

Heart River VOICE

NOVEMBER 2019 | VOL. 1, NO. 11 | HEARTRIVERVOICE.COM

FREE | TAKE ONE



Scott Obrugewitch
More than a teacher
page 6

Best Friends
Going beyond the
accolades
page 24

Consolidated's Managed Wi-Fi Router Service starting at \$4.99/mo.

- ✓ Router software upgrades are routinely made so it's working great at all times!
- ✓ No up-front costs, and if your router fails, Consolidated will replace it at no cost!

Now get Router for 3 months free!!

Consolidated

Reach the World, from here.

483-4000 • 888-225-5282 • consolidatednd.com

DPM
DAN PORTER MOTORS

HONDA
TOYOTA

**YOUR VOLUME LEADER
WE WANT YOUR BUSINESS!**

WE MAKE BUYING OR SERVICING YOUR CAR OR TRUCK HASSLE FREE!

- *FREE CAR WASHES FOR LIFE
- *FREE ALIGNMENT CHECKS
- *WITH YOUR CAR OR TRUCK PURCHASE

701.227.1272 DANP@DPMOTORS.COM
2391 1-94 BUSINESS LOOP EAST, DICKINSON ND 58601
ALSO CHECK US OUT AT GATEWAYELT.COM

STARK DEVELOPMENT CORPORATION

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

WHERE BUSINESS GOES TO GROW

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



starkdev.com • team@starkdev.com • (701) 225-5997

Heart River VOICE

Publisher

Heart River Voice, Inc.

Advisory Board

Tammie Braun
Cheri Ehlis
Kaylee Garling
Megan Klassen
Laura Walters

Advertising Sales

Kelley Jilek
kelley@heartrivervoic.com
kelley@thejileks.com
(701) 290-2063

Art Directors

Ryan and Kelley Jilek

Web Developer

Ben Hapip

Videographers

VUK Multimedia

Photographers/Feature Writers

Our Community

Cartoonist

John Garig

Crossword Tzar

Carlinka

Astrologer

Hilda De Anza

Published Monthly by Heart River Voice, Inc.

PO Box 2117
Dickinson, ND 58602
Email: kelley@heartrivervoic.com

© Copyright 2019 Heart River Voice, Inc. All rights reserved. For usage and submission information, contact us at kelley@heartrivervoic.com.

A note to our readers

A year ago this month, the idea for the paper came to be. Boy, how time flies when you're having fun.

November is the month for giving thanks. We are grateful for the great-hearted members of our community. Also, a big THANK YOU to our community for your dedication, time and effort to Heart River Voice. You're all rock stars in my book!

It looks and feels like fall is in the air, and it's feeling festive, too.

Happy Thanksgiving!
Save room for pie.

Kelley Jilek
Publisher

Pallet knife oil painting by Darice Taylor entitled "Fall Melody." For more information about the artist, see page 5.

FLEXIBLE LIFE INSURANCE.

American Family Life Insurance Company offers DreamSecure Flexible Life Insurance, with coverage that can change as your life changes*. It's a unique, customizable way to protect your family.



Todd Schweitzer, Agent

Todd Schweitzer Agency Inc
204 Sims St # 202
Dickinson, ND 58601
Bus: (701) 483-6228



*Subject to policy terms and conditions.

American Family Life Insurance Company,
6000 American Parkway, Madison, WI 53783 ©2015 008190 - Rev. 10/19 - 11208200
Policy Form ICC19-97 UL, L-97 UL (ND), L-97 UL (SD)



Trinity Catholic Schools



Taste of Kindergarten

an open house event for children who will begin kindergarten in the fall, 2020

December 3
8:30 AM to 10:00 AM
Trinity Elementary West

December 6
8:30 AM to 10:00 AM
Trinity Elementary East

MUSIC TO OUR EARS



Dickinson Area Concert Association

By Carma Gerbig

The Dickinson Area Concert Association is happy to announce its next concert program coming up on Saturday, November 9, 2019. Timothy Chooi will be gracing the stage at Trinity High School Auditorium and offering one of the most approachable programs a young hot shot violinist could offer. Audiences of all ages and tastes will without question recognize many of the themes

Mr. Chooi has put together as violin and piano works. *Vocalise* by Rachmaninoff, *Hungarian Dances* by Brahms, *Shindler's List* by Williams, *Sabre Dance* by Khachaturian and *Liebesliedle* by Fritz Kreisler. These are all very famous melodies that audiences may not realize they know. It really is a tremendously unique program in that it brings the virtuosity of an emerging world violin talent, his charming and youthful onstage personality, and his love for great music, no matter what it was originally written for.

Timothy Chooi is the First Prize Winner of the 2018 Joseph Joachim International Violin Competition in Hannover, Germany. He more recently won 1st Prize of the Schadt Violin Competition in the Unites States. His 2018-2019 season highlights include performances of Mendelssohn, Bruch and Tchaikovsky Concerto with the Robert



Schumann - Philharmonie and National Arts Centre Orchestra with Pinkas Zukerman conducting.

Chooi is currently finishing his Master of Music degree at the Juilliard School and has previously studied with Pinkas Zukerman, and Ida Kavafian.

Be sure to mark your calendar for this outstanding opportunity to see and hear the music of a new generation of musician. Timothy Chooi will likely be a world known name at some point in the not-too-distant future. See him while he is in the early stages of what promises to be a legendary career.

For ticket info, contact our website: www.dickinsonareaconcertassociation.com. ■

LIVE RIGHT

Enjoy yourself without overdoing it this season

By Gabrielle K. Hartze, RD, LRD

The holiday season seems to bring anxiety for those watching what they eat. With the endless dessert options, it can be challenging. Here are a few tricks of the trade:

Don't arrive with an empty stomach.

An empty stomach has overindulgence written all over it. Before attending holiday meals, eat

something prior to avoid arriving hungry. A few snacks to consider: apple slices with peanut butter or Triscuits with cheese and a pear slice.

Add another scoop (or two!) of veggies & eat them first.

It can be challenging to make "half your plate" veggies, especially if only a couple are available. Consider bringing a favorite non-starchy veggie dish to share with others. If veggies are eaten first overindulgence of calorie rich foods are less likely and the tastiest is left for last. Although, be aware vegetables lathered in creamy sauces and butter contain higher amounts of saturated fat and calories.

Practice mindfulness by savoring each bite.

We've all heard about the importance of eating slowly and allowing time before dishing a second helping. The brain takes roughly 20 minutes to receive the signal of fullness. Just the mere sight of a holiday buffet course excites me but remember - pace yourself. Take a moment to imagine what and how much of each food you'll plate to avoid piling on the calorically dense foods. Another suggestion - be last in line to avoid the rush and consequently making healthier choices. With each tasty bite savored there's a better chance more time will be taken to eat thus processing the signal of fullness.

Love what you eat, eat what you love.

It can be difficult to say no to food simply because it's there but be picky and lose the guilt. If a food doesn't excite you or land on your list of "top favorite holiday foods," skip it. Although food is a focus point of the holidays this is a time of celebration, relaxation, family



and friends. If portion control is in your practice, it's okay to indulge occasionally. Don't beat yourself up about overeating a couple of times this holiday season. Most importantly, don't let this slip-up result in a fall. Work hard to return to healthy eating habits after the holidays.

Portion control of dessert is key.

Whether it's Thanksgiving or Christmas a variety of desserts follow. Have some dessert and enjoy it. If you're big on desserts and want to try them all feel free but how about a tablespoon of each. With a little taste of each it's less likely to overconsume since the variety results in satisfaction. If you're finding yourself wanting more, ask yourself why. Is it because emotions, boredom, or actual hunger? Another bit of advice - avoid lingering around the desserts to avoid temptation.

Holiday beverages

Often hunger is mistaken for thirst. Try drinking water before eating. Alcoholic beverages among others tack on calories. One glass of eggnog contains upwards of 500 calories; alcoholic beverages range between 150 to 300 calories. If partaking in alcohol consumption, drink water or slightly sweetened seltzer (adding a bit of juice) between drinks. ■



COVER ARTIST

Darice Taylor

Darice Taylor is an artist residing in the small town of South Heart, ND. She mostly looks to nature to paint; however, many things inspire the artist including color, movement, and anything unique. She has created a wide variety of artwork including trees, flowers, a sailing ship, a dragonfly, a family of elephants, and a Spanish dancer.

Darice was born and raised in Dickinson, ND. She is supported by her family, whom she calls her biggest fans: her husband, Jesse Taylor, and her two daughters Farrah (19), and Zoe (9). Aside from the required art courses in high school, she is a self-taught artist, learning many mediums through countless hours of research, practice, and determination. She is a part of the Badlands Art Association and for the past four years, has been the chairperson for the Badlands Art Show held at the Ramada in Dickinson every November.

Darice uses two very different techniques to create her artwork. Her pallet knife oil paintings are known for their vibrant color and movement. The pallet knife also gives the painting



a thick texture, imparting a three-dimensional look to the artwork.

Her mixed media acrylic/marbling is unique and very time consuming. The movement and different designs create extremely interesting and exclusive pieces of art.

The featured painting "Fall Melody" is one of her pallet knife oil paintings. It was inspired by the colors of the fall season. Darice describes her nature paintings as her favorite paintings to create. She says that they come more naturally to her and are more relaxing to create. "Fall Melody", along with a few other pieces of Darice's artwork, and several pieces of art created by many talented artists from across the region will be displayed in the Badlands Art Show November 8, 9, and 10 at the Ramada in Dickinson. ■



Highlights of November Programming

- **November 2nd** — *Genealogy Programming Topic: I don't know anything about genealogy, where do I start.* 2pm in the Community Room.
- **November 7th** — *Book & Brew will be meeting to discuss the NEA Big Read Dickinson selection of The Things They Carried by Tim O'Brien.* 7pm at DePorres House of Barbering and Lounge.
- **November 9th** — *Film Society will be showing Farmstead-ers.* 2pm in the Community Room.
- **November 11th** — *The Dickinson Area Public Library will be closed in observance of Veteran's Day.*
- **November 12th** — *Library Board Meeting at 4pm.*
- **November 13th** — *Adult Craft Club will be doing Water-color Resist Painting.* 6pm in the Community Room.
- **November 25th** — *The Library Adult Book Club will be discussing the NEA Big Read Dickinson selection of The Things They Carried by Tim O'Brien.* 6pm in the Community Room.
- **November 28th** — *The Dickinson Area Public Library will be closed in observance of Thanksgiving.*



• Tickets will be available for the Old Fashioned Christmas in the Library & at the Twice Sold Tales Book Store beginning **November 1st!**

Angel tree for United Way of Dickinson Book Drive
 *Pick up a card, buy a book & return it **UNWEALED** by December 16th.



SHARE WITH US

Heart River Voice is the VOICE of Dickinson and Stark County. Share your story with our community! Contact us for more information.

Kelley Jilek at 701.290.2063 or email kelley@heartrivervoiced.com

HEART RIVER GEMS

Scott Obrigewitch, part 1 of 2

By Kaylee Garling

Every person who has put their life on the line for another person, country, or freedom, is a hero. This month, I had the privilege of interviewing one of those heroes within our community. As I walked the hallways of Dickinson Middle School, I wondered how many students realized who they had in their midst. A person who is willing to share his knowledge and experiences in their 8th Grade US History class. A person who has earned the Ethics Award out of over 700 students attending the Army Sergeant's Major Academy (while finishing a master's degree). A person who has helped write history. I'll try not to get ahead of myself, which is easy to do when interviewing a person like Scott

I've had lots. In fact, this summer, my wife was teasing me that I only slept 18 days at home. She slept with her dog more than she slept with me," he recalls.

To go back a few years, Scott recollected memories from a time that is still fresh in Europe's history. "I was stationed in Germany from 1988-91, when East and West were unified, the Berlin wall came down, and during Desert Storm. All of Germany was the battlefield during the war. We were literally in people's back yards. They had this thing called Return Forces to Germany, where after World War II, they bring American soldiers back to Germany to do maneuvers. I was able to be in the last vehicle of the longest convoy in Europe since World War II. We're talking 20,000 soldiers and they



Scott and his friend, Daniel Addo, the Sgt. Major of the Ghanaian Army, on a rainforest walk at Kakum National Park in Ghana, West Africa.

Obrigewitch, who inspires all.

To set the precedence, Scott has been in active duty for the military for 21 ½ years. He joined the National Guard in 2000, which has played a unique role in his life, taught World Geography for 17 years, then US History for 3. "Being in the Guard makes me a better teacher, and being a teacher makes me a better soldier," he states. He's a husband of 20+ years, and father of 3, who is originally from Belfield, but now lives in Dickinson. "My wife has been very supportive of my being away," he says, while telling intriguing memories from time spent overseas. "I'm not special. I've just had lots of opportunities. I like to say success is nothing without opportunities, and since I'm not afraid to apply for things,

travel about 130 miles at night. We had Abrams tanks on the autobahn, going 40 miles per hour. There is no speed limit on the autobahn at night, so it wasn't a very good idea, because if you're in a Mercedes going 120 miles per hour and you go over a hill where there's a tank going 40 miles per hour..." He pauses and lets that sink in.

"Being 18, 19 years old and living in Europe was an incredible experience. In late 1990, we went to a small village in eastern Germany. We were the first Americans there since World War II, and they accepted us with open arms. In fact, we stayed at a random man's house. They didn't have a hotel in the town, so we were at a restaurant and asked if there was a guest house in town. The guy said



Scott and his family at his Academy graduation.

no, but he came right back after he called a buddy and said we could stay at their house. We stayed in his friends' attic. When we paid him, his eyes got huge, because they didn't make much money in Eastern Germany at that time. Christmas of 1990, I made an inspirational trip to the Vatican, attended midnight mass at St. Peter's Basilica and saw Pope John Paul II, one of the most important men in the 20th Century."

"We tried to get into Prague, but we mistakenly went into a Red Zone and encountered the Russian/Soviet Union troops. They were actually happy to see us, which was the weirdest thing. We thought we were going to be detained. I've actually written a paper on it called, Avoiding an International Incident." Can you imagine?

After Scott returned home, he went to college at DSU and later NDSU, got married, and ended up joining the Guard. "I was working part time as a teacher. The yearly wage was \$19,500, and I was half time, so I was making under \$10,000. The Guard wage sounded kind of appealing, so I ended up joining in 2000 and have

been there ever since." He was deployed to Iraq in 2004, spending 358 days there. "We were trailblazers, which means, we basically drive up and down the road, looking for bombs- drove 240,000 miles, which is the distance from the earth to the moon. Sadly, 4 soldiers were killed in the battalion." He takes a moment to collect his thoughts. "One day when we were driving down the road really slowly by a check point that insurgents kept blowing up when Iraqi armies wouldn't man it at night because there were too scared, I could see something sticking out of the ground. So, when we did a crazy Ivan (turn around randomly), I told the driver that the next time we went through the old check point, I wanted him to slow down so I could go grab something. We were only going 5-10 miles per hour because we were looking for bombs, so I jumped out and grabbed what ended up being an Iraqi flag. It wouldn't come out of the ground, so I jerked and it ripped. I think what might've happened is, it was tied off to a roadside bomb, so I think I'm lucky." He still has that flag with the rip that probably saved his life. "I wrote

Continued next page

Heart River Gems is proudly sponsored by

Continued from page 6

a 143-page screenplay while deployed to Iraq that is registered with the Writers Guild of America." He says, "Spending a year in Iraq allowed me to see a country recovering from years of brutal dictatorship and begin the rebuilding process while battling an insurgency

bent on preventing a democratic country from forming. Iraq is one of the oldest countries in the world (over 2,000 years old) and has never had a democracy before America helped them set one up. I have friends in Iraq who say the country is a much better place to live than it was

prior to 2003."

"Tough times don't last, but tough people do," is one of Scott's favorite quotes. And, as we've read, he is someone who has lived through more than one situation that has strengthened his character. We've barely begun to tip the

iceberg of his life, so this month's Heart River Gem will continue into December's issue. Until then, enjoy Veteran's Day while remembering these incredible heroes who have persevered the freedoms of not only our country, but our world. ■

WHERE BUSINESS GOES TO GROW

SDC hosts EDND conference

By Stark Development Corporation

Stark Development Corporation had the privilege of hosting the Economic Developers Association of North Dakota's (EDND) fall conference. Economic developers, financial resources and community leaders from across the state attended. The three-day event was co-hosted with the Hettinger and Adams County Jobs Development Authorities (JDA) and focused on leveraging collaboration.

For professionals in economic development, the event offered attendees insight and examples of best practices and how the various business

incentives and resources can be utilized to foster business creation, retention and expansion. Workforce recruitment has also been a major point of concern for many communities in North Dakota and insuring this new workforce is accurately counted in the upcoming US Census.

Our planning group tried to take a fresh look at the agenda and create an event that engaged the presenters with the participants in some real-world examples. We took the participants away from the conference room and into various manufacturing facilities and local businesses.

A social was held at Phat Fish Brewing and besides just socializing, the group was entertained by regional 'makers' and given an opportunity to take something unique away from the event. Succulent gardening, creating the perfect meat rub, beer brewing and creating bath salts were among the new skills and experiences available.

Since the event focused on collaboration, there were several 'Ted Talk' style lightning rounds featuring quick presentations on how to effectively create and utilize partnerships. Attendees learned how counties are creating partnerships with tribal leaders to deliver emergency services in hard to

reach areas of North Dakota. Partnering businesses with the state and higher education creates opportunities through Career Builder Scholarships aimed at reducing the number of unfilled skilled workforce jobs that require a two-year degree or less.

Industry tours were given showcasing local manufacturing and industries. Participants toured the facilities at Baker

Boy, Steffes and Killdeer Mountain Manufacturing and concluded with a trip and tour of Fluffy Fields Vineyard and Winery. All of these facilities have been

established or grown with the help of numerous programs available through local economic development offices and resources.

Two keynote addresses were heard during the conference. Pat Bertagnoli with MBI Energy Services spoke on growth and retention strategies - making an impression that works. Sarah Calhoun from Red Ants Pants closed out the conference with an engaging and memorable presentation on present day pioneering.

Every year the EDND organization with the ND Governor's office presents awards to economic development professionals and projects that have made significant impacts on the state and local economies. This year's conference had the privilege of welcoming Governor Doug Burgum and Lieutenant Governor Brent Sanford to personally present the distinguished awards at a banquet held at the Ramada Inn and Convention Center. Closing out the banquet, participants were treated to the hilarious illusionists, Mystical Minds.

We are very thankful to EDND for choosing Dickinson and Stark Development to host this year's conference and allowing us the chance to showcase our diverse economy and feature several of our local businesses. ■



STARK
DEVELOPMENT CORPORATION



Photo courtesy of EDND

EDND participants learn about brewing from Jon Stika at Phat Fish Brewery.



Photo courtesy of Stark Development

Governor Doug Burgum presents economic development awards.



Photo courtesy of EDND

One of the networking events from a local entrepreneur.

#BOOKWORM

Holiday happenings

By Cindy Thronburg

The holiday season is approaching, and everyone is busy, busy, busy! We hope you will be able to take some time to participate in some of the several events we will be hosting in November and December.

November is packed full of events, as we are participating in the NEA (National Endowment for the Arts) Big Read. Participants are encouraged to read *The Things They Carried* by Tim O'Brien. There are a limited amount of free copies available at the library. The Dickinson Area Public Library, in collaboration with Dickinson State University, will be hosting events that are themed around the book. The keynote for the event will be an appearance by the author on November 13th at DSU. We encourage you to check our Facebook, our website, and dickinsonstate.edu/bigread for a complete list of events.

From November 1st to December 13th we will again be participating in the Angel Tree book drive for United Way of Dickinson. Those who wish to contribute can retrieve a tag from the Angel Tree to donate a book for a boy or girl in our



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.

community. Please bring new, unwrapped books to the Library and we will collect them and give them to the United Way. We will also be having our annual Scholastic Book Fair December 2nd through the 7th, so books will be available to purchase for donation then as well (or for yourself!). Proceeds from the Book Fair will go towards new materials and programming for Children's and Teens' Services.

On Friday, December 6th from 6:00pm to 9:00pm we will be having our Foundation's 6th annual Old Fashioned Christmas. We would love

for you to join us for some holiday fun, including a silent auction, wine pull, and hors d'oeuvres with traditional wassail. Guest will be able to socialize throughout the library, beautifully decorated for the holidays. Tickets are \$20 and can be purchased at the library.

We will also be hosting our annual Grinchmas Party on Saturday, December 14th from 10:00am to 11:30am. Activities will be happening throughout the library, including showings of *How the Grinch Stole Christmas* with Grinch popcorn, crafts, and a candy cane hunt.



Image: Pixabay

You will also be able to meet and take pictures with the Grinch himself! This event is for ages 2-10.

This, of course, is not nearly a complete list of all of the fun things happening this winter. Please check out our Facebook page and our website to see our calendar of events!

New titles added to the collection:

- **Adult Fiction:** *The Girl Who Lived Twice* by David Lagercrantz; *The Bitterroots* by C. J. Box; *The Last Widow* by Karin Slaughter; *Old Bones* by Preston & Child; *The Dark Side* by Danielle Steel; *The Institute* by Stephen King; *A Better Man* by Louise Penny; *This Tender Land* by William Kent Krueger

- **Adult Nonfiction:** *Long Live the Tribe of Fatherless Girls*; *The Trials of Allegiance: Treason, Juries, and the American Revolution*; *NFL Century: The One-Hundred Year Rise of America's Greatest Sports League*; *Opium: How an Ancient Flower Shaped and Poisoned Our World*

- **Adult DVDs:** *American Gods: Season 2*; *The Walking Dead: Season 9*; *Fast Color*; *Fahrenheit 11/9*; *Avengers: Endgame*; *The Hustle*; *The Curse of La Llorona*; *Tolkien*; *Alita: Battle Angel*

- **Children's DVDs:** *Missing Link*; *Butterbean's Café*; *UglyDolls*; *The Lion Guard: The Rise of Scar*; *The New Adventures of Gumbly: The 1980s Series*

- **Children's Easy Books:** *The Don't Worry Book*; *Big Boys Cry*; *The Night Is Yours*; *The Sad Little Fact*; *Unicorn Is Maybe Not So Great After All*; *Puppy Truck*; *Bear Needs Help*

- **Children's and Teens' Fiction:** *A Wolf Called Wander*; *A Place to Belong*; *We Are the Perfect Girl*; *Ruby in the Sky*; *With the Fire on High*; *Love from A to Z*

- **Children's Nonfiction:** *Norse Myths: Tales of Odin, Thor, and Loki*; *Planting Stories: The Life of Librarian and Storyteller Pura Belpré*; *Liberty Arrives! How America's Grandest Statue Found Her Home*; *Seashells: More Than a Home*

THE ARTS

BAA 49th annual Art Show

The Badlands Art Association has selected Jennifer Heeler as the judge for their 49th Annual Fall Art show. Jennifer lives in Glendive, Montana, and is the Art Department Coordinator and Director of Exhibitions at Dawson Community College. With over 13 years of experience teaching Studio Art and Art History subjects, she is also deeply committed to community engagement and sees art as a way to bring people together. In her spare time, Jennifer enjoys hiking in Makoshika State Park and seeking out interesting cultural venues both in her area and farther afield.

In her artist statement explaining her art works Jennifer states: "This

Wonderland/Circus body of work is about the perils of being a young girl, and the long-lasting effects of the implied dangers in the images. The lack of horizon and patched together ground plane are visual metaphors for an unsteady, topsy-turvy world. I create my own paper sculptures to place in my still life set-ups, so that I am producing images of something very individual and highly personal. The sculptures are whimsical, slotted together in a simplistic way, and are in the language of illustration, which harkens back to a childhood sphere. My use of gold leaf is a way of presenting an allegory of childhood - one that is glittering and bright, but the darkness

of the content belies the optimism of the surface.

Creating images of themes that seem as if they should be happy ones - wonderlands, circuses, nursery rooms - but that have a content that is somehow treacherous interests me and continues to impel my

work in this direction. Chaos rules in this lurid playground of scattered playthings, where grinning cats, menacing shadows, neckties, and whip-wielding ringmasters are unwanted predators, and we are propelled down the rabbit hole into a



world which is no Wonderland, but a realm of dangerous games."

The 49th Annual Art show will be held from Friday, November 8th through Sunday, November 10th at the Ramada Grand Dakota Lodge in Dickinson. ■

TRINITY CATHOLIC SCHOOLS

The traveling crucifix

By Kelli R. Schneider, Marketing Coordinator

The Trinity Elementary Parent-Teacher Organization, early this fall, sponsored the purchase of a Traveling

Vocation Crucifix for Trinity Elementary School. Mrs. Jessica Emter, 5th grade teacher at Trinity Elementary North said, "We thought the Traveling Vocation Crucifix would be a really good way for us as teachers to remind our students

that God has a will for everyone's life – the young included. Daily, He has something planned for each and every child – something that only they can do to serve Him." Emter continued, "We also hope it will plant that seed for our students to remember to ask God, in prayer, to guide them and help them discern well their life's vocation – be it as a priest, a brother, a sister, a married man or woman, or as a chaste single person."

Each kit includes a pamphlet for the classroom teacher to lead prayer with daily intentions and a prayer card for each student. "The prayers are written to encourage students to think about the plan God may have for each of them, and to recognize their differences as gifts granted to help them pursue that call," said Emter. The goal is for the students to pray, each day, for their

individual vocations or for the vocations of their classmates and friends. The

Traveling Vocation Crucifix will spend one week in each elementary classroom – making its way through Trinity

Elementary North, Trinity Elementary East, and Trinity Elementary West.

Trinity Elementary School fifth grade student, Hetta Skaare, said "One thing that I think is so cool about the traveling crucifix is how we started this right when our class was starting to research a saint for our November saint project." Sixth grade student, Elijah Jilek, added "I've appreciated being able to pray for vocations

in a better way now – especially since my older brother is now in the seminary. The traveling vocations crucifix helps me remember to pray for him, and to pray for me and my own vocation." Ben Ellerkamp, fifth



Children's Prayer for Vocations

I glorify You, God in all that I do.
In mind, body, and spirit
I give my best to you.

Help me to follow your will
No matter the call:
Sister, brother, or priest,
I promise my all.

If you call me to marriage,
I promise to love,
And to teach my own children
To seek grace from above.

Glory be to the Father,
and to the Son,
and to the Holy Spirit,
as it was in the beginning,
is now, and ever shall be,
world without end. Amen.



grade student at Trinity Elementary School also commented, "The traveling vocations crucifix reminds me to let the Holy Spirit into my heart and into our family home so that He can help us all think more clearly about our future."

Over the history of the Catholic Church, so many great saints have spoken to the importance of young people and how tenderly our Heavenly Father loves them. It is through prayer – at every age – that the voice of Christ is recognized, and for young people of today, growing up in a world of constant noise and distraction, one of their greatest needs is quiet time with Jesus in prayer. That time, if only for two minutes of every day, can bear great fruit.

"Vocations are born in prayer and from prayer; and only in prayer can they persevere and bear fruit."
(Pope Francis) ■



Father Bill Ruelle, Pastor at the Church of St. Patrick, leads Eucharistic Adoration for the students of Trinity Elementary West.

Fearless Faith

WOMEN'S RETREAT

Thursday, Friday & Saturday

November 14–16, 2019

HELD SOUTH OF MEDORA AT

Badlands Ministries

DISCOVERING FAITH AND PRAYER THROUGH...

- ♥ Canvas art with Cherie Roshau
- ♥ What's Your Word?
- ♥ Amanda Keller, speaker, co-author of Journey in Faith
- ♥ Chalking with Lynn

AND SO MUCH MORE...

CHECK OUT WEBSITE FOR MORE INFORMATION

Registration forms are on www.fearlessfaithjourney.com
Facebook: [fearlessfaithjourney](https://www.facebook.com/fearlessfaithjourney)

LIMITED SPACE AVAILABLE



THE URBAN HOMESTEADER

Baking from scratch

By Jon Stika

After visiting with someone recently about roasting my own coffee, they asked me if I was a "prepper", (preparing to survive some future apocalypse). I responded that I was not, just a do-it-yourselfer. As with coffee roasting, this is also the case with baking from scratch. While I did grow some wheat and mill it myself once, (just so I could say that I did) now I purchase wheat from local producers and take it from there.

There are a great many types and varieties of wheat to choose from these days. There is winter wheat which is planted in the fall and harvested the following summer, and spring wheat, which is planted in the spring and harvested later in the summer. Among winter wheat and spring wheat, there are many varieties that differ in levels of protein and other baking qualities. While spring wheat typically contains higher levels of protein and has better qualities for baking, my wife and I have settled on a variety of white winter wheat because it has a lighter color and flavor than other varieties we have tried.

When purchasing (or bartering) for wheat from area farmers, you may be able to get wheat that has had no other sifting or cleaning done to it than what was performed by the combine during



harvest. This grain may still have some chaff, grasshopper parts, etc. in it that will need to be sifted or hand-picked out of the wheat before grinding it into flour. I typically purchase wheat

that has been cleaned with the intention of being used for seed to be planted to produce another crop. This grain has had any other extraneous material, removed, so it is more efficient to plant, and weed seeds are not planted in the process. Cleaning wheat by hand is a tedious and time-consuming process, so it is worth the extra money to buy grain that has been additionally cleaned.

Starting with wheat that has been cleaned, we typically only grind a few pounds at a time that will be used without being stored very long as flour. There are many hand-powered and electric home-sized grain mills on the market. We have chosen to use an electric mill for the speed and convenience it provides and

the quality of the flour it produces.

Because the wheat and resulting flour is stored in a sealed container at room temperature and is untreated in any way to retard spoilage, the oils in the flour could become rancid over time, giving the flour an off-flavor.

Storing flour in the freezer to prevent any spoilage is an option, but we have found that the flour tends to absorb flavors of everything else stored in the freezer over time. Therefore, only grinding what we will use in a week or two works well for us.

My wife, Eve, does the majority of the baking in our house and has learned how to handle home-ground whole grain flour to make the many different baked goods that we consume. If a particular wheat does not contain enough gluten (a natural protein in wheat), she may add a bit of gluten to the dough to help it raise into a proper loaf of bread. Other recipes may require a bit more water or milk to account for the moisture-absorbing properties

of the bran (the outermost layer of a wheat kernel). She uses an electric mixer to properly knead the dough to ensure that the gluten has properly absorbed enough water to give the dough its stretchy characteristics that allow the dough to rise and trap carbon dioxide bubbles produced by the yeast.

Baking from scratch allows us to use locally grown grain and produce our baked goods knowing exactly what is in them (and what is not in them). We feel that the extra effort required to bake from scratch is worth it for those reasons. We prefer to give our food



dollars directly to a producer when possible, and buying our wheat from local producers is another opportunity to do just that. Baking from scratch requires a bit more equipment, time, and work than buying baked goods from the supermarket, but we feel it is worth it in the long run for ourselves and the producers in our larger agricultural community. ■



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.

DICKINSON STATE UNIVERSITY

Traditional degrees transforming

By Naomi Johnson, Instructor of Computer Science at Dickinson State University



Technology has created new demands for employee skills. For instance, secretarial skills have changed drastically over the years. When I first

took secretarial courses, I needed filing, typing, English, proofreading, and stenography. Then I had to learn machine transcription, which has now morphed into dictation editing. Along the way, I had to learn five word processing programs, presentation software, and eventually database and communications software. The former secretary title has morphed until they are now administrative assistants needing business and bookkeeping skills as well as project management skills, conflict management skills, international diplomacy, etc.

This means the educational streams flowing to produce such skilled employees has had to increase and/or change course. In fact, some secretarial programs I found include web design and web programming courses along with the keyboarding and computer skills, bookkeeping, and English classes. Some included more management courses. This change in techniques and course requirements is happening at all levels of education.

Degree programs are changing to respond to the needs of business and technology. The newly developed Information Analytics degree at Dickinson State University (DSU) is a prime example. The requirements and courses for this degree bridge traditional departmental lines. Students getting this degree take courses from accounting, business, marketing, programming, database management, web design, as well as learning high-level analytical skills. When looking at jobs requiring the Information Analytics (or Data Analysis) degree, I find job responsibilities like these:

- Plans, coordinates and monitors development, implementation, evaluation and maintenance of assigned projects [Project Management]
- Manages the impact of new

technology, point of care devices, instrument interfaces, and bar coding to ensure fit with workflow processes [Computer Tech Management]

- Ensures privacy and security access according to policies. [Cybersecurity Specialist]

- Ability to translate complex or diverse information into simpler terms and concepts. Participates in the development of end-user communications, curriculum, training plans and tools. [Education]

- Demonstrated ability to multi-task and prioritize in accordance with changing deadlines and priorities. [Systems Analysis]

- Introduce new devices, tools, processes, structures that assist with developing and displaying stakeholder knowledge and management of data on a website. [Web Designer]



- Ensures accuracy, data integrity and validity of data/analysis in all work. [Database Management]

- Works closely with IT Services through all phases of system configuration, testing, implementation and ongoing support.

All this, in addition to the required general education courses, makes a graduate more versatile, flexible, and adaptable to changes in business demands than someone who has a standard computer programming or business degree. I can't think of a single traditional degree that encompasses all of these skills.

Thus, keeping a finger on the pulse of business and community input into DSU has been essential to making these changes and developing degrees. The Math and Computer Science Department meets annually with members of local businesses to ask for their needs and feedback and makes changes accordingly. Hence, as a community member, you can influence education by making known the educational requirements your business needs or you as a student might find that you need for the career you want. Contact an advisor to learn more about our degrees; contact a department chair with ideas or suggestions for that department; join an industrial advisory board; or take a survey to provide input. We would love to hear what you have to say! Please help us by completing a survey for DSU's Introduction to Computers class: www.surveymonkey.com/r/6X52Q3X ■

YOUR HEALTH

Cold and flu prevention

By Steve Irsfeld

It is hard to believe that we are already into November but this is the time of year when we tend to hunker down and try to avoid getting colds and influenza. Many of you will choose to get the flu vaccine and others will opt to not get it, either way, the information in this article will look at lifestyle, staying healthy and getting healthy along with supplements to support your body.

As with anything, we begin with lifestyle measures such as diet, exercise, relaxation and sleep. Unfortunately, there is no magic bullet that can make up for these choices; poor diet, mismanaged stress, inadequate sleep and lack of exercise.

Diet: Avoid common immune suppressing foods that lack good nutritional value such as refined sugars in soda pop and candy, processed foods, excessive alcohol and caffeine consumption.

Stress: This can lead to a racing mind, overthinking, and feeling overwhelmed. If stress is a concern, breathing techniques, going for a walk or yoga are a couple of easy examples. If these don't work, I recommend supplements that will slow your mind down and formulas to help normalize your cortisol response.

Sleep or lack of it goes hand in hand with stress. Sleep has a direct impact on your immune system. The average person requires 7 to 9 hours of sleep every night. Exercise can easily be put off or avoided with the cold winter months. Keep in mind that you will reap the good benefits from a heart-pounding workout.

If you do fall ill, it is critical that you give yourself the proper downtime to rest, repair and ultimately heal.

To stay healthy, here is what you want to do from a prevention standpoint:

- **Daily vitamin D** - The average dose ranges between 1,000 and 5,000 units daily depending on your age. It is best to optimize your level with a blood test, looking for an average of 60ng/dl of 25 hydroxy vitamin D.

- **Probiotics** - Taken daily for immune support as statistics show that about 70% of your immune system comes from the gut.

- **Daily Immune Support** - a good multi vitamin providing essential nutrients like vitamin C & E, along with beta-carotene. Taking extra vitamin C can also be beneficial.

- **Immune Targeted Support** - this can be accomplished with mushroom



extracts, antioxidants, elderberry, and bioflavonoids.

- **Lifestyle** - Getting adequate sleep, stress reduction, good eating (cut out sugar and junk food), exercise and drinking an adequate amount of clean filtered water.

So what do you do now that you have a cold or the flu?

For colds - Vitamin D - If you are already taking Vitamin D, you would want to shoot for 5,000iu per day, if not taking Vitamin D take 50,000iu daily for 3 days. You can then continue at 1 capsule every ten days during winter months to average 5,000 units daily, or adjust per Vitamin D blood levels.

Secondly, I recommend taking a broad spectrum targeted immune supplement to immediately increase immune defenses. These powerful combinations of nutrients and botanical extracts provide immediate support for immune challenges. Nutrients that are immune modulating, boost immune cell function, boost antibody response and T-cell activation, and increases antioxidant activity.

Symptoms of seasonal flu virus include fever, chills, muscle aches, cough, congestion, runny nose, headaches, and fatigue. What to do if you get these symptoms? Oscilloccinum has been an effective treatment for influenza. This is a homeopathic product that has been around for many years. Directions for use - empty contents of one vial under tongue 3 times daily until feeling better.

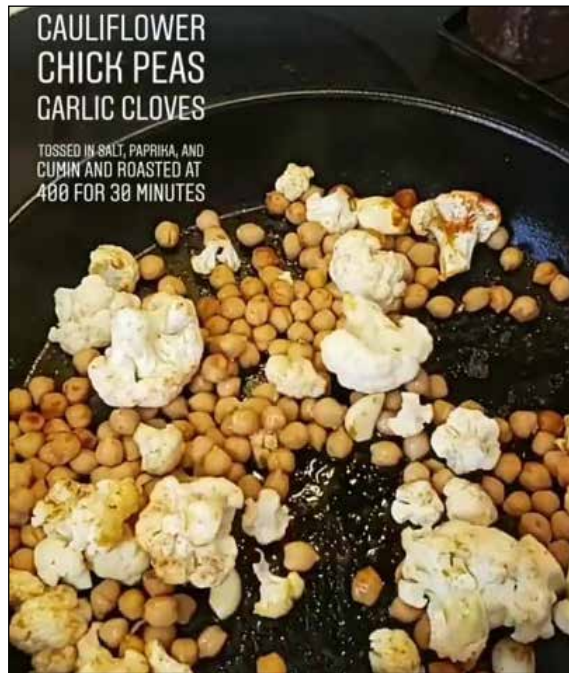
My hope for you is that you don't have any issues with colds and flu this winter. The best treatment is always prevention but you now have some good options if you do come down with symptoms.

Stop by the pharmacy if you need help in prevention and treatment of colds and flu. Please visit my website at www.irsfeldpharmacy.com to view this and other health-related articles in the blog section. Until next time, be vigilant about your health! ■

MISS BEA'S KITCHEN

What's the soup?

By Laura Beth Walters



curious mind, I did a little research. I won't bore you with all the gory details, but I will tell you I've been wrong my whole life!

While the two terms share an origin, modern American cultural context does separate the two quite simply. Regardless of ingredients and cooking method, the label accompanies the dish depending on which course you are serving. Soups are traditionally served as a starter or accompanying dish and stew will be featured as a main course. I don't think many of us here on the Western Edge are planning to serve any twelve-course meals anytime soon though so let's define these dishes a

One of my favorite meals growing up was Venison Stew. It would be simmering on the stove all afternoon filling the house with its tantalizing aroma and making all our stomachs growl. How many times did I ask my mom if it was ready yet only to hear, "It still has to simmer for a while"! Ugh! That was the worst. Right at the end, Mom would whip up a batch of Bisquick dumplings and drop them down in the stew. MMMMM I still have dreams about those fluffy dumplings.

As a young person I never really understood the difference between soup and stew (I pretty much reserved the title for my mom's Venison Stew and called everything else soup). Now that I'm older though, and because I have a

little more.

Soup may be served hot or cold and will generally be paired with other things such as a sandwich or salad. Generally, soup will be lighter and served at lunch time because in soup, the stock reigns supreme.

Stew will always be served hot. When preparing stew, remember the title "stew" was first a verb. Deliberately slow cooking with minimum moisture will produce a thick, hearty stew to serve as a main course. Cooking this way also allows you to use cheaper cuts of meat as the cooking method will give you tender meat no matter the cut.

As we enter some of the coldest months here in North Dakota, I hope

Roasted Cauliflower & Chickpea Soup

Ingredients:

1 cauliflower head, cut into florets (about 4 cups)
1 15 oz. can chickpeas, rinsed and drained
5 cloves garlic, peeled
4 TBS olive oil, divided
1 tsp cumin
½ tsp salt
⅛ tsp paprika
2 medium Yukon gold potatoes, peeled and cubed
¼ tsp black pepper
4 c veggie broth
1 c water

Garnish:

Red pepper flakes
Thyme
Heavy cream



1. Preheat oven to 400F. On a large baking sheet, toss the cauliflower, chickpeas and whole garlic cloves with 3 TBS of oil, cumin, salt and paprika. Roast in the oven for 30 minutes, stirring once halfway through. Remove from the oven and set aside.

2. Meanwhile, heat 1 TBS of oil in a large pot over medium heat. Add the cubed potatoes and black pepper. Cook for about 5 minutes, stirring frequently. Add veggie broth and water and increase the heat to bring to a boil. Once boiling, turn the heat down to maintain a simmer. Simmer, uncovered, until potatoes are very soft, about 15-20 minutes. Remove from heat and stir in the cauliflower mix, reserving at least ½ c for garnish.

3. Puree the soup using an immersion blender, blender, or food processor. Return pureed soup to the stovetop and gently rewarm it. Stir in the heavy cream. Season to taste with salt and pepper. Ladle the soup into bowls and top with some of the reserved cauliflower mixture, red pepper flakes, thyme, and a drizzle of heavy cream. Enjoy immediately!

you experiment a little with both soups and stews. You can make a large batch of either and live off it for days (unless you have teen boys, then I make no promises). If you don't already have one, buy yourself a nice cast iron dutch oven for making stew. You won't regret it. I promise.

Now, after all that talk about Mom's

Venison Stew..... I'm not giving you her recipe! haha Sorry! But I am sharing a recipe with you that my husband and I recently discovered and one which we absolutely love. It's a heartier dish but should still be considered a soup because it doesn't take long to cook and once blended it's pretty much all creamy "broth". Enjoy! ■

YOUR BANKING AND MORTGAGE TEAM

**3095 15TH ST W
DICKINSON, ND 58601**

BENCHMARK MORTGAGE
bring you home

701-483-0684

CORNERSTONE BANK

701-456-0700

Member FDIC

Lenée Bookhardt Realtor

When it comes to real estate
...EXPECT BETTER!

701.483.8088
140 1st St E, Ste. B
Dickinson, ND 58601

call **701.690.5867**
email lenee@ndsupernet.com
www.infinityrealestategroup.net

PIPER'S PALS

Pet Name Match

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

- A: Raina (#___)
- B: Gypsy (#___)
- C: Dixie (#___)
- D: Geni (#___)
- E: Gary (#___)
- F: Puddles (#___)

(Answers in our December issue!)

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

Last month's answers:

- A: #2 Chico D: #1 Archer
- B: #4 Mav E: #6 Tonka
- C: #5 Ronnie F: #3 Fife



KILL COLDS AND FLU NOW

Upper respiratory infections, too.

Our new natural medicine combination is designed to combat colds and upper respiratory infections and help you recover quickly - even as quickly as 24-hours.

Pickup this special combo today and say goodbye to colds!

Regular price \$55.95

Sale Price

\$47.95



IRSFELD
Pharmacy More than just prescriptions.
PC Compounding - Nutrition - Alternative Health

Located at Sanford Health East Dickinson Clinic
www.irsfeldpharmacy.com

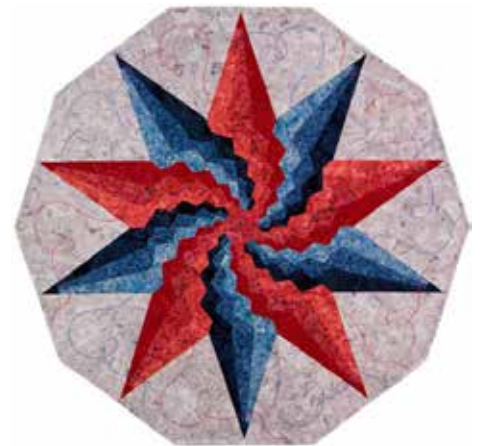
PIECE BY PIECE

Misfits

By Suzy Rummel

I'm feeling a little bit crazy these days, not sure why; being busy, missing my brother, my mom, my dad and all the others that are gone from this world, summer being over or all of the above but then I remembered a quote by Steve Jobs; "Here's to the crazy ones, the misfits, the rebels, the troublemakers, the round pegs in the square holes...the ones who see things differently -- they're not fond of rules... You can quote them, disagree with them, glorify or vilify them, but the only thing you can't do is ignore them because they change things...they push the human race forward, and while some may see them as the crazy ones, we see genius, because the ones who are crazy enough to think that they can change the world, are the ones who do." My daughter Hannah used that quote in her quest to get into college and it worked so it must be good.

I've always felt like a misfit, a rebel, a round peg in a square hole and yes, I'll admit it, a troublemaker and most of the time I don't like it but maybe it's time after 56 years to embrace it and



think that I am crazy enough to change the world; maybe we all should. Here's to a thankful and blessed November. Love your family and friends and love your enemies more because maybe, just maybe that is how we will change the world.

November events at the Stash include a Stargello class taught by Connie Bootz from SD. It is a beautiful table runner. The class is November 2 beginning at 8:30. Cost is \$35 and includes the pattern plus. Preregister and when you prepay you will receive a \$10 gift certificate. Check out our website (suzysstash.com) or Facebook for details about other classes and business hours. ■

**STOP BY, SAY HI,
AND PICK UP A COPY!**



Find Heart River Voice at the following fine establishments:

DICKINSON

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

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

SOUTH HEART

- I Don't Know Bar
- South Heart Public School

RICHARDTON

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

BELFIELD

- Trappers Kettle
- City Hall
- Belfield Public School

MEDORA

- Medora UnCork'd
- Chasing Horses

CONVENTION AND VISITORS BUREAU

What is agritourism?

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



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

Where does an agritourism business fit into a farm plan? You already are fully engaged in your farming operation, so how do you create a space and time for an additional business? As a supplementary enterprise, agritourism can be a minor activity that also supports your current operation. For example, if your primary business is livestock production, you could invite school groups to your ranch a couple of days a month or at a specific time of year to talk about ranching.

If you are considering something more, perhaps a pick-your-own enterprise or a corn maze would be the way

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

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

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



**1 YEAR
ANNIVERSARY
PARTY**

Saturday, November 23
All Day Food & Drink Specials!
Check Facebook for More Details!

Sip 'n Build a Wine Basket

Saturday, November 23 - Noon or 2pm

Register Online by 11/7 - \$15 registration fee includes basket and paper shred filling. Build the contents of your basket from individually priced bottles of wine and various gift items!

370 Pacific Avenue - Medora
833-623-2675 medorauncorkd.wine

COMMUNITY

Author to speak during NEA Big Read

By Paul Amberg

On August 31st Dickinson State University's Dr. Brittany Hirth conducted an interview with Tim O'Brien in preparation for his visit to campus for Big Read events. The following interview provides insight into O'Brien's narrative choices for his short story collection, *The Things They Carried*, conveys his thoughts on contemporary and historical war, and overviews his process for writing.

BH: Many of the local high schools and DSU classes are assigning *The Things They Carried*. The younger students in those classes are likely to be distanced by several decades from the history of the Vietnam War. If students do not have a firm sense of the history, what do you think they will connect to in your collection?

TO'B: Wars are going on right now, and America's involved in them. In many ways [wars now] are very similar but not identical to the Vietnam War. I'm thinking of the Middle East, of course, where the enemy wears no uniform, there is no front, no rear; it's politically confusing for what the various sides believe in [...]. And, of course, there are the moral questions: what do you kill for? What do you die for? I'm hoping the students will make the jump from Vietnam to circumstances now and just deal with the questions.

BH: A number of war veterans are likely

to attend your Big Read events. For those who read the collection and perhaps had a preconceived notion of what an "authentic" or "realistic" portrayal of the Vietnam War should be, what would you say your stories add that nonfiction or autobiography does not capture?

TO'B: That's a good question; it's hard to articulate an answer. There are a couple of things that I can say. One is that there is not a single war [experience] that is authentic. For example, if you were a truck driver in Vietnam, then you have gone through a different war than I went through. If you were in the rear area, you went through a different war. If you were a medic, you went through a different war. If you were a general, you went through a different war than I did as a private [...]. There are basically as many "wars" as there are soldiers. That's one answer. The other answer is that my job as a writer is not to be authentic. My job is to tell a good story while trying to be faithful [to the] Vietnam War experience and trying to be faithful to my own values and things that caught [my] attention when [I was] there. And, the third thing that I can say is that *The Things They Carried* is a work of imagination. Impossible things happen in the collection that can't happen in the world we live in. Dead people can't talk

in the real world, and yet, they do in my book. The object isn't realism; the object is to try to give a sense to people of the feel of the war but not necessarily as to how it was.

BH: You've never liked the label, "Vietnam War writer," but critics gravitate toward this label because all your books in some way reflect that war. How does your newest book diverge from or continue with reflecting the Vietnam War?

TO'B: The objection isn't to the subject matter [but to the labeling]. I'm writing about the human heart, and the stories are often, but not always, set during war. But, in the end, it's not about bombs and bullets, and military maneuvers, and saluting and all that military stuff;

it's about terror and about courage and about sadness and about grief and about love. Love for your fellow soldiers, love for life, [and] love for all you might lose in the next moment or two.

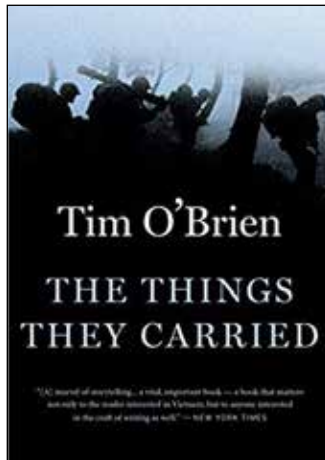
[In *Dad's Maybe Book* (O'Brien's latest novel)] there's a chapter called "War Buddies" in which I tell my kids about my war buddies and the differences that I feel from them [...] and yet, I still have great love and respect for a lot of my former buddies from the war [for] how they endured the unendurable, and the humility they showed in the matter-of-factness in enduring the stuff they did. I do talk about the war, and about being a

writer in *Dad's Maybe Book*, and I do it through the lens of trying to explain to my children who I am, what my life has become, and what it once was. ■



"NEA Big Read is a program of the National Endowment for the Arts in partnership with Arts Midwest."

"El proyecto NEA Big Read es una iniciativa del National Endowment for the Arts (el Fondo Nacional para las Artes de Estados Unidos) en cooperación con Arts Midwest."



FORGET THE REST. HEAD WEST.

Of all your choices for a financial institution, we're the best in the west. Western Cooperative Credit Union has your back, the way any good friend should. So, come on over. You'll know you're here when you see the bison on our sign.

Join the herd.



Western Cooperative
CREDIT UNION

WILLISTON | DICKINSON | HEBRON | BEACH
GLEN ULLIN | RAY | TIOGA | WCCU.ORG



NCUA

ADVENTURE ON A DIME

Scrapframing



By Laura Beth Walters

One of my favorite things is to play tourist. My struggle, however, is that my husband Joel and I both love taking hundreds of pictures. Literally. We both quickly fill our phones and have to delete things without ever having time to print or share them. Even if we did print everything, who has the time to sit and scrapbook?! I have thought of just putting everything in regular photo albums

but I have several of those on a shelf downstairs that (if I'm being honest) I haven't cracked open in over a year. Social media is nice to just get things out there so friends and family far away can see them but once they're posted how often do we really go back to just look through our own albums? Also, what's the point of making memories if we only have hastily compiled photo albums collecting dust or Facebook Timehop to remind us of all our adventures?

In this month's column, I would like to bring you inside with me and share with you what we have come up with for documenting and enjoying our adventures. As we face the long winter months ahead, perhaps you will join Joel and I in making your own "scrapframes" when it's too cold to go out and make new memories.

Sometime last year Joel and I had the idea to create a version of a scrapbook page which could be displayed in our home where we could enjoy it all the time and share it with others without awkwardly asking them to look at piles of albums. We scoured garage sales and thrift stores and picked up a

variety of picture frames for mere pennies and made a trip to WalMart where we printed off a few good selfies and a variety of our favorite photos from some of our adventures. Once home, we pulled out our small collection of items we had squirreled away like paper menus, Amtrak tickets signed by Josh Groban (yes, you read that right!), and even a bobby pin Joel "borrowed" from Pretty Yende's dressing room while touring The Metropolitan Opera House in New York. We started with our 2017 trip to New York City and Philadelphia, and then tackled our honeymoon scrapframes next and absolutely loved how they turned out! Since then, we have made a few scrapframes of a couple day trips we have taken around North Dakota and plan to make more soon.

You may think this would only be necessary or desirable for bigger trips farther from home but we have really enjoyed making the ones for our little local adventures too. When we took the day to travel The Enchanted Highway we stopped at every sculpture to take a picture and found a bumper sticker at the little shop at the end to add to the scrapframe. This was my first trip on the Highway and it had been quite some time since Joel had driven it, so it was the perfect day trip for us to document in this way. Once, after a particularly lovely day at Theodore Roosevelt National Park, we stopped and bought the park sticker and came home to put that one together so we would always remember how beautiful and relaxing that day was. You see, it doesn't really matter what the scrapframe showcases. It doesn't need to be of some expensive vacation or fancy getaway. What matters is the memory behind it.



For some frames you could use a map or small poster as a background or leave the plain mat in tact to give a simple, clean backdrop. Save playbills, ticket stubs, brochures, and even bobby pins to mix in with a few of your favorite snapshots and to showcase your experiences. Any little thing that might bring a smile to your face or prompt a story is perfect for these scrapframes!

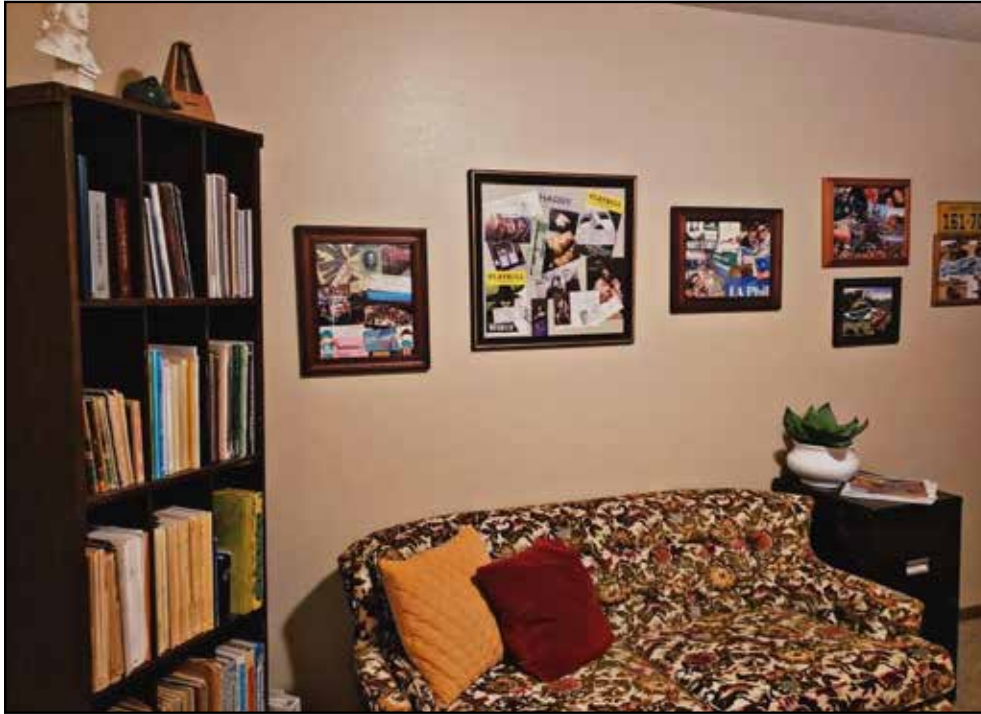
Now, we generally get one or two questions regarding these frames. The



first question everyone always asks is, "What will you do when your wall is full?" Honestly, I haven't really thought that far ahead yet. I'll probably keep rearranging

Continued, next page

Continued from page 16



and adding to this wall until it's completely full and then work my way around the office. Perhaps I'll eventually swap some out for other more exotic adventures. We'll see! Secondly, people who hear about the wall wonder how it fits into our decorating scheme. Quite frankly, it doesn't. Not at all. Most rooms in our house all coordinate with each other and the color scheme is really rather neutral with tans and whites and greens. However, we do have one room in our home which fits into no decorating or color scheme (as you can see by the loveseat featured in the picture), and that room is my studio. In this room, I teach private music lessons and it's kind of an explosion of colors and is evidence of my more artistic side, so the frames fit

in quite well in here.

Now, not every home will lend itself to this kind of display throughout the entire

home, but you may find that a certain hallway or room would make the perfect showcase for your family's memories. No matter how you decide to display them, I hope you will make some time over the next few months to print those pictures and maybe make your own version of a scrapframe. The process is really quite simple (and affordable) and is something the whole family could be involved in. Joel and I tend to make it into a mini-date and pop a movie in while we lay it all out a million different ways before deciding on the final presentation. It's fun to do together and they make wonderful conversation starters!

If you and your family get crafty and make a scrapframe I would love to see a picture! Please find me on Facebook or email them to me at: missbeaskitchen@gmail.com. ■

HELPING OTHERS

Hospice and palliative care month

November is Hospice and palliative care month. Hospice is a comprehensive team-orientated program of care that seeks to comfort terminally ill patients and their families. Care is provided to the patient and family within their own



home, Skilled Nursing Facilities, Assisted Living Facilities, and Basic Care Facilities. Hospice establishes pain management and symptom control as clinical goals, including psychosocial and spiritual needs.

Palliative Care is specialized medical care for people with a serious illness. It focuses on providing clients with a relief from the symptoms, pain and stress of a serious illness. The goal is to improve the quality of life for those with a serious illness as well as family. Palliative care provides collaboration with your

provider on pain and other symptoms. Open discussion about treatment choices, including treatment for disease and management of symptoms and help identifying community resources.

A key part of our Hospice program at CHI Health at Home is our Hospice volunteers. They truly make a difference for Hospice patients and family members as well as our community as a whole. Hospice volunteers provide companionship, respite care, administrative support, bereavement support, and community exposure.

Volunteers are required to complete an initial training program and participate in training annually. Education exposes the volunteer to death, dying, grief and loss issues; the hospice philosophy and the psychological and social issues families deal with in the care of their dying loved one.

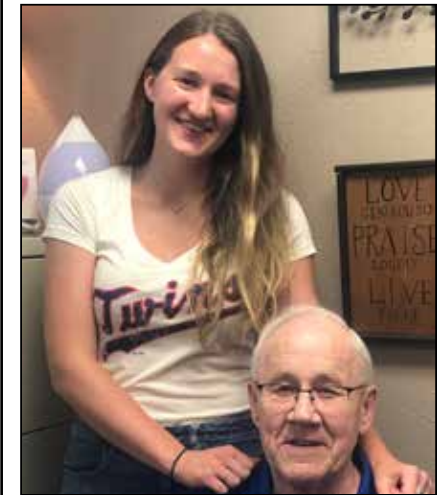
Currently we have 20 hospice volunteers in our program. We have a volunteer that crochets prayer shawls for hospice patients that have a beautiful butterfly pattern. The butterfly beckons us to keep our faith as we undergo transitions in our lives. Like the butterfly we are all on a journey. On this journey we encounter endless turns, shifts, and conditions that cause us to metamorphosis.

The story of how Kiki Haich started making prayer shawls for Hospice is a heartwarming one for sure. Kiki was

crocheting at church and started a conversation with another lady there about wishing she knew of someone that could use her crocheting. The other lady said she knew there was a need for prayer shawls for Hospice. When Kiki reached out to Hospice over 3 years ago now, Hospice was at a point of not being able to offer some hospice patients prayer shawls as they didn't have enough of a supply. That has surely turned around with Kiki's dedication. She makes many beautiful colors including red, white and blue prayer shawls for our Veterans that are on Hospice. Our Hospice is blessed beyond measure with Kiki's talents and giving heart.

Hospice volunteer, Jim Irsfeld has been volunteering for hospice patient companionship for about 10 years, and his granddaughter, Grace Irsfeld, joined him as a hospice volunteer this

year. We have volunteers that have been volunteering for well over thirty years! Thank you to all of our Hospice Volunteers, they are the core of our Hospice program. ■





ANGEL ADVOCATES, LLC

MEDICARE OPEN ENROLLMENT

October 15—December 7

Angel Advocates, an independent licensed Insurance Advocate is here to help you compare plans and make sure you have the right coverage for 2020.

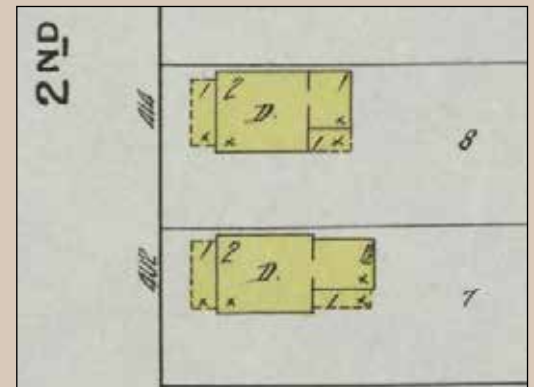
Call us for a free review today.

Rena Polensky
701-290-2023

2898 5th Ave West, Dickinson, ND 58601
renae@angeladvocates.net



Undated photo of house believed to be one of two created from the old St. Patrick's Church and possibly original home of the Stein-Scott Hospital. A second, nearly identical house located just north burned sometime before 1985. Joachim Museum collections, 2009.022.022.



The two near-twin houses on the site of the original St. Patrick's Church, NE corner of 2nd Avenue E and 4th Street E. Sanborn Fire Insurance Map, Dickinson, ND 1913, plate 9.

THEN... and Now: Early Dickinson Hospitals, Part 3

By Bob Furhman

Having recounted the history of the Ballard and Smith Hospitals, this edition of "Then...and Now" looks at the Stein Hospital.

In December 1905 the Dickinson Press reported that local physician Dr. Homer Davis had sent "Miss (Andrea) Scott, a trained nurse" to Medora to care for Dan Connell, a farmer who had injured his knee while handling coal. The next month it was reported that Connell's wife had been to visit him at the "Davis hospital" but this is the one and only reference to date of such a place in local records, there being no way of knowing if this was a temporary arrangement or possibly something attached to Dr. Davis' drug store; nonetheless, it showed Dr. Davis' preference for accommodations other than the Smith Hospital which had opened in late 1903.

Miss Scott continued her affiliation with Dr. Davis. In January '06 she accompanied Mrs. Davis and E.F. Messersmith on a trip to a Twin Cities hospital for unspecified treatments. The following month it was announced that Miss Scott and Miss Anna Stein (a graduate of St. Joseph's Hospital of Practical Nursing in St. Paul) were planning to open a maternity hospital in Dickinson. Although no financial details of the institution were given, future reporting infers that Dr. Davis was somehow involved, possibly providing capital to start the venture which was initially referred to as the 'Dakota

Maternity Hospital,' then the 'Scott & Stein Hospital' and, finally, as the 'Stein Hospital.'

Located in the northeastern part of Dickinson, the story of the Stein Hospital really begins in 1883 when the 'Little White Church on the Hill,' St. Patrick's Catholic Church, was built on block 34 of the original town plat. The fast-growing congregation built a new church in 1904 on what would become 3rd Avenue West and sold the original building and land for \$1,000 to Patrick McGinley, a railroader and later hotel keeper who had an entrepreneurial bent. McGinley hired the Mandan Mercantile Company to cut the old church in half and make two dwellings of it (having contracted with the same firm to move and convert the old Dickinson Press building on Villard into a dwelling at the same time). The availability of what must have been a fairly sizable structure led Misses Scott and Stein to rent one of the ex-St. Pat's structures, still located on the original plot of land, as their hospital in February of 1906. The Press reported that the corner site (2nd Ave. East & 4th St. East) was "in a quiet part of the city and will make an ideal place for out-of-town patients," also noting the new hospital was in no way intended to interfere with the work of the 2-year-old Dickinson hospital (i.e. Smith Hospital), located 3 blocks away.

Anna Stein arrived from St. Paul at the beginning of April and the two young women began to prepare for

patients even as they provided home visits in Dickinson and surrounding communities. Upon opening at the end of May news on the progress of patients at the new hospital became a regular part of the Press' reporting, quickly establishing that maternity was far from the hospital's only area of care, the reports including accident victims, various operations, and typhoid fever cases, the volume of work leading to the addition of a third nurse in August.

A major change at the hospital occurred in October when Andrea Scott sold her interest in the hospital to Anna Stein, the newspaper noting that Miss Scott planned to care privately for patients in town. No reason was offered for the dissolution of the partnership and only three further reports of Miss Scott's nursing work appear, all related to trips to Montana. By 1910 had taken charge of the Samaritan Hospital in Glendive but left that position the next year, moving to Portland where she became an automobile saleswoman for a time before eventually returning to nursing and marrying.

With the departure of Miss Scott the moniker 'Stein Hospital' (or, simply, 'the Stein') became common as regular news items demonstrated the high volume of patients served - including Miss Stein herself who developed Typhoid Fever in February of 1907, necessitating the arrival of Miss Wagner, a nursing graduate of the Abbott Hospital in the Twin Cities who was engaged to care

for Anna Stein who was 'quite sick.' During its years of operation at least 16 different nurses worked at the Stein, several coming from training hospitals in the Twin Cities.

In January 1908 the Stein successfully bid against the Smith Hospital for providing hospital for Stark County's indigents, the County Commissioners opting to pay \$1.08 vs. \$2.00 per day. In May the Stein moved operations one block west to the corner of Clough and Haupt Streets (1st Ave. E & 4th St. E) into Dr. Davis' old house, his new residence being right next door. The new location, still owned by Davis, would "accommodate 25-30 patients very comfortably," and was equipped with a 1st floor operating room, basement laundry, kitchen and dining room, and a room for Miss Stein. The Press notice ended by stating, "This institution has not been advertised in any way and its present standing is due to its successful management and (its) record...in major surgery performed by our Dickinson physicians," and then listed the breakdown of 67 surgeries performed in the preceding year, only one of which resulted in a death.

The rest of 1908 saw the Stein still busy, even receiving mention in the July 25th Billboard magazine when a railyard accident put three crewmembers from the Miller Brothers Real Wild West Show into the Stein, where 2 died of grievous injuries. Drs. Stickney and

Continued, next page

Continued from page 18

Perkins along with "Head Nurse Miss Stein" were especially praised by the company's notice in America's Leading Amusement Weekly. In November Miss Stein found herself a patient again after having an appendectomy but was sufficiently recovered by January to accompany Dr. Davis and his daughter to Chicago where the girl received treatments (unspecified) and Dr. Davis took studies in diseases of the eyes and surgical techniques while Miss Stein took a post graduate course in anesthetics and surgical nursing.

The community's support for the Stein was demonstrated in 1909 when the local Dorcas Society raised funds to provide a free bed at the hospital for children whose parents were unable to provide care. A tag sale was held to help raise funds and Boulgar & Hughes exhibited the brass bed in their window before installation at the Stein.

A near-tragedy at the hospital occurred on February 23rd, 1910 when fire broke out in the furnace room at 4:10 a.m. Firefighters had already been called out twice before the Stein alarm, all during a -20° night. Damage to the hospital was serious but the patients, in their nightclothes, were all carried to safety by the firemen and Dr. Davis and his son. Also assisting was Chris Pederson of Medora who was staying the night with his little girl. Patient Gus Belzer who was dragged out a window despite a heavy cast suffered smoke inhalation but was expected to recover. The 20 firemen who worked for 2 hours before securing the scene had their rest cut short as fire broke out again at 7:20, 17 men responding for 2 ½ hours, this time needing to flood the basement and cut holes in the roof. Very little of the contents were saved, Miss Stein having \$1500 insurance on furnishings and Dr. Davis carrying \$500 coverage on his surgical instruments. Although initial reports seemed to indicate a total loss, repairs were immediately started and the hospital was ready for business in two weeks, with two new fire extinguishers.

Anna Stein received kudos for bringing the hospital back so quickly and her managerial talents soon had her involved in a proposed hospital for Beach but that project fizzled. In the meantime, the campaign for what would become St. Joseph's Hospital began in mid-1910. By then Miss Stein, in partnership with Dr. Davis, purchased a farm 9 miles northeast of town and split time between hospital and farm through 1911-12. Obviously seeing the

writing on the wall she prepared for the eventual closing of the Stein as St. Joe's neared completion. By early April the last two patients were transferred to the new hospital but Dr. Davis' attempt to sell the building failed and it soon became a rental.

Late in 1912 it was reported that Miss Stein was going to take up hospital work again and shortly thereafter was living in her old quarters, advertising for a 'competent girl' for the Stein. By March of '13 she was receiving patients and operated the hospital until closing again in April 1914. Why the reopening with the new hospital in business? It's only a guess but the Centennial Roundup history of Dickinson noted that St. Joe's nursing sisters were German-speaking Swiss. This was fine with the local German-Russian immigrants but "English-speaking citizens took some time to place their trust in the sisters." Perhaps by 1914 that trust had started to grow, but when the U.S. entered World War I in 1917 this source reported that the patient census dropped due to "the effects of the anti-German sentiment that swept the country."

After closing, Anna Stein and her mother and brother settled on a homestead southwest of Belfield, leaving the land in her brother's charge winters as she and her mother lived in Dickinson on 1st Avenue East, possibly in the old hospital building. She eventually returned to Minnesota and passed away in 1947 at age 73.

The old Stein building was called to service one more time in October 1918 when the Spanish Flu epidemic struck Dickinson and hundreds fell ill, the Red Cross opening the Stein to treat the overflow from St. Joseph's. Two weeks later 40 people had died and the Stein quietly went back to being a rental property, eventually being broken up into apartments before finally being torn down in 1979 - to be replaced by the current apartment house.

The original home of the Stein, one of two houses made from the old St. Patrick's Church, might be at the corner of 2nd Avenue East and 4th Street East - hidden under a renovation project-or it might have been the one next door that burned down sometime prior to 1985. A 1913 map shows the two nearly identical houses on the old St. Patrick's site and the parcel tax record for the survivor on the corner lists its build date as 1883. ■



Doctors Bowen and Davis (back right) along with nurses from the Stein Hospital. Proprietress Anna Stein is believed to be in the darker skirt. Joachim Museum collections, 1985.005.002.



Doctors Davis, Bowen and Perkins in the surgical suite, probably at the second Stein Hospital location. Miss Stein is believed to be the nurse at left foreground, holding the basin. Joachim Museum collections, 1985.005.003.

Call for Artists

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

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

We'd love to show off your talents!

Email to:
kelley@heartrivervoic.com

DICKINSON PUBLIC SCHOOLS

Not just a high school: DHS moving forward with Academy Programming

By Jay Hepperle, Dickinson High School Assistant Principal

"Education is not the learning of facts, but the training of the mind to think."

-Albert Einstein.

the country. Schools strive to make this a reality, but the successful ones have an organizational structure that allows for change. Over the last several years, this has been a driving factor in our



In education, statements like this are located in classrooms and offices all over

discussions at Dickinson High School.

We relied on the collaborative intelligence of our staff, community leaders, and stakeholders to help us answer the following question: How can we create a structure that will prepare our students for the high skill, high wage, and high demand careers of the future? Within these discussions, the Academy Programming was developed.

Our academic programming creates a link between standard educational curriculum and potential career fields, leading to real-world experiences in every course. All courses, whether core content or electives, will help students gain high exposure to employable skill sets that will benefit them in the



future.

To further elaborate, use their interests to select one of our three academies following Freshman Exploration:

- Academy of Health and Human Services
- Academy of Engineering and Technical Sciences
- Academy of Business Management and Administrative Systems

Within the Academies are 16 career pathways that students can choose from. We are programming within each pathway courses that are sequenced and directly relate employable attributes that individuals in those career fields possess. We understand that the most knowledgeable resource in our community is our local businesses, so each pathway has an advisory board which allows for collaboration with business and industry. The advisory board helps keep schools on pace with the changes in technology and the needs within the business and industry sector. Since change can happen fast, the advisory board becomes a vital component of the process since they are always up to date on the skills needed to be most effective in their field.

By allowing our community to have a voice at the table during the development stages and the yearly quality control process of our school programming, we believe academy programming will develop an even stronger sense of community within our school. Dickinson



High School believes that the smaller learning communities programmed into academies will allow our students a broad choice of opportunities and a deeper understanding of what life outside of high school looks like. Such opportunities increase the student's confidence before embarking into the college or career field.

Socrates once said that "the secret to change is to focus all your energy, not on fighting the old but building the new." Dickinson High School has the unique opportunity to focus our energy on building something that can sustain the winds of education change, and we are excited to see where it takes us. ■

ADVERTISE WITH US

Heart River Voice is the VOICE of Dickinson, Stark County and the surrounding area. Join us in sharing our community stories. Your support in this effort is greatly appreciated.

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

NDSU EXTENSION

The root of 4-H

By Tom Kalb

Head, heart, hands, health – the very root of 4-H and what it stands for! These words do not only apply to the 4-H members themselves; they extend to the leaders, parents and any other individuals who build up and support our 4-H youth. These people are 4-H Volunteers.

Have you ever considered becoming a 4-H volunteer? It is quite simple and extremely rewarding! 4-H Volunteer may seem like a simple title or role, but without them, 4-H would not be the thriving organization it is today. Whether the volunteers are leading monthly 4-H club meetings, teaching

by our local 4-H Volunteers. From our new leaders to those who have been leading for sixty years and everyone in between, we have a dynamic and very active group! It is our hope at the Stark/Billings Extension Office to be a good resource for all of our 4-H Volunteers – to not only retain them, but help them be successful as well. One great way North Dakota 4-H does that is through annual Volunteer Project Trainings for teens and adults. These trainings are an excellent opportunity for volunteers to gather new 4-H project ideas that create fun learning experiences for



lifelong skills through lessons or interview judging, or helping Extension Agents coach judging teams, 4-H Volunteers are so impactful. I speak for more than myself when I say I could not do my job without our fantastic 4-H volunteers. The first step to becoming a 4-H Volunteer is to reach out to the Extension office, indicating your interest. From there, we will provide you with the necessary paperwork to fill out. Upon approval, we can assist you in your next steps.

Maybe you would like to teach regular lessons, or maybe you would like to lead a new or existing 4-H club. Whatever it is, please contact the Extension Office at 701-456-7665 to get started!

Even though I have been involved in the Stark/Billings 4-H program for less than a year, I am so amazed

all 4-H members. It provides the tools needed to build valuable skills as a 4-H teen or adult volunteer, parent/caregiver or Extension staff member. These trainings are held all over North Dakota – led by state 4-H Specialists. The 2019 Southwest Volunteer Project Training will be held in Killdeer, ND on Monday, November 29, 2019 at 5:30 pm. If you are interested in attending, please contact the Extension office at 701-456-7665. ■



CORE VALUES: SAFETY INTEGRITY PROFESSIONALISM LOYALTY QUALITY VALUE

Scull
CONSTRUCTION SERVICE ND INC.

CONSTRUCTION MANAGEMENT • DESIGN BUILD • GENERAL CONTRACTING

Stark County Fairgrounds

CAREER OPPORTUNITIES AVAILABLE - APPLY ONLINE

SCULLCONSTRUCTION.COM

Therapy Solutions
TAKE YOUR LIFE BACK.

To schedule appointments in any of locations call
701.483.1000

We Have Moved!
Main Clinic - Dickinson
1679 6th Ave West, Dickinson, ND 58601

Richardton Clinic
212 3rd Ave West, Richardton, ND
Located in Richardton Health Center

Killdeer Clinic
95 Hill Top Dr, Killdeer, ND
Located in Hill Top Home of Comfort

therapy-solutions.net
facebook.com/therapy.solutions.nd

Heart River VOICE Events

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

NOVEMBER 1-30

TOY DRIVE Menards and United Way of Dickinson are partnering together for their 5th annual toy drive. Please stop by Menards between 11/01 and 11/30/2019 and donate a toy, clothing, or something similar to help local underprivileged children have a joyful holiday. Please note, the gift you donate does not have to be bought at Menards.

NOVEMBER 1-DECEMBER 13

GIVE THE GIFT OF READING Take a tag from the Angel Tree at the Dickinson Public Library and return your generously donated, new, unwrapped books to the Library between 11/01/2019 & 12/13/2019. You may also donate any kind of new books for ages 0-17. Books and more will be available for purchase. You may buy them for donations for the Angel Tree, keep them for your personal library, or give them as gifts!

SATURDAYS IN NOVEMBER

NEA BIG READ - THE VIETNAM WAR: A FILM BY KEN BURNS AND LYNN NOVICK 12-3PM Watch two segments each Saturday:

November 2-Deja Vu (1951-1961); Riding the Tiger (1961-1963)

November 9-The River Styx (January 1964-December 1965); Resolve (January 1966-June 1967)

November 16-This Is What We Do (July 1967-December 1967); Things Fall Apart (January 1968-July 1967)

November 23-The Veneer of Civilization (June 1968-May 1969); The History of the World (April 1969-May 1970)

November 30-A Disrespectful Loyalty (May 1970-March 1973); The Weight of Memory (March 1973-Onward). Dickinson State University, Klinefelter Hall, Beck Auditorium.

FRIDAY NOVEMBER 1

PLAYERS HALLOWEEN BASH

5PM-1AM The night for all the Ghouls, Gals, and Guys to come out and have a spooktacular time! Enjoy: Free Jell-o special surprise shots for guests (21+) in costume, mixed drinks designed for a monstrous time, and food specials to curb any cravings. Lights go down at 9 pm!

HALLOWEEN PARTY 8PM-12:30AM Costume contest and live music at The Rusty Rail Saloon. 107 1st Ave NW, Belfield, ND.

HALLOWEEN PARTY HOSTED BY TWIGGY LIVE 9PM-12:30AM Come out for the best costume party in Dickinson! \$500 for best costume, \$300 for 2nd, \$200 for third. Make this year's costume a great one and come party with us at Army's West Sports Bar, 640 12th St W.

SATURDAY NOVEMBER 2

RURAL WOMEN & CITY SISTERS 8AM-5PM Rural Women on the Western Edge is designed to provide practical, inspirational, and developmental opportunities for women living in rural communities in southwestern North Dakota and surrounding areas. Networking and connecting with others is a critical component of building strong communities. \$35 Registration fee. Lunch provided. Tickets at epayment.ndus.nodak.edu. More info, contact 701-483-2181. Biesiot Activities Center, 398 State Ave.

GERMAN NIGHT 4:30-7:30PM On the menu is kraut 'n dumpplings, sausage, creamed chicken, oven-browned potatoes, pies, kuchen, and more. Adults \$12.00, children 4-14 \$8.00, children under 3 are FREE! Home delivery begins at 4:00 pm. Call 701-483-2223 by 4:00 pm on October 31. There will also be a Silent Auction, Wine/Beer Pull and Bake Sale. Everyone is welcome! Pine Room (basement) of St. Joseph's Church, 240 East Broadway.

SUNDAY NOVEMBER 3

2019 FLING THING CRAFT & VENDOR SHOW 11AM-4PM Get started on your holiday shopping with this annual event sponsored by the Bowman County 4-H. Lunch served all day. 4 Seasons Pavilion, Bowman County Fairgrounds, Bowman, ND.

MONDAY NOVEMBER 4

ANNUAL DINOSAUR FIELD REPORT 5:30-8PM Dr. Denver Fowler and Dr. Liz Freedman Fowler present the latest discoveries from their summer fieldwork digging dinosaurs, and the latest news from Badlands Dinosaur Museum. Free entry and refreshments. 5-6:30PM Public Presentation at Dickinson Area Public Library. 6:30-8PM chat with the crew and see new fossils at the Dickinson Museum Center. More info, contact 701-456-6225.

THURSDAY NOVEMBER 7

BOOTS TO BUSINESS REBOOT 8:30AM-4:30PM Boots to Business Reboot is a training program that provides participants an overview of business ownership as a career vocation, information about the components of a business plan, a practical exercise in opportunity recognition, and an introduction to available public and private sector resources. More info, hettianne.cekalla@sba.gov Call: (701) 250-4303. Free to attend. Stark County Veterans Pavilion, 801 5th Ave W.

BOOKS AND BREW 7PM The Dickinson Area Public Library's Books and Brew Book Club will be meeting at DePorres House of Barbering & Lounge to discuss the NEA Big Read book selection of The Things They Carried by Tim O'Brien. This event is for adults 21 and over.

FRIDAY NOVEMBER 8

LADIES NIGHT OUT 5-9PM Join the Downtown Association and Shop, Dine & Enjoy an evening with friends while

completing your holiday gift list. Sign ups starting at 5PM at CRE building Downtown Dickinson. Grand prize drawing and gift baskets!

NOVEMBER 8-10

49TH BAA ANNUAL FALL ART SHOW 6PM Friday show opening, artist reception, 10AM-4PM Saturday, Sunday 12-4PM DSU Join Badlands Art Association's for their annual Fall Art Show. Entrance is free and open to all ages. Ramada Grand Dakota Lodge, 532 15th St W.

SATURDAY NOVEMBER 9

10TH ANNUAL EMPTY BOWLS FUNDRAISER 11AM-1PM Help fight hunger locally in Stark and Dunn Counties. United Way of Dickinson is partnering with area artists. Pick out a beautiful hand-crafted bowl and then savor a homemade meal of soup and bread. Proceeds go to local food programs. Bowls range in price from \$15 to \$150 per bowl, the meal is included in the price of the bowl. Ramada Grand Dakota Lodge, 532 15th St W.

NORTHERN PLAINS MUSIC FESTIVAL CONCERT 4PM This festival features auditioned musicians from more than 25 different high schools in North Dakota, Montana, and South Dakota. Four different groups will perform: Mixed Honor Choir, Women's Honor Choir, Honor Band, and Percussion Ensemble. Public is welcome free of charge. Dickinson State University, May Hall, Stickney Auditorium.

2019 BLUE HAWK POST-GAME SOCIAL 5-8PM All Blue Hawk fans are invited to join us after the football game for the post-game social. The social is FREE for those who donated during the 2019-2020 campaign to the Blue Hawk Booster Club &/or Blue Hawk Touchdown Club. All other fans are \$10/person. Biesiot Activities Center, 398 State Ave.

DACA PRESENTS: TIMOTHY CHOOI, VIOLINIST 7:30PM This Juilliard-trained Canadian violinist recently won first place in the Joachim International Violin Competition in Germany and in the Schadt Violin Competition in the United States. In his guest performances with symphonies across the world, he plays the works of classical composers on a 1717 Windsor-Weinstein Stradivarius violin. Check out his website: www.timothychooi.com. Tickets available at the door. Season tickets also available. Trinity Catholic School Auditorium, 810 Empire Rd.

MONDAY NOVEMBER 11

DICKINSON COMMUNITY VETERANS DAY CEREMONY 11AM-12:30PM A public event that honors and recognizes Dickinson community veterans of the armed services. Dickinson State University May Hall, Stickney Auditorium.

WEDNESDAY NOVEMBER 13

NEA BIG READ AUTHOR VISIT 7-9PM Author Tim O'Brien discusses his classic American literary work about the Vietnam War. This is the keynote event for the NEA Big Read: The Things They Carried. Dickinson State University, May Hall, Stickney Auditorium.

NOVEMBER 14-16

FEARLESS FAITH WOMEN'S RETREAT Badlands Ministries in Medora, ND. Registration forms available at www.fearlessfaithjourney.com or Facebook - [fearlessfaithjourney](https://www.facebook.com/fearlessfaithjourney). More info, call 701.264.0505. See ad on page 9.

SATURDAY NOVEMBER 16

SUPPORTING CHILDREN'S SENSORY PREFERENCES 10AM-12PM Child Care Aware invites you to learn about sensory preferences and to explore strategies to help support children with these sensitivities. Tickets: registry.ndgrowingfutures.org. St. John's Lutheran Church, 46 6th Ave W.

FESTIVAL OF TREES 10AM-4PM A fun community event for families to gather and celebrate the holiday season. Admission is free, but we do ask you to bring a donation that will help us help children aging out of foster care and children who are in high school with no parental support (toilet paper, food, and other small necessities). Christmas tree auction to benefit multiple local nonprofits. All donations stay local! Ramada Grand Dakota Lodge, 532 15th St W.

EVERYDAY STEAM 1-3PM STEAM (Science, Technology, Engineering, Art, and Math) learning happens naturally every day as children explore, play, and try new things. Join us to learn how you can support and foster STEAM learning with your everyday interactions and activities. Tickets at identity.newworldnow.com. St. John's Lutheran Church, 46 6th Ave W.

BOOSTER BASH 6-10PM Join the Trinity Athletic Boosters for a night filled with games, prizes, live & silent auction, reverse raffle, friends, food, drinks, and more! Reverse Raffle Prizes: 1st - \$1000, 2nd - \$500, 3rd - \$250, 4th - \$150, 5th - \$100. Social and hors d'oeuvres: 6PM Drawings and games: 7PM. Admission: \$50. Must be 21 to attend. Trinity Catholic School, 810 Empire Rd.

TUESDAY NOVEMBER 19 NEA BIG READ-"BASKETBALL, WATER AND THE LOST CITY OF ELBOWOODS" 7-9PM Prairie Public documentary film explores two important stories in North Dakota's history. The film also tells the story of the Elbowoods Warriors team members who left their community to fight in World War II, only to return to North Dakota to learn that their homes would soon be under Lake Sakakawea. A panel discussion with Matt Olien (the film's producer, writer, and narrator), Merrill Piepkorn, and others (TBA) will follow the film. Dickinson State University, Klinefelter Hall, Beck Auditorium.

NOVEMBER 22-23 POE: DREAMS OF MADNESS 7PM Friday/Saturday, 2PM Sunday DHS presents their fall production. Dickinson High School Auditorium.

SATURDAY NOVEMBER 23 MILES FOR MEALS 5K RUN/WALK 9AM Registration, 10AM-

12PM Run. Help us fight hunger in Dickinson! Join American Bank Center for a 5K run/walk event. All proceeds from the event will support our local AMEN Food Pantry. First 100 registrants receive a free t-shirt! Purchase tickets through Eventbrite. Registration Location: Outdoor Pool Parking Lot, West River Community Center.

MEDORA UNCORK'D Join Medora Uncork'd for food and drink specials all day in celebration of their One Year Anniversary. See p. 14 for ad.

CHALK COUTURE CLASS 1-4PM Join us in making easy, beautiful holiday décor. Design.... Love... Repeat! Yes, it's that easy! \$50 for the class and supplies. To register, go to www.badlandsministries.org/retreats and click the button for online retreat registration. Badlands Ministries, 3892 Bible Camp Rd, Medora, ND.

CHI 37TH ANNUAL CHARITY BALL 5:30-11:30PM This year's theme is Savanna Sunset! Social, dinner, auction, and dancing with music by Judd Hoos. Tickets available starting October 1st. Advanced tickets required, with a cost of \$100/person, and are available for purchase Oct 1st through Nov 18th: www.chistalexiushealth.org/dickinson-foundation/charity-ball or contact the Foundation office at 701-456-4746, M-F from 8:30AM-4PM. Held at Ramada Grand Dakota Lodge, 532 15th St W.

MONDAY NOVEMBER 25 ADULT BOOK CLUB 6-8:30PM DAPL's Adult Book Club will be meeting to discuss the NEA Big Read book selection of The Things They Carried, by Tim O'Brien. Dickinson Area Public Library.

ONGOING EVENTS

DINING, NIGHTLIFE, BARS THE ROCK Thursdays 1st-Open Mic Night-Brady Paulson, 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 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-3PM Lunch specials Monday-Friday. Mondays Pizza and a pitcher \$11. Tuesdays \$2 Long Island Teas. Wednesdays 2-4-1's wells and domestics 6-10PM. Thursdays \$2 pints. Friday prime rib 5-9PM and \$6 pitchers. Saturdays \$15 beer buckets. Ladies night free wells and domestics 8-9PM then 9PM-close only \$1. Sundays \$5 Bloody Mary bar 11AM-3PM and \$3 pounders 5PM-close.

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 Toddler Tuesdays Join us at the Museum Center to enjoy songs, crafts and stories. FREE and open to the public. Ages 2-4.

DICKINSON AREA PUBLIC LIBRARY 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). 4-5PM Tuesdays Teen Fun (11-17). All day 1st/3rd Thursdays Kids' Lego Club. See dickinsonlibrary.org for up-to-date information and more fun activities that require sign-ups.

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 BADLANDS BANDITS COWBOY SHOOT 9:30AM Registration 10AM Wild Bunch Match 12PM Cowboy Match. A Cowboy Action Shooting (CAS) located in Belfield. They shoot every

2nd Sunday from May-October at the Belfield Sportsmen shooting range, 1/4 mile north and 3 miles west of Belfield. More info, 701.260.0347. Follow event on social media for any changes in dates/times.

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

SEW SISTERS Sew Sisters on October 8 and Loose Threads Quilt Day on October 26. More classes and info, see www.SuzysStash.com. 118 N Ave, Richardton. 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 SWDHU, 227 16th St W. More info, contact Teresa Buck 701-880-0374.

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

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 Navdornik 690.8958 or MaryAnn Brauhn 290.4013.

BADLANDS ART ASSOCIATION 7PM 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 Navdornik 690.8958.

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

MEETINGS DICKINSON CITY COMMIS-

SION 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.

PLANNING AND ZONING MEETING 8:00AM Last Thursday 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.

WOMEN OF TODAY 7PM 2nd Thursdays of each month. Dickinson Eagles Club.

COMMUNITY OFFERINGS START UP YOUR DAY/START UP YOUR NIGHT 8-9AM 2nd Thursdays/5-7PM 4th Wednesdays. Welcome new and old entrepreneurs wanting to network and discuss ideas and lessons learned through business. Location TBD. For more info visit startupyourday.com or startupyournight.com.

SAVE THE DATE

DECEMBER 6-8 TRINITY HIGH SCHOOL PRESENTS FIDDLER ON THE ROOF Friday/Saturday 7, Sunday 2PM Join Trinity Junior and Senior High School for the winter musical. More info, 701.483.6081. Trinity Catholic School Auditorium, 810 Empire Road.

SATURDAY DECEMBER 7 OLD-FASHIONED CHRISTMAS STROLL 12-5PM Join the Downtown Dickinson Association for an old-fashioned Christmas Stroll along with a ceremonial Christmas tree lighting at 6PM and a Parade of Lights to follow. Downtown merchants will host special events and in-house specials. To be held in downtown Dickinson.

SATURDAY DECEMBER 14 2019 YULETYME "MODEL HIGH PROM" 5PM-12AM Enjoy an evening of 1950's prom-going. \$100/person. More info, call 701.483.2486.

BEST FRIENDS

Going beyond the accolades

By Mark Billings

With a bedroom full of medals and winning race bibs, Dickinson High School (DHS) athlete Aiden Jung is proving himself a top competitor over and over again.

Last year alone, the 18-year-old senior placed 11th in the state cross country meet on top of capturing seventh in the mile and eighth in the 2-mile race at the state track meet. The Bismarck Tribune named Jung one of its Teens of the Week in October and through support from MDU Resources Group, awarded him a \$5,000 scholarship.

But what the accolades do not show is the human side of Jung, who desires to connect with people outside of his experience. The top-ranked runner has taken three summer mission trips with the St. John Lutheran Church Youth Group to Detroit, Puerto Rico and Missouri. And while he was earning top state titles last fall, he also joined the Best Friends Mentoring Program (BFMP) and became a mentor to Parker Nelson, then a third-grader at Jefferson Elementary School.

"My sister, Ireland was a mentor and my mom encouraged me to do it, telling me I'd like it since I was a naturally caring person," said Jung.

Over the course of their weekly meetings during Nelson's lunch and recess, Jung said he experienced first-hand the joy of someone opening up and coming out of their shell. The pair typically spent time in teacher Chantel Heth's classroom, followed by lunch and outside sports. The normally reserved Nelson, who had challenges in making

friends, began to become more talkative and beamed when Jung arrived.

The pair is continuing to meet this school year while Nelson is in the fourth grade and Jung wraps up his senior year. Jung is one of nearly 70 school-based BFMP mentors in the Dickinson Public Schools (DPS), as well as Glen Ullin and Hebron. BFMP also facilitated its first school-based match in Bowman last month; seven mentors there meet in a community setting.

"It has been really fun to see Parker go from being a shy, reserved person to lighting up and becoming much more open," said Jung. "It has been cool to see that transformation."

Heather Nelson, a speech and language paraprofessional at the Early Childhood Center (ECC) in Dickinson, said she was searching for extra supports for Parker – the oldest of her three children – and decided to pursue BFMP at the recommendation of Jen Hausauer, a DPS school counselor.

"Parker was one of those kids who struggled to make friends, who wanted to be accepted," she Nelson. "Being in BFMP has helped him tremendously in having more confidence socially. We have noticed a big difference."

As the pair has cultivated a mentoring relationship, Jung said he has experienced nothing like the accolades from his running career; rather, he feels he has gained a window seat into a personal transformation.

"Overall, it has been super cool to see how Parker has changed from a person who was super shy to someone who is



talkative and just lights up when we're together," said Jung. "That's something really special and I'm not sure where else in the community you would experience it."

Both Jung and Nelson encourage would-be mentors to apply to BFMP and engage with local youth who could benefit from consistent, one-on-one interaction, empathetic listening and

role-modeling.

"Go for it," said Nelson. "A child could benefit."

"Especially if you are considering a career in education, consider becoming a mentor to experience the schools and local youth first-hand," said Jung.

For more information about BFMP, call (701) 483-8615 or visit www.bestfriendsnd.org. ■



Now accepting new patients

Dr. Maria "Duffy" Meyer
Dr. Melissa Eberts

www.highplainsdentalpc.com • 701-483-GRIN (4746)

Save The Date!

MARDI GRAS

56th Annual Trinity Mardi Gras Fri. Jan. 24 2020

with Dirty Word featuring

Kat Perkins

with Special Guest
Brandon Jones

facebook.com/TrinityMardiGras
Visit our page for more information

COMMUNITY

Girl Scouts offer young girls many opportunities

For Dickinson Mom Kristen Hagerott, becoming a Girl Scout Leader wasn't a difficult decision. "My mom was my Girl Scout leader for both my sister and myself," Hagerott stated. "I remember how amazing that experience was to have her as a leader so I wanted to give my girls the same opportunity."



Girl Scouts is the world's preeminent organization dedicated solely to girls where, in an accepting and nurturing environment girls build character and skills for success in the real world. In partnership with committed adults, such as Kristen and her co-leader, girls develop skills that will serve them all their lives.

As a Daisy (Kindergarten-first grade) troop, they learn that they can lead and make decisions. The girls themselves are the planners, the doers and the implementers of their activities; which is what makes the girls' monthly community service projects so special.

At their troop meetings, Katie asks the girls what they would like to do in their community and then takes their ideas and ensures they are age appropriate and safe activities for the girls. The residents at Edgewood Hawks Point have

been recipients of their kindness – last year the troop visited and donated a box of Girl Scout Cookies to each resident following the cookie program. Kristen said, "They loved seeing the giant smiles on everyone's face when they got their

box of cookies!" In October they returned to Hawks Point to lead an evening of Bingo for the residents. Some of the troop members picked up a bell and spent time supporting the local domestic violence shelter last year. This November they're going to the Dickinson Animal Shelter to read to the animals, and in December they'll join other troops to carol at the nursing homes and assisted living centers.

Participating in community service projects not only supports the local community, but it also builds the foundation for the next step these girls will take as they progress through Girl Scouts – a Take Action Project. Beyond meeting an immediate need, a Take Action Project encourages girls to discover the cause of an issue and work to propose and implement a solution for it using the skills they've developed.

"By encouraging them now at a young age," says Hagerott, "my hope is that it has a lasting impact that they will want to continue to help their communities for the rest of their lives."

The girls seem to be on this path already. When asked about what they want to be when they grow up, Isabel said she likes to help people so she wants to be a doctor.

Courtney wants to be an artist, "Because I'm good at art!" Adelyn sings every day so she wants to be a singer and Donica wants to be a "scientist for bugs and the sky because they are really cool!" ■



been recipients of their kindness – last year the troop visited and donated a box of Girl Scout Cookies to each resident following the cookie program. Kristen said, "They loved seeing the giant smiles on everyone's face when they got their

PARKS AND RECREATION

West River Ice Center

The year was 1990, Home Alone and Pretty Woman were blowing up the box office. The Fresh Prince of Bel-Air was premiering on NBC. Vanilla Ice's "Ice Ice Baby" hit the #1 spot in the United States. The Hubble Space Telescope was placed into orbit and Microsoft introduced Solitaire to the Windows 3.0 operating system.

All the while in Dickinson, ND

there was still no indoor ice rink. Things changed when a group of people from Dickinson Hockey Club and Dickinson Parks and Recreation decided to do something about it. They broke ground on the Dickinson Recreation Center in the blistering summer heat of 1990.

Many members of this group assisted in the construction of the facility. This included leveling the sand foundation that the concrete floor was poured onto. They had received a compressor, which is used to keep the ice frozen, that was used in the 1988 Winter Olympics in Calgary, Alberta. This compressor was used at the outdoor rink on the south side of town before being used in the new facility. The boards that surround the rink were purchased from a Junior Hockey League that was upgrading their boards. They were later sold to be used in the first ever Hockey Day Minnesota in 2007.

The Dickinson Hockey Club finally opened their doors for the first season of indoor hockey in the winter of 1991 – 1992. They used sheets of plywood to construct makeshift locker rooms. The doors to the locker rooms were also made of plywood. They sported spring loaded hinges and metal cupboard handles that acted as door handles. The ceiling was just a sheet of plastic with a single light bulb dangling in the center of it. To heat their locker rooms they used small space heaters from the hardware store. Those small space heaters were also the only source of heat in the entire building. Sheet metal that had been painted white was used to cover the bottom half of the walls inside the building. The original sheet metal is the same material that lines the walls today.

In their third year of operation, the second floor concession area was added on. This also included locker rooms underneath that had proper walls and doors. Two sets of bathrooms were put in, one upstairs and one downstairs.

They installed a central heating system that heated the locker rooms, bathrooms and concession area. A large window was also put in to overlook the ice from the concession area. This area continues to be a great place to grab a hot cup of coffee and stay nice and warm while enjoying a hockey game.



The following year, four more locker rooms were added in the

wall behind the player's benches. They were finally able to say goodbye to their shanty town style plywood locker rooms for good.

In the year 2007, the rink received another face lift. All the round gym lights were replaced by florescent lighting. The difference in lighting was night and day. The many exposed metal support beams along the ceiling were painted white and the silver insulation was covered in a white plastic material. This all-white color scheme along with the new lighting still looks great to this day.

During that first season of hockey in the winter of '91-'92, there were a total of eighty skaters ranging in age from eight to eighteen. Their jerseys resembled the ones that were being worn by the professional hockey team the New York Rangers. It was not until the '94-'95 season that the Dickinson Hockey Club converted their club team to a high school team. This is also the year that the club switched jerseys to the familiar orange and black colors of the DHS Midgets.

The number of skaters currently enrolled in the 2019-2020 hockey season has sky rocketed to a whopping 500. To make room for such a large number of skaters, an additional rink was added and the building became the West River Ice Center. A brand new state-of-the-art compressor room was also built to handle the job of now keeping two rinks frozen. Four more locker rooms were also installed underneath a set of permanent concrete bleachers.

This 2019 – 2020 season also marks the beginning of corporate sponsorship in regards to the naming rights of each rink. The original rink is now known as the "Charbonneau Rink." The newer rink is now known as the "Cornerstone Rink." The West River Ice Center is a wonderful addition to the city of Dickinson. ■

BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



Bikers participate in I Don't Know Bar's POW MIA run.



Jeremy Wohletz (L) and Joel Walters (R) perform with world-renowned clarinetist, Robert Spring (middle), at DSU.



Barry Braun, Andrew DesRosier, Conway Heupel, and Scott Obrigewitch attempt to strong arm their steins at the DePorres House of Barbering and Lounge's 2nd Annual Oktoberfest.

(Right) A few of the MANY cakes auctioned off at Trinity Catholic School's 19th Annual Fall Gala. (Below) Just a glimpse of the fabulous auction items offered at the Fall Gala.



Terri Thiel of the Convention and Visitors Bureau and LoAnn Wegh of the Dickinson Downtown Association work together to clean up our downtown. Thank you, ladies!



Best Friends Mentoring Program recently welcomed two volunteers to their mentoring team: Pitt Mueller (left) an exchange student at Dickinson State University, and Ariel Dembele (right), a videographer with VUK Multimedia in Dickinson.



The Dickinson Rotary Club collected nearly 300 pairs of socks for children of parents living at the Domestic Violence and Rape Crisis Center for its October Community Kindness initiative. Pictured are Don Bares (left) and Dawn Pruitt (right), two of the members of the club's Community Projects Committee.



On September 27th, Brady Martz & Associates P.C. held its first annual Random Acts of Kindness Day. Random Acts of Kindness Day is a firm-wide event in which identified organizations receive supplies and needed items to provide for their communities. During this statewide, one-day event, Brady Martz provided \$36,500, or \$100 for each day of the year. The Dickinson Office selected 9 organizations that serve the Dickinson and Southwestern North Dakota areas. The response from the organizations was positive and exciting. This is part of Brady Martz's ongoing efforts to Make Every Day Count and give back to the communities.



(Above) Families making music with their little ones during a Music Together class offered by Pitter Patter Club. (Below) Families experience some holiday fun during the Music Together Halloween party.



SOUTHWESTERN DISTRICT HEALTH UNIT Stay healthy during flu season

By Sherry Adams

- Stay informed.
 - Influenza is thought to spread mainly person-to-person through coughing or sneezing of infected people.
 - Get your flu shot. CDC recommends that everyone 6 months and above get vaccinated against the flu.
 - Take everyday actions to stay healthy.
 - Cover your nose and mouth with a tissue when you cough or sneeze. Throw the tissue in the trash after you use it.
- Note: If you do not have a tissue available, be sure to cough or sneeze into the elbow of either arm.
- Wash your hands often (for at least 20 seconds) with soap and water, especially after you cough or sneeze. Alcohol-based



- hands cleaners are also effective.
 - Avoid touching your eyes, nose or mouth. Germs spread that way.
 - Stay home if you get sick. CDC recommends that you stay home from work or school and limit contact with others to keep from infecting them.
 - Follow public health advice regarding school closures, avoiding crowds and other social distancing measures.
 - Develop a family emergency plan as a precaution. This should include storing a supply of food, medicines, facemasks, alcohol-based hand rubs and other essential supplies.
- Any questions be sure and contact your provider or Southwestern District Health Unit at 701-483-0171. ■

COMMUNITY Pantry alert

By Mary Ann Brauhn, AMEN Board Secretary

AMEN Food Pantry has been serving emergency food needs for community citizens in the Dickinson area for 32 years. Despite the downturn of the Bakken Boom, the need continues to mount. We serve up to 40 families each week. Over the past year, 5,575 households were helped (42% children) with 183,565 pounds of food distributed. At this time, we have some bare shelves and are in urgent need of food staples.

We are petitioning individuals, businesses, and organizations to open their hearts to hold food drives for AMEN. We are very grateful to the numerous individuals who currently support us with contributions of food, garden produce, and cash on a regular basis. Susie Kapelovitz, Onsite Co-ordinator, orders food from Great Plains Food Bank, and WalMart and Cashwise donate through the Feeding America Program. Currently the pressure of hungry families even exceeds these supplies. In addition, the pending changes to SNAP proposed by the US Agriculture Secretary will

increase the need. The AMEN Food Pantry is grateful for your assistance at this critical time. Please contact Susie at 701-483-4344 to obtain a pantry list of needed items. The pantry is located at 1100 3rd Ave. W. and is open 2-4pm on Tuesdays and Thursdays and 10am-noon on Saturdays—food donations may be accepted during these hours. Additional donation times may be arranged with Susie. Monetary donations may be sent to AMEN Food Pantry, PO Box 1231, Dickinson, ND 58602-1231. ■



HEALTH

Parkinson's classes offered

The Southwest North Dakota Parkinson's Support Group formed in 2018. We meet the third Tuesday of each month from 6:30-8:00 p.m. Thanks to a generous grant from the Parkinson's Foundation, there is now an exercise class offered in Dickinson specifically for people with Parkinson's Disease. Edgewood Hawks Point has been hosting these classes, which focus on maintaining functional skills. Activities also include work on voice activation and cognition drills.

Parkinson's Disease is a movement disorder that affects the ability to do common daily activities. It is an insidious and relentless neurological disease. It is not an "old" person's disease as it affects people of all ages. It is often referred to as the "Snowflake Disease" because symptoms vary widely among those diagnosed. Parkinson's Disease is caused by the death of dopamine producing nerve cells in the part of the brain that controls movement and balance. Parkinson's is likely not inherited. Exposure to environmental toxins (such as farming pesticides) and head injury (trauma) may increase the risk of Parkinson's Disease.

There are an estimated one million Americans living with Parkinson's Disease and more than 10 million people worldwide. That is more than the combined number of people diagnosed with multiple sclerosis, muscular dystrophy, and Lou Gehrig's disease - second only to Alzheimer's Disease. North Dakota has the third highest per capita incidence of Parkinson's Disease in the United States.

There is currently no cure for Parkinson's Disease. Many people are

not diagnosed until several years after the onset of symptoms because the symptoms are sneaky, such as loss of smell, tremor, small handwriting, trouble sleeping, and small voice.



Exercise is important for everyone, but it is especially so for people with Parkinson's Disease. Exercise aids in maintaining

balance, mobility, daily living activities, staying social, and may provide a neuroprotective effect. Research has shown that exercise can improve gait, balance, tremor, flexibility, grip strength, and motor coordination. At least two and half hours of forced intense exercise per week can slow the progression of the disease. It improves mobility, thinking, memory, and reduces the number of falls. Any type of exercise can help. There are a number of classes specifically designed for Parkinson's Disease, such as Parkinson's Wellness Recovery (PWR), Delay the Disease, and Rock Steady Boxing. It has been found that people with Parkinson's who engage in aerobic activity show less depressive symptoms and an overall better quality of life.

Again, thanks to the generous grant from the Parkinson's Foundation, we have been offering classes for people with Parkinson's Disease and their care partners. A huge thank you to Edgewood Hawks Point for use of space in their building for the classes! Classes are currently meeting on Tuesdays and Thursdays at 5:30 p.m. through the end of October. In November, we will be moving classes to an afternoon time. Please call 701-590-3782 or 701-795-1906 for more information. Leave a message, and we will return your call a.s.a.p. We hope to begin streaming the classes so that participants can sign in and do the exercise with us during inclement weather. Stop in to observe and/or participate. There is no charge for the classes. Dress comfortably, and we will have a bit of fun. See you soon! ■

THAT'S CHEESY
Goat Cheese

Ranging in taste from strong and pungent, to delicate and mild, goat cheese comes in many shapes and textures. They are sold fresh, aged or marinated in olive oil or red wine. Goat cheese has a pristine white color and distinct flavor — a humble basic for some, a gourmet delight for others.

A FESTIVE APPETIZER

Ingredients:

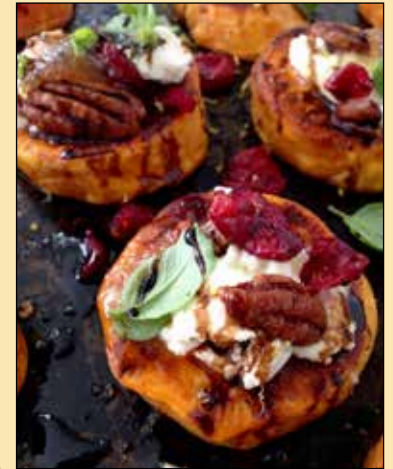
- 2 large sweet potatoes
- 5 oz goat cheese
- 1/3 c candied walnuts or pecans
- 1/3 c dried cranberries
- 2 tbsp balsamic reduction
- 1 tsp sea salt
- 1/2 tsp paprika sweet
- 2 tbsp olive oil
- 1 tbsp blood orange olive oil
- 3 tbsp honey
- Zest from 1 lemon
- 15 leaves basil small, for garnish

Preheat oven to 500°F. In a small bowl combine the olive oil, sea salt and paprika.

Peel and cut the sweet potatoes into 1 inch thick rounds. Coat each sweet potato round with the olive oil mixture. Place them on a large baking tray without touching each other. Bake for 8 to 10 minutes on each side until golden.

Transfer to a serving tray and top with the goat cheese, candied walnuts, and cranberries. Spoon a little bit of honey on top of each potato round and sprinkle with lemon zest. Just before serving finish with a light drizzle of orange-infused olive oil, the balsamic glaze and garnish with the fresh basil leaves. ■

Contributed by Tara Laber



UNITED WAY

Festival of Trees

On Saturday, November 16th at the Grand Dakota 10am-4pm, join us for a fun community event for families to gather and celebrate the holiday season. Admission is free, but we do ask you to bring a donation that will help us help children aging out of foster care and children who are in high school with no parental support (toilet paper, food, and other small necessities).

Christmas tree auction to benefit multiple local nonprofits. All donations stay local! Fun activities during the day:

- Decorated trees & wreath viewing/silent auction 10am - 3pm
- Spotlight nonprofit- booth and silent auction 10am - 3pm
- Pitter Patter Music Club holiday music 11:30am - 12:30pm
- Santa's nook photos 10am - 1pm
- Santa reading; Santa and his helpers from Western Cooperative Credit Union will give each child a book 1pm.
- Free Players Sports Bar & Grill Cookie decorating 10am-12:30pm.
- Free craft 10am-12:30pm

If you're interested in donating a tree or wreath or partaking in the event please contact Nichole at 701-483-1233 or at unitedway@ndsupernet.com. ■



United Way of
Dickinson, Inc.



Thank you Festival of Trees Sponsors

VETERANS Ukrainian Cultural Institute to honor our military heroes



in North Dakota have a local American Legion post. The 100th anniversary of the American Legion organization is being recognized this year.

The William C. Blair Post 144 in Belfield was formed on January 24, 1920 with Alfred C. Sorenson as the first commander. The Matthew Brew Post 3 in Dickinson was formally chartered on August 10, 1920. The first Post 3 commander was F.J. Flury. Matthew Brew grew up in Stark County and joined the U.S. Army at age 17. He died of injuries received in battle in France on March 1, 1918.

In WWII, on June 6, 1944, the Invasion of Normandy began, with the invasion by and establishment

The Ukrainian Cultural Institute is honoring our area heroes throughout the month of November with patriotic displays. The public is invited to stop by the UCI at 1221 West Villard to view the displays and remember the service and sacrifice of our veterans.

Following the Great War from 1914 to 1918 (later known as WWI) the American Legion was chartered by Congress in 1919 as a patriotic veteran's organization. Focused on veterans, service members, and communities, the Legion has grown to an organization of over 2 million members with posts throughout the country

Veterans Day, originally known as Armistice Day, was established on November 11, 1919. This date became a national holiday to pay tribute to all American veterans who have served their country with honor, during wartime or peacetime. Many communities

of Western Allied forces, the largest amphibious invasion to ever take place. This major turning point in the war became known as D-Day. 2019 marks the 75th anniversary of this important date.

According to the Echoing Trails, Volume II, Billings County History book (2003), 714 Billings County veterans have served from the Civil War through the Persian Gulf War (1999). Of the 714, 11 have died while in the service, seven of them in WWII. During a battle in WWII Pvt. George Klym lost both of his eyes while fighting off the enemy until his company line was formed, he survived; PC 3rd Class Martin Haag in 1945 witnessed the Japanese sign the surrender signaling the end of WWII while providing security on the USS Richmond.

Roy Basaraba was instrumental in establishing The Billings County Veteran's Memorial in Medora which was dedicated May 30, 1993. The Stark



County Veterans Memorial in Dickinson was the fulfillment of a dream of Dave Logosz. Dave served with the 25th Infantry Division of the U.S. Army from 1969 to 1971, was deployed to Vietnam, and served as a sniper there. The Stark County Veterans Memorial is in honor and in memory of the men and women who served our country. The memorial was dedicated on October 4, 2015.

With these important dates in the history of the United States in mind, the displays at the UCI are focused on the time period of WWI through WWII.

The Ukrainian Cultural Institute wishes to thank all of our veterans for their service and sacrifice to our great country, and especially those who gave the ultimate sacrifice. ■



Photo courtesy of 4n3 Photos

Thank you to our advertisers!

Tammie Braun - The Real Estate Co.
Consolidated

Todd Schweitzer - American Family Insurance

Irsfeld Pharmacy

Cornerstone Bank

Benchmark Mortgage

Dan Porter Motors

Therapy Solutions

High Plains Dental

CHI St. Alexius Health Dickinson

Stark Development Corporation

Southwestern District Health Unit

Lenae Bookhardt - Infinity Real Estate Group

Dickinson Area Public Library
ConocoPhillips

Western Cooperative Credit Union

VUK Multimedia

Scull Construction

Medora Uncork'd

Trinity Catholic Schools

Downtown Dickinson Association

Debi Simmonds - Fearless Faith Women's Retreat

Renae Polensky - Angel Advocates

Trinity Mardi Gras

CHI St. Alexius Health Foundation

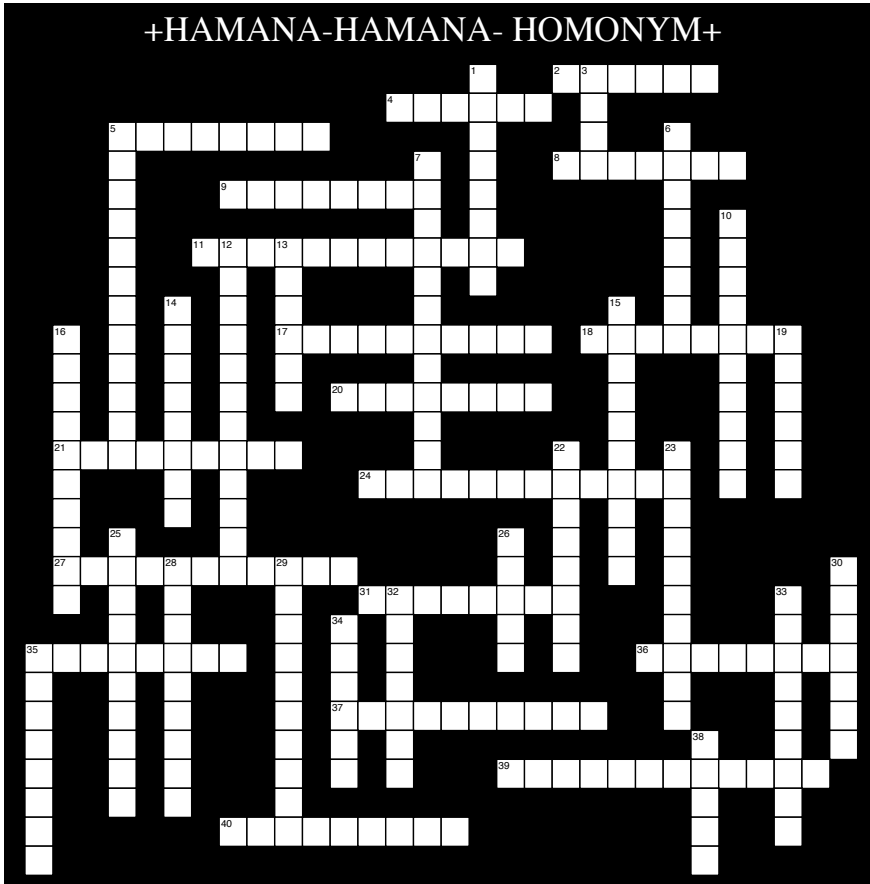
Thank you to all our advertisers for supporting us and our community!

Heart River
VOICE

CROSSWORD BY CARLINKA
PASTIMES

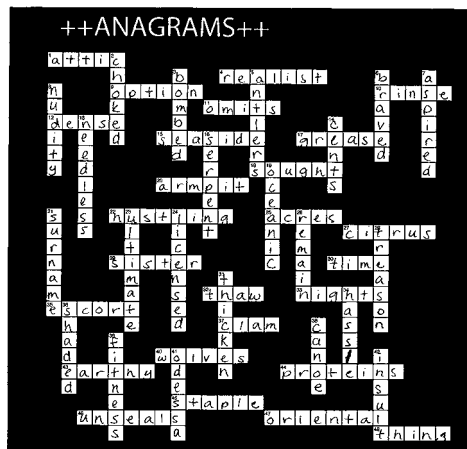


+HAMANA-HAMANA- HOMONYM+



- | | | |
|--|--|---|
| <p>ACROSS</p> <p>2 Hello casually, elevated</p> <p>4 Came in first, solo</p> <p>5 To acknowledge, a location</p> <p>8 Primary color, finished a book</p> <p>9 Fly above, be in pain</p> <p>11 Able to, speaking up</p> <p>17 To eye ogle, series of steps up</p> <p>18 The highest level, look out secretly</p> <p>20 Letters and post-cards, opposite sex</p> <p>21 Massage the dough, to require</p> <p>24 Breakfast food, in succession</p> <p>27 A chess piece, evening time</p> <p>31 It gets wagged, a story</p> <p>35 Introduced to, type of protein</p> <p>36 2 of a kind, type of fruit</p> <p>37 To pilfer, type of metal</p> <p>39 Strong tissue mass, bivalve mollusk</p> <p>40 Makes a connection, type of cat</p> | <p>DOWN</p> <p>1 Type of protein, offensive to the senses</p> <p>3 Me, you can see from it</p> <p>5 Rough bits, a class in school</p> <p>6 To drip, onion like stalk</p> <p>7 Below the home, they offer something for money</p> <p>10 Squander, part of the torso</p> <p>12 To diminish, a period of instruction</p> <p>13 Port city in Ukraine</p> <p>14 Unoccupied, an object of devotion</p> <p>15 Calm and quiet, a part of something</p> <p>16 Crack and bike stop</p> <p>19 Have understanding, negative reply</p> <p>22 Not strong, seven days worth</p> <p>23 Aircraft, ordinary</p> | <p>25 Be correct, to jot down</p> <p>26 Notice to sell, join numbers</p> <p>28 An opening, complete</p> <p>29 Moan and __, to mature</p> <p>30 Sixty minutes, belongs to us</p> <p>32 What we breathe, one who inherits</p> <p>33 Stage setting, to be noticed</p> <p>34 Warming orb, offspring</p> <p>35 Created, professional cleaner</p> <p>38 Purchase, next to</p> |
|--|--|---|

Last month's puzzle solution



the real estate co.
real estate made simple.

701.483.0111
353 19th street west
dickinson, nd 58601
www.therealestateco.co

Tammie Braun
BROKER ASSOCIATE

701.590.1091
tammiebraun@gmail.com

WAKE UP. SHOWER.
A SIMPLE CHANGE TO YOUR
MORNING ROUTINE CAN HELP
YOU TO AVOID TRIGGERS.

Southern District
Health Unit

PublicHealth
Prevent. Promote. Protect.

For free help to quit smoking,
Call
701.483.3760

NOVEMBER 2019

HOROSCOPE

by Hilda De Anza

**ARIES**March 21-
April 20The first week
of November

finds you out on a limb and not in a strong position. On November 19th there is a radical change as Mars moves into powerful Scorpio and from then on you operate from a position of strength. The 2nd half of November allows you access to very important information which gives you the winning hand. It is a more optimistic period and your horizons open.

**TAURUS**April 21-
May 21

You are

motivated to do what is right and seek justice which gives you a sense of empowerment. During the month you gain great wisdom and insight into psychological and spiritual factors. There may also be a financial windfall at this time. There are important relationship developments during the 2nd half of the month, now partners come into their own and master their circumstances. This is a time when secrets come to light.

**GEMINI**May 22-
June 21As the month
begins, there

will be many secrets and hidden circumstances to uncover. This could be something as simple as a method or system that needs to be transformed or as complex as corruption in the workplace. It is an excellent time to clean up your own act through healthier habits. The end of November brings happy developments in relationships.

**CANCER**June 22-
July 22The 1st week
of November

may be rather intense, but for most of November you are strong and resilient, and you can forge powerful and lasting relationships with people who have earlier been an obstruction to your development. Your charisma is at a peak. This is also a time when deep issues are brought to your attention and secrets come to light. You discover an inner strength which enables you to drop or transform an attachment you no longer need.

**LEO**July 23-
August 22November
is a month

when you dig deep into the past. Long hidden information comes to light which gives you a deeper understanding of earlier mysteries. November is going to be a great month romantically. Happy news comes your way, and the end of the month brings creative success or major celebration. Enjoy the good things in life and celebrate love, romance and your own successes.

**VIRGO**August 23-
September 22This is a month
when education

and research are paramount, and it is also a crucial time for communication. There is information you unearth which you can pass on to someone you are close to who really needs to know. By mid-month results are achieved and there is a sense that you can build on everything you have unearthed. At home, the end of November is a wonderful time for happy news, and it is also a great time for professional success.

**LIBRA**September 23-
October 22The month
starts with

a surge of optimism and gets better and better as the month goes on. By the end of the month you experience a stroke of good fortune. The 24th can be a significant date because it opens a new door. At the end of the month a major development takes place which only becomes more significant in 2020.

**SCORPIO**October 23-
November 21There is a
dramatic

change when Mars moves into Scorpio on November 20th, which brings a surge of energy and a great sense of being in a more powerful position. You use this new-found consciousness to take steps which liberate you from the situation you have been in, even if this means disrupting important relationships. End of November is when you can experience a sudden positive change in your financial situation, perhaps because of the good fortune of someone you love.

**SAGITTARIUS**November 22-
December 21This month you
can attain some of

your highest hopes when Venus conjoins Jupiter on the 24th, an astrological signature for great personal good fortune. Wishes can come true at this time; it is excellent for love and money. In a way the year is over for you at the end of the month, because in December, so many new things start, and it is anyone's guess where it all leads. Your optimism and your belief in yourself and in life has never been shaken.

**CAPRICORN**December 22-
January 20It's an excellent
time for making

alliances and building confidence. A new person arrives in your social circle who has a lot of power and charisma. You are in a stronger position than you have been in a long time. This leads to momentous developments in 2020 when you have the capacity to mold circumstances at your will. Things set into motion over the last couple of years will bring profitable results.

**AQUARIUS**January 21-
February 19Professionally,
things start to

work in your favor. Powerful and influential leaders give you support, and long-term alliances can be cemented. This is an excellent month for friendships, and November represents perhaps the last opportunity to celebrate life with a person or group that has encouraged you greatly this year.

**PISCES**February 20-
March 20This month,
nothing can

stand in the way of Lady Luck, and by the end of the month you can expect an event which is worth celebrating. Make the most of every opportunity that comes your way and apply the golden rule for Pisces, don't count your chickens before they hatch. You need to mingle with people in authority and join forces with established players, who expect you to do things which are not exactly in harmony with your ideals.



What kind of care have you been searching for?

Whether you are looking for prenatal care, help with infertility, are dealing with menopause, or have gynecological concerns, **we are here to help.**

Dr. Thomas Arnold, OB/GYN
Dr. William "Matt" Lowe, OB/GYN
Dr. Craig Wolf, OB/GYN
Mary Jo Wicks, FNP-BC

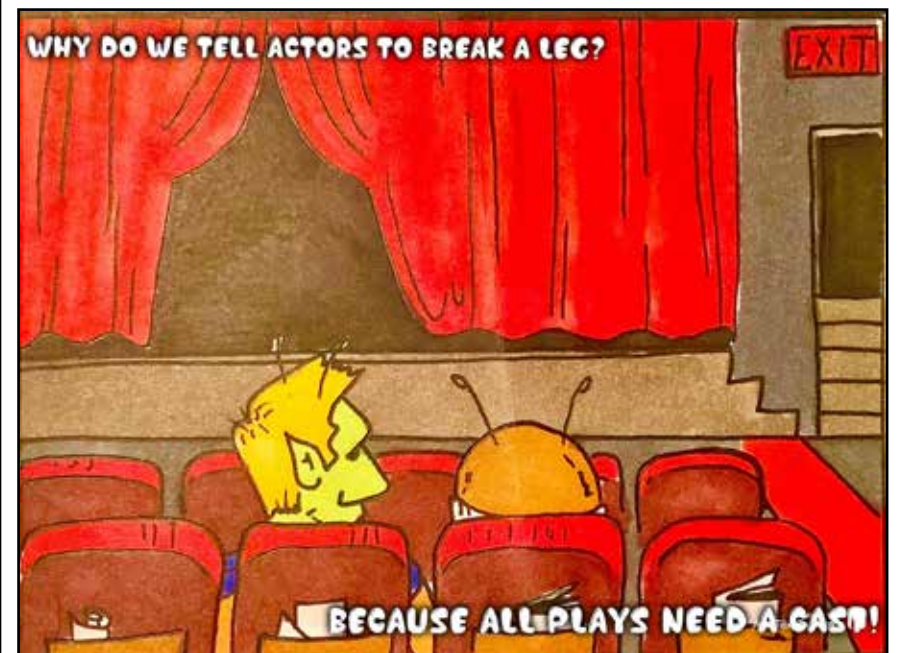
Excellence in care • Innovative programs • Patient-first providers



Women's Health

701-456-4200
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.

CHI ST. ALEXIUS HEALTH FOUNDATION
PRESENTS

SAVANNAH SUNSET

37TH ANNUAL CHARITY BALL

11.23.19

RAMADA GRAND DAKOTA LODGE
DICKINSON, ND

For tickets or sponsorship opportunities, call 701-456-4746