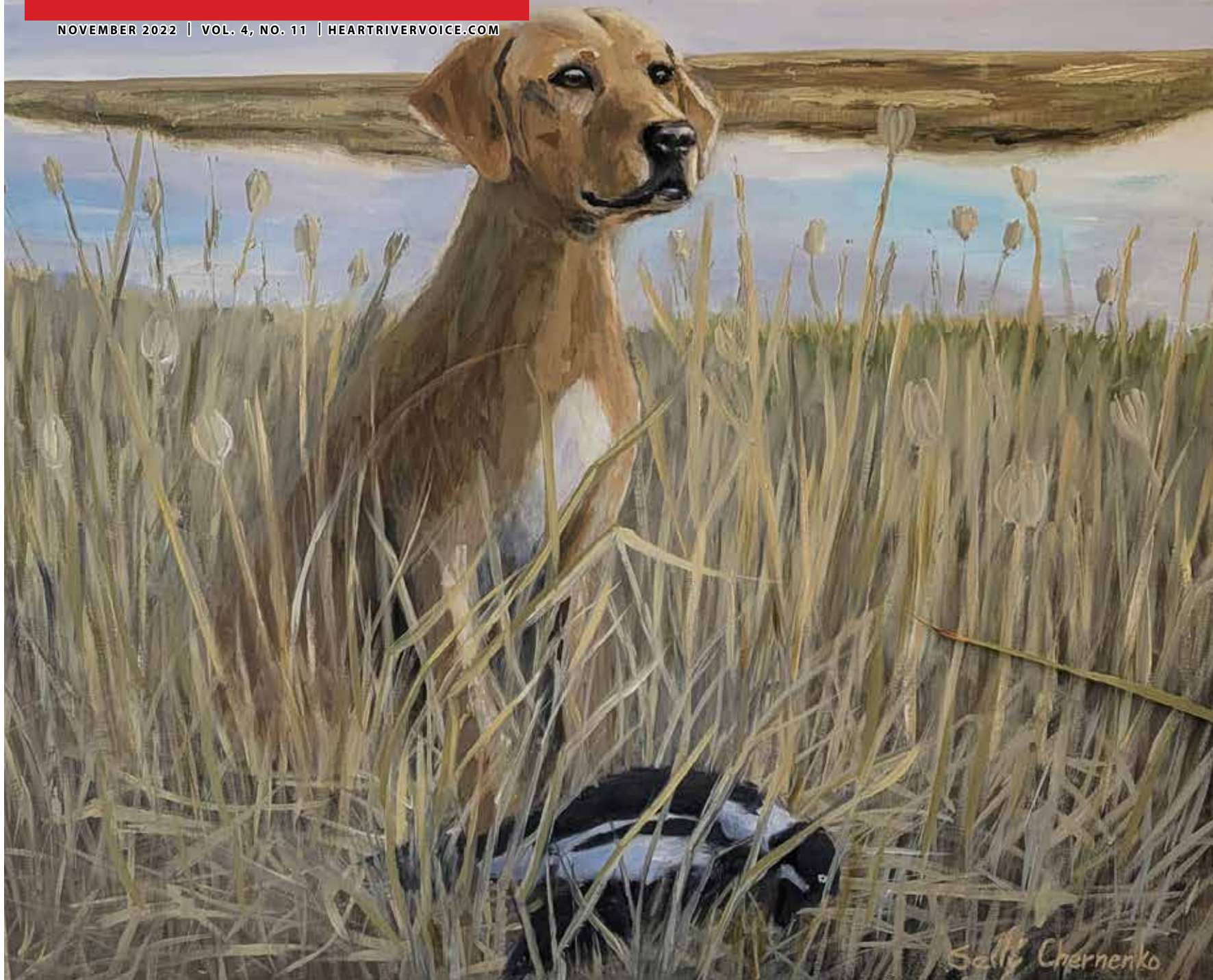


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A note to our readers

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

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

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

Kelley Jilek

Publisher

Cover art, "Good Dog" by Sally Chernenko. For more information about the artist, see page 5.



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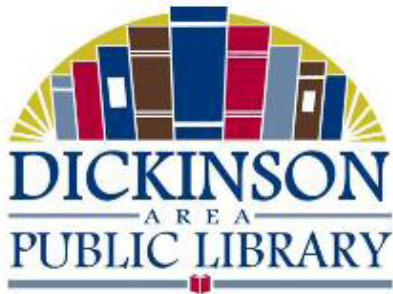
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#BOOKWORM

Enjoy what you enjoy

By Cindy Thronburg



I typically write about the events and goings-on at the library, and I have not written a good old-fashioned column in quite some time. I figured it was time to write about a topic I've been thinking about lately.

There is a saying, "Don't judge a book by its cover," and that saying has evolved into, "Don't judge a book by its movie or TV show." It's often a highly discussed

topic whenever a book has been adapted into a movie or series. Several key questions are often debated. Does the movie/show stand up to the book? Does it follow the book faithfully? Do they get the characters right? Is a favorite moment in the book correctly portrayed, or even included? Was the movie/show everything they hoped it would be?

My thought is this: why can't both the book and the movie/show both exist as two separate things, and we enjoy each of them for what they are? I have read plenty of things and then watched the adaptation and felt that the adaptation was not exactly the way I would have thought it would be, but I enjoyed it nonetheless. I've also watched things before I've read its book and enjoyed both. A good example of this is the Bridgerton series. I watched the adaptation on Netflix, and enjoyed it enough to seek out the books. I ended up loving both of them for completely different reasons. The books and the show are very different, with the show following the basic plots and including the main characters of the books, but it is much more dramatic than the books, with many more side plots. I like the books because they are easy reads, I immensely enjoy the author's

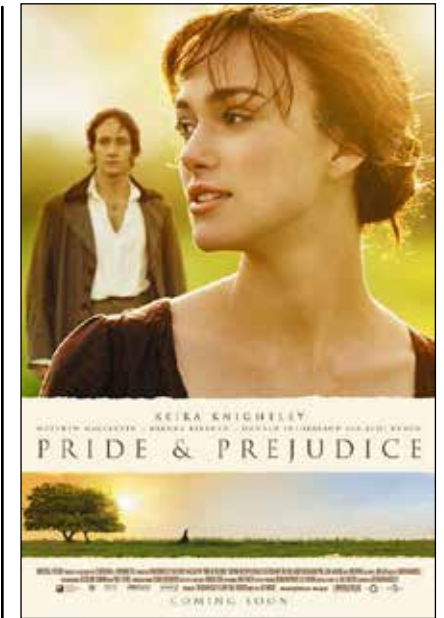


writing style, and there's always a happy ending. However, there is almost nothing I can compare between the two that I would say I could like in both, but I still like each of them!

I also feel like you don't have to have read a book to enjoy the adaptation of it. You can love the Harry Potter movies and never read the books if you don't want to. You don't have to have read a single comic book in your life in order to enjoy the popular Marvel movies. You don't even have to watch every single one of them. I feel like what I will call "fan-shaming" is becoming a thing, in which fans of something judge others if they haven't completely immersed themselves into every aspect of the topic in question. However, you don't have to make yourself a super fan of something in order to enjoy it.

You can also like a movie adaptation more than the book! I've read *Pride and Prejudice* and thought it was good, but I absolutely love the Keira Knightly film version. It's one of my favorite movies and I've watched it several times. I've only read the book once, although I will probably read it again now that I'm older. I've also never seen any other adaptations of the book, but that doesn't make me any less of a fan of the story.

All of these things fall into a broader, more important topic: enjoy what you enjoy. If you don't want to read all of the highbrow literature and watch all of the serious, Oscar-worthy movies, you don't have to. If you like those things, great! As an English major, it took me a long time to realize this. I thought I could only read things that might be taught in a classroom someday, and I would write down all the Oscar contenders on my to-watch list. When I started reading what



I wanted to read, not what I thought I should read, everything changed. I even started getting through heavier literature more easily, and I enjoy the act of reading so much more now.

In the end, it's best not to judge a movie or TV series by its book, or vice versa, and it's never okay to judge what others enjoy.

Now that I've given you some food for thought, there are a couple of announcements I would like to share. We are very excited to announce we will be hosting the Scholastic Book Fair again this year! We will run it in conjunction with our Angel Tree, as we always do. The fair will start Monday, November 14th and end Saturday, November 19th, and will be set up in the lobby of the library. It will open at 9am and close when the library does. Tags will be on the Angel Tree by the main level circulation desk for kids and teens ages 0-17 who are in need of books. You may purchase books to donate to the Angel Tree for United Way of Dickinson, keep them for your personal collection, or use them as gifts! All purchases made at the fair provide benefits to the library that are used for programs.

Also, mark your calendars, because the Old-Fashioned Christmas Social comes early this year! The event will be Friday, December 2nd at 6:00pm. This will be our largest event yet. Tickets are \$20 each and can be purchased at the library or online at daplfoundation.org. The silent auction opens November 4th! Watch Facebook and our website for more information. ■

Happy Thanksgiving

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COVER ARTIST Sally Chernenko

Sally Chernenko is a self-taught artist who discovered painting in mid-life. She enjoys painting wildlife and pet portraits as well as occasional forays into pop surrealism. Her other passions include enjoying nature and renovating old houses.

More than shape and color, her art is about the peace that whispers from the ripples of a pond or the joy that beams from a silver-edged cloud. It's about the thrill and wonder of seeing living treasures quietly drifting beneath ocean waves. "For as long as I can remember, nature has been my sanctuary; I feel that beauty and bliss are everywhere for the noticing," says Sally. Her aspiration is to bring an echo of those messages indoors through the medium of paint.

"Good Dog" is a portrait of her faithful childhood companion, a yellow lab mix named Tommy.

A member of the Bismarck Optimist Club, Sally enjoys various volunteer activities including her "big sister" role with the Bis-Man Mentor Squad. She currently works as the programming coordinator of The Capital Gallery in Bismarck. ■



Sally Chernenko



Sophia's Portrait



Bubble Practice



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THE ARTS

Amahl and the Night Visitors An opera by Gian Carlo Menotti

Badlands Opera Project is pleased to present the opera, Amahl and The Night Visitors, on November 18th and 19th at St. John Lutheran Church in Dickinson.

You are encouraged to join us as we present a beautiful evening of music by composer Gian Carlo Menotti! This one hour opera, the first of its kind created specifically for a television audience, captures the beauty of the orient in a representation of the Christmas story told through the eyes of the composer. Featuring local and nationally renowned solo artists and a full chorus, complete with beautiful costuming, this show is sure to please the entire family!

Badlands Opera Project seeks to bring professional opera and vocal music to the communities of Southwestern North Dakota through performance, educational outreach, and the cultivation of local and emerging artists.

The doors open at 6:30 pm (MDT) and the show will start at 7:00 pm (MDT). Admission prices are \$20 per person or \$50 per family and will be available online very soon!

For more information on Badlands Opera Project and this upcoming show, contact Kelsey K. Rogers, Executive Director of BOP at 701.260.6349. ■



CONVENTION AND VISITORS BUREAU

Quirky fun facts in North Dakota



Everyone seems to love odd, quirky facts and North Dakota has its own list that you can have find listed below.

- The Enchanted Highway is a collection of the world's largest scrap metal sculptures constructed at intervals along a 32-mile stretch of two-lane highway in the southwestern part of the U.S. state of North Dakota.

- North Dakota holds the Guinness World Record for the most snow angels made simultaneously in one place. On February 17, 2007, 8,962 people made snow angels at the state capitol grounds beating the previous record of 3,784.

- The world's largest hamburger was eaten in Rutland, North Dakota, in 1982. It weighed 3,591 pounds and more than 8,000 people were invited to the meal.

- World's Largest Buffalo monument stands tall on the hill in Jamestown. This 26-foot-tall, 60-ton concrete giant has been standing watch over Jamestown since 1959.

- In 2008, Fargo, North Dakota, hosted the largest pancake feed in the world, serving up 34,818 pancakes.

- The "World's Largest Holstein Cow," built to honor the dairymen of the area is 38 feet

high and 50 feet long, and is visible for five miles.

- Movies filmed in North Dakota include Dakota (1945), My Father's Garden (1996) and Woolly Boys (2001). None of the scenes in the popular movie Fargo were filmed there, however, the woodchipper used in the movie is now on display at the Fargo-Moorhead Visitor Center. And if you haven't seen the latest film, Sanctified (2022), filmed in the badlands, it's a must see with suspense and beautiful scenery.

- The 19-story state capitol building in Bismarck is one of only four tower-style capitols in the U.S. An observation floor at the top provides a panoramic view of Bismarck-Mandan and the Missouri River Valley. ■



CHAMBER OF COMMERCE

Chamber check-in

The Dickinson Area Chamber of Commerce is keeping busy this fall with our Annual Membership Drive, Ladies Night Out and Business After Hours.

A N N U A L
MEMBERSHIP DRIVE

Our Annual Membership Drive kicked off the first part of October. Current members should have received their renewal notices via e-mail or mail. What does the Chamber do? We connect businesses

with the community. If you are interested in finding out more about the Dickinson Area Chamber of Commerce, feel free to contact us at (701) 225-5115.

LADIES NIGHT OUT

Get a group of ladies together and plan to join us for Ladies Night Out on Friday, November 4th. This event will take place at participating businesses around Dickinson. Registration is \$20 per person in advance. The registration will go towards getting your name entered into drawings for some great raffle baskets from participating businesses. Tickets can be purchased online at:

www.dickinsonchambernd.chambermaster.com/eventregistration/register/2489

BUSINESS AFTER HOURS

Each month, a business who is a member of the Dickinson Area Chamber of Commerce will host an after-hours social open to other Chamber members. It provides an opportunity to network with business and community leaders while enjoying hors d'oeuvres and refreshments. The Business After Hours for November will be held on Tuesday, November 8, from 4 - 6 PM at Dacotah Bank. ■



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THE ARTS

52nd Annual Art Show

The Badlands Art Association will be presenting its Award Preview Showing on Friday, November 11th from 6:00 pm to 9:00 pm at the Prairie Hills Mall (former White Drug location). During this time, the public will have the first chance to see the newly judged art works in the 52nd Annual Art Show. The Professional awards will be for first through 3rd place in the following categories: Acrylic Painting, Dimensional Art, Drawing, Mixed Media, Oil Painting, Pastel Painting, Photography, and Watercolor Painting. The Amateur awards will also be for first through 3rd but in the categories of photography, painting, mixed media, drawing/pastel, and dimensional art. The student show will also have winners arranged by the artists' grades in school. During the Award Preview the viewing public will have the opportunity to cast their ballot for one of the most prestigious awards of the show which is the People's Choice award. The Peoples Choice is voted by the public to be the very best artwork in

the show.

There will also be a silent auction on the art works that are for sale in the show. The minimum bid is the asking price of the artist, but viewers are welcome to compete for higher bids if they really wish to beat out other bidders. The BAA will provide hors d'oeuvres complimented by red and white wines for people attending the Preview; there will also be punch and cookies. The art show judge Elizabeth Smith of Terry, MT will be present to give critiques to entering artists and to answer questions.

There will be a silent Basket Auction on Friday, November 11th for a wide array of donated baskets and artistic gifts. This auction will continue throughout the next two days ending at 4:00 pm on Sunday, November 13th.

The 52nd Annual Fall Art Show will resume on Saturday, November 12th from 10:00 am to 4:00 pm, and then through Thursday, November 17th 10:00 pm to 4:00 pm. The entire art show including the preview is free of charge. ■

THE ARTS

Dickinson City Band and Strings

The Dickinson City Band and Strings began rehearsals the middle of September in the Dickinson High School band room. The Strings are under the direction of Priscilla Keogh and rehearse from 5:30 to 7:00pm and the City Band rehearses from 7 to 8:30pm under the direction of Matt Goettle. The Dickinson City Band has a long history in Dickinson with roots going back to the late 1800's.

The Dickinson City Band is made up of musicians from all walks of life. Teachers, lawyers, doctors, students and more. All ages from high school and up are welcome to join the band and every instrument is welcome. Playing in a band can be done at any age, and we have had people playing in the band up into their 90's. Music is a lifetime of enjoyment. Matt continues to push the band with a variety of pieces that require a little bit of "at home work".

The Strings have been playing under the direction of Priscilla and has been a part of the community for many years as well. They started as a class at the college



and have morphed into a group that has continued with its ups and downs as far as membership is concerned. In the past, this group has had the opportunity to play for a few special events including banquets. Membership in this group is open to all ages and if you play violin, viola, cello or bass, you are invited to join them.

Coming up for both groups is the fall concert on December 3rd at 7:00pm in the Dickinson High School auditorium. It's a family-friendly concert that you won't want to miss! For more information about the either group, call Priscilla Keogh at 701.290.9145. ■

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COMMUNITY

Dakota Children's Advocacy Center

Child Advocacy Centers are community-based, child-focused organizations that work alongside a multidisciplinary team to coordinate the community's response to incidents of child abuse with the goal of promoting healing and justice for victims and their families.

The Dakota Children's Advocacy Center (DCAC) has been serving North Dakota for 25 years. A satellite opened in Dickinson in December of 2020. The office is located in the new development near Sanford and CHI, in the Roughrider North Human Service Zone building. The DCAC offers advocacy, forensic interviews, telehealth and medical services. The Dickinson staff also does outreach services in Watford City. So far in 2022, the Dickinson office has conducted 87 forensic interviews and 188 advocacy services. Last year the DCAC served nearly 1,000 children suffering from abuse and neglect.

The services of the DCAC are

offered to families at no cost to them. This is made possible because of the generous support of the community, third-party payers and grants. We have grown out of a community need to better the response and intervention of those most vulnerable and the DCAC needs you to partner with them to continue to make that happen.

How can you help? Donate! Every penny donated helps make a difference in the lives of children.



Your generous donation will help provide Hope, Health & Healing to abused and neglected children. Volunteer! In order to provide services free to families, the DCAC truly

depends on the help of volunteers. Contribute to the Wish List! Visit @ www.dakotacac.org to view the Wish List of needed items that help support the families served. Join a Committee! When it comes to making a difference in improving children's lives, there is a place for everyone to contribute. For more information on how you can help visit www.DakotaCAC.org/how-you-can-help, email info@dakotacac.org, or call 701-323-5626. ■

CONNECT MEDICAL CLINIC

Meet Caleb Daniels



Husband, father, friend, and Investment Banker, Caleb Daniels is the newest addition to the Connect Medical Clinic Board of Directors.

Caleb grew up on a farm in western Minnesota and at first set his heart on farming. When circumstances prevented him from realizing this dream, he initially studied psychology in college before finally found himself in finance and with his CPA certification.

Back in the small farming community in Minnesota is where he met his now wife Erika when they were just 15 years old. They dated on and off until they married 16 years ago and started their family of 3: Oliver, Keziah, and Everett.

Coincidentally, the teens belonged to a youth group in MN and Connect's Director Tara (nee Kelly) Zettel was their youth leader. Zettel moved away from the area when she married, Caleb and Erika forged their path, and the three unexpectedly reunited in Dickinson through their involvement with Connect under Director Katie Vidmar.

"What brought my wife and I to the mission



Caleb Daniels and his wife, Erika

was a desire to have an impact on people's lives," says Daniels. Erika and Caleb have been key volunteers in the organization in 2019.

"I hope my background in financial strategy is a component I can use in my service to the mission," he continues. His professional journey has led him to oil and gas, to founding his own company and working for himself, to his current position providing investment banking services with a firm out of Wisconsin.

"I'm passionate about the work Connect is doing and helping steward the mission so we can continue to provide services for patients far into the future." ■



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THE ARTS

Cherish the Ladies

Members and ticket holders in the Dickinson Area Concert Association are in for a real treat with its upcoming concert event scheduled for Thursday, November 3, 2022 at 7:30 PM when Cherish the Ladies takes the stage at the DSU Dorothy Stickney Auditorium to perform.

Cherish the Ladies is a NY-based all-female ensemble featuring flute/penny whistle, guitar, violin, keyboard and accordion. They are led by All Ireland flute & whistle champion Joanie Madden. Formed in 1985, they have played around the world, including the White House, the Olympics and all the biggest venues. In addition to 17 grand CDs, "An Irish Homecoming" was videotaped and aired over PBS, winning an Emmy. In June 2021, Joanie Madden was honored with the NEA's National Heritage Fellowship, which is the nation's highest honor for traditional and folk artists. Cherish the Ladies' shows always offer a spectacular blend of virtuoso instrumental talents, beautiful vocals, captivating arrangements, and stunning step dancing. And Joanie leads the show with great humor and personality.

Get your tickets at the door or online at www.dickinsonareaconcertassociation.com, so you too can get your toes tapping to this great evening of Irish music. For more information please call 701-227-1673. ■



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EDUCATION

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Every so often a teacher comes into your life and leaves a lasting impact. In the case of Mrs. Jan Fields, she touched the lives of every student that walked through her classroom door.

Mrs. Fields was a 2nd grade teacher at Berg and Roosevelt Elementary for a total of 38 years serving the Dickinson Public Schools district. In 1995, she received the honor of being voted Teacher of the Year. Yet if you asked all her students and families, they would agree she deserved this award every year.

Mrs. Fields had a creative soul, an infectious laugh, and a deep love for her students and families. In fact, she didn't stop thinking about her students after they walked out of the door... and they didn't forget her. Former students would reminisce about school lunches at McDonalds, call her when they were in town playing sports, and many even invited her to their weddings - of course, she had a Mrs. Fields Cookbook gift for them.

Mrs. Fields' passion for teaching and the success of her students was unmatched. She continued to grace us with her enthusiasm, strength, and loyalty after retirement as a member of the DPS Foundation Board, St. Luke's Board, and Dickinson Booster Club.

Sadly, Mrs. Fields passed away suddenly in the spring of 2019, but her memory will never be forgotten. In her honor, a scholarship has been established by the Dickinson Public Schools Foundation, Inc. The first Mrs. Fields Education Scholarship will be awarded in the spring of 2023 to a Dickinson High School senior that is going into education.

A lead donor has already pledged \$5,000 to honor Mrs. Fields' legacy. Our goal is to raise an additional \$15,000 to establish an endowed scholarship in her honor so we can continue to give at least a \$1,000 scholarship every spring to a graduating senior going into education. We also have a donor that will match up to \$1,000 of the gifts raised by December



Mrs. Jan Fields

31, 2022.

Please consider making a gift to the Dickinson Public Schools Foundation in her honor so we can keep her legacy alive for years to come. All donations are tax-deductible. Donations can be sent to Dickinson Public Schools Foundation, Inc. at 444 4th Street West, Dickinson, ND 58601, use the QR code below, or visit <https://www.dickinson.k12.nd.us/dps-entities/foundation/donate-to-the-foundation>.




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FINANCIAL FOCUS

Here's your 'recession survival' checklist

It's unfortunate, but recessions are a fairly normal part of the economic landscape. When a recession occurs, how might you be affected? The answer depends on your individual situation, but regardless of your circumstances, you might want to consider the items in this recession survival checklist:

Assess your income stability. If your employment remains steady, you may not have to do anything different during a recession. But if you think your income could be threatened or disrupted, you might want to consider joining the "gig economy" or looking for freelance or consulting opportunities.

Review your spending. Look for ways to trim your spending, such as canceling subscription services you don't use, eating out less often, and so on.

Pay down your debts. Try to reduce your debts, especially those with high interest rates.

Plan your emergency fund. If you haven't already built one, try to create an emergency fund containing three to six months' worth of living expenses, with the money kept in a liquid account.

Review your protection plan. If your health or life insurance is tied to your work, a change in your employment status could jeopardize this coverage. Review all your options for replacing

these types of protection. Also, look for ways to lower premiums on home or auto insurance, without significantly sacrificing coverage, to free up money that could be used for health/life insurance.

Keep your long-term goals in mind. Even if you adjust your portfolio during times of volatility, don't lose sight of your long-term goals. Trying to "outsmart" the market with short-term strategies can often lead to missteps and missed opportunities.

Don't stop investing. If you can afford it, try to continue investing. Coming out of a recession, stock prices tend to bottom out and then rebound, so if you had headed to the investment "sidelines," you would have missed the opportunity to benefit from a market rally.

Revisit your performance expectations. During a bear market, you will constantly be reminded of the decline of a particular market index, such as the S&P 500 or the Dow Jones Industrial Average. But instead of focusing on these short-term numbers, look instead at the long-term performance of your portfolio to determine if you're still on track toward meeting your goals.

Assess your risk tolerance. If you find yourself worrying excessively

about declines in your investment statements, you may want to reevaluate your tolerance for risk. One's risk tolerance can change over time — and it's important you feel comfortable with the amount of risk you take when investing.

Keep diversifying. Diversification is always important for investors — by having a mix of stocks, mutual funds and bonds, you can reduce the impact of market volatility on your portfolio. To cite one example: Higher-quality bonds, such as Treasuries, often move in the opposite direction of stocks, so the presence of these bonds in your

portfolio, if appropriate for your goals, can be valuable when market conditions are worsening. (Keep in mind, though, that diversification cannot guarantee profits or protect against all losses in a declining market.)

A recession accompanied by a bear market is not pleasant. But by taking the appropriate steps, you can boost your chances of getting through a difficult period and staying on track toward your important financial goals.

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

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LESSONS IN BUSINESS

Happiness

By Debora Dragseth, P.D.

In this month's column, I am going to write about one of my research interests: happiness. If you're like most people, you spend your day engaged in one of three endeavors: sleeping, working, and being with your friends or family. You're on your own with sleeping, but let's consider how to be happier with your work and leisure time.

Finding meaning at home

If I came to your house, where would I go to see what really matters to you? I would head straight for your refrigerator. On the inside is food—essential to life, on the outside is a summary of the life events of your household. On my fridge I have grocery lists, a poem, family schedules, reminders, photographs, the number of the poison control center, a Blue 42 coupon. My refrigerator is no longer an art gallery. When you have no art on your refrigerator, it means that something is over; your children have grown up. And when the refrigerator art gallery appears again years later, it means that your

children have children. Grandparents are suckers for art and will put up just about anything offered to them by a child.

Now, there may be a reader or two thinking, "But my refrigerator has nothing on it. What does that say about me?" A naked fridge. Well, it means that you are a Marie Kondo: a perfectly fine person who has carried neatness in the kitchen a bit too far. Lighten up, put some stuff on your fridge. That way, if you ever feel you may be losing sight of your priorities, all you need to do is to take a short trip to your refrigerator.

Finding meaning at work

A significant part of our lives is spent on the job. Happiness entails finding meaning there as well. Let me share a parable with you.

Two men in a quarry are hewing stone blocks from the quarry wall. A stranger happens by and asks the first man what he is doing. The reply, "I'm breaking rocks out of this stupid wall, what does it look like?"

The stranger approaches the second man with the same question. The second worker answers, "I am building a cathedral."

The first man has a job, the second man has a commitment and vision.

How do you feel about your job? Here is a quick test. Ask yourself what are your top three work goals? If your answers are: Friday, vacation, retirement, you may be an "if only" person. "If only" people use language that is a telltale sign of where their energy and focus is located.

- If only I didn't have to deal with customers.
- If only I made more money.
- If only I had better co-workers.
- If only I had a boss who wasn't so demanding.

A key to happiness is moving away from the never-ending treadmill of "if only" thinking and instead finding happiness in the here and now. As Abraham Lincoln put it so simply, "Most folks are about as happy as they make up their minds to be."

Debora Dragseth is a national award-winning writer and professor of business at Dickinson State University. Her column appears monthly, providing practical solutions to common workplace issues. ■



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COMMUNITY

Joyful Moments

By Sharon Wallace

Each day during Assisted Living Week, I had informed the staff and residents that it will be Joyful Moments Color Week to bring joy to our residents and staff. Each of these colors represented the five most joyful colors. The theme for Assisted Living Week was "Joyful Moments". The staff and residents were to be dressed each day in one of the joyful colors.

We had great participation, and when we were done, I taped the pictures on the wall to represent the joyful moments tree on the Assisted Living Week flyers. Helma Lein also approached me and wanted to write a poem for the occasion. I said that would be wonderful and she did. We posted it on the wall, and it has been a great centerpiece in our lobby for everyone. ■



Helma Lein and the Joyful Moments tree



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COMMUNITY**2022 Dickinson Community Thanksgiving Dinner**

The 38th Dickinson Community Thanksgiving Dinner will be ready for your participation on Thursday November 24th. Chairpersons Staci and Will Davidson are mobilizing their board and volunteers to plan this event. They have been helping prepare the dinner for eight years and have been the couple in charge for three years. The annual dinner has been their passion since they moved from Texas with their two children.

This year, they are working closely with Sodexo's new Chef, Victoria, who moved to Dickinson this summer from Boston. Victoria is a very experienced and creative person who already has wonderful innovations for us to try this year. She will be everywhere so please welcome her when you attend the dinner.

The dinner will be held at DSU's downstairs dining room from 11:30 to 1:30 PM.

Volunteers are needed and can call Staci at 701-590-8996 between 2-6 PM from November 10-20 to assist. If you cannot attend the dinner in person, you can call Sandy at 701-290-7509 between 9:00 AM to 7:00 PM from November 10-18th to have a meal delivered. Meals will be delivered from 10:30 AM - noon on Thanksgiving.

Everyone is welcome to participate in this wonderful and hallowed community dinner FREE of charge. Donations to continue this project are welcome and can be offered at the dinner or sent to: Dickinson Community Thanksgiving Dinner, Box 604, Dickinson, ND 58602. ■

COMMUNITY**Take up Pickleball!**

Are you ready to play the fastest growing sport in the country?

It is estimated that 44 million people will be playing pickleball by 2023. That is an impressive number. Pickleball is a fun sport that combines many elements of tennis, badminton, and ping-pong to one game. It can be played indoors or outdoors. It is played with a paddle and a plastic ball with holes. Pickleball can be enjoyed by all skill levels and ages. There are lots of benefits to playing pickleball ie, physically, mentally and a great way to expand your social circle. Playing pickleball allows you to work on your balance, agility, reflexes, and hand-eye coordination without putting excessive strains on your body. Pickleball is a wonderful alternative for older players who used to play tennis, but have

physical limitations such as hip, shoulder, knee, or other joint problems. Why do people love pickleball so much you may ask? Whether you are socializing with your doubles partner, your opponents, or those playing on other courts, pickleball is FUN and laughter is bound to ensue. Laughter not only provides one with a sense of well-being, but it also helps reduce stress. Beginners welcome and will be provided with basic instruction. Come try pickleball today and find out why pickleball is America's fastest growing sport and appeals to all ages and skill levels from seniors to youth, weekend warriors to high caliber athletes. You can follow us on our Facebook page - Dickinson Pickleball. See you on the courts! ■



Photo: Dickinson Parks and Rec



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WHERE BUSINESS GOES TO GROW

Funding a venture

By Matt Ellerkamp, Business Advisor, SBDC



So, you want to start a business, move a side-hustle to full-time, or expand your current company, often that means capital fund raising. In most cases start-ups and established businesses do not have all the adequate funds to get started or expand. A business will need to inject capital into their business from an outside source, depending on the size and legal structure of the organization this capital can be attained through means such as personal savings or equity, friends and family, traditional business loans, venture capital, angel funding, stock sale and more.

The truth is most business operations are hard to finance, because of not having enough cash or assets for a down payment. Other challenges can come from the fiscal mismanagement that can include sloppy bookkeeping, record keeping and meandering tax statements showing low or no profit. These types of situations make the likelihood of finding enough capital challenging. Having a plan helps mitigate funding challenges and usually provides the best chance for success. If a person hasn't been planning a few years in advance to financing a business start-up or expansion they're going to need a plan to prove they can be successful.

Why is there so much risk in financing business ventures, it is because of the failure rate. According to 2021 data from the U.S. Bureau of Labor Statistics, "approximately 20% of new businesses fail during the first two years of being open, 45% during the first five years, and 65% during the first 10 years. Only 25% of new businesses make it to 15 years or more." Therefore, commercial lenders require a business plan for all start-ups. The lender will also require a minimum of 20% down and why they typically only lend on a five-year term.

Having solid business plan backed by document research and supporting financial statements with 3-year of projections containing reasonable financial assumptions with proven

research, an aspiring entrepreneur has a chance at attaining the funds needed to become operational. Even when there is a well written business plan with attached reasonable financial statements and projections, a bank will deny loan or offer reduced funding. A main reason this often happens is, a bank has identified risk associated with the business and may want to increase the equity built into the business. Meaning, either more cash or other forms of equity to reduce risk before releasing funds.


In business financing, often using multiple sources of financing are used to fund the total loan package. Economic Development Centers are often leveraged to help a business attain funding. An Economic Development Center can provide GAP Financing, Dollar-to-Dollar Match Programing, or partner with banks to provide low interest loans. All these funding options help reduce the risk the bank is taking and help the business owner attain the desired funding. All economic developers require a business plan and financial statement with projections to make sure a business venture is well vetted when investing public money.

Entrepreneurs who create a business plan, develop a financial statement with projections are more likely to be funded. Furthermore, if they follow the business plan, review and update it regularly they are more likely to succeed. A plan analyzes the market, creates a course to follow, establish goals and objectives for benchmarks for success or the need to re-strategize the plan.


Creating a business plan and financial statement with financial projections can be intimidating and a lot of work. The Dickinson SBDC Office is here to offer confidential "No-Cost" advice in developing a business plan and a supporting financial plan. The SBDC business advisors have the tools, resources, and expertise that when combine with your passion create your success.

Funded in part by a cooperative agreement with the U.S. Small Business Administration. All opinions, conclusions, or recommendations expressed are those of the author(s) and do not necessarily reflect the views of SBA. ■





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HEALTH

Vitamin D and Covid

By Steve Irsfeld

The best source of Vitamin D is our skin's exposure to the sun, specifically the UVB rays, which make Vitamin D in our skin. In western ND, we love the sun, but even on a 70-degree October day, the potency of the sun and its ability to work on our skin is minimal, and it will remain that way until the end of March.

Vitamin D levels define a deficiency as less than 20ng/ml, and insufficiency is less than 30ng/ml. An optimal vitamin D level (which is always the goal) is a challenge, as the reference range of some labs shows a level of 30-50ng/ml, with >50 listed as toxic. The "toxic" level is confusing for many patients because the literature references the optimal range is at 40-60ng/ml. I concur with that being the optimal level but even encourage levels up to 80ng/ml.

What do you do if your results are low? In these winter months, I recommend 5000IU of Vitamin D + K2 daily but also encourage a person to check this level, not just in the winter but also in the

summer. The cost to check it is relatively inexpensive at about \$50/test.

Regarding Covid, a 2021 study done in Mexico City on a group of about 300 front-line medical workers looked at Vitamin D supplementation and the incidence of Covid in this highly exposed group. They had a treatment group getting 4000IU of vitamin D and another group receiving a placebo. Covid infection rate was lower in the vitamin D group, 6.4%, and the placebo group, 24.5%. The study's results suggest that Vitamin D supplementation in highly exposed individuals prevents Covid infection without serious adverse events and regardless of Vitamin D status.

A 2021 study looked at deaths from Covid vs. Vitamin D status. It was an analysis of 8 separate studies looking at vitamin D status before or on the day of admission to the hospital. Data analysis showed a theoretical point of zero mortality at approximately 50ng/ml of vitamin D3. The conclusion showed strong evidence that low vitamin D3 levels are a predictor rather than a side effect of the infection, with the recommendation of raising serum 25(OH)D levels to above 50 ng/ml to prevent or mitigate new

outbreaks due to escape mutations or to decrease antibody activity.

I can't think of three better reasons to supplement with Vitamin D and have your blood tested, shooting for a level of 50 ng/ml. We need Vitamin D at the latitude we live, and you need to test your vitamin D level, find out where you are, and supplement accordingly to achieve that optimal level. Keep in mind that supplementation is going to look different for each individual. The bottom line is "know your level."

Please stop in or call the pharmacy

for help with testing or selecting an appropriate vitamin D product. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



- General Fund for Grant Program
- Mrs. Fields Education Scholarship



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DICKINSON MUSEUM CENTER

Dickinson Newspapers

By Jessica Stratton

The most well known and longest running local paper is of course The Dickinson Press established by Joseph T. Scott and another man W.W. Mabee with the paper's first issue published on March 31st 1883. The first issue was a four-page edition with seven columns on each page and was published weekly. By the summer of 1883, Mabee had left for Glendive to work on the newspaper there. Scott would manage the Press until October 1890 after which time Myron L. Ayers would take over as publisher until 1916.

The Dickinson Press was not the only paper to be established and printed over the years, it is however the only city paper we currently have digital access to through the website *Chronicling America*, a project by The Library of Congress, when it comes to researching the other local newspapers. Oftentimes seen as competition and due to the Editor's differences of opinion especially in politics (both Scott and Ayers were Republicans), the other newspapers were not always shown in a positive light. It was not uncommon for the editor of The Dickinson Press to rebuke something published by one of the smaller papers or to call out those editors by name.

The Sun

A month before the first issue of The Dickinson Press was published, the first edition of The Sun was put out by D.C. Sparrowk. It was a hand-written publication and described Dickinson as the "thriving little town situated on the N.P.R.R. 584 miles west of St. Paul in a pleasant little valley on the Heart River... There is one large hotel, one large general merchandise house, one restaurant, one retail grocery and two saloons." Unfortunately, Sparrowk died in the summer of 1883 and so The Sun was quickly defunct.

The Dickinson Recorder (1892-1910)

The first rival newspaper was The Dickinson Recorder established by Fred Hendershott and M.L. Griffith in January 1892. The paper was to be issued weekly as an eight column folio and independent in politics. No location of the office was given at this time. The Press initially welcomed The Recorder in February 1892 saying, "The place seems rather small at present for the support of two papers but we do not wish to be thought as selfish, and have aught but a brotherly feeling towards Messrs. Hendershott and Griffith. Success boys." The first issue of The Dickinson Recorder came

out February 11, 1892 and The Press congratulated them. By early May 1892, the two papers were at odds when it came out that the man who sought to establish another paper here was W.A. Carter, a Democrat. Carter had been foreman of the Fargo Republican for the previous 5 years and apparently had wanted to start a paper of "his political faith" in this area. After this reveal, Hendershott & Griffith sell out to Carter in late May 1892. Hendershott would become city editor at the Fargo Republican while Griffith would go on to become editor and proprietor of the Earlville Gazette in Illinois and The Press mentions, "Mr. Griffith is getting out a good paper and is on the right track politically - Republican."

Surprisingly after Carter takes over, the rivalry between the two papers does not seem to be as strong. Although The Press still takes jabs at Editor Carter here and there until about 1902, especially when it comes to politics. W.A. Carter would go on to run for county judge as a Republican in 1910 and would serve 2 years. Carter lost his re-election campaign in 1912 with The Press favoring his opponent Fred Maser, "a consistent progressive Republican" and calling Carter, "a shifter - going with the band wagon if he can see it."

In January of 1894, the Recorder is reported as having moved from the Schultz building on Villard (located next to the First National Bank) to the old harness shop building with Captain George Auld, also on Villard. In September 1896, The Recorder was moved into Senator McGillivray's building north of Kosteletzky's on Sims Street. The Recorder stayed on Sims until November 1904 when it moved to the McGillivray house on Hannaford Street (now 2nd Avenue West) across from City Hall. The Recorder office would remain in this location until being consolidated with The Post newspaper in late 1910.

The Dickinson Post (1906-1910)

The next English language newspaper to be established was The Dickinson Post. It was the fourth paper in town at the time of its first printing in March 1906. It was a 6 column 4-page paper issued on Wednesdays and Saturdays. The Post was founded by E.L. Scofield, one of the early area settlers who had arrived in 1882 and established a business in Gladstone before moving to Dickinson to run a dry goods business at 35 Sims from September 1889-May 1905. After retiring from the dry goods business, Scofield went back to his previous business as a newspaper man.

The office of the paper was located just a few doors down from Scofield's former store in the Senour & Langley block at 25 Sims. Willis D. Kirkman resigned from his position at The Recorder to join Scofield in February 1906 and by September 1907 would become



The Dickinson Recorder office when it was on the east side of Sims Street in the late 1890s. A parade is going down the street. Image from SWNDDA #2010-018-203.

Continued, next page

Continued from page 16

sole manager of the paper when Scofield and his family relocated to California. When Scofield visited Dickinson in July 1910, he transferred his interest in The Post to J.G. Quinlivan. Quinlivan was involved in realty business at the time, but had previously been connected with The Daily Argus and Fargo Forum newspapers. In August 1910, Wick W. Wood left The Forum and joined Quinlivan as editor and manager of The Post. In September 1910, Kirkman moved to Fargo to manage a movie theatre.

However, after all of that change, Quinlivan would end up selling The Post material and subscription list in December 1910 to Oliver Whaley of St. Paul who formed a co-partnership with W.A. Carter of The Recorder and consolidated the two papers into The Recorder-Post.

The Recorder-Post (1911-1928)

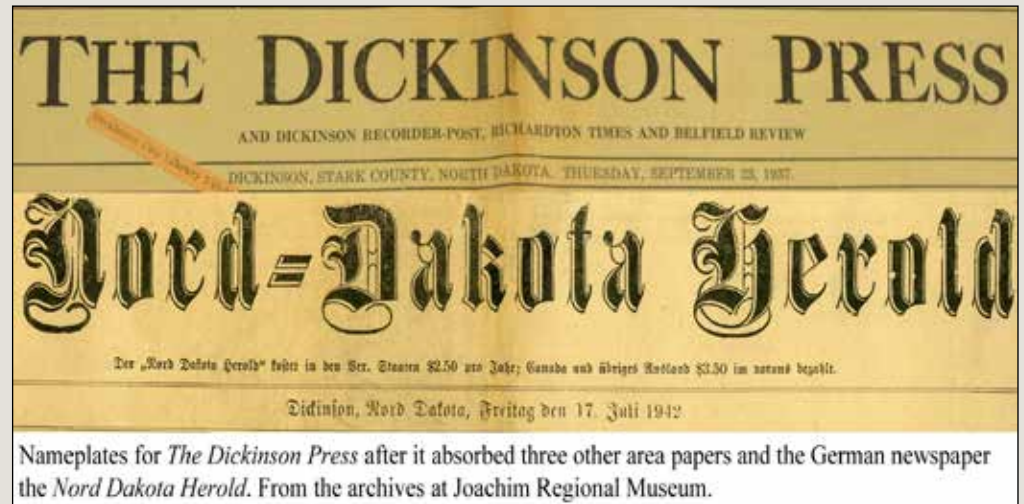
After the consolidation, The Recorder-Post was to be issued from the old Post rooms in the Senour & Langley block above the Dickinson Hardware Co. store at 25 Sims until 1912 when they relocated to an office in the corner Jessen building at 46 West Villard. In February 1914, it was announced that W.A. Carter was offered a position by Governor Hanna to do work previously done by his secretary. Whaley was left to manage the paper by himself until they sold the Recorder-Post on December 1, 1914 to Stephen C. Barnes of Bismarck. S.C. Barnes was the former

advertising manager of The Bismarck Tribune. By 1918, The Recorder-Post was again located on Sims Street, this time at the rear of the Dakota National Bank.

The Recorder-Post continued to publish each Thursday until it was absorbed by The Dickinson Press in January of 1928. In September 1937, it was announced that The Belfield Review and The Richardton Times would be discontinued but were merging their staff, features, and subscription lists with The Dickinson Press. For a number of years, the official name of the combined publication was The Dickinson Press and Recorder-Post, Richardton Times and Belfield Review. On February 17, 1942 The Dickinson Press and it's now combined area papers made the switch to printing a daily paper.

German Language Newspapers

With a large German speaking population in the area in the early 1900s, it is no surprise that a German language newspaper would be established. In 1902 Der Volksfreund (The People's Friend) was established by Rev. Fr. Thomas L. Rabsteinek on the south side of town. Rabsteinek was also instrumental in establishing



and building St. Joseph's Church. In November 1904, Paul Gross of Fargo took over management of the paper and by April 1905 the paper was now a 6 column quarto. Gross left the paper in May 1905 to return to a German paper he owned in Fargo leaving Rabsteinek to take over again and by 1906 it was noted as being "the leading German publication in North Dakota". In August 1907, it was announced that the type and presses of Der Volksfreund were shipped to Richardton where the publication would now be printed. In October 1909, John Nadolski was the new manager and it was announced that a new building was to be built for it. In April 1911, it was announced that Nadolski would be moving to Dickinson to take over the Nord Dakota Herald. Der Volksfreund would eventually be moved to St. Mary's Abbey and continue to be issued until 1924.

Zunkunft - North Dakota Herald (1908-1962)

Another German paper was established in April 1908 after Der Volksfreund had been moved to Richardton. Jacob Ehli and Valentine Koch were publishers of Die Deutsch Zunkunft (The German Future). Ehli was a carpenter and owned the building their office was in on Broadway while Koch had previously worked on Der Volksfreund

before it relocated. The paper was a 5-column folio published on Tuesdays and Fridays each week. The first issue was put out on May 8, 1908. Koch continued the paper until he sold its subscription list to John Nadolski and Adolph Lengowski in March 1911.

At the same time, Nadolski and Lengowski had also purchased the subscription list of a paper called the Nord-Dakota Herald which had begun in Bismarck in 1907. Partners Nadolski and Lengowski relocated to Dickinson and published the first issue of their new paper under the name of Nord Dakota Herald on March 31, 1911. Interestingly, Nadolski also ran for county judge as a Democrat in 1912 against incumbent and fellow newspaperman Carter, but lost to Fred Maser. The business was located at the corner of Main and Broadway until July 1916 when it moved to 27 1st Ave SE which was the former St. Anthony Hall where it remained until it closed. The name was also written with an English spelling of North Dakota Herald and the two were used interchangeably in English language publications over the years.

The paper continued to print weekly with all of its content, except local ads, in German until it ceased publication in 1962. Then the business became a commercial print shop which was operated by the Lengowski family until 2007. A reproduction print shop building was built on site in Prairie Outpost Park at the Dickinson Museum Center in 1999 to house pieces of equipment used by the Nord Dakota Herald and Dickinson Press newspapers. ■



The Recorder-Post office when it was in the Senour & Langley block at 25 Sims Street in about 1911. Image from SWNDDA #0128-001.

THE ARTS

An Evening for the Arts



Join us to celebrate our first annual Gala - An Evening for the Arts - on November 18, 2022 at 5:30pm at the Eagles Club, 31st Ave East, in Dickinson. (5:30pm Social, 6:30pm Dinner, followed by silent and live auction)

The emphasis of the auction is "original art" from notable artists throughout ND including Michael Dunn, Kaye Burian, Walter Piehl, Andrew Knudson and more...

The brainchild of Badlands Art Association, Southwest Art Gallery and Science Center is a new non-profit in southwest North Dakota. This project was initiated by North Dakota Senate Majority Leader Rich Wardner, his wife Kayleen; Cherie Roshau and Tod Winter, retired art teachers; and Janelle Stoneking, mixed media artist. We encourage and foster the need for the arts, cultural and hands-on educational opportunities, and science interactive experiences. Since the inception of the organization in March 2022, we have developed the new nonprofit, completed market research and a community needs survey, outlined a plan for implementation and secured a diverse board of directors. We are currently working on securing private donations to meet our Phase 1 fundraising goal through personal asks, building community partnerships,

speaking to local organizations, and assessing available properties for the physical location of our center. Components of the center are described below in detail:

- Host art exhibits from regional artists as well as traveling exhibits. This gallery will provide educational and cultural experiences and enhance appreciation for the arts.

- Classroom space - We will host classes for a variety of art mediums for students of all ages and abilities.

- Our science center will offer interactive activities for children to engage and explore the wonders of their world

- The center will also provide outreach services to each of the counties in Southwest ND to ensure that all children and adults have opportunities to engage in creative and artistic exploration.

- We will have a retail store in the center to supply art products to aid in meeting the needs of our own art classes as well as the community as there is no art supply store in our region of ND.

We anticipate opening the art gallery, classes, and store in 2023 with the science center and outreach activities following in 2024. ■

NOTES FROM THE BADLANDS

Ruff Rider Dog Park now open in Medora

By Joe Wiegand

Medora's Ruff Rider Dog Park opened in the summer of 2022 to rave reviews.

"Our guests have greatly appreciated having a large dog park so nearby. About half of our guests travel with one or more dogs, and they enjoy having a place where their pets can run freely," says Medora Campground Manager Michele Seadeck.

Friends of the Medora Dog Park (FOMD) the grassroots organization that built the park, hopes the dog park will add to the quality of life experiences for guests and residents of North Dakota's favorite tourist destination.

"The Ruff Rider Dog Park has met a long-standing need for our residents and guests to have a place for dogs to do what dogs love to do: run off leash and play with other dogs," says FOMD President Anna Busta Schaeffer.

In August FOMD sponsored a "Dog Days of Summer" fundraiser and membership event at the dog park. Sandy Baertsch at First State Bank of Golva and Jodie Schweitzer at Hatlee & Brae sponsored the Pup Cup Ice Creams. Travis Smith,



the bearded bandleader of both the Coal Diggers Band and the Medora Gospel Trio, pictured with Ginger, Thistle, and Burning Hills Singer Aaron Atkinson, was the winner of the \$50 gift certificate to Woofta - the wonderful pet store in Dickinson.

The Ruff Rider Dog Park is open from dawn until dusk, seven days a week, and is located on the west side of Pool Drive west of the Little Missouri River in Medora. For more information call or write FOMD Secretary/Treasurer Joe Wiegand at 701-955-2158 or joew@medora.com or like Friends of the Medora Dog Park on Facebook. ■

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COMMUNITY

United Way of Dickinson 2022 campaign kick off

Our 2022 United Way campaign will kick off Friday, September 16th. A \$300,000 goal has been established as volunteers in local workplaces work to accomplish the milestone again.

"The beautiful thing about the United Way campaign is that it's totally organized for us. All set up for success," said Nichole De Leon, United Way executive director. "And you can open it up to your employees. They get to be a part of helping other people too. And that feels good to everybody in the organization. It's easy. United Way does the work to make sure our money goes to the right places and people, places and people that need it the most in our community."

We fight for the education, health, and financial stability of every person in Stark,

Dunn, and Billings Counties. Over 15 local nonprofits and United Way of Dickinson programs are being supported in 2022 by United Way allocations from last year's campaign.

"These are programs that help your family, your friends, your kids' classmates," De Leon said. "And when people have access to the right resources that they need, (food, shelter, healthcare, education), we all move forward together."

Thanks to a grant given to United Way by the state of North Dakota 100% of your donations go directly to programming. United Way is an accredited charity of the BBB, meeting all 20 Standards of Charitable Accountability

established by the watchdog group.

More than 90 percent of United Way of Dickinson's annual revenue comes from traditional workplace campaigns in which employees are given the opportunity to give via payroll deduction. Some employers match donor dollars.

Businesses that have already committed to offering payroll deduction to employees include Devon Energy, Marathon Oil Corp., Marathon Petroleum, Baker Boy, TMI, and American Bank Center.

If your workplace is not listed, please contact Nichole De Leon at 701-483-1233 to talk about getting a giving campaign started in your workplace. What's raised here, stays here. ■



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or-i-gin

Raining cats and dogs



Houses had thatched roofs-thick straw piled high with no wood underneath. It was the only place for animals to get warm, so all the cats and other small animals (mice, bugs) lived in the roof. When it rained it became slippery and sometimes the animals would slip and fall off the roof ... Hence the saying, "It's raining cats and dog." ■

THE ARTS

Join the Prairie Rose Barbershop Chorus

The Prairie Rose Barbershop Chorus has been back having in-person practices for about a year. Its members are so glad to be back singing together and are really looking forward to singing for you! Prairie Rose Chorus is a member of Sweet Adelines International with choruses singing around the world. Membership is open to women ages 14 and up. We sing four part acapella, without accompaniment, harmony. Bass, the lows; Baritone, a middle low; Lead, normally the melody, and topped off with Tenor, the high. When it's all put together, you will hear a wonderful blending of women's voices in harmony that is very special.



December 4th at 2pm. For this program, women are invited to "give us a try" and sing with us without having to make a commitment. Come to rehearsals in October and November and then perform on the program with us. There is still time

to join us. Practices are Tuesday from 6 to 7:30 at St. John's Lutheran Church.

In the spring, we will travel to Rochester Minnesota for the annual convention and competition. 2024 will be the first in-person event in two years, and we can't wait! In order to prepare for it, we will be having coaching sessions with some of the most knowledgeable barber shoppers in our region. We

During the Covid lock down, the chorus found itself trying to rehearse by Zoom. From this we learned that singing on Zoom just doesn't work, but we were face to face and devised new ways to learn music. It's not something the members want to do ever again! It was an important part of our chorus life as it kept us in touch with one another and share our lives. But we much prefer being together and singing together.

So now that we are back, what are we doing, you ask? We have sung for the Memorial Day program, preformed for the Women's Expo and now we are preparing for our Christmas Sing as well as getting ready for competition in the spring. Prairie Rose Chorus will have the annual Christmas Sing on Sunday,

look forward to spending the day with our coach learning, honing our craft and preparing for our time on the stage in Rochester.

Beyond all the fun, there comes fundraising. We do that by singing out. Prairie Rose Chorus is available to sing for pretty much any event, from birthday telegrams to full performances for most any event. We are also looking for sponsors for our chorus. Two years without raising money has hurt our coffers. If you have questions about joining the Prairie Rose chorus or would like to hire us for an event, please contact Director Robyn Nadvornik at 701-690-8958 or Assistant director Linda Splichal at 701-495-4955. ■



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Dickinson Museum Center
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TownPlace Suites
Microtel Inn & Suites
AmericInn
Players Sports Bar & Grill
Fresh Sips (located in St.
Joe's Plaza)
Frankie's West Side Shell
Villard Cenex
The Rock

The Hub
Fluffy Fields
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Ace Hardware
Ukrainian Cultural Institute
Heritage Hills
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**in the
month of November**

COMMUNITY Opportunities in Agriculture



Stephanie Sinner

You're Invited! The 11th Annual Opportunities in Agriculture event will be held Wednesday, November 16, 2022, at the Biesiot Activities Center in Dickinson from 12:00-5:00 p.m. MT. Our keynote speaker this year is Stephanie Sinner, the Executive Director of the North Dakota Soybean Council. Learn how Stephanie's professional journey took her from Colorado to Oklahoma State University to North Dakota working on behalf of soybean farmers. She will also provide an overview of the soybean industry and the role of the soybean checkoff in North Dakota, United States, and globally.

This event is free and open to the public. We would love to have you join us in person, but if you can't, the event will also be livestreamed thanks to Consolidated Telcom! The livestream link will start at 2:00 p.m. MT - join us livestream here: <https://bit.ly/3CyRlc2>.

The DSU Department of Agriculture and Technical Studies initiated this event because we want our students to be able to learn more about the agricultural industry in the region, network with the businesses/agencies in the region, and make connections for future opportunities after graduation (including graduate school)! This event also serves as a forum for our seniors to present their senior capstone projects, which includes both an oral and poster presentation at the event.

Please let me know if you have any questions. You can contact me at 701-483-2185 or annika.plummer@dickinsonstate.edu. Hope to see you November 16! ■

HEART RIVER VOICE | NOVEMBER 2022

Calendar

**ONGOING IN NOVEMBER
DICKINSON AREA PUBLIC
LIBRARY** Ongoing activities
and events at the library. Visit
dickinsonlibrary.org for up-
to-date information and more
fun activities that may require

sign-ups. See article, page 4,
for more detail.

**NOVEMBER 1- DECEMBER 31
COOKIES FOR A CAUSE**
11/01 - 12/31 all day, each
day, at Players Sports Bar &
Grill.

**THURSDAY NOVEMBER 3
BOOKS & BREW 7PM** A book
club for adults set in a relaxing
atmosphere. This event is for
21+. Each month we will dis-
cuss a book while enjoying a
beverage or 2. (Beverages not
furnished by the DPL). DePor-
res Lounge, 17 2nd Ave W.

**DICKINSON AREA COMMU-
NITY CONCERT: CHERISH
THE LADIES 7:30PM** Enjoy
quality live music! More info,
see p. 9. More info, call 701-
227-1673. Stickney Auditori-
um, Dickinson State Universi-
ty.

**FRIDAY NOVEMBER 4
LADIES NIGHT OUT 4-9PM**
Enjoy a night out with the
gals. Tickets are \$20 in ad-
vance and \$25 at the door.
Advance tickets: [tinyurl.com/
yckp3n6n](https://tinyurl.com/yckp3n6n). More info, call 701-
225-5115. Downtown Dickin-
son.

**SATURDAY NOVEMBER 5
MEDORA SIP N' SHOP 9AM-
7PM** Come out to Medora for
a fun-filled day of shopping at
a variety of businesses with
many providing some sips
and/or snacks while you shop!

**A CHOCOLATE AFFAIR
7-10PM** Join Best Friends
Mentoring for an event fea-
turing original chocolate
creations, wine tastings, hors
d'oeuvres as well as a cash bar,
silent auction, and live music!
More info, 701-483-8615.

Biesiot Activities Center.

**NOVEMBER 7-12
MUSEUM CENTER** All Veter-
ans receive free admittance to
the Dickinson Museum Center
the week of November 7th
thru the 12th. Please note we
will be closed on Veterans Day
November 11th.

**TUESDAY NOVEMBER 8
BUSINESS AFTER HOURS**
4-6PM Open to Chamber
members. An opportunity to
network with business and
community leaders. Dacotah
Bank.

**THURSDAY NOVEMBER 10
START-UP YOUR DAY 8-9AM**
Opportunities for current and
aspiring entrepreneurs and
entrepreneurial resources to
network. See ad, page 19, for
speakers. Stark County Veter-
ans Pavilion, 801 5th Ave W.

**NOVEMBER 11-12
65TH ANNUAL NORTHERN
PLAINS MUSIC FESTIVAL**
Dickinson State University's
music program hosts this
festival featuring auditioned
musicians from more than
25 different high schools in
North Dakota, Montana, and
South Dakota. Dickinson State
University.

**SATURDAY NOVEMBER 12
23RD ANNUAL HOLIDAY
GIFT & CRAFT SHOW 9AM-
4PM** Come shop till you drop!
Prairie Hills Mall.

**NOVEMBER 12-17
BAA ART SHOW 10AM-4PM**
New this year - extended
event! Opening preview and
artist reception on November
11. See article, p. 7, for more
info. Prairie Hills Mall.



DICKINSON AREA CHAMBER OF COMMERCE
presents
LADIES NIGHT OUT

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4-8:30PM / DOWNTOWN DICKINSON
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RAFFLE BASKETS AND GRAND PRIZE BASKETS WILL BE DRAWN
AT THE BUILDING FORMERLY KNOWN AS JOY AND STIX N' TWIGG
9 PM AFTER PARTY / HOSTED BY BERNIE'S ESQUIRE

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NOVEMBER 14-19
SCHOLASTIC BOOK FAIR
 9AM-Closing Run in conjunction with our Angel Tree. Set up in the lobby of the library. See article, page 5, and ad, page 14, for more information. Dickinson Public Library.

WEDNESDAY NOVEMBER 16
11TH ANNUAL OPPORTUNITIES IN AGRICULTURE
 12-5PM More info, see article, page 21. Biesiot Activities Center.

FRIDAY NOVEMBER 18
PRE-FESTIVAL OF TREES
 4-7PM For community members who are elderly, disabled,

and have sensory concerns. Watch the trees and wreaths go up. Enjoy a cocoa bar, quiet craft, and sensory bin. Biesiot Activities Center.

NOVEMBER 18-19
THE BADLANDS OPERA PROJECT 7PM (Doors open at 6:30) Presenting Amahl and the Night Visitors, Gian Carlo Menotti's touching opera about a poor young mother and her son and their three royal visitors. \$20/person or \$50/family. More info, 701.260.6349. Stickney Auditorium, DSU.



Festival of trees & FREE FAMILY FUN EVENT

United Way
 United Way of Dickinson, Inc.

Empty Bowls \$20/bowl
 Soup and Bread Provided

Can you imagine a world without hunger?
 One out of every 9.1 residents of North Dakota lives in poverty (welfareinfo.org, 2019).
 Help us help them by donating food or paper products.

Saturday, November 19
10 AM - 4 PM with bids ending at 3pm
Biesiot Activities Center, Dickinson, ND

10:00am-3:00pm	Decorated Trees & Wreath Viewing and Silent Auction Spotlight Nonprofit - Booth and Silent Auction
11:00am-1:30pm	Empty Bowls
10:00am-12:30pm	Santa's Nook Photos by Brittany Derow Photography
10:00am-3:00pm	FREE Consolidated Reindeer Games & Craft
1:00pm	Santa Reading Santa and his helpers from Western Cooperative Credit Union will give each child a book.
3:00pm	Bidding Ends

On **NOVEMBER 18TH**, between 5-7PM, we invite the elderly and disabled members to walk through the trees. We also invite families with sensory concerns for a quiet craft during this time.

NON-PROFIT SPOTLIGHT SUNRISE YOUTH BUREAU
 Please contact United Way of Dickinson at 701-483-1233 or unitedway@ndsupernet.com for tree/wreath sponsorship opportunities.

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DICKINSON COMMUNITY

Thanksgiving DINNER

THURSDAY NOVEMBER 24
11:30AM TO 1:30PM
DICKINSON STATE UNIVERSITY
DOWNSTAIRS DINING ROOM
291 CAMPUS DRIVE

You are invited to the Dickinson Community Thanksgiving Dinner!
The meal is FREE for anyone!
 We will deliver meals to those in town who can't make it to the dinner.
Please join us, we would love to meet you and share this meal with you!
 SERVING FROM 11:30AM-1:30PM

VOLUNTEERS NEEDED
 Call Staci at 701-590-8996 between 2:00pm-6:00pm from November 10th - November 20th if you would like to help.

IF YOU WOULD LIKE A MEAL DELIVERED OR TO PLACE A PICK UP ORDER...
 Call Sandy at 701-290-7509 between 9:00am to 7:00pm from November 10th - November 18th. Meals will be delivered between 10:30am - Noon on Thanksgiving Day. Last day to order for delivery is November 18th.
ANY OTHER QUESTIONS, PLEASE CALL WILL AT 701-290-3100

IF YOU WOULD LIKE TO DONATE TO OUR PROJECT, PLEASE MAIL TO:
 DICKINSON COMMUNITY THANKSGIVING DINNER • BOX 604 • DICKINSON, ND 58402

SATURDAY NOVEMBER 19
FESTIVAL OF TREES 10AM-3PM Biesiot Activities Center.

EMPTY BOWLS 11AM-1PM Biesiot Activities Center

SAVE THE DATE

FRIDAY DECEMBER 2
OPEN HOUSE AT THE MUSEUM 3-6PM Visit the Joachim History Museum for live Christmas music and historical Christmas displays, a Christmas craft for children will be offered. Dickinson Museum Center.

CITY STRINGS AND BAND FALL CONCERT 7PM A family-friendly concert! See article, page 7, for more info. Dickinson High School auditorium.

TUESDAY DECEMBER 6
CHRISTMAS CELEBRATION 7PM Join The Connection 103.7 for Four Hands on Two Grands! More info, see ad, page 27.

NDSU EXTENSION

The family table

By Holly Tuhy, Stark-Billings County Extension Agent, NDSU Extension

November is here, which means we will soon be changing our clocks and dusting off our turkey roasters. I don't know about you, but I love a good, hot, homemade Thanksgiving meal. Bring on the mashed potatoes and gravy, stuffing, turkey, candied carrots – it is all good!

our aprons. But a person can't have just one lefse making party! When my sister-in-law and her husband come home for Thanksgiving, I'll get to make more lefse with her and my mother-in-law.

As much as I look forward to making and eating delicious food, I am even more excited gather around the table with my family. There is a lot of joy and banter that echoes through the house when loved ones come together.

NDSU Extension has an entire promotional campaign dedicated to this

NDSU

EXTENSION
STARK/BILLINGS COUNTY

Let's not forget the assortment of sweet treats that make their fall debut: pies, apple crisps, and most importantly in our household: the lefse.

In case you don't know, lefse is a Norwegian 'tortilla' of sorts made from potatoes, butter, milk, and sugar. Each family has their own unique recipe, probably passed down for generations. As varied as the recipes are, also varied is how each person eats his or her piece of lefse. Some people fill their lefse with turkey, gravy, and stuffing. Others spread on butter and sprinkle any combination of white sugar, brown sugar, and cinnamon before rolling it up. As for me, I love peanut butter on my lefse. I realize that may not be the popular opinion, but that's why each person gets their own piece to doctor up however they like!

I absolutely love to make lefse too. My mom and sister are coming to stay with us for a few days, and you can bet we will be breaking out the lefse griddle and

very topic: The Family Table. Family meals help provide an opportunity to create a shared experience that is meaningful and offers a sense of belonging to all. Research has shown that regular and meaningful family meals offer a large variety of benefits to children and parents. To reap the most benefits possible, all participants should set aside distractions (cell phones, television, etc.) and engage in conversation together. Family mealtime doesn't only have to happen at holidays, nor does it need to be as elaborate. As long as they are fun, frequent, and centered around the people present, family meals will add immense value to your life.

Whether you are rolling out dough in the kitchen, sitting down to a meal together, or whatever your tradition might be – spending quality time with the people you love is something to be especially thankful for this year. ■

PAWSITIVELY POPPY

Frozen doggy Thanksgiving dinner

By Miranda Kuhn

Do you have a dog who loves to stick her snout under your arm while you're eating in a shameless attempt to get to your plate? I do. Poppy's "armpit surprise" has cost me portions of my dinner on countless occasions. During Thanksgiving dinner, however, I have found it helpful to distract her with a meal of her own, so she doesn't feel left out of the festivities. The only problem is we take an hour to eat, and Poppy takes 1.5 minutes. How do I keep



her busy and give myself more time to get to the dessert? Frozen Kong dinners! You can freeze almost any dog-safe food in a Kong treat dispenser and it will buy you precious minutes in which you may enjoy your green bean casserole in



peace. This meal in particular is themed for Thanksgiving so Poppy doesn't get jealous, but I've also frozen several other foods (look for more on this in January's issue!). Also note that there are several sizes of Kong so be sure you select the right size for your dog, or it can be frustrating for them to get food out or they may get their tongue stuck. Happy Thanksgiving and tell your pups hello for me!

Frozen Thanksgiving Kong

Pumpkin puree or cooked and mashed sweet potato
Carrot slices
Green beans
Turkey (cooked, unseasoned, no bones)
Applesauce (unsweetened)
Dried cranberries (NOT RAISINS)



Place Kong into a cup or bowl to hold it upright. Place pumpkin puree or sweet potato in the bottom of the Kong, then add carrots, green beans, and turkey. Top with applesauce and garnish with cranberries. Place Kong in the cup into the freezer until solid. This may be fed as a meal replacement. ■



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PIPER'S PALS Ask Alfie

Dear Alfie,

My family recently adopted a cat and a friend of mine mentioned that I should make sure I don't have any poisons in my home. Why would she think I own poison? Can you help me understand?

Sincerely, Kitty-Proof

Dear Kitty-Proof,

Thank you for caring enough to ask such a question! I've written about this before, but it is important enough to mention again and again.

One of the deadliest mistakes pet owners make involves pest control. Rodenticides (also known as rat poison, mouse poison, d-CON, etc.) are extremely dangerous for all animals including dogs, cats, and other pets. The poisons are sold in a variety of forms such as packets, pellets, and chunks, and are flavored and scented in such a way that makes them

appealing to animals. If you put out poison because you have a problem with mice, you can expect your cat or dog to eat it too. "But I put it in a place my cat cannot possibly reach! So, it's okay for me to have it on my property, only the mice can access it" people say. They're wrong. When a mouse ingests the poison, they typically do not die instantly. In fact, poison kills slowly and in the most inhumane way. If a mouse who has been recently poisoned comes across a prey animal (cat, hawk, owl, even dogs) and is eaten, that second animal will now have ingested the deadly poison as well. I encourage you to have a zero-tolerance policy when it comes to rodenticides on your property. There are safer, non-toxic methods which you can opt for.

Another poison that many people do not realize is deadly to pets is fly bait or other insecticides. The chemical methomyl, which is used to attract and kill insects, is toxic to pets when ingested or inhaled and may even be dangerous when absorbed through the skin. I recently learned of a local cat

who became violently ill and died after ingesting just a small amount of fly bait from their owner's garage.

Other common substances which are toxic to pets include anti-freeze (it has a sweet smell which can be alluring to pets), Xylitol (found in toothpaste and sugar-free gum), all medications including common ones such as Tylenol, foods such as chocolate, grapes, raisins, and garlic, and many houseplants including Lilies and Poinsettias.

I encourage you to research for a more complete list, in order to ensure your pet's safety. At any point in time, if you think your pet may have ingested one of the above poisons, call your veterinarian immediately.

Best wishes, Alfie ■



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

Pet Name Match

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

- A: Charlie (#___)
- B: Bruce (#___)
- C: Comet (#___)
- D: Ellie (#___)
- E: Honeydew (#___)
- F: Bandito (#___)

(Answers in our next issue!)

Last month's answers:

- | | |
|--------------|--------------|
| A: #2 Chase | D: #1 Bianca |
| B: #4 Kerwin | E: #6 Rocky |
| C: #5 Paige | F: #3 Coco |

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

Email kelley@thejileks.com



#1



#2



#3



#4



#5



#6

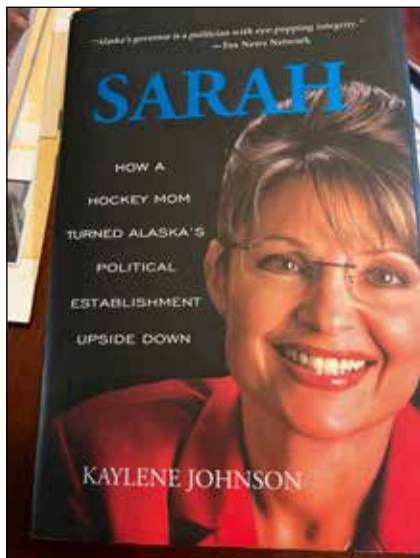
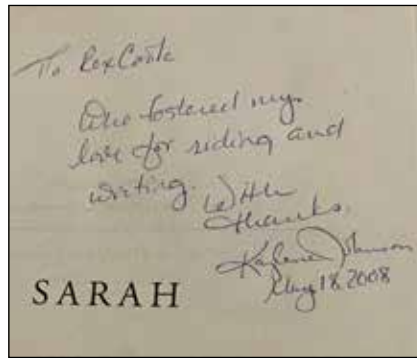
HEART RIVER GEMS

Rex Cook

By Kaylee Garling

Rex Cook has been extensively interviewed and made an impact on the lives of people throughout the area and even in Hawaii and Japan, which we will get to in a minute. As I sat down with him, it was clear through the pictures, newspaper articles, online content, and awards, Rex was a perfect fit for this month's Heart River Gem.

Most people know Rex through leather work, saddle making, rodeo, and cow cutting arenas, but there is still more to this cowboy than meets the eye. Back before the Korean War, he went to school here in Dickinson and received his teaching certificate. Teaching is part of who he is, and as one of his many students, Kaylene Johnson, can attest, he made an impression on his students' lives. She was in Rex's 6th grade class in Dickinson. Her family had just moved from Bowman, and she didn't know anybody. It was intimidating being the new student, without friends. Rex had given a writing assignment and after reading her paper, posted it to the board and said that if students wanted to know how to write, to read hers. That moment inspired her to the point that she went on to become a freelance writer. If it weren't for Rex's positive feedback and encouragement, who knows if she would've followed this path. Her book about Sarah Palin, titled *Sarah*, became a hit when Sarah was selected as a Vice

Kaylene's book *Sarah*The inscription Kaylene wrote to Rex in his copy of her book *Sarah*

President Candidate, as this was the only book written about her.

Rex is one of those guys whose talents range far and wide, but he's humble enough to help anyone in need, even someone who doesn't have training or experience. He shared a story of a young cowboy trying to do his best in the rodeo scene. "Wayne Herman, who became a world champion bareback rider was in high school, and I didn't know him, but he was a good cowboy. He roped, rode bucking horses, but he lacked one more event, so he never won the all-around. One day, Wayne Herman comes in with his rope horse in the cutting. All the cutting horse people were snickering. It kind of irritated me because, there's the best high school rodeo cowboy there is, and they were laughing at him. I was hauling a horse for Suzy Fisher, and she had a pretty nice horse. So, after the first cutting, I went over to him and said, 'You're doing a pretty good job. I have a cutting horse if you'd like to ride him.' He said, 'Sure,' so I explained to him what to do. Well, he did so well, he wins the cutting, and the all-around. He wanted to use the horse at state finals, so we let him, and he won the all-around and cutting there too." That scenario has been similarly replicated through several different families.

Starting out as a trainer on the ranch when he was twelve, he was in the horse training business for years. He says that he is ashamed to say that he thought he knew everything there is to know about horses at the age of fourteen and admits that there is always more you can learn. Even at the age of ninety-four, Rex is still active in learning and helping high school rodeo cowboys and cowgirls compete in cutting. He has a knack for knowing just what the horse and rider need to fine tune their performance. It's a God-given gift, to be able to know

Heart River Gems is proudly sponsored by



SCAN ME

exactly how to communicate with an animal, especially a horse who is performing at such high levels.

Rex is never far from helping horses and people, even when on vacation. "My wife and I, and two other couples went to Hawaii. While there, another fellow and I were riding around on a bus and saw an arena up on a hill. So, we got off the bus and walked up to the arena. The owner came out and asked if he could help us, and we said we were just looking around. After, when we were waiting for the bus, he came down in a pickup and had four or five horses. He said, 'If

you want to see real Hawaii, I will show you real Hawaii.' After we got in the pickup, he said, 'I've got to turn these horses out and get about five or six more in.' We drove down into a pasture like we would here, but it was a jungle. He unloaded the horses, hands me one and asked if I want to go, and I said, 'Sure, I'll go.' There were about thirty-five to forty head of horses in that pasture. It started pouring rain as we gathered them and by the time we got back to the corral with the horses, there was deep mud. I wanted to help catch the ones he wanted but didn't want to get my new boots



Rex Cook and Steve Wening/John Kessel Branding July 6, 2019

Continued next page

Continued from page 26



Rex and his rope horse

muddy. I stayed on the horse by the gate, so I asked what horse the owner wanted when he brought me a halter. He pointed at a horse. I rode down, roped him, and brought him out. Then he points at another horse and said, 'Go get that one.' I went and got that one. By the time I caught the third horse, he turned to the guy who had come with me and asked where the heck we were from. I roped six horses in total and never missed. I figured if I made a fool of myself, what difference did it make? He wouldn't ever see me again. It was a great way to experience Hawaii."

No matter where Rex went, he con-



Rex in uniform

tributed. He even served as a military intelligence analyst and advisor to the Japanese army during the Korean War. There are many different words that could be used to describe Rex such as creator, trainer, teacher, advisor, but every word that came to mind revolved around his willingness to help others, especially those who needed the most help, whether it be horse or human. It is quite the treat to get to sit down and chat with a man of such wisdom. I'm sure this isn't the last you'll hear of him. ■



Rex cow cutting

VOICING SOME THOUGHTS The Givers

By Nancy Hoff

This is for all you givers out there.

The kid that befriends the lonely newbie who joined class in the middle of the year.

The neighbor with his snowblower to free your driveway

The dad who readies the camper for every weekend possible in our short summer. He also gets the kids ready for bed, reads bedtime stories, and readies them for the inevitable falls in life.

The woman who orchestrates every family holiday detail, is flexible to include any last minute guests, totally exhausted but revels in the warmth of family together. My mother did this, even to the last Christmas she would spend on earth.

The coworker who covers when you are out on extended illness.

The visitor to nursing homes, hospitals, prisons, bringing a light heart and cheer.

The playground supervisor who is aware of injuries, slights, and bullying and brings comfort.

The driver of the car ahead at the McDonald drive up who paid it forward.

The people who plan the Angel Flights for veterans. And who plan benefits for seriously ill people.

The soldier who sacrificed to protect our freedoms.

The teacher who not only plan lessons but keeps a pulse on what is affecting her students at home or on the playground.

The health care provider that takes the few extra minutes to banter, or explain, or alleviate a worry.

The grocery or retail clerk who engages and brings sunshine and positivity.

The pastor who visits shut-ins, in addition to planning services, sermons, and inspiring his flock.

The shut-in who sends cards to someone who needs a lift.

The smiler who acknowledged your existence today, and the joker who made you laugh.

The spouse/kindred

spirit who has dinner ready when they know your day was even harder than theirs; who knows when to give you space and when to offer a shoulder.

The mom or caretaker who has put on band aids, birthday parties and a brave face, even when you are dancing on a precarious cliff.

The sibling or friend who is there for you anytime, anyplace.

The caretaker with the gentle ways to ease your diminishing time.

The child who loves you soooo much when they are little, finds their wings, and comes back to visit the nest, offering solace to the old parent bird.

You may have recognized yourself in these declarations or in some other giving way. If your special gift has not been mentioned, please be aware it is appreciated. As of late, the world appears to be a dark, selfish place at times. Yet, I do not see that in my North Dakota corner, where we are steeped in giving - I see selflessness every single day. The caring person can sometimes feel spent, hurt, invisible ... like there is no seat at the table for them because they are too busy giving.

So here is a tribute to the charitable soul - it is in giving that we receive - and be assured you have enhanced another soul, be it for a minute or for a lifetime. ■

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KUDOS**Christina Hirschfeld**

"It is quite easy for me to think of a God of love mainly because I grew up in a family where love was central and where lovely relationships were ever present." ~ Martin Luther King Jr.

There's something transformative and innovative to serve families in our



Christina and her family

community, led by someone courageous and passionate, yet gentle and patient.

Family Faith Formation is a new program within the four Catholic parishes in Dickinson and a pilot program in the nation.

Leading this community-wide endeavor is Christina Hirschfeld, serving as the newly-created Director of The Catholic Academy.

A native to Dickinson, Christina spent her childhood living in other states, but returned to Dickinson with her husband Joe in 2010.

"I always knew I wanted to be a teacher," says Hirschfeld, who spent 17 years in education. "I've also always had a deep love for God."

Christina was raised Lutheran and when she married Joe who is Catholic, promised to raise her children in the Catholic faith.

"I remember taking our boys to mass and when they were old enough, they'd ask, 'Why doesn't mom go up (and receive the Eucharist) with us?'" she recalls. "They had other questions about the faith, too, and I knew they deserved an answer."

Because of their commitment to their boys, Cody and Ethan, Christina and Joe started attending RCIA (Rite of Christian Initiation for Adults) classes to learn about Catholicism. A year later, when she was pregnant with their last child and

only daughter, Emily, Christina converted to the Catholic faith.

Fast forward to 2020, the Hirschfeld kids are now in their teens and Covid is preventing CCD, (Confraternity of Christian Doctrine) or evening education courses for children, from meeting.

CCD pre-Covid had a classroom structure, where a volunteer teacher gave a lesson every Wednesday. Without the ability to meet, parents reported feeling incapable or ill-equipped to teach children at home.

"The whole system was re-evaluated and re-invented," says Hirschfeld. "CCD was replaced with 'Family Faith Formation' and now the parents receive the education and are equipped to teach their children at home. The power is given back to the parents to be the

primary influence in their child's faith formation and that is really important to me"

Just as when her own children were asking questions, her response was to put in the time and effort to find the answers. Now, she is a model and cheerleader for other parents to invest in their child's faith journey with the same commitment and enthusiasm.

Family Faith Formation is a concept being utilized in other parishes in the nation, but not in a community wide effort as Christina is leading here in Dickinson. Her position also oversees the Blue Hawk Catholic group, RCIA classes and Dickinson Catholic Adults.

"Family Faith Formation is an inspiring, community building program" she says. "All four parishes are united in seeing families transformed. I'm so grateful to be chosen to serve our Catholic parents and children."

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

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COOKING CRAVE Homemade Recipes Made Easy!



Heart River Voice had the privilege to sit down with Laverne Diede and Rhonda Fitterer, the mother/daughter duo of the cooking show, Cooking Crave, on Consolidated's channel 18. Laverne and Rhonda delight audiences with their simple recipes, using staples within most kitchens, but also hoping to encourage viewers to try new foods. You can watch their show Tuesday evenings at 6pm and 9pm, or Wednesday afternoons at 2pm or 5pm (replay of Tuesday's show). New shows air every other week. You can also find episode archives and recipes at ctctel.com/tv/channel-18/cooking-crave-cooking-show/. Heart River Voice enjoyed a tasting of the holiday recipes in this article. You can bet the Fluffy Pumpkin Cheesecake Pie will be starring as our dessert on Thanksgiving Day! Delicious! The ladies will be sharing their recipes each month with Heart River Voice readers. We encourage you to cook along with Laverne and Rhonda!

HRV: How long has Cooking Crave been on the air?

CC Rhonda: We started in December 2008. Channel 18 had just started and Rhonda Dukart and Ron Rhoades were coming up with ideas for shows. They wanted to do a cooking show, and they were going to do it with a local restaurant but that fell through. So, an email went out asking if anybody likes to cook, maybe knows anybody who likes to cook, and a good friend of ours mentioned that my mom loves to cook and is a good cook. The premise of the show was to have her go to different kitchens and travel with each show. But, we came to Laverne's kitchen and haven't left yet. That was 14

years ago!

That's a long time! Who came up with the name Cooking Crave?

CC Rhonda: I think Ron did. It has always been that name.

CC Laverne: They didn't ask me!

Where did you acquire your love of cooking?

CC: Laverne: I think it's just from growing up. I grew up in a large family and we all took our turns with having to cook and help out with the household and I'm the sixth out of 10 children, so you just picked it up, it was just something that you did. You had family meals, there was no question about if you were going to make dinner tonight or supper, you just did.

And was that how it was for you, Rhonda?

CC Rhonda: No, I just ate. I can cook, it just takes me longer. I like baking, such as cookies and bars, more than cooking.

CC Laverne: We have gone through a lot of my own recipes that I had, generational recipes. Some of my recipe cards are typed, ones I typed when I first learned how to type. I've used them over and over. Maybe 50-60 years old. They are splattered and greasy. Old recipes I got from home and still make. But now it's getting a little hard, that's the bigger challenge, to come up with recipes people will enjoy and that falls into the timeframe that we have. Our shows are 20-30 minutes.

CC Rhonda: It really depends. For today's show, we've been here for a couple hours already. We have baking times that aren't included in the show itself.

Do you use more simple ingredients;

items people would already have in their kitchen or easy to find at their local grocery store?

CC Rhonda: Yes, and that is the tagline of the show - Homemade Recipes Made Easy.

CC Laverne: I always say if I don't have it in my kitchen, the majority of people aren't going to have it in theirs. A good example is a recent show called for swiss chard. I have never cooked with it. I also could not find it. So, I replaced it with spinach. In other recipes, I don't want viewers to spend a fortune on a spice they may use once and then it sits in their cupboard. It's helpful to teach substitutions.

CC Rhonda: Or some of the recipes we've done and you've made your homemade dough. It's an acquired skill that not everybody knows how to make from scratch. I don't do that, but you can buy certain dough products that are already premade and start from there.

CC Laverne: That was a harder thing for me to do because we, growing up, probably at 10-11 years old, we were already making bread. We didn't use a recipe. We just made it from scratch, from feel.

CC Rhonda: Sometimes I have to ask what the measurements are to keep her on track.

CC Laverne: Families are just so much busier with kids and sports and everything. Things need to be quick and easy.

I noticed when I was watching your show that one of the recipes came from



Laverne and Rhonda

someone else. People are welcome to send in a recipe?

CC Laverne: Absolutely! We love to get recipes from others, so wherever we can, I try very hard to make sure I make them once in a while. Sometimes the timeframe doesn't fit.

What would you call the style of cooking on your show?

CC Rhonda: It's really just good cooking made easy! Good recipes that are hardy and healthy and family friendly. We'll use my family as an example. If they will eat it, it's a go!

Share your recipes to be considered for the show by sending to:

Consolidated
Attn: Rhonda Fitterer
PO Box 1408

Dickinson ND 58602 ■

Homemade Recipes Made Easy!

COOKING
CRAVE

Fluffy Pumpkin Cheesecake Pie

- 1 ready-made graham cracker pie crust
- 1/2 cup sugar
- 1 1/2 tsp. pumpkin pie spice
- 2 eggs
- 1 cup canned pumpkin
- 12 oz. cream cheese; softened

Preheat oven to 350 degrees.

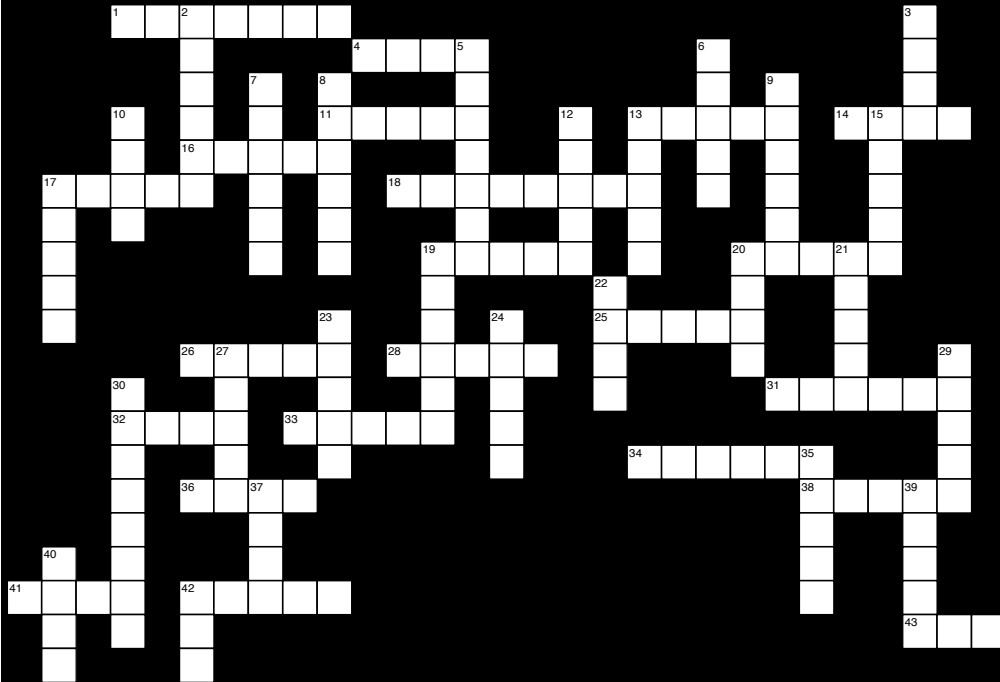
In a large bowl beat cream cheese until fluffy; add sugar and spice, beat until combined. Add eggs one at a time until combined; stir in pumpkin. Pour mixture into crust; bake for 30-35 minutes; cool 1 hour and refrigerate 3 hours. Garnish with whipped topping if desired. Store in the refrigerator.



CROSSWORD

THANK YOU by Carlinka

++Thank You++



www.CrosswordWeaver.com

ACROSS

- 1 +TY in Spanish
- 4 Street crossers: Abbr.
- 11 Childbirth assistant
- 13 Complete and total
- 14 Gush forth
- 16 Strongly give off
- 17 Church songs
- 18 +TY in Japanese
- 19 +TY in German
- 20 Entice
- 25 Made a mistake
- 26 City attacked by Godzilla
- 28 Palindromic carpentry tool
- 31 +TY in Hawaiian
- 32 Slight feeling of intoxication
- 33 +TY in French
- 34 Historic S.F. district, with "the"
- 36 Gives a "Jeopardy!" answer
- 38 Cacophonous
- 41 Thick white rind on brie, e.g.
- 42 Experiences on acid
- 43 Smallest part of NYC?

DOWN

- 2 Places of residence
- 3 _-Ball (arcade game)
- 5 +TY in Russian
- 6 Conductor's stick
- 7 Reliable
- 8 Port city in Ukraine
- 9 +TY in Italian
- 10 Do poorly, as a comedian
- 12 Thin and graceful
- 13 Dangler in the throat
- 15 Hair braid
- 17 +TY in Croatian
- 19 +TY in Polish
- 20 +TY in Hebrew
- 21 Feature of a pelican's neck
- 22 Chest muscles, for short
- 23 Mead is made by fermenting it
- 24 Dried meat stick
- 27 Seeps out
- 29 Looney Tunes pig
- 30 +TY in Portuguese
- 35 How the victorious come out
- 37 Fuzzy fruit
- 39 Cuddle sideways
- 40 Pac-Man's "food"
- 42 +TY in Danish

IT'S PASTA TIME!

Thanks to all who completed the IT'S PASTA TIME crossword puzzle for National Pasta Month and Pasta Lovers' Week in North Dakota.

CONGRATULATIONS to our pasta prize winners!



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HOROSCOPE**NOVEMBER 2022** by Hilda De Anza**ARIES**
March 21-
April 20

What is crucial for you now is the retrograde movement of your ruler Mars, which can evoke the strangest feeling in you that everything has come to a standstill. It seems that you have gone too far too fast, and you need to go back and consolidate. Early November is an extremely important time for security matters, both on an emotional level and economically. You can never know when unexpected change will arrive, so be prepared.

**TAURUS**
April 21-
May 21

November is going to be a very significant time for you because of the lunar eclipse on the 8th, which falls in your sign. There is intense focus on the important relationships in your life, and as the eclipse falls exactly on Uranus, which currently is in Taurus. The atmosphere changes considerably mid-November, and a period begins when you rediscover your voice and sense of freedom.

**GEMINI**
May 22-
June 21

Expect change at work, but it is also an excellent time for major discoveries which are facilitated by your curiosity and ability to delve deep below the surface to unearth things that have been hidden for a long time. The rest of November is a lot more upbeat, and you can expect expansive developments in personal relationships. You will be in the company of interesting people who have new propositions which will expand your circle of contacts and perhaps also bring travel.

**CANCER**
June 22-
July 22

November brings important and unexpected events in your social life and romantically. Secrets come to light, and there is a shock factor involved. Perhaps there is an exciting group or event, but there is something about this period that can unsettle you, and if you run into opposition, you should keep your cards close to your chest. End November is a much more upbeat period, and the focus is very much on clients, customers and colleagues.

**LEO**
July 23-
August 22

Early November will be busy and intense, culminating in a lunar eclipse on the 8th which is very likely to trigger long-awaited changes that will affect your domestic life, and or your career. Outside pressures that have destabilized relationships and your professional life come to a head in one way or another. End November is a lot less serious and a lot more fun. You are fortified by enriching psychological insights. Your natural charm and performance ability are highlighted.

**VIRGO**
August 23-
September 22

The lunar eclipse on the 8th heralds some radical changes. These changes can have repercussions on various areas in your life. Your detective abilities peak, and you are sure to unearth explosive facts currently. There is sure to be a lot of controversy too, and there will be people who resist changes that are called for. Things settle down in the second half of the month, and there is a much greater focus on home and family.

**LIBRA**
September 23-
October 22

Early November is a very sensitive time for you, when you are concerned about protecting what is valuable to you both materially and in important relationships. You are joined by a close companion or advisor who helps you navigate through difficult territory, and this partnership helps you avoid troubles and adapt to unpredictable change. Mid-November, there is a transition, and there is a new sense of optimism and possibility.

**SCORPIO**
October 23-
November 21

On November 8th there is a lunar eclipse with the Sun in Scorpio and the eclipsed Moon in your opposing sign Taurus. The unusual quality of this eclipse highlights sudden breaks in communication and unpredictable developments in some important relationships. During the last part of the month, the focus is more on finances and there are opportunities to start something new. Agreeing about the best use of resources can be a challenge; the longer you leave it, the better your decision is likely to be.

**SAGITTARIUS**
November 22-
December 21

This marks a very spiritual period for you, where you are acutely aware of the sorrows and travails of other people, and where you seek a much deeper understanding of the subtle energies which guide the human journey. You'll find partners are loving and encouraging at this time, and happy to invest time and energy in your personal agenda.

**CAPRICORN**
December 22-
January 20

It's an time excellent for working with friends and colleagues on complex projects. A big effort now creates a stable foundation before major transitions on the way in March 2023. Expect significant developments early November, which will either affect your social life, and children. The lunar eclipse on the 8th is a key moment when people are inclined to act impulsively. Things lighten up mid-November, and at this time you will be happy to quietly withdraw from exhausting group events and lead a quieter life exploring your own private interests.

**AQUARIUS**
January 21-
February 19

The focus in early November is on developments which affect your career or domestic life. The lunar eclipse on the 8th brings important news which may mean you have to recalibrate your plans. It is a time of breakthroughs, especially regarding technology, communication and media. The last two weeks are fun and upbeat, and this is a great time for social events. New people arrive on the social scene, and you find that your new friends are intelligent and cosmopolitan.

**PISCES**
February 20-
March 20

November, you feel a deep love, but in a generalized way, identifying with people and circumstances. The lunar eclipse on the 8th brings surprising information to light and sudden news can change your perspective. The atmosphere changes during the last couple of weeks of November, perhaps because of new developments in your professional life which demand your attention. New people with new ideas appear on the scene, this can be very stimulating.

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