:45PM

Wednesdays and Fridays Stop in and play Bingo. Games will be played in succession. 5-9PM Thursdays Beer and Wings. Monday-Fridays 11AM-1:30PM Lunch specials. 31 1st Ave. East.

I DON'T KNOW BAR 11AM-2PM (or until gone) Lunch specials Monday-Friday (Thursdays are KETO), \$9.95. 6PM Wednesdays BINGO. 5-9PM Fridays Prime Rib. 9PM-close Saturdays Ladies Night \$1 wells and domestics. 11AM-2PM Sundays Brunch/1PM Pinochle. Monday nights - Guest bartender.

PLAYERS 3-10PM Tuesdays Kids eat free with adult meal purchase. 2050 1st Ave E. 701.483.1733 www.players-bar-grill.com

PERKINS 4-10PM Tuesdays Kids eat free with adult meal purchase. 188 Museum Dr. 701.227.3001 www.perkinsrestaurants.com

APPLEBEES Tuesdays Kids eat for 99 cents with adult meal purchase. 289 15th St W. 701.227.8573 www.applebees.com

FOOD KITCHENS

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

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

SUPPORT GROUPS

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

FAMILY FUN

DICKINSON MUSEUM CENTER 9-10AM Tuesdays Join us at the Museum Center to enjoy Dinosaur-related songs, crafts and

stories with your little ones! FREE and open to the public. Ages 2+.

DICKINSON AREA PUBLIC LIBRARY 9:30AM

Mondays Tiny Tots Story Time (ages 0-2). 6PM 1st/3rd Mondays Makerspace Mondays. Different ages each session. Contact library to sign up. 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 4:00PM Tuesdays Teen Fun (11-17). 3:30-5PM 1st/3rd Thursdays Kids board games available to play. 4-4:45PM 2nd/4th Thursdays Kids' Lego Club.

ROLLER SKATING THE REC 7-9PM

Every Friday. Free to WRCC members, \$3.50 admission for non-members. West River Ice Center. Call 701.456.2074 for more info.

UNIVERSITY THEATRE 10AM

Free, family movie the first Saturday and Sunday of month. Family fun in luxury electric recliners. First come, first served, doors open at 9:30 AM. DSU Student Center.

CLUBS/GROUPS

HEART RIVER HOMEBREWERS 7:30PM 4th Thursday of each month. Calling all home brewers! Custom Data World Headquarters, 677 E 10th Street.

SEW SISTERS 2-4PM 2nd Tuesday of each month. Cost \$12.00. Table Topper Club meets on the 2nd Saturday of each month from 8:30-11:30AM. Cost is \$25 for the year or \$5 a time. Suzy's Stash 118 N Ave, Richardton. 701.974.7899.

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

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at **1967.toastmastersclubs.org**. Held at Dickinson Chamber of Commerce. Contact Deb Kerner for more info 701.260.9292.

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 701.690.8958 or MaryAnn Brauhn 701.290.4013.

BADLANDS ART ASSOCIATION

6:30PM 1st Tuesday of each month. All community artists welcome! Meet in ABLE, Inc. building 1951 1st St. West. More info, contact janelles@ndsupernet.com.

DICKINSON CITY BAND

Mondays 7-8:30PM in DSU band room (basement of May Hall). 291 Campus Dr. More info, contact Robyn Nadvornik 701.690.8958.

DICKINSON STRINGS

Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 701.290.9145.

MEETINGS

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

STARK COUNTY COMMISSION MEETING 8:00AM

1st Tuesday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

EAGLES CLUB 5:30PM

Auxiliary Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month.

COMMUNITY OFFERINGS

START UP YOUR DAY/START UP YOUR NIGHT 8-9AM 2nd Thursdays/5-7PM 4th Wednesdays. Monthly events designed to attract new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info visit startuyourday.com or startuynight.com.

AARP TAX AID 1-4PM

Mondays and Wednesdays First come, first served. Community Room, Dickinson Area Public Library.

Save the date

TUESDAY APRIL 9

PROJECT A.C.E. TRAINING SESSION Learn more about risk behaviors affecting youth and adults in southwestern North Dakota. See pp. 24 and 25 for more information.

NDSU EXTENSION**Spring Fever
Garden Forums
begin in March****NDSU**EXTENSION
STARK/BILLINGS COUNTY

Would you like expert tips to help you care for your yard and garden? Then Spring Fever Garden Forums are for you! North Dakota State University is offering a series of forums this spring.

Live presentations from NDSU will be delivered to Extension offices across the state. Educators will be there to share educational materials and expertise. Free samples of bulbs and seeds will be provided to participants at these sites. The sessions are free. Gardeners may participate online in their homes if they would prefer.

There will be three brief presentations each night. The forums will run on Monday nights: March 25, April 1, April 8 and April 15. All forums run from 5:30 to 7:30 pm MT, and the Dickinson site is set for NDSU Extension/Stark-Billings County at 1340 West Villard St. Registration is requested. Please call 456-7665 or register online at www.ag.ndsu.edu/springfever/

Topics for the March 25 presentation are on vegetables:
Is There a Better Way to Grow Tomatoes?

We will review the steps you can take to have early fruit set and summarize recent research on producing tomatoes.

Hydroponics at Home

Learn how to grow leafy vegetables using hydroponic techniques. Enjoy fresh salads year-round or sell your produce for profit.

Top Vegetable Varieties for ND

Hundreds of gardeners across our state evaluate promising varieties every year. Learn which varieties perform best.

Topics in April cover fruits and soils, trees and shrubs and lawns and gardens. Three brief presentations will be given in these topic areas each night. Go to our website for titles of these topics: www.ag.ndsu.edu/springfever/. ■

TRINITY CATHOLIC SCHOOLS**Latin in the liturgy**

By Father Jordan Dosch

Trinity High School offers many opportunities for the students to be pushed intellectually, physically, and spiritually. One of the greatest opportunities of this exists in the yearly pilgrimage to Rome, which Trinity High School offers – through partnership with the University of Mary – the summer between a student's junior and senior year. One of the greatest graces of this pilgrimage is helping the students realize the world is a lot bigger than oneself, or even Dickinson, North Dakota. It is quite humbling for the students to experience history first hand, and at the same time it is extremely reassuring to them.

Over the course of the Rome pilgrimage, students tour ancient churches and the most grand and beautiful basilicas; they attend a papal audience with 50,000 Catholics from over 100 countries; they see the beautiful art that has been a part of the Catholic church for hundreds of years in the museums of the Vatican and in the walls, ceilings, sculptures and altars that are in the basilicas; and they worship our Lord in Holy Mass – in the basilicas, the ancient churches, and the small and secluded chapels using the universal language of the Catholic Church, Latin.

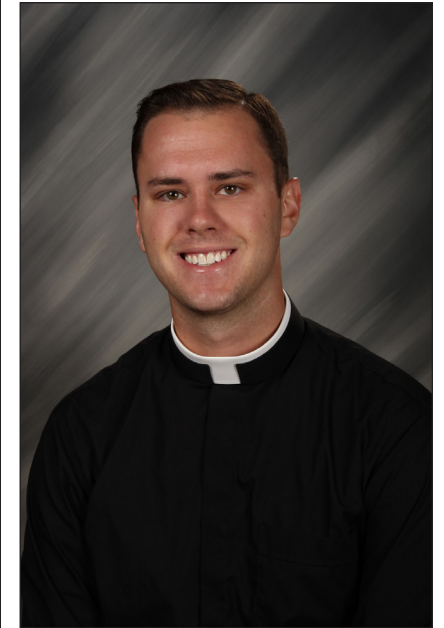
It is through their time in Rome in the summer of 2018, that a number of our Trinity High School students came to a deeper appreciation of the beauty of the Holy Mass and the use of the Latin, therein. Students on the pilgrimage wanted to share that beauty with the entire student body and so, with the leadership of the Assistant Chaplains (the senior students who comprise a faith leadership team that assists me

as chaplain), the Latin Mass parts were woven into the school liturgies beginning the first week of Advent, 2018.

Initially the thought of bringing a “dead language” into our school liturgy seemed kind of strange. The most common objection: “...no one will understand what we are saying.” While it is true no one “speaks” Latin, the significance of bringing this language into our liturgy was much deeper than simply encouraging diversity, or as some anticipated, discouraging participation in the Mass. Praying with Latin in our school's Wednesday morning Masses sounded funny at first and was probably uncomfortable for some, however once the Latin Mass parts became familiar to the students the true beauty and the reasons for incorporating the Latin became evident.

Latin in the liturgy represents the reality of being a part of something bigger than oneself. Latin is the language of the Church – and has been for centuries. Because it is the language of the Church, when Latin is used in the Mass everyone is able to understand, to worship, and to pray together – regardless of one's own native language. It is a beautiful reality that unifies the Christian faithful.

As a seminarian I remember serving a Mass with seminarians from a couple different counties. Before Mass we wanted to talk to each other, but were unable to because of the language barrier, so we prayed the rosary in Latin – something which was common to all of us. When our students visited Rome, they experienced this same thing. They saw that they were able to communicate with other young Catholics through the



liturgy, which incorporated the common language of the Church. Holy Mass and the truths of our Catholic faith are the same whether you are in Dickinson, North Dakota, or Rome, Italy – and Latin helps us realize this. The chants may not sound perfect, and not every student may know how to pronounce the words, but that does not diminish the value or the beauty of a language tradition that has existed for centuries.

Visitors are welcome to join us for all school Mass – Wednesday mornings at 9:15 AM in the beautiful St. John Paul II Chapel at Trinity Junior High and High School. ■

COMMUNITY ACTION**Project A.C.E. conference scheduled for
April 9, 2019**

The 2019 Project A.C.E. conference is scheduled for April 9, 2019 at the Biesiot Activity Center in Dickinson, North Dakota. This one-day conference is an educational opportunity for educators, law enforcement/first responders, medical/behavioral health providers and the general public to learn more about risk behaviors affecting youth and adults in southwestern North Dakota.

Topics to be covered include vaping and youth; sexual assault and human trafficking; opioid awareness; and social media and mental health. Continuing education credits will be available.

Registration fee is \$50 by March 15, 2019 and increases to \$60 after that date. For additional information or to register, call Community Action Partnership at (701) 227-0131. Please make checks payable to Community Action Partnership. Credit card payment (VISA, Mastercard, Discover) is accepted. ■

THE ARTS

Art exhibits: Free... free...free-free!

By **Marlene Biondo**

Is there a catch, or are they really free? Yes, it's true, they're absolutely, completely free!

In That. Case... Mrs. Biondo reserved an art case for her elementary art students from the Plains Art Museum in Fargo.

In February, students explored

and discovered original works of art by these North Dakota Artists: Walter Piehl, Jr., Star Wallowing Bull, Susan Morrissey, Leila Rastegar, and Barry Kleider. Students responded to the works, including Wallowing Bull's, "Black Elk's Little Sandman." This PrismaColor was the result of a dream illustrated with a rich tapestry of colors. Students were surprised that the works were original works of art, not prints or copies. The works were commissioned and expressly created with artist statements that related to each artist's youth. Students especially enjoyed Water Piehl, Jr.'s work, "Wedding Ring." Piehl lets the drips, spatters, lines and colors express the movement and energy in his art. He especially likes students to "color outside the lines." (Find his online gallery at www.walterpiehl.com.)

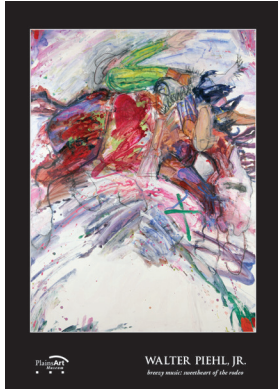
The painting illustrates a rope trick by a cowgirl. Real objects are placed in the small windows below the painting to engage the audience. The Plains Art case exhibit arrived in a case with wheels to facilitate easy transport.

Free Plains Art Cases

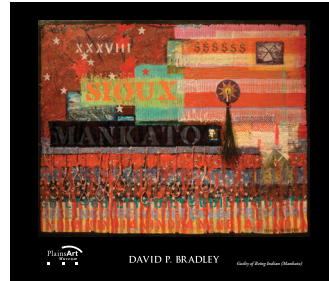
Plains art cases bring a wealth of hands-on learning into classrooms for free! It's like Ripley's "Believe It or Not!" It's difficult to even imagine it... most works in these cases are original artworks, not copies! The case exhibits also include "learning objects," multimedia educational materials, and standards-based curricula.

Free Learning Posters

Plains Art Museum has a series of free learning posters that feature works of art from the Permanent Collection. To request free learning posters, email Tonya Scott at tscott@plainsart.org.



WALTER PIEHL, JR.
Many years' membership of the artist



DAVID P. BRADLEY
Artist of Young Dakota (Illustration)



MARGO SELSKI (The Artist)

Include your name, your address, the number of posters you would like and the name of the posters you would like.

Learning Poster Program encourages thoughtful interpretation of original works to generate visual literacy and analytical thinking. Information about each artist is included along with discussion questions, and interdisciplinary activities, and an optional art-making project.

Free Postage and Free Handling, too!

Free postage is almost too good to be true. At Dickinson Public Schools, teachers take up the challenge to ignite our learners, and this is a great way to spark the interest in our young at art for free! Thanks to the Plains Art Museum of Fargo for giving our students art works to engage and inspire them. (Free shipping limited to ND and MN only.) ■

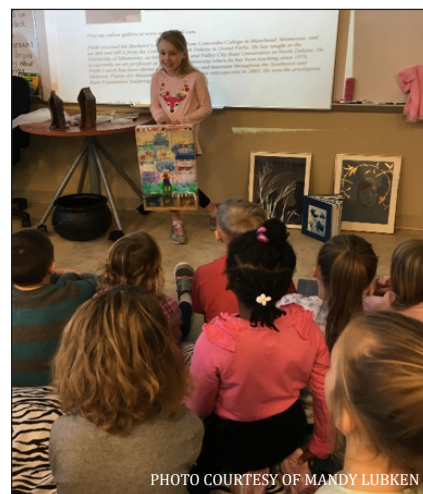


PHOTO COURTESY OF MANDY LUBKEN



Heart River
VOICE

SHARE WITH US!

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



PROJECT A.C.E.

Action. Commitment. Education.

This training session will cover:

- Vaping and Youth
- Sexual Assault and Human Trafficking
- Opioid Awareness
- Social Media and Mental Health

When:

Tuesday, April 9, 2019

Where:

Biesiot Activities Center
398 State Avenue
Dickinson, ND

Registration fee:

\$50 by March 15, 2019

\$60 after March 15

For additional information or to register, call Community Action Partnership
701.227.0131

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Business After Hours held at CHI St. Alexis Health Dickinson.



Clay Jenkinson serves as the guest speaker at Dickinson Chamber of Commerce's Southwest Night at the Legislature.



The Choirs of Dickinson State University perform Sacred Music in Sacred Spaces at St. Wenceslaus Catholic Church.



Southwest Night at the Legislature



Ann Marie Grob presents the story behind her shop, Stanza D'Amore, at Stark Development Corporation's Start-up Your Day.



Sweethearts, as well as Keto and pickle lovers, enjoyed Valentine bouquets of edible flowers, cheese, different flavored pickles and sweet peppers delivered right to their door from I Don't Know Bar in South Heart.

CONVENTION AND VISITORS BUREAU ND gifts and products

At the Dickinson Convention & Visitors Bureau, we frequently hear, "I'm from Dickinson, I'm going to visit my relatives in Wisconsin, and I'd like to bring them a North Dakota gift." Our gift shop features a variety of options from food and clothing to trinkets, all with the North Dakota title or origin on them.



Many of the products are purchased from Pride of Dakota, an organization created in 1985 by the ND Department of Agriculture, that developed a state brand identifying products as "Made in North Dakota." Originally a roster of about 20 companies, today it has more than 500-member companies, ranging in size from large companies with more than 100 employees to "mom-and-pop" operations participating in the program. What would you like?

- Postcards/Magnets/Key Chains/Stickers
- Dickinson Hats/T-shirts
- Shot Glasses/Cups/Blankets
- Jellies and Jams (Chokecherry is a favorite!)
- Soup Mix/Buffalo Jerky/Dot's Pretzels
- Stuffed ND Bears/Singing Meadowlarks

Each spring, orders of fun, new products are on the shelves as the visitor season begins. Travelers are always interested in something to bring home as a memory token of visiting Dickinson and western North Dakota. Event organizers also stop by to gather ND Products for a gift basket for their meeting or convention, placing several items together with decorations.

Next time you are looking for that special North Dakota product to bring to out-of-state relatives or simply looking for something for yourself, stop by the Dickinson Convention & Visitors Bureau, located next to the Dickinson Museum Center. ■

UNITED WAY Community baby shower

United Way of Dickinson and Badlands Baby Fair are having our first Annual Community Baby Shower. We are working to help local low-income parents who are currently on WIC get through the first month with their new baby.

As unemployment and increasing costs further strain the finances of low-income families, one in three families struggle to provide diapers and other basic necessities for their babies. An adequate supply of diapers can cost in excess of \$100 a month or more. Diapers cannot be bought with food stamps or WIC vouchers, and there is no direct government assistance that provides diapers and non-food related necessities to families in need. Furthermore, many nonprofits are unable to maintain an adequate supply of diapers or other infant necessities due to increasing demand, and most coin-operated laundromats do not allow customers to wash cloth diapers for health and sanitary reasons.

As a result, local low-income babies are left in wet diapers for many hours causing illness and discomfort and preventing playing, learning, and growing. Without enough diapers or other basic necessities, parents often cannot leave their children with a child care provider, and thus cannot attend work or school.

The Community Baby Shower is a community-wide event to collect essential baby items that help at-risk parents by providing them with basic supplies and support needed to give their babies a healthy start. During March and April, donations of new baby items can be dropped off at Charbonneau Car Center, American Bank Center on Main and downtown, Dakota Community Bank North and South, Rattle & Roll, and AT&T on 21st St.

For questions or to sponsor the Community Baby Shower, please contact Nichole at 701-483-1233 or unitedway@ndsupernet.com. ■



KICK BUTTS DAY

March 20, 2019

#bethefirst

"Stop in for free resources to quit"



Public Health
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701.483.3760

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Dickinson, North Dakota 58601

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Project A.C.E, Community Action
CHI St. Alexius Health Dickinson
Stark Development Corporation
Southwestern District Health Unit
Trinity Catholic Schools

Heart River
VOICE

TRAVEL

My study abroad experience in Rome

By Christopher Dean

Taking the leap to decide to study abroad for a semester was perhaps one of the best decisions I have ever made and one that I certainly will never forget. The four months I spent in Europe were filled with adrenaline-fueled adventures, delicious foods, a deep immersion into other cultures, exposure to an incredible amount of history, a strengthening of my faith, and of course special memories made with friends.

I was part of a study abroad program with the University of Mary initiated in 2010. Each year, about 25 students are selected into the program for either the fall or spring semester. The university also offers a shortened May-term in Rome where students can still experience many sights and embark on a few excursions. The May-term offers the 3-credit theology course, "Benedict Yesterday and Today" and is convenient for students who can't afford the full program or just can't fit it into their busy college schedules.

For the cost of normal tuition on the home campus plus a \$3000 program fee and flight; housing, most meals, and numerous excursions were paid for. We enrolled in a mix of art, history, language, philosophy, and theology credits: History of Art in Rome and Paris, Grandeur of Rome, Conversational Italian, Search for

Happiness, and Benedict Yesterday and Today.

Our Rome campus is located at the Congregazione Suore Ancelle Della Carita' or the Congregation of Sisters of Servants of Charity in the southwest portion of the city, or Via del Casaleto 538. We shared the campus space with the nuns of the Servants of Charity, but had our own classroom space, dining room, kitchen, living spaces, and chapel to use. It was neatly located in the beautiful, quiet neighborhood of Monteverde Nuovo, just far enough outside the city to escape the hustle and bustle, yet close enough to be able to get to the city center within an hour.

A quick trip into the city using the bus/tram/metro system offered us immediate access to a wide variety of incredible sights. Every week was different. However, our "normal" weekly schedule consisted of class from 9:00 to 1:00 Monday through Thursday.

Each Tuesday was our Grandeur of Rome class taught by Dr. Franco where we were exposed to antiquity, entered countless breathtaking churches, and were immersed in the rich history of the Roman empire and Christian faith. We also took many excursions outside Rome which included Emperor Hadrian's Villa, the lovely Villa d'Este, and the ruins of an old Roman seaside port called Ostia.

For our art class, History of Art in Rome and Paris, it was broken up into 2 full week portions in Rome followed by a 10-day trip to Paris. It is taught by Pascaline de Mesmay who previously worked as an art historian and director in the Louvre before joining the Rome campus. She lives in Lyon, France and so she came and visited us for each of these weeks. These art weeks were packed with non-stop art analysis of some of the world's most prestigious artists and influential pieces. This class was probably one of my favorite classes I have ever taken, and the time we spent in places like the Vatican Museums, Borghese Gallery, Louvre, Capitoline Museums, Norte Dame Cathedral, and St. Peter's Basilica just to name a few was magnificent.

In our Search for Happiness class, led by Dr. Lombardo, we participated in a variety of deep, fascinating philosophical lectures and conversations using Aristotle's Nichomachean Ethics and St. Thomas Aquinas' Summa Theologica as resources.



In Conversational Italian with Dr. Franco we learned the basics of Italian to help us integrate ourselves into the Italian culture. We learned common phrases, directions, grammar, and of course all about Italian cuisine. This class was hands-on and included a day at the market, pizza making, singing, and interactions with our neighborhood community.

Lastly, in Benedict Yesterday and Today co-taught by Dr. Lombardo and Dr. Franco we learned about the deep history of the Benedictine tradition, one of the University of Mary's core values.

After reading The Rule of St. Benedict and about the life of St. Benedict, we had the opportunity to visit Subiaco and Monte Cassino where St. Benedict formed his monasteries. His Rule remains as the primary guide to how monastic communities operate today.

Another facet and highlight of the Rome program was the opportunity for personal travel on weekends and our 10-day fall break. As long as we travelled with others, we could explore anywhere we wanted to in Europe. I spent the weekends of the first month or so exploring Italy by train. My favorite places included the Amalfi Coast, Positano, Pompeii, a hike to the top of Mt. Vesuvius, and exploring Cinque Terre. Other weekends I travelled to places like Geneva, Switzerland; Dublin, Ireland; and Munich, Germany.

Highlights included a private tour of CERN (world's largest particle accelerator), touring the Guinness Factory in Dublin, hiking in the lovely Wickelaw Mountains National park in Ireland, visiting Dachau (the first concentration camp), attending the Geneva Marathon, and walking through Munich's Olympic Park.

During my fall break, I had the unique chance to visit my mom's foreign exchange sister and her family who have become very close friends of ours over the years. They live in Trieste which is in northeastern Italy. I'm so grateful for this opportunity to spend time with them. Also, during fall break my friends and I visited Ljubljana (capital of Slovenia), Venice, Vienna, Austria; and Mariazell

Continued, next page



Continued from page 28

(a mountainous Austrian village set in the South Styrian Alps). My last travel weekend was spent as a lazy weekend in Rome sightseeing and going to a pro-soccer game, Roma A.S. vs. Milan Internazionale.

The way our faith was strengthened in Rome and the close friendships we made with those around us truly are at the core of the program. I was very grateful for the chaplaincy program on campus, and the emphasis on living in community with others. Each Wednesday night we had a "Community Night" which consisted of mass followed by a talk with one of the visiting seminarians, deacons, or priests from the NAC (North American Pontifical College) followed by a formal dinner. "Community Night" created an environment that helped us get to know each other and grow in faith together.

Other opportunities to grow in faith together included: a weekend retreat to the peaceful, medieval, monastic community of Assisi (St. Francis of Assisi), visiting the Sistine Chapel and four major basilicas of Rome with our President Monsignor James Shea and the President's Club (donors of the program), and the unforgettable experience of a front-row Papal Audience with Pope Francis. I was amazed by everything we had the opportunity to experience over the 4 months. The time flew by, but the memories and friendships made in Rome will last a lifetime. ■

LIVE RIGHT

Probiotics potential

By Gabrielle K. Hartz, RD, LRD

Yogurt used to be thought of as the only source of probiotics. As scientific research continues to expand, it's appearing these microscopic bacteria are rather beneficial to their human hosts, contributing to the prevention and treatment of certain health conditions.

Probiotics are known as the healthy bacteria benefiting the digestive tract. Although bacteria are often thought of as harmful, many microorganisms facilitate proper body function. For instance, naturally occurring bacteria within the intestines aid in the digestion of food, produce certain vitamins and destroy disease-causing bacteria. These are just a few benefits from the variety of bacteria found in probiotic products.

Research has shown probiotics to be effective in the treatment of:

- Diarrhea; either caused by infections, antibiotic-associated, irritable bowel syndrome (IBS) and inflammatory bowel disease (IBD)
- Eczema and hay fever
- Oral health issues like tooth decay
- Colic
- Liver disease
- Common cold

On the other hand, prebiotics are the non-digestible part of food acting as a fertilizer stimulating growth of these healthy bacteria among the digestive tract. Prebiotics are found in numerous sources especially complex carbohydrates like whole grains, fibrous foods as well as fruits and vegetables with skins. These undigested carbohydrates pass through the digestive tract becoming food for the healthy bacteria.

Unfortunately, there is not a one-strain fits all probiotic. Deciding between food sources versus supplements is up to the individual. Eating food sources not only allows for probiotic benefits but additional nutrients like vitamins and minerals. On the other hand, probiotic supplements provide higher amounts along with bacterial diversity. Take caution as it has been shown consuming too much can lead to gas, bloating, constipation, or diarrhea.

Dietary sources of probiotics include certain dairy and non-dairy yogurts, kefir, miso, tempeh, Italian and Swiss cheese, kimchi, fermented vegetables, sauerkraut, green olives, kombucha, buttermilk, cured meats, sourdough bread, some wines and vinegars, and pickled cucumber, ginger and beans.

While many fermented foods begin with probiotics, pasteurization, a process involving heat, kills both good and bad bacteria. If fermented foods are raw and have not undergone the pasteurization process, it is safe to say these foods contain probiotics. These products are found in the refrigeration aisle with "live and active cultures" listed on the label.

Undoubtedly, probiotic benefits are promising but there are still unanswered questions. The U.S. Food and Drug Administration (FDA) has not yet approved any probiotics for the prevention or treatment of health problems. Research has yet to find which probiotics are helpful and which ones are not and the amount needed to be beneficial.

Bottom Line:

Probiotics along with a healthy diet are essential elements to digestive system health and maintenance. Even though a great deal of research has been done on probiotics, much remains to be learned. With the variety of probiotic containing food sources available on the market, I invite you to try a few to see for yourself the benefits probiotics offer. ■

SOBER LIVING

Hope's alive at Hope's Landing

By Bobbie Hanson

There is an old adage that says, "Before you judge a man, walk a mile in his shoes." While many of us think we understand the deeper meaning of these words, putting it into practice is not easy. It behooves us to try to imagine and understand the circumstances and trials that make people follow a path to misery and sometimes destruction. Walking in those shoes can create a deeper empathy for those in need and, sometimes, a call to action.

So, let's imagine in the words that follow, walking in the shoes of a recovering drug addict to see where those shoes may take us.

You have just taken that hopeful step out of prison after serving time for a drug charge. The plan is to find a place to live, find a job, unite with your distanced family and, most of all, stay safe and sober. It sounds like the perfect plan,

but for many men and women coming out of incarceration, hope is dashed very quickly, especially if they wear the label "FELON." They can't find a place to live because many landlords will not rent to felons. They can't find a job because many employers will not hire felons. Their families remain distanced because of their history of drug abuse. It doesn't take long before their plan for a sober life is derailed, they lose hope, and reconnect with their "old friends" - drugs, alcohol and users who welcome them back with open arms.

But for women coming out of incarceration and battling drug addiction, there can be a different end to this story. There is a place to begin their recovery program right here in Dickinson. That place is Hope's Landing.

Hope's Landing is a sober non-profit living facility which addresses the challenges of staying sober. Women here

pay a guest fee to live in a safe, supportive, affordable, fully furnished home. It is here that they are given direction and encouragement to find a job, learn life skills, make healthy friendships, deepen their faith and stay steadfast to their plan of recovery. They are held accountable to find a job, do assigned household chores, attend AA/NA meetings each week, find an AA/NA sponsor and stay sober. Hope's Landing tests its residents daily for alcohol use and weekly for illegal drugs so as not to compromise the safety and sobriety of the home.

Kayleen Wardner, past executive director of Hope's Landing, and standing president of its executive board says, "We recommend that a woman coming to Hope's Landing stays for at least nine months to heal completely so she has the confidence and self-governance to be successful when she leaves. Our ladies that have stayed for an extended period



of time have moved on to be respected and valued in the workplace because they are accountable, dependable employees. Hope's Landing is changing lives and, hopefully, we can expand our mission to include others seeking a healthy recovery."

Perhaps taking this short walk in someone else's shoes has given you a better understanding, a new empathy or an inclination to help someone who is struggling with addiction and the roadblocks to recovery. As you can see, it is not easy to walk this road alone.

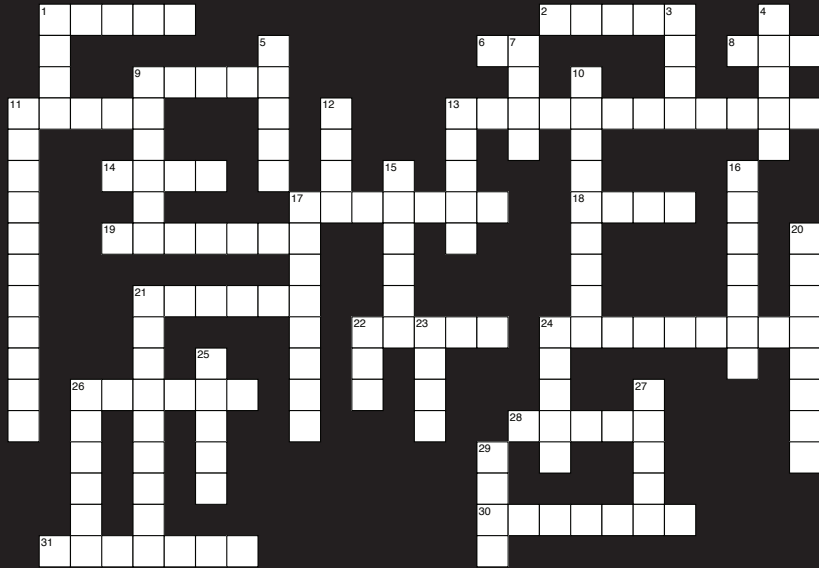
For applications, information, inquiries or to make a donation, call Kayleen Wardner 701-290-3644 or Lucy Bird 701-690-6413, or find us on Facebook at Hope's Landing. ■

CROSSWORD BY CARLINKA

PASTIMES



Some Say Why, I Say Why Not!



www.CrosswordWester.com

ACROSS

- 1 +A naive person from a small town
- 2 +Small dogs tend to sound
- 6 +The ___axis in algebra
- 8 +_I outta ...
- 9 +Type of flowering agave
- 11 + ___Dabba Doo
- 13 +Type of wasp
- 14 +Round tent of skins
- 17 +Spoken by European Jews
- 18 +[Guests must provide their drinks]
- 19 +River in China
- 21 +Over the wide, blue ___
- 22 +Stones," Get Your ___Out"
- 24 +Used for measuring
- 26 +"Tie a ___ribbon round..."

28 +Gad Zooks!

- 30 +Goes in the fire at Christmas?
- 31 +Jewish school for religious instruction

DOWN

- 1 +It takes a mat and flexibility
- 3 +Local club or party song
- 4 +Cry of dismay
- 5 +Large recreational watercraft
- 7 +Orb in a hard boiled egg
- 9 +Crime syndicate in Japan
- 10 +Famous Yankee catcher
- 11 +Cheap digs when traveling
- 12 +Abominable snowman
- 13 +Ingredient used in baking and alcohol

15 Port city in Ukraine

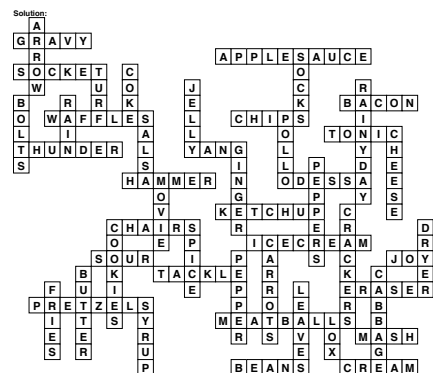
- 16 +A French yogurt
- 17 +One year old horse
- 20 +Weird AI
- 21 With jaundice comes a ___hue
- 22 +Tibetan ox
- 23 +That's gross!
- 24 +Territory of rugged mountains

25 +"_ Got a Friend in Me"

- 26 +Young, urban professional
- 27 + Web services provider
- 29 +Toy on a string

Last month's puzzle solution

++GREAT LOVES++



GOING POSTAL

Celebrate the fun and beauty of seashells with four new postcard stamps from the United States Postal Service. Attach them to a postcard you send to family and friends from the fabulous beach vacation that you take to escape the last of winter!



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MARCH 2019

HOROSCOPE by Hilda De Anza



ARIES
March 21-
April 19
March is very
much about

seeking to consolidating your finances. This is also a month when you can engage in realistic ventures which are tinged with a strong sense of social responsibility. Your focus shifts at the March 21st full moon, to more dynamic initiatives in connection with relationships. March will prove to be an excellent month for your social life, and for travel and education together with partners or friends.



TAURUS
April 20-
May 20
This is a period

when you are able to forcefully push your own agenda. Others will be motivated to help rather than hinder you, and you will be in a position to call the shots. Socially this is a time of engagement with quixotic groups. An altruistic attitude is socially beneficial, but ideas need to be narrowed down to something that can be realistically achieved. By the end of March, you will be more engaged in this process.



GEMINI
May 21-
June 20
This is a very
special month

for you. Clearly, your ideals and dreams are important this month. You have a brilliant imagination and an altruistic agenda. You just need to choose your allies carefully and listen attentively to advice you may not want to hear. By the end of the month, things start moving forward, not least because of the arrival of an associate who knows how to do well the things you may not be so good at.



CANCER
June 21-
July 22
It is a time
for study and

reflection, and you can sort out your priorities. Your antennae are exquisitely open to subtle input from the heavens. Spiritual and intellectual discipline are paramount. Use your natural intuition to spot when ideas are overblown and exaggerated. The full moon on the 21st heralds in a dynamic period in your professional and domestic life. This is the time to assert leadership and aim for the best possible results.



LEO
July 23-
August 22
A happy
trend for

friendships and partnerships starts in March and continues to get stronger. There may be misunderstandings this month, because people hide their thoughts behind a smokescreen. Your job is to cut through the fog. The 21st full moon signals radical change. You emerge from the fog and see a clearer path ahead. This is when the benefits of Venus manifest, as you meet up with great friends or romantic partners.



VIRGO
August 23-
September 22
March could be
a month when

you are asked to help out with partners or loved ones, who want to solve a chronic problem or want to help through a sense of altruism. Responsibility to children or a creative group have priority currently, and even if it requires an element of self-sacrifice, it could be worth it. You may have to negotiate a tortuous path between what is morally acceptable or not.



LIBRA
September 23-
October 22
Now there is a
very positive

focus on love and friendships which gets better and better as the month progresses. It is an excellent period for dating and for romantic and cultural trips especially near the 21st full moon. Seduction is in the air and whilst you may prefer more refined pursuits, other drives are more important to your partner. It is a good month to dedicate energies to helping people in need, it is worthwhile making the effort.



SCORPIO
October 23-
November 21
The moon
on March

5th begins a 7-year period of renewal and experimentation that affects partnerships and friendships. This shakes up the status quo, and the kind of people you become attracted to are those who want space and freedom, rather than any kind of control. Near the end of March, partners and friends are enjoying a new period of optimism and are in an expansive mood. Encourage them to enjoy life.



SAGITTARIUS
November 22-
December 22
There is a strong
focus on domestic

events. You spend much of the month unraveling the complexities of your home life. There are grounds for optimism and expansion in the long term. The full moon on the 21st heralds a happy and outgoing period socially and romantically. This is a wonderful time for a pleasure trip. Travel now and in April is on the agenda. It's an excellent period for you to shine.



CAPRICORN
December 21-
January 19
This is an
empowering

period in your life, and pressure constantly builds up inspiring you to make creative changes in your life style. Drive and discipline characterize your efforts, slow and steady wins the race. The full moon on March 21st brings a new sense of dynamism and purpose, both at home and in your career. This is a time when confusion is finally cleared up, there is money to spend, and temptations to indulge in and enjoy.



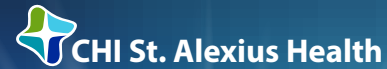
AQUARIUS
January 20-
February 19
Early March
inaugurates

a positive period socially and intellectually. Although you are in a phase when you are more isolated than normal, there are still exceptionally positive trends in regard to friendship and allegiance to a group of people who widen your horizons. At the full moon on the 21st there are new and positive trends. A gypsy-like sense of rootlessness reasserts itself, and there is a sense that the world is your oyster.



PISCES
February 19-
March 20
Early March
influences

enable you to attune with something beyond mundane, and something magic and divinely human. You seem to have an unlimited capacity to feel for others. End of March is an excellent time for professional success, especially if you ally yourself with a good friend or group of people who want to see you succeed. It is quite likely that money will come your way at this time.



Dickinson Medical Center

Congratulations!



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Hearing Aid Center



Audiologist
David Ness, AuD



**Obstetrics & Gynecology
Doctor/Provider**
Dr. Thomas Arnold

CHI St. Alexius Health
Dickinson Medical Center

701.456.4000 Hospital, 701.456.4200 Clinic
2500 Fairway Street, Dickinson, ND
CHISTAlexiusHealth.org

RINGO



At the young age of 9, John Garig was in his first art show which sprouted him into the artist currently living in Dickinson, ND. He finds inspiration in his dog, Astrid and Cat, Nytro. When he's not working on commissioned projects, he is teaching and encouraging the residents of Dickinson to paint their own masterpieces at a weekly Brushes and Booze class. With a varied history in all things art and a love for cartoons and animation, John continues to surprise the community with colorful artwork for all onlookers.



RURAL WOMEN
on the Western Edge

March 22 & 23, 2019

RURAL WOMEN'S

CONFERENCE



FRIDAY, MARCH 22

5 p.m.

REGISTRATION

Wienbergen Gym

6 p.m.

LIGHT MEAL

KEYNOTE SEAKER: Elizabeth Shipstead

SATURDAY, MARCH 23

7:30 a.m.

REGISTRATION

May Hall, Stickney Auditorium

8 a.m. – 4 p.m.

CLASSES AND VENDOR SHOW

Lunch will be provided

REGISTER ONLINE:

dickinsonstate.edu/rwc

Blazers and Blue Jeans

EVENT PARTNERS

Dickinson State University - Organizer

The Bush Foundation - Financial Support