

# Heart River VOICE

DECEMBER 2024 | VOL. 6, NO. 12 | HEARTRIVERVOICE.COM

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SEE PAGE 22

CALENDAR *of*  
LOCAL EVENTS





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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. If you're a not-for-profit and want to share your story, send us an article. If you're a business and would like to advertise, give us a call. Are you an artist or know of one who might be the perfect fit for our cover? Have ideas we should consider? 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 [editor@heartrivervoic.com](mailto:editor@heartrivervoic.com).

**Kelley Jilek**  
*Publisher*

## On the cover

"Peacock Christmas" by Todd Clausnitzer. For more information about the artist, see page 5.



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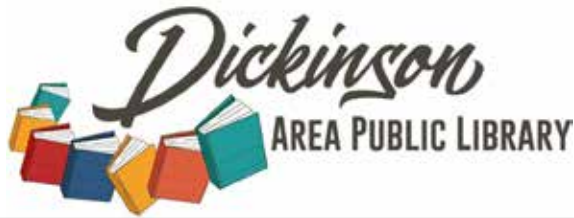
One of the real joys of the Holiday Season is the opportunity to say *Thank you* and to wish you the very best for the New Year!

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## #BOOKWORM

## Season's readings!



By Cindy Thronburg

December is always a busy month for us here at the Dickinson Area Public Library, and this December is no different. We have tons of programs scheduled for patrons of all ages, as well as several special events happening this month.

We will be starting out the month with a Present Wrapping Party on Monday, December 2nd. Drop in any time from 5:00pm to 7:00pm and get all of your presents ready for the holiday season! We'll provide wrapping supplies and hot chocolate and cider. This event is open to all ages!

On Monday, December 16th at 10:30am we will be having a book reading and cookie decorating with author Rayna Jo Zest. Join us for a special visit with this North Dakota author. She will read one of her stories, featuring an owl who loves to cook, and facilitate some cookie decorating! This is geared for ages 2-5, but all ages are welcome!

That same day at 4:00pm we will be having our Fictional Feasts program! This time we will be making Frosty the Snowman S'mores. Sign-up is required for this program, and it is for ages 10-18.

On Tuesday, December 17th at

10:30am we will have storytime with Mrs. Claus! This special storytime will be geared to 3-5 year-olds, but is open to all ages.

Also on Tuesday, December 17th, we will be having Harry Potter Trivia at 6:00pm. Test your knowledge of all things Potter and compete to win! This is for ages 13+ and sign-up is required.

Wednesday, December 18th at 5:00pm we will have another Pitter Patter Club! This is for ages 0-5 and sign-up is required. Join us for a special music class hosted by Andreea Evenson of Pitter Patter Club.

On Friday, December 20th we will be showing Classic Christmas Cartoons from 10:00am to 1:00pm. Stop by during that time to sip some hot chocolate or coffee and enjoy some Christmas classics. This is open to all ages, but no unattended children under 12.

That same day we will play Holiday Music Bingo at 4:00pm. We will play short clips of classic holiday songs, and you'll mark if the song is on your bingo card. Get a bingo and win a prize! This is open to all ages.

Two of our big events in December are the Dickinson Area Public Library Foundation's Old Fashioned Christmas Social and our Grinchmas Party! This year's Old Fashioned Christmas will be held on Friday, December 6th from 6:00pm to 9:00pm in the library. Enjoy hors d'oeuvres and listen to live music, all while socializing in our beautiful library—all decked out for the holidays. There will be a silent auction as well. Tickets for this event are available on the Foundation's website at [daplfoundation.org](http://daplfoundation.org), or they can be purchased at the library.

Our Grinchmas Party will be held the following Saturday the 14th from 10:00am to 11:30am, and it takes place all around the library. Come for the story! Come for the noise! Come dressed in green or as Who-girls and boys! It's going to be a Who-jubilee! Go on a candy cane hunt, make a Grinchy craft, and meet the real live Grinch! This event is geared towards ages 3-12, but all ages are welcome.

We finish out the month with our annual Noon Year's Party. This will be on Tuesday, December 31st at 11:30am. We're ringing in the new year at noon! We'll have treats, confetti, and more! This is for ages 3-12 and sign-up is required.

We have some closures we would like

to announce. We will be closed Tuesday, December 24th and Wednesday, December 25th. We will also be closed Wednesday, January 1st.

January is a planning month for us, so there won't be any storytimes or regular programs during the month. However, it is the start of our Winter Reading Program! The program starts January 1st. Get signed up on Beanstack to track your reading or activities. Stop by the library or call us for help with the process. If you've already created a Beanstack account for previous challenges, all you need to do is join the challenge.

We would like to close this article with a note from our director, Ian Anguiano, regarding hoopla: "Hello patrons and readers! I wanted to take a moment to chime in on a change coming to one of our more popular services. Starting in the coming weeks we will be reducing the number of hoopla checkouts available to individuals from 8 to 5 per month. We don't make this decision lightly; we know hoopla has become immensely popular. Indeed, this is an instance of suffering from success to a degree: the rate at which our hoopla memberships are growing is far outpacing the rate at which we can expand our electronic services budget. We want to keep offering this beloved service to you, but we also want to be responsible stewards of the tax dollars entrusted to us. For all of these reasons, we will be making this change. We thank and appreciate every one of our patrons and hope you understand why we are taking these steps."

Thanks for reading! We hope to see you soon! ■

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**Merry Christmas**

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## COVER ARTIST

## Todd Clausnitzer



Todd Clausnitzer

Todd is a 1977 graduate of Bismarck,

ND High School and inducted into its Hall of Fame. He rapidly began his ascent into the world of art, design, and business after receiving a Bachelor of Fine Arts at the University of North Dakota with emphasis on medicine. In 1983, Todd achieved the equivalence for the Association of Medical Illustrators' MA degree in Medical Illustrations. He did extensive contractual work with medical and pharmaceutical companies in the US and Sweden and illustrated medical books.

Todd's work has achieved acclaim nationally, including ND Furbearer Stamp winner and top 20 several times in the prestigious US Federal Duck Stamp competition. He was a contract for the Bradford Exchange, with his work being distributed globally. His paintings are included in public and private collections throughout the country,



Siberian Winter

including a number of celebrities.

His business acumen includes establishing Image Printing and acquiring Kaye's Printing and Knight Printing in Fargo, placing them into the top 500 printers in North America, winning many awards in printing and design. Knight Printing is the oldest corporation in North Dakota, established in 1888.

Todd is a lifelong resident of

Bismarck and an active member of the community. He and his wife Cynthia have three children, Christian, Samuel and Callie. He is represented by Masters Gallery, Bismarck. ■



Pinners

"Pinners" placed in the top ten in the 2023 Federal Duck Stamp Contest. Todd has entered several times through the years, and placed highly on many occasions. The original oil painting is on display and available for purchase at Masters Gallery, 212 West Main Avenue, Bismarck.

## COMMUNITY

## Rotarians give out treats



Dickinson Rotarians dressed as a baker, pancakes and bacon handed out candy to a record 3,000 trick or treaters at Trick or Trunk in downtown Dickinson on Halloween. The club recently held its annual Pancake Carnival, with proceeds going to support the end of polio worldwide.

Save the Date

Light up a Life

St. Joseph Catholic Church  
240 E Broadway St.  
December 8th, 2024  
2:00pm

Memorial service honoring loved ones who have passed away in the last year.



## COMMUNITY

**STRONGkids learn healthy habits**

It can take a lot of courage to push ourselves and step outside of our comfort zone. When we do allow ourselves to face a challenge, we may be surprised with the results. STRONGkids is a free program for students in 6th-8th grade that provides a supportive environment for youth to learn about fitness, develop lasting healthy lifestyle habits, and always give their best effort- even when it's not easy.

In the fall session of the STRONGkids program, participants have not only gotten to set personal goals for themselves, but have also gotten the chance to try a variety of fun activities at the West River Community Center including pickleball, racquetball, and the climbing wall. As the youth tried new activities, they were sometimes surprised by the results. One participant shared, "Rock climbing really surprised me and I did not think I was going to get that far up... conquering my fear [of heights] a little bit felt really good to do."

One goal of STRONGkids is for the youth who participate to take the lessons they learn and apply them throughout their life. That may include lessons from

the social-emotional learning curriculum or simply learning to try new activities, even if they are uncertain or think they will not be able to do it. A participant stated, "One thing I'd like to continue [after the 12-week session is over is exercising more! One lesson I'm taking with me is continuing to broaden my

horizons."

Volunteer mentors are essential to this program. It is mentors who push youth to try new things and encourage them to do their best. Whether you have a passion for physical fitness or simply enjoy working with young people, your involvement can make a significant difference in the lives of youth. If you or someone you know is interested in making a positive impact by volunteering, please contact us at 701-483-8615. ■



## COMMUNITY

**Safety during the holidays**

As the holiday season approaches, children and families eagerly anticipate the joy and excitement it brings. Caregivers often immerse themselves in festive activities like decorating the home, preparing a holiday feast, and attending community events. But amidst the holiday hustle, how closely are we paying attention to our children's social experiences? The adults in a child's life play a crucial role in creating protective environments that ensure their safety, especially during the holidays.

Keep these important tips in mind as you navigate the holiday season:

1. Respect your child's boundaries. Support your child's decisions about how and when they show affection to visiting family members. It's important to honor their comfort levels.

2. Maintain household rules. Don't let the excitement of holiday activities relax your household's boundaries. Always be aware of your child's whereabouts, limit one-on-one

interactions, and keep communication open and frequent.

3. It's okay to say no. Remember, you can't do it all. Overcommitting can increase stress and affect the entire family. Protect your family's well-being by setting limits where needed.

4. Speak up when necessary. Be ready to advocate for your child. If a family member insists on tickling your child and they're uncomfortable, step in. Children deserve control over their own bodies and decisions.

By staying mindful of our children's needs and boundaries during the holiday season, we can create an environment where they feel safe, respected, and supported. Visit us online at [www.dakotacac.org](http://www.dakotacac.org) to learn more child safety tips.

This article was adapted from [www.D2L.org](http://www.D2L.org). ■



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## COMMUNITY

# Women Empowering Women presents Tummy Time

Women Empowering Women (WEW) is excited to introduce Tummy Time - a community-based, social support networking program for area moms with infants up to one year of age. All moms are welcome - new moms, birth moms, adoptive moms, foster moms. Weekly sessions will be led by WEW's Lay Health Ambassadors and hosted at Backyard Play Café. This initiative aims to support new moms in engaging with their babies in a social setting, which is vital for both development and bonding. Many new moms may not fully grasp the importance of "tummy time" and its role in a baby's development, so this program offers a chance to connect, share experiences, and learn from one another. Each session will highlight a unique topic with various engaging activities that blend fun and education. Additionally, WEW's Lay Health Ambassadors are eager to gather input on the other

types of topics moms would like to explore in the coming year.

Tummy Time is a great program for both mom and baby, providing a perfect chance to socialize, especially as the cold, dark winter months approach. Tummy Time encourages moms to step out, meet others, and build meaningful connections while sharing their journeys. Remember, it truly takes a village, and we're all in this together!

Participation in the program is completely free; thanks to generous support from various funding sources, including Maternal and Child Health Equity and Strategic Health Strategies Grants from the NDDOHHS, as well as a BC/BS Spark grant and other funding sources.

*Note: Heart River Voice apologizes for not including this article in the November issue, the month WEW introduced their Tummy Time program. ■*



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**Tummy Time**

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WHERE BUSINESS GOES TO GROW



## EDUCATION

## DPS Foundation, Inc. annual review highlights



The DPS Foundation continues to champion educational excellence and community support as we celebrate our 35th anniversary! Here's a look at our progress by the numbers:

- \$683,571 in grants awarded to teachers
- \$49,000 in scholarships awarded to students
- \$36,750 awarded in student sponsorships
- \$131,000 in support for classroom teachers

This year, our community partnerships strengthened even further, thanks to generous contributions from local organizations and individuals:

Tri Energy Cooperative (Cenex) donated \$37,000 to help DPS teachers purchase supplies for their classrooms. For this 2024-25 school year, they have graciously continued the Gallons of Gratitude program to support education.

The American Federation for Wildlife once again teamed up with the Southside Saloon to contribute \$10,000 through charitable gaming proceeds. This donation enabled each school within the district to purchase STEM supplies and bring Gateway to Science to all

elementary schools as well as Dickinson Middle School.

The Alvin Chalupnik Planned Giving carries on Alvin's legacy by demonstrating his commitment to the community and his passion for education. His generous contribution will support education initiatives and programs that benefit students in the Dickinson area for years to come.

### Upcoming Event: Mystery Theater Fundraiser

Save the date! Our popular Mystery Theater Fundraiser returns on February 13, 14, and 15, 2025. Don't miss out on an unforgettable evening of entertainment and community. Sponsorship and ticket information will be available soon—stay tuned! For inquiries, reach out to [pwilliams@dpsnd.org](mailto:pwilliams@dpsnd.org).

As we reflect on our achievements and look toward the future, we extend heartfelt thanks to our dedicated board members and donors. Your support makes a difference, inspiring growth and opportunity across our district!

Here's to 35 years of partnership, progress, and promise. Thank you for being a part of our journey! ■

## THE ARTS

## THS presents Narnia the Musical

By Janel Schiff, Director

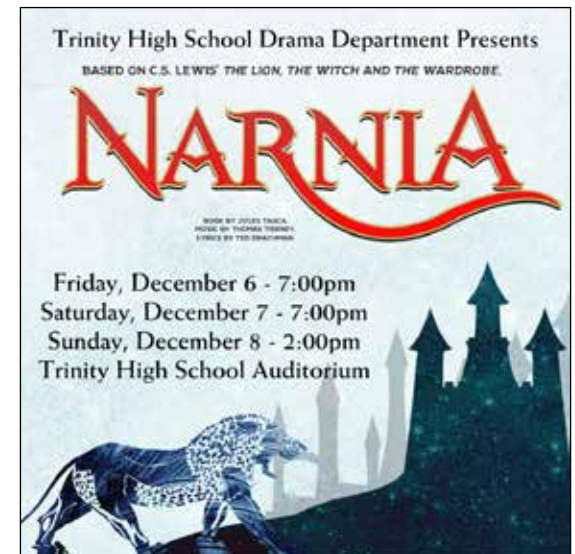
Featured throughout Trinity High School are images meant to inspire and educate. Displayed prominently above the Titan T near the north entrance is the image of noted British writer, scholar and theologian C.S. Lewis. Trinity students become well acquainted with the writings of C.S. Lewis through their studies. However, this year they will also experience the musical adaptation of the first book from the Chronicles of Narnia. The musical Narnia will be presented on Friday, December 6th and Saturday, the 7th at 7:00 p.m. and on Sunday the 8th at 2:00 p.m. in the Trinity High School Auditorium.

I was drawn to this musical based on the classic *The Lion, The Witch and the Wardrobe* due to its familiarity, powerful message and opportunities for both strong lead characters and ensemble roles. Audience members will experience the wonders of Narnia along with the young family members consisting of Lucy, Susan, Peter and Edmund. The script provides sentimental moments, light-hearted comedy and even a couple battle scenes. The variety of music ranges from the melodic, "You Can't Imagine" to the upbeat tempo of "Wot a Bit of Spring Can Do."

There are a wide range of

characters from the Good Narnians, the White Witch and her entourage and of course, the powerful Aslan. Cast members include seniors Isaac Dahl playing Aslan, Samantha Hauck featured as the White Witch, Andrew Jacobs in the role of Peter, Beth Dobitz as a member of the Beaver family, Alex Keller, assisting the White Witch and Davin Haag returning to the sound board. Veterans and newcomers fill other lead and supporting roles. Mitch Kuntz and Sandy Tibor return to assist with the production providing immeasurable experience and expertise. Jerry Schiff serves as Technical Director and Mary Hauck and Heather Cote assist with choreography.

Tickets are \$5.00 for students and \$10 for adults and are available at the door. ■



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**Heart River  
VOICE**



COMMUNITY

# WEW holds Holiday Drive

Maybe it's your mom -or your grandma, aunt, sister, neighbor or friend. It could be any of us! Financial struggles are so very personal and we often are unaware of just how much for some.

"I was able to buy the good food". "I could afford to make a holiday dinner for my family". "I am so thankful to have your help with shampoo and set here at the nursing home". "I used the gift card for my prescriptions". "Thank You - I now have enough to replace the tire on my car".

These are examples of thank you notes from women who are provided help through money raised during Women Empowering Women's annual Holiday Drive for low income elderly women. The women we help often live on less than \$1,000 per month, many even lower. Imagine! It is humbling to realize how very difficult it is for so many of our

elderly financially vulnerable women, especially at the holidays. We rely on our partners at Social Services, nursing homes and local churches to identify and deliver the gift cards to women who might need a little financial help over the holidays. Since 2021 Women Empowering Women has provided over \$75,000 in gift cards to area low income elderly women -money raised from donors and charitable gaming sites. We feel honored to be called to respond to this need.

We ask your consideration for support. We are only limited in what we can give by what we raise. Donations can be mailed to Women Empowering Women at 5 Patterson Lake Drive, Dickinson, North Dakota 58601 or dropped at Haynes Melbye Law Office. For online giving or more information contact [info@wewnetwork.org](mailto:info@wewnetwork.org). ■

WHERE BUSINESS GOES TO GROW

# Pete Leno appointed as new director of Dickinson SBDC



The Dickinson Small Business Development Center (SBDC) is excited to announce the appointment of Pete Leno as its new Center Director. Leno brings a wealth of leadership experience and a deep commitment to community development to the role. As the Dickinson Center Director, Leno will guide the center's mission of empowering small businesses and entrepreneurs across southwestern North Dakota with essential resources and support to drive growth and innovation.

Leno is best known for his long and distinguished career at Dickinson State University, where he served as the Founder and Director of the Ben Franck Human

Performance Center from 1991 to 2024. In addition, he was a tenured kinesiology professor and an offensive line coach, mentoring over 2,500 student-athletes, including 17 NAIA All-Americans and multiple Olympic competitors. Leno also spearheaded the development of an Exercise Science Bachelor's Degree, which has grown to become the fourth-largest program on the DSU campus.

"Pete's remarkable career as both an educator and business leader make him uniquely qualified to lead the Dickinson SBDC," said Ryan Jilek, Executive Vice-President for Stark Development Corporation. "His ability to combine strategic thinking with a strong focus on personal and professional growth will be an asset to local businesses and entrepreneurs."

In addition to his academic and coaching achievements, Leno co-founded Turnkey Health, a company offering integrated clinical solutions

for biomechanics. Turnkey Health developed state-of-the-art instrumented treadmills with high-speed 3D markerless motion capture technology to aid clinicians in providing detailed functional movement analysis. This experience not only demonstrates Leno's entrepreneurial acumen but also highlights his expertise in scaling businesses and driving sustainable growth.

"My goal as Director of the SBDC is to create an environment where small businesses can thrive and expand," said Leno. "With my background in coaching, business development, and helping organizations grow, I'm excited to support the entrepreneurial spirit in our community and help businesses achieve their full potential."

Stark Development Corporation and the West River Business Center along with local stakeholders, partner to bring a comprehensive range of services, including business planning, financial analysis, market research, and access to capital through the Dickinson SBDC office.

"Pete brings not only a wealth of experience but also a deep-rooted connection to the community of



Pete Leno

Dickinson," said Jilek. "We look forward to working closely with him to continue growing the business ecosystem in this area."

Pete Leno and his wife, Deb, have lived in Dickinson since 1991. They are the proud parents of two grown sons and have two grandsons. Leno's deep ties to the community, combined with his vast experience in leadership, business development, and mentoring, will make him an invaluable resource for local entrepreneurs.

Current business owners and entrepreneurial startups across Southwestern ND can access the SBDC's services and resources at no cost through their local SBDC office in Dickinson at 701-456-9044 or sign up online for a free consultation at [ndsdbc.org](http://ndsdbc.org). ■

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# Donor-advised funds: A smart way to give

You can find several ways to make charitable gifts — but if you're looking for a method that can provide multiple tax benefits, along with an efficient platform for giving year after year, you might want to consider a donor-advised fund.

Once you open a donor-advised fund (DAF), you can contribute many types of assets, including cash, publicly traded stocks, bonds, CDs or non-cash items such as closely held business interests, art or collectibles. You can then decide how to invest the money, possibly following a strategy suggested by the DAF sponsor organization you've selected. The next step involves choosing which charities to support, how often to provide support (such as once a year) and how much to give each time. You're essentially free to direct the money to any charities you like, provided they're IRS-approved charitable organizations.

Now, let's look at the possible tax advantages offered by a DAF:

- **Immediate tax deduction** – A few years ago, changes in tax laws resulted in a vastly increased standard deduction, which, in turn, led to far fewer people itemizing on their tax returns and having less incentive, at least from a tax standpoint, to contribute to charities. But if you don't typically give enough each year to itemize deductions, you

could combine several years' worth of giving into one contribution to a DAF and take a larger deduction in that tax year. And you can claim that deduction, even though the DAF may distribute funds to charities over several years.

- **Tax-free growth of earnings** – Once you contribute an asset to a DAF, any earnings growth is not taxable to you, the DAF or the charitable groups that receive grants from the DAF.

- **Avoidance of capital gains taxes** – When you donate appreciated stocks or other investments — or for that matter, virtually any appreciated asset — to a DAF, you can avoid paying the capital gains taxes that would otherwise be due if you were to simply sell the asset and then donate the proceeds to charitable organizations. Plus, by receiving the appreciated asset, rather than the proceeds from a sale, the charitable groups can gain more from your contribution. And you can also take a tax deduction for your donation.

While these potential tax benefits can certainly make a DAF an attractive method of charitable giving, you should be aware of some potential tradeoffs. Once you contribute assets to a DAF, that gift is irrevocable, and you can't access the money for any reason other than charitable giving. Also, your investment options are limited to what's available in

the DAF program you've chosen. And DAFs can incur administrative costs in addition to the fees charged on the underlying investments.

You may want to consult with your financial professional about other potential benefits and tradeoffs of DAFs and whether a DAF can help you with your charitable giving goals. Also, different DAF sponsors offer different features, so you will want to do some comparisons. And because DAFs can have such significant implications for your tax situation, you should consult with your tax professional before taking action.

If a DAF is appropriate for your situation, though, consider it carefully — it might be a good way to support your charitable giving efforts for years to come.

*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

# Thriving in transition: A guide to managing change at work

By Debora Dragseth, Ph.D

Imagine walking into work and discovering that your once predictable job responsibilities have been thrown into chaos and confusion.

It has been said that the only type of change people like is the kind that jingles in their pocket. But like it or not, change is a fact of organizational life. In today's workplace, change comes at employees like a tidal wave. Job roles, tasks, technology, and entire companies are evolving at an unprecedented pace. When faced with the loss of what is familiar, employees often feel helpless and vulnerable.

Now, close your eyes and consider for a moment what life would be like if nothing ever changed. Imagine driving the same car, living in the same house, and having your kids stay the same age. Your responsibilities at work would never shift, and you would miss opportunities to grow, make new friends, or encounter

exciting new experiences. The thought might seem comforting at first, but wouldn't it become tiresome?

Sometimes, even positive changes bring unease. If you've been transferred to another department or city, you might feel sentimental about the co-workers, friends, or familiar environment you left behind. Even a promotion, while exciting, can bring a sense of apprehension.

Understanding how we respond to change can help us adapt more effectively. Researcher Hans Selye's "General Adaptation Syndrome Theory" outlines three stages we experience when adjusting to change.

1. Alarm: In this stage, we experience a "fight or flight" response.

2. Resistance: Here, we try to combat the change and regain a sense of normalcy.

3. Exhaustion: This stage can go one of two ways: either we effectively handle the change and establish a new rhythm, or we continue to struggle without making

progress.

In today's world, learning to cope with change is crucial. Here are some helpful suggestions from Nancy Sprynczynatyk, LPC-MH. Sprynczynatyk is a former Dickinson State University professor with 25 years of experience in mental health, human resource management, and education.

- Take care of yourself. A healthy diet, regular exercise, and plenty of sleep are essential. Adjusting to new circumstances can drain your psychological energy.
- Do not avoid problems. Clearly identify the changes you are facing and develop a logical, step-by-step plan to address them. You may need to re-prioritize your workday. As new responsibilities have been added, what used to be critical may not be anymore.
- Ask for help. You are in a new situation and may need guidance, education, or support. Don't be afraid to reach out to mentors or colleagues.
- Utilize relaxation techniques. Try using apps, guided imagery, or self-help books to manage stress effectively.
- Balance work and play. Make sure not to become a captive of your job. Hobbies, social activities, and time with loved ones can provide necessary relief.



By addressing the challenges of inevitable change, you can not only survive but thrive.

Debora Dragseth, Ph.D., is the Baker Boy Professor of Leadership and the 2024 Dickinson State University Distinguished Professor of the Year. Her monthly column offers practical solutions to common workplace issues. ■

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**KUDOS**

# Ronda Schauer



*“All kids need is a little help, a little hope, and someone who believes in them”*  
~ Magic Johnson

You never quite know where you’ll run into Ronda—she could be anywhere from Beach to Glen Ullin, or Killdeer to Hettinger! She’s often on the road, attempting to balance work and family, yet she still manages to make it to almost all of her kids’ events.

What you can count on is her big, welcoming smile, positive energy, and the feeling that, in that moment, you’re the most important person in her world. And if you know her even a little, expect a big hug, too!

Ronda, an Ag Education grad from NDSU, lives in Hettinger with her husband and five kids. With three daughters still in high school, I can only imagine the whirlwind of activities in the Ronda household—balancing livestock chores, school events, 4-H, and giving back to the community through volunteering.

As Director of the Roughrider Area Career and Technical Center (RACTC), Ronda is constantly on the move, with RACTC’s 13 member schools as her top priority. Whether she’s arranging hands-on experiences, moving Emerging Technology equipment from school to school, or making sure rural students have access to career-focused education, she’s all in. “My passion is to help guide students, and now other instructors, to success,” she says. Her work spans 13

schools, where she leads a team providing career and technical education in Health Sciences, Business, Agriculture, and Trades and Industry (Heavy Equipment Operations and Electricity).

Ronda collaborates closely with instructors and administrators, working to align student interests and community needs to create or continue meaningful programs.

We are especially fond of Ronda as our liaison to our annual Computer Coding Camp for Girls.

Wherever you encounter Ronda, she’s always enthusiastic, ready for the next challenge, and radiating pride for her children. Her work ethic is second to none, and her zest for life is downright contagious.

*Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good work women do. These are women who’ve lived quietly, joyfully, or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact.*

*Women Empowering Women is dedicated*



Ronda Schauer

*to the collaboration of women to meet needs and help women become the best versions of themselves. To learn more, see [wewnetwork.org](http://wewnetwork.org).* ■

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## COMMUNITY

## Vision West ND announces a free winter safety training

As winter sets in, the North Dakota Highway Patrol and Stark County Sheriff's invite community members to a free, informative training session on safe winter driving, understanding traffic laws, and child safety seats. This event will be held on Monday, December 9, 2024, at the Dickinson Veterans Pavilion. There will be a networking session from 1:20 p.m. to 2:00 p.m. and the training from 2:00 p.m. to 4:00 p.m.

This hands-on session will equip drivers with essential winter driving techniques, an understanding of basic traffic laws, and practical guidance on child car seat installation. The training is especially beneficial for parents, new drivers, and new Americans navigating public transportation and adapting to local driving practices.

Covered Topics

- **Traffic Laws:** Understanding driver's rights and responsibilities.
- **Safe Winter Driving:** Tips for navigating snowy and icy conditions.

- **Child Car Seat Safety:** Instruction on correct car seat use, addressing common misconceptions, and helping families keep young passengers safe.

Translation Services

- Spanish and Ukrainian translation services will be available for non-English speakers.

Event Highlights

- **Date:** December 9, 2024
- **Networking (1:20 p.m. – 2:00 p.m.):** Join us early for light refreshments and a chance to meet neighbors, local law enforcement, and community leaders. It's an excellent opportunity to connect and share experiences before the training begins.

- **Training (2:00 p.m. – 4:00 p.m.):** Dive into an engaging session led by North Dakota Highway Patrol and Stark County Sheriff's experts, covering essential skills for winter driving and child car seat safety.

Attend this valuable community event to learn how to keep your loved ones safe this winter. ■

## COMMUNITY

## Vision West ND Anuncia un Entrenamiento Gratuito de Seguridad en invierno en Dickinson

A medida que se aproxima el invierno, la Patrulla de Carreteras de Dakota del Norte y la Oficina del Sheriff del Condado de Stark invitan a los miembros de la comunidad a una sesión gratuita e informativa sobre conducción segura en el invierno, comprensión de las leyes de tránsito y seguridad en los asientos para niños. Este evento se llevará a cabo el lunes 9 de diciembre de 2024 en el Pabellón de Veteranos de Dickinson. Habrá una sesión de conexión de 1:20 p.m. a 2:00 p.m. y entrenamiento de 2:00 p.m. a 4:00 p.m.

Esta sesión práctica proporcionará a los conductores técnicas esenciales para conducir en el invierno, y comprender las leyes de tránsito básicas y orientación práctica para la instalación de asientos para niños en los automóviles. El entrenamiento es especialmente útil para padres, nuevos conductores, y nuevos residentes que navegan por el transporte público y se adaptan a las prácticas locales de conducción.

Temas cubiertos

- **Leyes de Tránsito:** Entendimiento de los derechos y responsabilidades de los conductores.

- **Conducir Seguro en Invierno:** Consejos para manejar en condiciones de nieve y hielo.

- **Seguridad en los Asientos para Niños:** Instrucción sobre el uso correcto de los asientos para niños, hablar de conceptos erróneos comunes y ayudar a las familias a mantener seguros a los pasajeros jóvenes.

Servicios de Traducción:

- Se ofrecerán servicios de traducción en español y ucraniano para los que no hablan inglés.

Aspectos del Evento

- **Fecha:** 9 de diciembre de 2024

- **Conexión (1:20 p.m. – 2:00 p.m.):** Ir temprano para disfrutar de refrigerios ligeros y la oportunidad de conocer a los vecinos, autoridades locales y líderes comunitarios. Es una excelente oportunidad para conectarse y compartir experiencias antes de que comience el entrenamiento.

- **Entrenamiento (2:00 p.m. – 4:00 p.m.):** Participe en una sesión interactiva dirigida por expertos de la Patrulla de Carreteras de Dakota del Norte y la Oficina del Sheriff del Condado de Stark, que cubrirá habilidades esenciales para conducir en invierno y la seguridad en los asientos para niños.

Asista a este valioso evento comunitario para aprender cómo mantener seguros a sus seres queridos este invierno. ■

### About Vision West ND

Vision West ND stands at the forefront of addressing the economic and social challenges of western North Dakota. Through strategic planning and collaboration, VWND tackles the region's most pressing concerns, including economic growth, housing, healthcare, and behavioral health, paving the way for a resilient and thriving community.

We are immensely grateful for the support and partnership of Women Empowering Women and the North Dakota Highway Patrol in bringing this crucial winter safety training to Dickinson. This event reflects the collective dedication and hard work of our Vision West ND Multicultural Committee, alongside our partners, to enhance community safety and awareness. Together, we empower residents with the knowledge and tools they need to navigate winter's unique challenges and protect their loved ones on the road.

Questions? Contact Vision West ND, Inc. at (701)483-8476 or [visionwest@dlnconsulting.com](mailto:visionwest@dlnconsulting.com).



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**VOICING SOME THOUGHTS**

**It's the most wonderful time of the year**

By Nancy Hoff

Many people revel in the grandeur of Christmas. They love the lights, the smell of pine, the nip of snow – it's in their life blood. It is the culmination of peace on earth, preceded by weeks of cheerful flurry. And others, like me, get on the Christmas train reluctantly, knowing exhaustion awaits at the journey's end.

Don't get me wrong, I love the season. But I do not have the Christmas talent gene to make it all look effortless. I was born with two left thumbs.

Take the tree. For baby's first Christmas, the live tree we brought home was so crooked, it toppled over in the tree stand. We ended up nailing it to the floor. But live trees were the essence of Christmas – so annually we



would capture a live one, sought to keep it alive with gallons of water to no avail as it pitifully bled off its needles. Then on De-Decoration Day (December 26), it sprang to life with a vengeance as I tried to put it in a body bag. It scratched, it's branches swung out for a nasty left hook. I struggled to get it out the patio door and down the deck steps. In the summer, its needles in the grass were damning evidence to the crime committed against the poor tree.

My sister was the gift genie. Your wish was her command. She would have her shopping AND wrapping done by October. She alone set the consumer index for the season. I, on the other hand, am always scrambling last minute... just one last gift, never mind the tower of presents under the tree. My preferred wrapping is a Walmart bag.

She also baked – Czech kolche, Mexican wedding cakes, Swedish spritz – her kitchen was a mini United Nations.

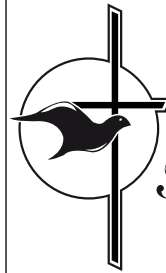
I try, but remember, two left thumbs. My daughter always requests peanut blossom cookies; then I find cookie skeletons left behind, with just the Hershey Kiss eaten out. The icing on my honey cookies would never set, so I would use my blow dryer. My son learned to perfect the family chocolate caramel recipe himself – mostly to save the filings on his teeth.

In visiting with a friend recently, we discussed how much we put into making a memorable holiday. Although the family pitches in and helps immensely, as chief cook and bottle washer who bears the responsibility, we spend most of the time in the kitchen – prepping, serving, cleaning up, sometimes missing out on conversations and laughter. Yet we would have it no other way – it is a brief, fleeting time so make the most of it!

This year, I am having knee replacement surgery, wisely choosing the holiday season. There will be a small, prelit tree in the window – a pacifist who will surrender easily into its box on De-Decoration day. There will be only two kinds of cookies – and a bag of Hershey Kisses. The meal will be much simpler, prepared by my kids. Paper plates will be used – which will go into a body bag without protest.

This Christmas, I will sit back and be a participant.

But next year, I will be back on the Christmas train. It's in my lifeblood. All aboard! ■



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# DICKINSON MUSEUM CENTER

## The German Mercantile Company, Part 3

By Bob Fuhrman

During the first several months in its new Broadway Street home the German Mercantile Company (GMC) had its share of excitement – a grand opening ball, two minor fires and a burglary. The same day the Dickinson Press reported that Bert Williams and Henry Brown had been in court to enter not guilty pleas in the burglary case, the newspaper also carried the briefest mentions of a safe cracking at the GMC, a fellow named John Wilson being charged and Attorney Campbell appointed to defend him. Maddeningly, this is the one and only mention of this incident – Wilson does not appear in Justice of the Peace Folsom's docket, nor is the case mentioned in the minutes of the July Circuit Court sessions or any further sessions over the next few years. It seems Wilson's crime is somehow lost to time and we're fated to never know how he cracked the safe, what it was he stole and how Wilson was caught.

Despite the phantom safe cracking, it seemed that things for the GMC had finally settled down. In the last week of July 1908, the Press noted that the GMC would “give a demonstration on how to beautify the home,” and that George Frank, late an employee of merchant George Drenkel, was handling machinery for the GMC and that Frank, “finds it much more convenient to be employed with the new firm as his home is on the south side.”

Along with the retail operation, the GMC building saw steady usage – dances, holiday events, celebrations and community meetings. To illustrate how important the GMC Hall was to south side residents one only has to read a September 26, 1908 page one Press article recounting a well-attended evening meeting of the German Commercial Club. Discussions at the

meeting included the need for more lights at Northern Pacific crossings – it being suggested that the NPRR or the city council “see that the lights are put up” to provide for the general safety of area residents. The other hot topic of the meeting was police protection, it being generally agreed that “it is almost impossible for one man (assigned to night patrols) to look after the affairs both north and south of the tracks.” The supportive feelings for a remedy to this lack of police protection drove the creation of a petition to be presented at the next council meeting “asking for at least a night policeman, to be selected from residents of the South Side.” The last item related in the story touched on citizen's civic responsibilities, it being noted that, “Some residents of South Dickinson have failed to comply with the sidewalk ordinance...the club vot(ing) to notify these parties to put in the walks at once or the matter would be referred to the alderman at the next meeting of the council.” The encouragement must have had the desired effect as subsequent City Commission meetings mentioned no fines for failure to comply with the sidewalk ordinance.

In November 1908 South Side fire concerns were once again in the news as fire consumed a barn near the Dickinson Roller Mill. Fire fighters were hampered by “the impossibility of getting the hose wagons from this side (the north side) over the tracks in time to do much good was clearly demonstrated.” The Press went on to note that by the time the hose cart was able to travel the half-mile from the combined City Hall/Fire House structure to the fire the barn was “practically all destroyed.” That it was a calm day helped limit the destruction to the one structure though it was noted a significant wind might have caused an

extensive conflagration. Also noted was this:

“The fire brought out another fact, that the hydrants should be frequently tested. As soon as hose was fastened to the hydrant on Main Street and the water turned on, the hydrant burst and the sight resembled a fountain of rare beauty. The water was thrown in all directions and many feet into the air but would have done more service in the hose than as an ornament to the street, for fully half of the force was lost and the water wasted.”

At the Dickinson Fire Department's February 1909 meeting it was decided that one of the department's hose carts should be designated for the South Side and be stored in the GMC's warehouse. It was also arranged for the cart's hoses to be dried in the basement of the GMC store building. The roster of the South Side members of the department was created and included Heiser, Loh, Hoeroff, Fisher, Koch, Bohn and D. Blath. Two months later the Press reported the hydrant broken in November would be replaced as soon as frost was out of the ground and that the structure that covered the City well on the North Side of Dickinson would be moved to the South Side to serve as a shelter for

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The T. K. KELLY SALES SYSTEM, 1890

**German Mercantile Company Sacrifice Sale**  
**Ad,**  
**Dickinson Press, February 6, 1909**

the neighborhood's hose cart, which could then be removed from the GMC warehouse.

Meanwhile, the GMC's business through its first few years of operations had some challenges. In February 1909 a “sacrifice sale” was announced with deep discounts due to being “greatly

*Continued, next page*



Continued from page 16



**Jerome and Anna Berns,  
Believed to be their wedding  
picture.**

**Source: Ancestry.com**

overstocked”, slow sales in part blamed on the tardy onset of cold weather, requiring “enormous reductions” of prices “in order to dispose of their entire winter stock in the remaining cool months.” To handle the expected “immense crowd” GMC engaged 15 extra salespeople – “We expect to see hundreds of people...at this big sale... the public knows that when the German Mercantile Company promises to give the people great bargains, they may well believe it, for their reputation for truth and square dealing is known for miles around.”

Readers may recall from Part 1 of this article that in November 1907 board members of the GMC increased its capital stock from \$10,000 to \$30,000. Although no persons giving notes for stock were identified at that time, it seems

that some of the erstwhile stockholders changed their minds regarding the investments and decided to recover their notes, in essence taking their money out of the corporation or refusing to further fund their notes to the fulfillment of their initial commitment. Named as defendants in a suit brought by the GMC were John Metz, Christ Jager, Rochus Wolf, and Michael Obritschkivitsch (spelling from Dickinson Press, believed to be ‘Obrigewitsch’). A decision handed down by Judge W.C. Crawford in April 1909 found in favor of the defendants, though the Press stated it was “quite probable” the case might eventually be appealed to the North Dakota Supreme Court. Why these investors decided to pull out of the GMC was not reported. Also, during these early years other GMC legal matters appear in the Press or

in Justice of the Peace Folsom’s docket –generally simple ‘money demand’ cases which were likely actions to recover past due charges for merchandise.

Other changes came to the GMC in 1909 – in January Manager Leo Hunkel accepted a position as traveling agent for the Red River Special Threshing Machine Co.; the next month a new tenant moved into the GMC building when the German language newspaper Zununft (“Future” or “Perspective”), published by Valentine Koch, took up residency in the northeast corner rooms on the second floor. In April it was announced that the GMC building would serve as polling place for Dickinson precinct number 6, 6th Ward; in May “Mr. Julius” arrived in Dickinson “to take charge of the German Mercantile Co. store... from Wishek (ND)” – to be replaced the next month by William Bartholome, previously a clerk at Roquette Bros. store; in September Will Bartholome married Minnesotan Margaret Franklin whom he brought back to Dickinson where she took on the duties of GMC bookkeeper. The Bartholomes moved on to Montana sometime in late 1910 or early 1911.

The departure of the Bartholomes pre-dated the January 1911 GMC stockholders meeting when the following were elected directors: J.W. Berns, Joseph Jager, Daniel Heidt (three year terms), Gregor Selinger (two years) and John Fisher (one year). Peter Braun was appointed president, Fisher vice-president and J.W. Berns secretary and treasurer. Berns, who had recently arrived in Dickinson was identified as having “general charge of the store” as manager.

Jerome Berns was born in Otter Tail County, Minnesota in 1879. After marrying Anna Rasmusson in 1907 the couple lived in Buswell, Wisconsin where he served as an accountant for a lumber firm before coming to North Dakota where he engaged in the mercantile business, first in Mandan and then Dickinson. Berns seems to have settled into Dickinson readily enough, it being noted in the Press that he had purchased a 22-horse power Ford automobile in late June and served on the 4th of July committee with fellow businessmen J.V. Jessen and F.L. Roquette, all of whom “certainly deserve credit for the satisfactory manner in

which they handled the celebration.”

Mrs. Berns also embraced her new community. On July 22 the GMC hall hosted the St. Anthony Society’s banquet to celebrate the first-ever ordination of a Catholic priest in Dickinson. Anna Berns, along with the wives of GMC directors Fisher and Braun, prepared a dinner (featuring roast chicken, roast veal and roast beef as well as sliced ham) for 200 people gathered to honor Father Peter Fehrenbach, ordained the previous day by Bishop Wehrle, the new priest celebrating his first mass prior to the banquet. The hall was decorated in the colors of the St. Anthony Society – red, white and blue– with a lace canopy over the bishop’s table. The Society also gifted Fr. Fehrenbach “with a beautiful chasuble\* of white, embroidered with gold.”

(\*Chasuble - the outermost liturgical vestment worn by clergy for the celebration of the Eucharist in Catholic and other Christian churches.)

*Next Month – Part 4* ■





## Luisa Popp and Abasi

Luisa Popp's love for horses began at a young age when she was just 3 or 4 years old. It all started with a trip to a stable, courtesy of her aunt, who had grown up around horses. Luisa's excitement was obvious as they approached the stable in Germany, where horse vaulting is quite popular. Her first encounter, however, wasn't as magical as she had imagined.

The horse she was introduced to was a massive black steed, towering over her. Anxious by its sheer size, Luisa hesitated. Sensing her apprehension, her aunt swapped the big horse for a much smaller and less intimidating pony. Soon, Luisa and a group of little girls were taking turns riding the pony, but the giant black horse remained untouched, a bit too daunting for any of them to ride alone. As the day went on, however, the seven little girls decided they would ride the black horse together—safety in numbers! Clinging to each other and giggling, they finally braved the large horse, a moment Luisa would never forget.

One of Luisa's earliest solo riding experiences was with Sugar, a horse owned by a family friend. Sugar quickly became a favorite among Luisa and her friends because of her gentle nature and willingness to let anyone hop on for a ride. In fact, Sugar was so popular that the kids would often take turns riding her all day, sometimes for so long that the adults had to step in and kick them off to give the horse a much-needed break. For Luisa, those moments riding Sugar solidified her love for horses, as she felt a sense of freedom that made every ride feel like an adventure.

Luisa's obsession with horses only grew from there. She would beg her parents for riding lessons, but they were too expensive at the time. Still, her enthusiasm could not be tamed. Her family rented Shetland ponies on vacation in the Netherlands, and she would ride them along the beach, her absolute favorite thing to do. She had a couple of memorable (and wild) experiences during those vacations. Once, her pony rolled with her in the sand. On another occasion, her brother's pony ran off with him. For folks who know Shetland personalities, this is very true to their reputations.

Luisa calls her love for horses more of an obsession than just a passion. She shared how she would cut out pictures of horses and create vision boards, dreaming of the day she could call a horse her own. Her first real horse came in the form of a pony named Abasi. Abasi had asthma, so Luisa had to help her with an inhaler before they



## My First Horse

By Dr. Holly Gruhlke

First horses are not only a good source of fun for their riders, but can also provide some really great life lessons. This type of education, learned in a pasture, on a prairie, or in an arena, can last forever, and serve as a mechanism for building grit and tenacity.



could go riding. They shared countless adventures together, though many of them were more daring than they probably should have been. Luisa and her friends loved to go jumping with the horses despite the disapproval from their instructor.

One of Luisa's most cherished memories with Abasi was their participation in a dressage tournament. It was her first time competing, and though she came in dead last, the excitement of being there and riding with Abasi was all that mattered.

When Luisa moved to the United States to pursue her college education, her riding days slowed down. But during summer visits back to Germany, she would always make time for Abasi. Sadly, Abasi eventually passed away from complications with her asthma. The loss was hard, but Luisa's love for horses never faded.

In college, Luisa found new ways to reconnect with horses.

Her rodeo friends, Heather and Hannah Labree, would let her help warm up their horses before practice, a gesture that always made her day. The Labrees also gave Luisa a chance to experience ranch life. The thrill of moving cows for the first time was surreal to Luisa—it was something she had only ever seen in Western movies. She couldn't believe she was actually living it and that cowboys do, in fact, work cattle this way.

Horses have shaped not just Luisa's childhood but her entire journey through life in some way. From her first encounter as a young girl to the joy of riding on the beach with her family, her bond with horses has been constant. Now, as she reflects on her experiences, she knows that her love for the majestic creatures will always be part of who she is.



Holly and Butterscotch

**DR. HOLLY GRUHLKE**

Farm Kid  
Horse Enthusiast  
DSU Vice President

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### COMMUNITY

## Coming home to serve: A local girl's journey to dignity-centered care



There's something special about returning home—about reconnecting with the place where you grew up and finding a way to make a meaningful impact. For Madison Gellner, that homecoming was not just a physical return, but a step toward fulfilling a deeper purpose: to work at Connect Medical Clinic, helping others connect to their health with dignity, respect and compassion.

For Madison, returning to her hometown to work at Connect was both a dream and a calling. "Returning home was always in the back of my mind. I had a wonderful childhood and to be able to share that with my growing family is a dream come true," Madison said. "I started in healthcare to help people, but after getting into the real world, I quickly realized that modern healthcare is not always about the patient, but has turned into a business."

When asked what it means to work at Connect, Madison replied, "At Connect, we are solely focused on the needs and well-being of our patients. I didn't know a work environment like this existed. Even though I am not using my exact college degree, I am serving a greater purpose."

She has only been at Connect a short time, but Madison is very positive about her future here. "My first week has been fabulous. The team cares so deeply about each other and works towards a common goal of serving patient's needs - mind, body and soul. I'm excited to move forward and grow with Connect."

While Madison's story is inspiring, it's also a reminder that the work at Connect Medical Clinic isn't done by one person alone. The clinic's mission is carried out by a dedicated team of professionals, each committed to the same values of respect, care, and empowerment. Every member of the team plays a role in making sure that each person who walks through the door receives the attention and care



Madison Gellner,  
Connect Cares Coordinator

they need, with dignity as the guiding principle.

Connect accepts a number of insurance companies and has a flexible self-pay program based on income level. Everyone is welcome at Connect, regardless of their ability to pay, as we believe in providing compassionate care for all.

As Madison and the Connect Care Team continue to serve the community, there are many ways for local residents to get involved. Whether it's by donating, volunteering, or simply spreading the word about the clinic's services, every contribution makes a difference.

If you're interested in supporting the work being done at Connect Medical Clinic, visit [connectmedicalclinic.com](http://connectmedicalclinic.com) to learn more about how you can help. Together, we can continue to create a community where dignity and respect are at the heart of every interaction. ■

TOIVOVA

# Love & Spaghetti

By Michelle Massie

Dear Readers, Merry Christmas! I felt called to share this writing from a couple years ago because I recently became a Grandma myself! What a surreal time it's been! It's also Christmas and it has me thinking of family, new and old, that have come and gone. Grief and loneliness can be so palpable during the holidays.

Sending you all Toivoa (hope) as we move through the season.

Dear Grandma D,

We had two foster kiddos last night, two boys, tall in stature. They came in the door, quiet with their backpacks and duffle bags. I had your spaghetti on the stove simmering. Just like you used to have ready for us, as we took the trek across the Upper Peninsula to spend weekends at your farm.

Back to the boys - I introduced myself, and gently asked them if they wanted supper, informing them that it was my grandma's special recipe. One asked if it had meatballs, the other passively said that he didn't like spaghetti. Jer, then told them to try it, and not feel bad if they didn't like it. So, I served them both a small helping of your tomato soup spaghetti.

A few minutes later, both asked for seconds, then thirds. One commented, "Let your grandma know she sure knows



how to make some good spaghetti." That's when I stopped and realized that I can't call you and thank you for the simple "Oh it's so easy" recipe given.

I tell people often, Grandma D, I know grief. I have sat next to it often as a hospice nurse the few last years. But what I have forgotten is the take-your-breath-away feeling that comes with unexpected grief. The one day, Grandma is as healthy as horse, I want to be like you and walk daily, take my vitamins, and worry about Grandpa's health. The next day, diagnosis, and the next day, gone home. Then to sit with being grateful that you're with Jesus. Being grateful that you had so many years of life (I won't share it, I know you wanted to keep your age a secret). Being grateful that I did get to say one last time, "I love you, and please forgive me".

But also feeling sad, because in my head I had years left with you. In my head there would be dozens of more coffees and visits and giggles, and maybe even a



spaghetti meal together. I've heard it said before, it doesn't need to be one or the other. She says it can be both, happy and sad.

And well, I'm working on that. One thing you told me right before you passed is that you surrendered to God's timing on your life, but wish you would have had more time with your kids and grandkids. Deep exhale ... I get it Grandma. I pray for more time with my kids, too.

You went with Jesus on Mother's Day. Right after my mom said, "Happy Mother's Day" to you. The day before

you were still mothering. This loving-and-letting-go life, heh Grandma? I wish I had the secret balance to this motherly love. Send Jesus to me and all the mothers trying to figure it out, okay?

One thing I know for sure, your love will continue in this earthly world, in your remembered words, in your simmering spaghetti sauce. I love you.

Love, your granddaughter, Michelle  
xoxo

PS. You sure make some good spaghetti.

COMMUNITY

# HCA presents "We Knead a Little Christmas"

Bethlehem was called, "The House of Bread," so naturally the little town's best bakery is "The House of Bread." The owner of the bakery, along with his family, are busy baking up bread for all the visitors who have arrived for the census. All is going along as planned, until a shepherd arrives with news of angels appearing in the night sky. Did the Magi really come? Is there really a newborn baby who is Jesus Christ the Lord?

Come out and support the Hope Christian Academy students as they perform "We Knead A Little Christmas" on Thursday, December 19 at 7 p.m.



MST at HCA, 2891 5th Avenue West, Dickinson. Everyone is welcome to attend this free and family-friendly production to celebrate the true reason for the season! ■

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## COMMUNITY

## A letter from Mrs. Claus



Dear Friends,

With the holiday season upon us, I thought I'd share a few of my favorite things that make this time of year so magical here at the North Pole. I hope they inspire a little extra joy in your own hearts and homes!

One of my greatest joys is the spirit of giving. Watching Santa carefully prepare each gift reminds me how meaningful it is to share kindness—through gifts, a helping hand, or a warm smile. Another thing I treasure is togetherness. Here in the North Pole, we gather for cocoa parties, storytelling, and laughter with the elves. Nothing brings out the holiday magic quite like time spent with loved ones!

Up here, we rely on cozy comforts, like my favorite quilt, soft slippers, and peppermint tea to warm us. Taking time

to slow down and savor the moment is a small gift you can give yourself during the busy season.

I also love spreading little surprises around the workshop—a note, a treat, or a bit of cheer goes a long way. Simple acts of kindness have such a big impact and add a bit of magic to the day.

And finally, the beauty of nature inspires me. The snow sparkling in the moonlight, the quiet winter woods, and the dancing Northern Lights are reminders of how wondrous our world is. Step outside and take a moment to enjoy the beauty of creation.

This season, may you find joy in your own favorite things and share them with those around you. Wishing you warmth, peace, and a sprinkle of holiday magic!

With love, Mrs. Claus ■



### STORY TIME WITH MRS. CLAUS

**December 3rd** - 5:30pm Story Time with Mrs. Claus at Killdeer Public Library

**December 6th** - 4:00pm Story Time & More with Mrs. Claus at Backyard Play Cafe (Tickets required)

**December 7th** - 11:00am Story Time with Mrs. Claus at Happy Rock Farm

**December 13th** - 4:00pm Story Time & More with Mrs. Claus at Backyard Play Cafe (Tickets required)

**December 14th** - 9:00am-12:00pm Story Time & More with Mrs. Claus at Udderly Caffeinated, New Salem

**December 17th** - 10:30am Story Time with Mrs. Claus at Dickinson Area Public Library

**December 19th** - 10:00am Story Time with Mrs. Claus at Hazen Public Library

**December 19th** - 11:30am Story Time with Mrs. Claus at Beulah Public Library

**December 20th** - 4:30pm Story Time with Mrs. Claus at Rattle and Roll Baby Boutique in Dickinson

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#### WEEKLY PROMOTIONS

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December 8, 2024 - December 14, 2024

December 15, 2024 - December 26, 2024

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HEART RIVER VOICE | DECEMBER 2024

# Calendar

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VISIT US ONLINE AT [HEARTRIVERVOICE.COM](http://HEARTRIVERVOICE.COM)

Badlands Opera Project presents

8  
DEC

## A Night of Music

### Christmas Concert

TICKETS AVAILABLE AT  
THE DOOR

DICKINSON HIGH SCHOOL AUDITORIUM

\$15 7:00 PM

SUNDAY, DECEMBER 8TH, 2024

Join us for a festive concert celebrating the season! Enjoy an eclectic mix of Christmas songs, from beloved classics to fresh new selections, performed by area musicians. Let's embrace the holiday spirit together!

BACKYARD Let's Play Music ST JOHN Dance IN HOME

**ONGOING IN DECEMBER**  
**DICKINSON AREA PUBLIC LIBRARY** Lots of library events happening throughout the

month. See their article on page 4 for more information. Visit [dickinsonlibrary.org](http://dickinsonlibrary.org) for up-to-date information and more fun activities that may require sign-ups.

**DUNN COUNTY MUSEUM WINTER SCHEDULE** Open Sundays 1PM to 5PM. Other days/times by appointment. More info, see ad, next page or [dunncountymuseum.org](http://dunncountymuseum.org). 701-548-8111. Dunn County Museum, Dunn Center

**STORYTIME WITH MRS. CLAUS** Various dates, times and locations. See article, page 21, for more info.

**THRU DECEMBER 14**  
**LET NATURE IN** A collaboration between senior DSU art students and community artists. Badlands Art Association, DSU Klinefelter Hall.

**THRU DECEMBER 20**  
**HOLIDAY DRIVE FOR LOW-INCOME ELDERLY WOMEN** See ad, page 9, for more info.

**THRU DECEMBER 26**  
**STARK STRONG BUY LOCAL & WIN CAMPAIGN** Shop local for your chance to win great prizes! See ad, page 21, for more information.

**MONDAY DECEMBER 2**  
**PRESENT WRAPPING PARTY** 5-7PM Get all of your presents ready for the holiday season! We'll provide wrapping supplies and hot chocolate and cider. This

event is open to all ages. Dickinson Public Library Community Room

**FRIDAY DECEMBER 6**  
**CHRISTMAS OPEN HOUSE** 3-6PM Join us at the Dickinson Museum Center to experience the vintage decorations and enjoy live music. Step back to your childhood memories. Free admission. Dickinson Museum Center

**OLD FASHIONED CHRISTMAS** 6-9PM Enjoy hors d'oeuvres and listen to live music, all while socializing in our beautiful library—all decked out for the holidays. There will be a silent auction as well. Tickets for this event are available on the Foundation's website at [daplfoundation.org](http://daplfoundation.org) or they can be purchased at the library. Dickinson Public Library

**DECEMBER 6-8**  
**MEDORA'S COWBOY CHRISTMAS** Many events happening throughout Medora all weekend long. See [medora.com](http://medora.com) for more info.

**NARNIA: THE MUSICAL** Friday and Saturday 7PM; Sunday 2PM Presented by Trinity Catholic Schools Drama Department. Based on The Lion, The Witch & The Wardrobe by C.S. Lewis. See article, page 8, for more info. Trinity High School Auditorium

**SATURDAY DECEMBER 7**  
**THE CONNECTION'S CHRISTMAS OPEN HOUSE** 3-5PM Come see our new office space, register for door prizes, enjoy goodies and fellowship, and more! You can also purchase tickets to the Christmas Classics Concert with Jamie Kimmett during the event. 141 3rd St. W, Suite 6



Dunn County Historical Museum  
Dunn Center



**DECEMBER 2024**

Open Sundays 1 to 5PM MT  
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Gift Shop with mugs, blankets, vests, books & more!  
~ Antique Christmas decor on display ~

dunncountymuseum.org  
701-548-8111

**CHRISTMAS AT LEGACY SQUARE** 4-6PM Join us for a Vendor Market and the 2nd Annual Lighting of Legacy Square! Bring your family and friends for an unforgettable evening as we light up Legacy Square and kick off the holiday season. See ad, back cover, for more info.

**SUNDAY DECEMBER 8**  
**A NIGHT OF MUSIC**  
**CHRISTMAS CONCERT** 7PM Badlands Opera Project cordially invites you to 'A Night of Music' at the start of this holiday season! This concert will be a celebration of the holidays, with a community of local singers and musicians coming together to perform your Christmas favorites and other pieces to embrace the season. Tickets at the door \$15. Dickinson High School Auditorium

**LIGHT UP A LIFE** 2PM Memorial Service honoring loved ones who have passed away in the past year. St. Joseph's Catholic Church, 240 East Broadway

**1ST ANNUAL SOUTH HEART CHRISTMAS TREE LIGHTING CEREMONY** 5-7PM The City has purchased a beautiful tree to be used for our first annual Tree Lighting Ceremony. Don't miss it! South Heart Lions Pavilion

**MONDAY DECEMBER 9**  
**ADULT CRAFT CLUB: VINTAGE HOLIDAY GARLANDS** 6PM Crafty people unite! All materials and instruction provided Ages 18+. All skill levels and abilities welcome. Dickinson Public Library Community Room.

**THURSDAY DECEMBER 12**  
**THE CHRISTMAS CLASSICS TOUR** 7-9:30PM Featuring Jamie Kimmett. Enjoy an evening of holiday music that features classics and new songs. Kids and family are invited to join in on the seasonal event. See article, page 31, for more info. Evangelical Bible Church

**DECEMBER 12 AND 19**  
**HOLIDAY STRESS & CRAFT** 10AM Join Women Empowering Women at Backyard Play Cafe. See ad, page 7, for more info.

**SATURDAY DECEMBER 14** 9AM-1PM. Christmas Cookie Walk. Cookies, candies, gift baskets, crafts, and more! Family-friendly. Proceeds benefit local charities. Sold by the pound! \$10/pound. More info, see ad, page 4. Our Savior's Lutheran Church 614 11th St East.

**GRINCHMAS PARTY** 10-11:30AM Come for the story! Come for the noise! Come dressed in green or as Who-girls and boys! It's going to be a Who-jubilee! Go on a candy cane hunt, make a Grinchy craft, and meet the real live Grinch! This event is geared towards ages 3-12, but all ages are welcome. See ad, page 9, for more info. Dickinson Public Library

**MONDAY DECEMBER 16**  
**ND AUTHOR RAYNA JO ZEST** 10:30AM Join us for a special visit, book reading and cookie decorating with author Rayna Jo Zest. She will read one of her stories, featuring an owl who loves to cook, and facilitate some cookie decorating! This is geared for ages 2-5, but all ages are welcome! Dickinson Public Library Community Room

**ADULT BOOK CLUB: A MAN CALLED OVE** 6PM Read the book and come discuss it with other adults. The next month's selection will be announced at the monthly meeting. Book Club books are available at the Main Level Circulation desk. Book Club held in Dickinson Public Library's Community Room.

**TUESDAY DECEMBER 17**  
**STORYTIME WITH MRS. CLAUS** 10:30AM Join us for a special storytime, geared towards 3-5 year olds, but is open to all ages. Dickinson Public Library Community Room.

**FRIDAY DECEMBER 20**  
**CHRISTMAS CARTOONS** 10AM-1PM Stop by during that time to sip some hot chocolate or coffee and enjoy some Christmas classics. This is open to all ages, but no unattended children under 12. Dickinson Public Library

**HOLIDAY MUSIC BINGO** 4PM We will play short clips of classic holiday songs, and you'll mark if the song is on your bingo card. Get a bingo and win a prize! This is open to all ages. Dickinson Public Library

**SATURDAY DECEMBER 28**  
**NEW YEAR'S EVE ICE SKATING PARTY** 1-4PM Dickinson Parks and Recreation invites you to bring the entire family to our annual New Year's Eve Ice Skating Party! We will have both rinks open! Get geared up to ring in the new year by skating to a live DJ and lights on the ice! West River Ice Center

**THE FUN PIANOS: DUELING PIANOS SHOW** 7:30-11PM More info, 701-761-0170. Phat Fish Brewing.

## CONVENTION AND VISITORS BUREAU

## New leadership at the CVB

The Dickinson Convention & Visitors Bureau announced that a new Executive Director has been appointed to the leadership position representing the hospitality industry in Dickinson, ND. The new Executive Director will bring a fresh perspective to the current and anticipated growth to the organization and community.

The new Executive Director, Alicia Erickson, possesses an exceptional background in community promotion and business management within Dickinson organizations. She has organized many local events, chaired community committees, and marketed promotional activities throughout Dickinson. "Her experiences will benefit the position and will significantly contribute to the continued success and future growth of the Dickinson Convention & Visitors Bureau." Said Tom Fath, CVB Board President.

Currently employed at the Dickinson Area Chamber of Commerce, Carter Fong, Executive Director stated "Alicia knows her community and delivers the most genuine, warm welcome to everyone who comes her way. These attributes make Alicia an excellent fit for the CVB, and while she will be difficult to replace, the CVB's gain is a win for our community and our Chamber members. We wish her all the best in her new role."

Embracing new leadership, retiring current Executive Director, Terri Thiel, feels Alicia will bring new energy and ideas that will position Dickinson to align with the many projects that are a part of the tourism and hospitality industry in current development. "I am very pleased



that Alicia will be continuing her passion for Dickinson and southwest North Dakota."

The new Executive Director officially began her position on November 18th. "I am excited to be given this opportunity to follow in the footsteps of Terri Thiel," said Alicia. "Terri has been an asset to our community for having held this position for over 25 years. I wish her a great retirement and look forward to building upon her success in welcoming visitors to the Western Edge. Dickinson truly is a special place." ■



Alicia Erickson

## PAWSITIVELY POPPY

## Poppy's Christmas list

By Miranda Kuhn

Dear Santa Paws,

I have been the most phenomenally good girl this year, and my Mom tells me at least ten times a day that I'm the best dog ever. I was thinking that since I'm the best dog, you're probably wondering what you can bring me for Christmas this year. Well Mr. Paws, buckle up and let me give you my list!

I wish for all the good pups in the world to have warm homes to live in, with cozy beds to sleep in. I wish they all had a nice big yard like mine so they could run and play, and I wish that no more doggos had to spend their whole life in a small cage. I wish they all had nice food and water bowls like I have, and I wish their tummies were never hungry before they go to bed at night.

I wish all the doggy owners would spend time with the pups and train them so they can behave the way most humans like so that they don't get in trouble when they do something wrong, even though they probably don't know it's wrong because they're just doggos. I also wish doggy owners would make sure that their pups don't have to have babies if they don't want to, because there are so many pups already that need homes. If you can, I would also like the doggy owners to snuggle their pups at least an hour a day, because pups have it hard and snugs help.

Finally, I wish my tiny human sister would drop more food on the floor for me to clean up and maybe, just maybe, could you have her drop an entire plate?

Thank you Santa Paws, I hope you have a very blessed Christmas.  
Love, Poppy ■



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## Ask Alfie

Dear Alfie,

We all know cats love yarn, but my kitten also loves playing with strings, thread, and any other dangly thing. He is always getting into my sewing supplies and making a mess! How can I get him to stop?

Sincerely, String Thief

Dear String Thief,

I'm glad you contacted me with this question, because in addition to being a nuisance, your kitten's interest in sewing supplies is actually very dangerous! Cats are curious by nature, and love to play with and chew on new things. The danger here comes from the risk of swallowing.

While some cats and kittens will simply pounce on or kick around a piece of yarn or string, many will be tempted to swallow it. Once swallowed, it is possible your cat will be able to pass it through his digestive

system, but holds a greater risk of it becoming stuck in your cat's stomach or intestines. String in the intestines can create perforations, or holes, allowing intestinal material to leak into the bloodstream and cause widespread infection. Intussusception is another potential side effect of swallowing foreign materials like string. This involves serious intestinal inflammation and blockage. These issues require surgical intervention and often result in fatalities.

Another risk with your cat's interest in sewing supplies is the fact that some threads are attached to needles, which will cause significant damage to your cat internally. Overall, it is best to never allow your cat access to any of your sewing, knitting, or crocheting materials.

If you happen to notice your cat is in the process of swallowing a string, you must handle the situation carefully. Do not yank at the string, as it could be wrapped around your cat's tongue or teeth and may even have traveled

partially down your cat's throat and into their stomach. Your safest option is to contact your vet immediately and bring them in for an emergency visit. Be on the lookout for signs of illness or choking.

With regard to how to keep your kitten out of your sewing supplies, consider a box or container with a lid that your cat cannot open. When using your supplies, do so in another room or keep close track of your materials at all times, promptly putting them away once you are finished using them.

To satisfy your kitten's urge to play with dangly items, consider safer alternatives such as a fleece cat wand or the "unbreakable" cat wand. You and your kitten will enjoy playing with



these together and will allow for the bonus of further bonding between the two of you.

Sincerely, Alfie ■

*Have a question for Alfie?  
Email askalfiecat@gmail.com*



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**Saturday December 14**  
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DICKINSON, ND  
12-3PM

Photos with Santa  
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limited to first 250 children!

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## Call for artists

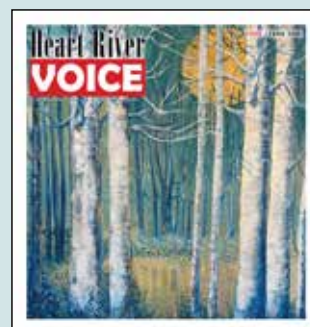
Attention North Dakota Artists! Showcase your talent on the cover of Heart River Voice! We're seeking diverse artists to feature and celebrate the rich artistic talent of North Dakota.

### Submission Guidelines:

- Submit your colorful artwork!
- Include a brief (300 words or less) bio highlighting your artistic journey.
- Send high-resolution images of your artwork and/or you, your family, you creating, etc.

**Deadline:** Anytime, but the 1st of each month would be best.

Selected artists will not only grace our cover but also receive exposure to our wide readership. Let's paint a vibrant picture of North Dakota's creativity! Submit your entries to [kelly@thejileks.com](mailto:kelly@thejileks.com) and be part of this exciting showcase. ■





## HEART RIVER VOICE FEATURE

# T-Rex Mall: A Legacy of Commerce and Community Revitalization

By LeAnn Stasiowski

Nestled at the corner of Third Avenue West and Twelfth Street West in Dickinson, North Dakota, T-Rex Mall stands as a testament to enduring commercial viability and community revitalization. Originally built in 1965 as the Big Sky Shopping Center, this 89,719 square foot, one-level building sits on a 6.66-acre plot within a designated corridor entrance area. Over the decades, T-Rex Mall has evolved, and under new ownership since December 2019, it continues to serve as a vibrant commercial hub.

## Historical Significance

The Big Sky Shopping Center, as it was known in its early years, was home



to staple retailers like Tempo department store, O'Hearns Mens Wear, and Red Owl Grocery Store. These businesses anchored the shopping center and fostered a bustling retail environment that served the local community's needs.

## Current Ownership and Vision

Today, T-Rex Mall is owned by ABLE, Inc., a nonprofit organization dedicated to serving individuals with intellectual disabilities. Through its for-profit subsidiary, 1173 Mall, LLC, ABLE, Inc. has committed to providing appealing, affordable commercial retail space while fostering positive landlord-tenant relationships. This commitment underscores a broader mission of community support and vitality.

## Renovations and Enhancements

Upon acquisition, the mall required extensive renovations to restore and enhance its functionality. The phased renovation plan included:

**Phase I and II:** Roof replacement, parking lot and sidewalk improvements, exterior façade renovations, ADA compliance upgrades, energy efficiency improvements, and interior renovations for the new ABLE Thrift Store.

**Phase III:** Scheduled to begin in winter 2024, this final phase will focus on improving the main corridor and public areas, with completion expected by summer 2025.

## Community-Oriented Features

In the spring of 2023, T-Rex Mall

introduced a Universal Adult Changing Place, offering restroom toileting and bathing facilities with assistive equipment for people with disabilities. This amenity highlights the mall's dedication to inclusivity and accessibility. The public can schedule the use of these facilities by contacting ABLE, Inc.

## Funding and Support

The comprehensive renovation project has been supported by various funding partners, including:

- USDA Rural Development REAP Program
- Community Development Block Grant
- Donation from Bravera Bank
- Long-term financing through USDA



RDLEG, sponsored by Consolidated and Bravera Bank

- Contributions from the City of Dickinson and Stark County

## Purpose and Impact

ABLE, Inc.'s acquisition of T-Rex Mall aligns with its mission to expand employment opportunities for people with disabilities. Established in 1984, ABLE supports over 100 individuals in their homes, work, and communities, with a dedicated staff of approximately 200 support personnel. By renovating and revitalizing T-Rex Mall, ABLE is creating more job opportunities, community-integrated positions and entrepreneurship avenues for individuals with disabilities.

## Economic and Social Context

In North Dakota, 53.6% of individuals with cognitive disabilities are not in the labor force or employed, according to 2018 data. Additionally, 33% live below the poverty level, a stark contrast to the general population. ABLE's initiatives at T-Rex Mall are crucial in addressing these disparities by providing meaningful employment and support.

## Looking Ahead

As ABLE, Inc. celebrates its 40th year of supporting individuals with disabilities, the ongoing renovations at T-Rex Mall symbolize a significant milestone in their journey. The upgraded mall enhances commercial viability and serves as a beacon of community integration for inclusion support. ■



## HEALTH

# Tocotrienols

By Steve Irsfeld



Tocotrienols are a unique form of vitamin E, an essential nutrient for our health. Although vitamin E is usually associated with tocopherols, another group within the vitamin E family, tocotrienols, has distinct benefits. They're mainly known for their antioxidant, anti-inflammatory, and heart-health-promoting properties. The tocotrienols have four types: alpha, beta, gamma, and delta. Delta-tocotrienols have been gaining attention for their specific benefits, as they are considered the most potent form among the tocotrienols.

To understand tocotrienols, it's essential to understand the vitamin E family first. Vitamin E is a fat-soluble vitamin that dissolves in fats and oils. It is necessary

for many bodily functions, particularly for protecting cells from damage caused by oxidative stress. Tocopherols were the first type of vitamin E discovered and are commonly found in foods like almonds, sunflower seeds, and spinach. Tocotrienols, however, are less common and are mainly found in certain plants like annatto, palm oil, and rice bran oil, with the best source being annatto, a seed derived from a tropical shrub.

Tocotrienols and tocopherols have similar molecular structures but with one important difference: tocotrienols have an unsaturated side chain, while tocopherols have a saturated one. This slight difference in structure makes tocotrienols more effective at penetrating cell membranes, allowing them to work better as antioxidants.

Among the four tocotrienol types, delta-tocotrienol has become a focus for researchers. Delta-tocotrienol is the most bioactive, meaning it has the greatest biological impact on our bodies. It is especially effective in protecting cells from damage and plays a role in reducing inflammation, which can help prevent a variety of chronic diseases.

One of the unique aspects of delta-tocotrienol is its strong antioxidant

effect. Antioxidants are compounds that help neutralize free radicals, which are unstable molecules that can damage cells, proteins, and DNA. Free radicals are produced naturally in our bodies, but external factors like pollution, smoking, and unhealthy diets can increase their levels. When free radicals accumulate, they can lead to oxidative stress, linked to aging and diseases such as cancer, heart disease, and diabetes.

Research has shown that delta-tocotrienol may offer several health benefits. First, it has been associated with lowering cholesterol levels. Studies suggest that delta-tocotrienol may inhibit an enzyme responsible for cholesterol production, which could reduce levels of LDL (often referred to as "bad" cholesterol) without affecting HDL ("good" cholesterol).

Delta-tocotrienol is also being studied for its potential in cancer prevention and treatment. Its ability to trigger cell death in cancer cells, a process called apoptosis, makes it a promising study area. Delta-tocotrienol seems to be especially effective against pancreatic, breast, and prostate cancers.

Another benefit is its support for cardiovascular health. Delta-tocotrienol can reduce inflammation in blood vessels and improve overall circulation. Numerous studies have found remarkable reductions of the inflammatory marker hs-CRP by up to 40% in hypercholesterolemic patients using tocotrienol supplementation. Since inflammation is a key factor in



heart disease, this can help prevent atherosclerosis, which is the hardening of arteries due to plaque buildup.

Tocotrienols have also been studied in Type II diabetes, including a 24-week study of 110 type 2 diabetes mellitus patients. In this study, annatto tocotrienols were administered at a dosage of 250mg/day. HbA1C was successfully reduced from 8.3% to 7.8% vs. no change in HbA1c levels in the placebo group, which remained at 8.4%. Blood sugar management was supported by significant reductions in fasting blood glucose (6.8%) and insulin (7.6%) for patients taking annatto tocotrienols.

Delta-tocotrienol is an impressive nutrient with strong antioxidant and anti-inflammatory properties. Its benefits in heart health, cholesterol management, blood glucose, and potential cancer-fighting properties make it an exciting area of research.

Stop by or call the pharmacy if you want more information on the many benefits of tocotrienols or help sourcing a delta tocotrienol product. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

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## COMMUNITY

### Alcoholics Anonymous fellowship

#### Preamble

Alcoholics Anonymous is a fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from alcoholism.

The only requirement for membership is a desire to stop drinking. There are no dues or fees for AA membership; we are self-supporting through our own contributions. AA is not allied with any sect, denomination, politics, organization or institution; does not wish to engage in any controversy, neither endorses nor opposes any causes. Our primary purpose is to stay sober and help other alcoholics to achieve sobriety.

For local meeting schedule, see our website: [aanorthdakota.org](http://aanorthdakota.org)

All inquiries are confidential. **AA Hotline 701.264.7552** ■



# Connect with your community

HEARTRIVERVOICE.COM



## COOKING CRAVE Holiday dessert

Tune into Consolidated's channel 18 to cook along with Laverne and Rhonda. You can watch their show Wednesday evenings at 6pm and 9pm or Thursday afternoons at 2pm or 5pm (replay of Wednesday's show). New shows air every other week.

Share your recipes to be considered for the show by sending to: Consolidated, Attn - Rhonda Fitterer, PO Box 1408, Dickinson ND 58602 ■



Laverne and Rhonda

## Homemade Recipes Made Easy!

### No Bake Pumpkin Cheesecake

- 8 oz. cream cheese, softened
- 15 oz. pumpkin, canned
- 1 cup milk + 1 Tbsp., divided
- 2 pkgs. instant vanilla pudding (4 serving size ea.)
- 1 Tbsp. sugar
- 1 tsp. vanilla
- 1 tsp. ground cinnamon
- 8 oz. whipped topping
- 1 tsp. pumpkin spice
- 1 prepared graham cracker crust or homemade crust

Beat together the cream cheese, 1 tablespoon of milk, sugar, and vanilla in a large bowl. Fold in half of the whipped topping and spread in the crust. Whisk together 1 cup of milk, pumpkin, dry pudding mixes and spices until creamy. Spread over the cream cheese layer. Top with the remaining whipped topping & refrigerate for at least 4 hours.

### Homemade Crust (optional)

- 1/2 cup butter      1/2 cup nuts
- 3/4 cup flour      1/2 cup oatmeal

Preheat oven to 400 degrees. Mix crust ingredients until blended; pat into pie plate. Bake for 12 minutes.



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## COMMUNITY

## The Connection presents: The Christmas Classics Tour

Get into the Christmas spirit with The Christmas Classics Tour featuring the inspiring Jamie Kimmitt! This unforgettable Christmas event promises an evening of cherished Christmas classics and heartwarming moments for the whole family. This is also benefit concert for the ministry of 103.7 The Connection.

Join us Thursday, December 12, at Evangelical Bible Church in Dickinson for a magical night of live music that celebrates the true joy of Christmas. Jamie Kimmitt, known for his powerful voice and authentic storytelling, will bring classic carols and Christmas favorites to life, delivering a performance that's

bound to uplift and inspire.

Don't miss this chance to gather with friends and loved ones to experience the season's most beautiful songs in a setting filled with warmth, joy, and community. Whether you're rekindling cherished memories or creating new ones, The Christmas Classics Tour is sure to make your Christmas season even brighter.

Tickets and more info are available now at [1037TheConnection.com](http://1037TheConnection.com), by calling 483-1037, or stopping by The Connection's office at 141 3rd St W, Suite 6. Advance tickets are only \$10. If tickets are still available the day of the event, the price increases to \$15. ■

**The Christmas Classics Tour**  
with Jamie Kimmitt

Thursday, Dec. 12 | 7 pm  
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Advance Tickets: \$10

The Connection

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# Heart River VOICE

# CHRISTMAS AT LEGACY SQUARE

Saturday, December 7th

## PHOTOS WITH SANTA AND MRS. CLAUS

- 1pm - 3pm MDT
- Letters to Santa drop-off
- Dickinson City Hall

## CHRISTMAS VENDOR MARKET ❄️ *Vendors Welcome* ❄️

- 4pm - 6pm MDT
- Dickinson Legacy Square
- Email: [dickinson.legacy.square@dickinsongov.com](mailto:dickinson.legacy.square@dickinsongov.com)
- Phone: 701-456-7802

## LIGHTING OF LEGACY SQUARE

- 5pm - 6pm MDT
- Dickinson Legacy Square
- Arrival of Santa and Mrs. Claus
- LIVE Music, hot chocolate
- Christmas Tree Lighting Ceremony

*Dickinson*  
**LEGACY SQUARE**

