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A note to our readers

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

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

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

Kelley Jilek

Publisher

Cover art "Sail After the Storm," acrylic on canvas by Elizabeth Henderson. For more information about the artist, see page 5.

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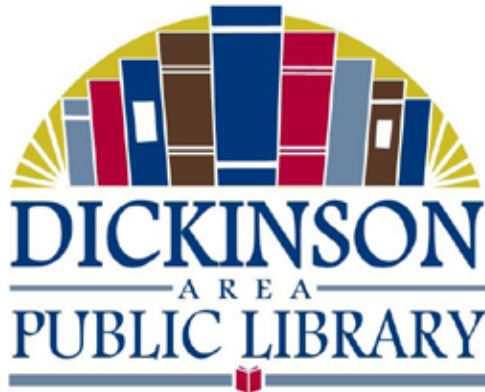
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#BOOKWORM**World's largest digital book club and DAPL incorporate humor to reduce stress**

By Cindy Thronburg



The Dickinson Area Public Library is helping readers embrace humor to reduce stress together during the next Big Library Read, the world's largest digital book club. From April 5-19, readers can learn stress-managing techniques from psychologist and stand-up comedian Brian King's *The Art of Taking It Easy* eBook from their public library. Dickinson Area Public Library card holders can borrow the eBook without waiting by visiting the eBooks link on our Online Resources page of our website (www.dickinsonlibrary.org) or by downloading the OverDrive or Libby app. Readers can then discuss online at <https://biglibraryread.com/join-the-discussion/>.

Big Library Read is available in over 20,000 libraries around the world, including more than 90 percent of public libraries in North America. During past programs, readers have participated in engaging online discussions about the title. The program is facilitated by OverDrive, the leading digital reading platform for popular eBooks, audiobooks and magazines.

From a psychologist and stand-up comedian comes *The Art of Taking It Easy*, a practical, yet laugh-out-loud guide to embracing humor to reduce stress and live a happier, fuller life. Dr. Brian King got a degree in psychology before becoming a world-touring comic and the host of humor therapy seminars attended by more than ten thousand

people each year.

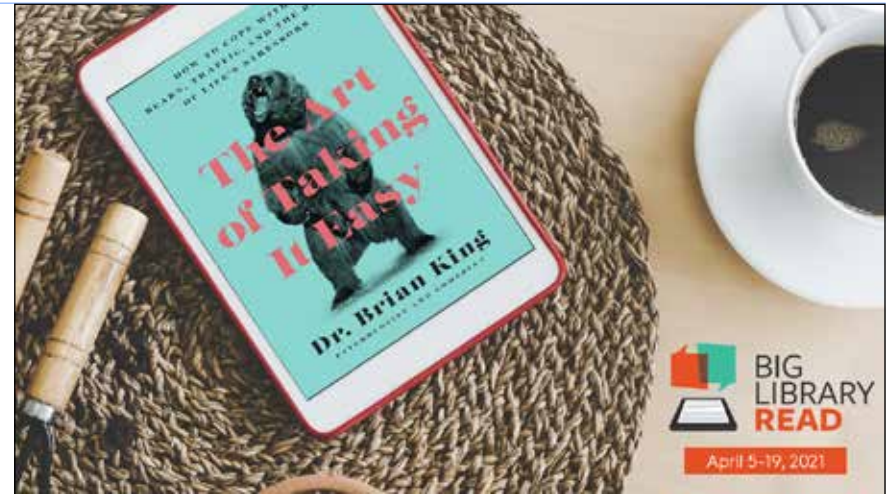
In this brilliant guide, he presents hands-on techniques for managing stress by rewiring our brains to approach potentially difficult situations through a lens of positivity. To do so, Dr. King explores what stress is, where it comes from, and what it does to our bodies and brains.

He delves deep into how to address everyday stress—as well as anxiety, insecurities, repression, and negativity—and gives insight into resulting ailments such as anxiety disorders, depression, hypertension, obesity, substance abuse disorders, and more. Dr. King's techniques are chemical and cost free, and embrace humor, resilience, relaxation, optimism, gratitude, and acceptance. Instead of a dry medical approach to dealing with stress, this unique volume is filled with life-changing tips and instructions presented with humor and a wealth of memorable, smile-inducing anecdotes.

Big Library Read is an international reading program that connects millions of readers around the world with an eBook through public libraries. *The Art of Taking It Easy* is the 24th selection of this program which began in 2013 and takes place three times per year. This free program runs for two weeks and only requires a Dickinson Area Public Library card to get started.

The Art of Taking It Easy was published by Apollo Publishers. The title can be read on all major computers and devices through Libby or libbyapp.com, including iPhone®, iPad®, Android™ phones and tablets and Chromebook™ without waitlists or holds. Through Libby, readers can also “send to Kindle®” to read on a Kindle® device. The title will automatically expire at the end of the lending period, and there are no late fees.

To join the discussion, learn about past



Big Library Read titles and download Libby, visit biglibraryread.com.

Additional Library Announcements:

- We are excited to announce Robert Ebelhar as our new Bookmobile and School Services Librarian. Bobby moved from his part-time position to his full-time Bookmobile position on March 8th. Join us in welcoming him into his new role!
- The theme for April for Podcast Brunch Club is Mother Earth. You can access Listening Lists at <https://podcastbrunchclub.com/listening-lists/>. Watch our website for upcoming meeting information!
- Starting in April we will be having in-person Pre-School Storytimes! These

will be held on Tuesday and Wednesday at 10:30 am for ages 3-5. The biggest change with our Storytimes is that we are requiring sign-up. There will be a limit of 16 kids per Storytime, so if you would like your child to attend you must sign them up (and any additional children individually) on our website! Anyone not registered will not be able to attend. Since we are limiting the number of kids who are able to attend, the Storytimes will be identical on Tuesday and Wednesday. Please only sign-up for one Storytime a week since they are the same. If you have any questions please contact Jade, our Children's Librarian, at 701-456-7700. ■



COVER ARTIST**Elizabeth Henderson**

I am 24 years old. I was born in Dickinson, North Dakota. I am half Nicaraguan/half American. I was born and raised in North Dakota. I started drawing at the age of 4. I started by drawing copies of the images on VHS cases for Disney movies. In high school art class, I started doing portraits for other people and not just for fun. It was



shortly after high school, around 2015, that I started painting. My paintings began to sell that same year.

I also consider music part of my art. My first instrument was piano at age seven. I began drums in 7th grade. About two years ago I picked up guitar. I have been singing probably since before I could talk. In high school, I sang the national anthem for games and at a few weddings. Music is more of a hobby than my art. My art became a business really. Although it's not very



established, I make enough money to support the hobby. Plus enough to raise money for charity!

Now, art is not my career, but it is a part of it! In 2018 I completed a national service through AmeriCorps doing environmental conservation and disaster relief. I am extremely passionate about helping people and working for nonprofits. The idea of making that into a career has always been a dream of mine. My first deployment was in Florida in response to Hurricane Irma for two months. During my second deployment in the Rio Grande Valley of southern Texas in response to a flood, I served alongside another nonprofit (All Hands and Hearts). I was moved from field into a staff position, running the assessments for AmeriCorps. During my second deployment I got to put my second language to use while I was the



translator for Spanish-speaking home owners.

After graduating from AmeriCorps, I moved back to North Dakota. Although I still craved more, so I served in North Carolina after hurricane Florence in January 2019.

Here in North Dakota I serve the community in developing diversity, strength, and unity. I started teaching

paint and sip classes to raise funds for different causes such as the amazon rain forest fires and children's charities.

December 2019 my title changed to mother. I gave birth to my first daughter.

I now work at Able as a direct support professional where I get to bring art and music to work everyday while enriching the lives of others! ■



Happy Easter! Happy Spring!

Heart River
VOICE

AWARENESS

Mental health is health

By Dana Glasser, FNP-C

Discussing mental health often coincides with stigma, or negative views people might have about a topic. It is time to erase that stigma; actually, it's overdue. Knowing you are not alone in fostering your mental health and having access to resources in your area such as a primary care provider, counselor, or therapist can help erase the stigma and help those suffering with anxiety or depression.

Depression and anxiety can affect anyone across most ages. Over the last decade, rates of depression and anxiety have been on the rise. Statistics are not available for 2020, but this past year has been a tough year for most of us due to many different factors in our nation and in our state. Recognizing signs and symptoms of anxiety or depression in yourself or family member/friend is the first step to mental health awareness.

Some signs and symptoms of depression include (source: Anxiety & Depression Association of America):

- Sad or empty mood
 - Feelings of hopelessness
 - Loss of interest in things that you used to enjoy
 - Decreased energy/Increased fatigue
 - Difficulty concentrating
 - Sleeping too much or not able to sleep
 - Weight loss or weight gain
- Some signs of anxiety include

(source: Anxiety & Depression Association of America):

- Feeling nervous, irritable, or on edge
- Having a sense of impending danger or that something awful might happen
- Difficulties sleeping
- Gastrointestinal (GI) upset
- Not being able to relax/can't control worrying

Once you recognize the signs and symptoms, taking the next step to talk to your primary care provider (PCP) can lead to finding ways to manage your anxiety and depression. Your PCP can evaluate your symptoms to determine if you need any labs to rule out other causes of your symptoms or recommend treatment for your depression or anxiety.

Treatment for depression or anxiety can include counseling and/or medication. Working with your PCP can help determine the right treatment for you. Often, referral to a counselor is initial treatment, however studies have shown that counseling along with medication can have an added benefit and reduction in symptoms.

Access to mental health resources or even knowing where to start can be a daunting task when you're not feeling well. By visiting with your PCP and discussing signs/symptoms, assistance can be offered for resources that will fit your needs or insurance coverage.



Dana Glasser (far right) is pictured with her extended Strommen Family as participants in the 2020 Out of the Darkness Walk, a fundraiser for the American Foundation for Suicide Prevention. Dana raised \$5860, and Team Strommen raised \$9375 for suicide prevention in honor of Dana's brother Cordell Strommen.

If you are having thoughts of suicide or self-harm, please call the national suicide hotline at 1-800-273-8255 or seek help from family, friends, a school counselor, or seek emergency care.

Dana Glasser is a Family Nurse Practitioner at CHI St. Alexius Health Dickinson Medical Clinic. To reach Dana or to schedule an appointment, call 701-456-4200. ■

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YOUR HEALTH

Are your medications making you sick?

By Steve Irsfeld

The title of this article is in the form of a question. The question may seem quite bold. However, it is a question that anyone taking a prescription or over-the-counter medication should be asking themselves. You may wonder how a medication used to treat a specific condition could also make you sick. I will

explain this in the context of the article. Still, I first want to preface what I talk about by telling you not to stop taking your medication and consult your provider or pharmacist if you have further questions regarding nutrient depletions.

A popular group OTC and prescription drugs called proton pump inhibitors or PPIs is used for gastritis, heartburn, and GERD, all common gastrointestinal issues. The recommended treatment course for these medications is for 4-8 weeks; however, in a few specific chronic conditions, like Barrett's esophagitis and stomach ulcers, they are used long term. In 2012 it was estimated that 7.8% of the adult population routinely takes a PPI. The 7.8% equates to about 26 million people in the United States. PPIs including omeprazole, pantoprazole, and others, make our stomachs less acidic. Decreasing acid is a much-needed help for patients with stomach inflammation or stomach ulcers. Unfortunately, many patients take these medications for years and have difficulty getting off them. When decreasing our stomach acid, PPIs can affect the absorption of these key nutrients; Vitamin B12, calcium, and magnesium.

Magnesium depletion alone is super critical because it is involved in over 300 enzymatic reactions and has key physiologic benefits such as blood pressure regulation, bone development, and muscular activity. Deficiency is associated with increased cardiovascular risk such as hypertension, stroke, heart attack, and atherosclerosis.

Nutrient depletions don't happen overnight. It can be a long process, which is part of the problem. Taking a medication that causes an adverse reaction is easy to pinpoint fix. When a nutrient depletion happens over time,

the correlation is not as simple. Take, for instance, diuretics; they can take up to 6 months for your magnesium to

begin to be depleted and affect your body.

You are probably wondering what you can do with this newfound information. The first is to determine if you are taking a medication that could potentially deplete nutrients from your body. The best way will be to ask your practitioner or pharmacist if any of the medicines you are taking have this potential. Once you have determined you are taking one of these medications, you can replenish the nutrient back into your body by changing your diet or taking a dietary supplement.

The second thing to consider is testing. Your provider can run routine tests like Vitamin B12, Vitamin D, folic acid, potassium, and magnesium. If you want to dig deeper, a blood test is available to look at your micronutrient status. The test will measure 31 markers, including vitamins, minerals, amino & fatty acids, and antioxidants. A company that we utilize to perform this test is SpectroCell labs.

The take-away from this article – if you have been taking medications for a long time, your lab results always seem to be normal, yet you don't quite feel normal, nutrient depletion may be an avenue to pursue.

Stop by the pharmacy for more information on drug-induced nutrient depletion and for help in reviewing your current medications for potential depletions. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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COMMUNITY

State wine festival highlights North Dakota wine industry

Last month North Dakota-produced wines and ciders were flowing at Medora's AmericInn by Wyndham as four wineries and a cider house from across the state came together for the 2nd Annual North Dakota Wine Festival. The event, which was postponed from October 2020 due to COVID-19, provided a fun-filled Friday evening and Saturday for festival participants.

As guests arrived for the kickoff of the festival, they enjoyed some savory meats, cheeses and accompaniments provided by Little Missouri Saloon and Cottonwood Cider House's "Action" cider. This reception was followed by a three-course dinner that involved wine pairings by Vintner's Cellar Winery from Bismarck; Wolf Creek Winery from Coleharbor and Fluffy Fields Vineyard and Winery from Dickinson. Some of the varietals were made from common fruits and ingredients commonly grown in the state while others were vinted variants of grapes from other regions, like Wolf Creek's American Cabernet (grapes from the Walla Walla, Washington region).

In addition to raising awareness and highlighting the North Dakota wine

industry, a secondary mission of the event for the organizing sponsor, Medora Uncork'd, was to provide a fun-filled getaway experience in the slower season for North Dakota's #1 tourist destination. This year, a comedy show produced by Tall, Dark and Comedy from Omaha, Nebraska featured Brandon Kew as the headliner and North Dakota's own Kyle Huber as the opening act. A fun, adult-themed Bingo rounded out the evening with prizes for those who wanted a late-night activity.

The weather in Medora was amazing for the weekend and led to some early morning walks through town enjoying a variety of the shops that were open and then a Morning Mixology produced by Palate Professor's Michelle Kauffman of Dickinson, ND. The Morning Mixology involved two varietals from each festival vendor (wineries and cider house) along with varying ingredients to take already amazing wines and ciders to another level. In addition to the Friday night-participating wineries and cider house, the Morning Mixology also featured Carrington's Dakota Sun Gardens and Winery wines. The main festival was held with the wineries and cider house providing samples of their products and discounts to festival attendees while being serenaded by the live music of talented and lovely Connie Gjermundson. Wild Vines Market of Beach provided attendees with meats and cheeses, along with varying other hors d'oeuvres, all included as part of the festival ticket purchase.

As this year's festival wrapped up, Medora Uncork'd, the wineries and cider house, as well as other supporting vendors, started discussing plans for the 3rd Annual North Dakota Wine Festival that is expected to be held in Spring 2022, again in Medora! Follow Medora Uncork'd and North Dakota Wine Fest on Facebook for early details once a date is set.

Travis and Mitch would like to specially thank Wolf Creek Winery, Dakota



Cottonwood Cider House offers guests tasting of their handcrafted ciders



Palate Professor, Michelle Kauffman, speaks with festival guests



One of the drinks from the Morning Mixology

Sun Gardens & Winery, Fluffy Fields Vineyard & Winery, Cottonwood Cider House, Vintner's Cellar Winery, Little Missouri Saloon & Dining, AmericInn by Wyndham, Tall Dark and Comedy, Connie Gjermundson, Wild Vines Market, Palate Professor, Heart River Voice, Feel Good Nutrition (Bismarck) and everyone who helped make the festival a success. ■

Easter blessings to all!

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VOICING HIS THOUGHTS

Which historical figure do you most admire? Why?



Jason Jacobs

You'll have to forgive me, as a history major I'm going to give you two. My most admired historical figures are those that showed tremendous moral courage. People who followed their own personal code in the face of great personal danger. This was a tough call but my runner up is George Washington. Most don't understand the great personal risk he undertook for the idea of Liberty for all. But my most admired figure is St. Thomas More. Thomas More was a dedicated British public servant who got caught up in the scandals and political intrigue of Henry the VIII. He went from a personal friend and advisor to the king to being executed all because he refused to violate his principles. If you want to be inspired, the movie "A Man for All Seasons" is a great place to start.



Todd Schweitzer

Aside from Jesus, St Paul. Passionate, relentless, tireless, brilliant and maybe Jesus's favorite disciple. Just the kind of leader we need today in this incredible gift of a world where grace abounds.



John Odermann

Jack "The King" Kirby was a Jewish kid from New York who fought Nazi panzers in World War II and earned a bronze star. When he returned home to the US following the war he teamed up with Stanley Martin Lieber (popularly known by his pen name, Stan Lee) to create the Marvel Universe. The most admirable thing? Stan Lee gets all the credit for coming up with the ideas, but Kirby is the man who truly created the look and feel of the characters that have brought smiles to the faces of and provided a fantasy refuge for literally billions of people for the last 80 years.



Rob Eilts

I have to first look to Jesus Christ, Son of God, who came to Earth as a human so that He could show us the path to follow, and then by dying, a way to Heaven!

Also, the Apostle Paul. He lived the first part of his life persecuting Christians and then became one of the leaders in spreading the message of Jesus throughout the world. It couldn't have been easy but he did it. And that, I admire.

LESSONS IN BUSINESS

Getting the most out of your review

By Debora Dragseth

Annual reviews, performance appraisals, evaluations. These words are enough to unnerve even the most steadfast employee. When it comes to performance appraisals, most employees adopt the stance of "bite the bullet and get out fast," an approach that is likely to lead to both dissatisfaction and frustration.

Believe it or not, most bosses dread the performance appraisal as much as his or her subordinates. To get the most out of your performance review, try using the following five techniques.

- Prepare, prepare, prepare. Don't walk into your boss's office without a plan. Most companies use some version of the 1-5 rating system with brief comments. Take some time before your formal appraisal to read the evaluation instrument (your company's human resource office should be able to make it available to you). Fill it out yourself. Ask yourself, "If I were my own boss, how would I rate my performance?" Bring this document along to the meeting in order to discuss any differences.

- Prepare a list of what you have accomplished during the past performance period. The recency effect, in which your boss's rating of you is influenced by your most recent behavior, may influence her to overlook your positive behaviors exhibited during the span of the entire appraisal period. For example, let's assume that you are known as someone who consistently gets work done promptly and accurately; however, you were ill the week prior to the performance evaluation and missed a key deadline. Without your input, you may fall victim to the recency effect, resulting in a poor or mediocre evaluation.

- Make a list of areas in which your performance has improved. If you have a prior evaluation that wasn't all positive, make sure that you can articulate that you took those criticisms to heart and changed your behavior.

- Engage in the meeting. Ask your boss what you do well, what could be improved and (specifically) how. Take

the time to discuss your performance thoroughly, ask questions, and don't allow yourself to be rushed out.

- Ask for a follow-up meeting. If your company only requires annual performance appraisals, that is likely all that you will get unless you ask for midstream feedback. Request a quarterly "touch base" meeting in which you can understand if your boss thinks that you are on track.

Performance evaluations may never be fun but using these five tips can help you to become and be perceived as an important and valued member of your company.

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



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YOUR HEALTH

Lactose intolerance 101



By Gabrielle K. Hartzel, RD, LRD

Lactose intolerance is a common digestive disorder affecting a large portion of the world's population. This intolerance happens when the body lacks the proper enzymes to digest lactose, the problematic sugar found in dairy products. If the body is unable to properly digest lactose, it is excreted rather than absorbed. The undigested lactose causes fluid to pool in the colon resulting in symptoms like diarrhea, abdominal pain and gas often occurring between half an hour to two hours after consuming these foods. It's a rather common condition and is treated fairly easy. Although, being newly diagnosed may have you feeling like you've been cursed to a life without cheese, but that's not the case.

While milk and soft serve ice creams may contain higher levels of lactose, not all dairy products do. Butter, hard cheeses and yogurts are typically lower on the lactose containing scale. Most who are lactose-intolerant are able to consume up to 12 grams of lactose at a time without causing symptoms. One cup of butter contains only about 0.1 grams of lactose and is typically well tolerated for most lactose-intolerant individuals. Symptoms would only be experienced

if highly sensitive to lactose, where in that case, ghee could be used as a butter alternative.

Hard cheeses like Swiss, Parmesan and cheddars are lower in lactose. But softer cheeses like mozzarella, cream cheese and ricotta, contain higher amounts of lactose. Nutritional yeast can be used as an alternative to cheese in casseroles, pasta sauces and garlic cheesy bread.

Yogurt is another low lactose food. This is because the live bacteria, known as "probiotics," help breakdown the lactose leaving less work to digest yourself. Greek style yogurts contain even less lactose because most whey is strained during processing.

Dairy products contain important nutrients like calcium, vitamin D and B vitamins. Some with lactose intolerance avoid dairy products all together, hindering consumption of these special nutrients. If restricted too much, especially over a long period of time, deficiencies can arise causing further issues like bone fragility and increase the risk of bone fractures.

If most dairy products are limited from your diet, include other foods that are high in calcium into your diet like calcium-fortified or high calcium plant foods. Calcium-fortified foods like breads and non-dairy milks like almond or oat milk serve as sources. Be sure to shake the carton before use as calcium can settle on the bottom. Some plant foods like spinach contain calcium, although it is often poorly absorbed due to antinutrients like phytate and oxalate.

Bottom Line: Depending on how sensitive you are to lactose you may still be okay to use some low lactose containing foods without causing issues. Experiment with low-lactose foods first like butter, Greek yogurt and hard cheeses. Consuming larger amounts of lactose-containing food and drinks typically induces more severe symptoms. If dairy product consumption is limited, be sure to include other sources of calcium in your diet to avoid bone fragility.

Is there a topic you would like to see covered in the future? Email me at gabrielle@nutritionu.co ■

CITY BEAT

New city, new lifestyle

By Brian Winningham

New city, new lifestyle, new future, first choice for family. What did I expect to find in the "western edge" of North Dakota? I expected to find "legendary". Although I am not exactly sure what that means, we were sure excited to find out.

What have I found so far? Well, first it will be better to explain what I have found traveling through 23 countries and living in at least 11 states in the last 30 years. No surprise - I found people, but people are not the same everywhere we have been. Not all are welcoming, kind, compassionate, interested, and caring. What we have found is that the attributes I just listed, matter most to us or at least made all the difference to our life as we traveled and settled into a new area. When you come to a new area, you can truly tell how life will proceed by witnessing someone's inward life played out in their outward actions. We know you cannot divine somebody's intentions, but we can see their actions, and that is no small thing for people to show good intentions with good actions. We feel very welcome in Dickinson, North Dakota because we see so many people playing out their good intentions toward us!

I know it seems like too many countries and too many states to be in, so I need to give a quick summary, or you might think I am embellishing. We have spent 30 years serving the US Army and three brief years serving as a Tribal Administrator for a Native American Tribe in California before coming to Dickinson. My wife, Poppy, and I grew up in the same small, foothill, central valley town in California. Following our marriage, we were off on our great adventure serving in the US Army. My tour of duty took us to Georgia, New York, Florida, Maryland, Arkansas, Virginia, back to California, then to Germany, North Carolina, Rhode Island, Colorado, and Washington DC. Along the way we raised two amazing young men and a powerful young lady, and we still are raising our newest young man who turns 9 this month. Although I cannot speak greatly enough about how thankful I am for the strength of my wife and family, I must write it here that I could



never be the person I am without them. Supporting me through eight combat tours overseas and during all the years I was sent to foreign countries protecting the President and Secretary of State. My family kept in constant watch of the news and tried to continue with normal daily life, knowing that I was in harm's way and might not return. I cannot repay what they have endured, so I press on to earn and create a place that somehow will support them in all they do.

Enough about the past; we are so excited to be part of a new community, and we are honored to be a part of "Legendary" North Dakota.

Over the next several articles I hope to write about the City of Dickinson. As the new City Administrator, it is my duty to provide information to you about our great city and the plans we have to better support our mission, "celebrating small town values, promoting opportunity, enhancing quality of place through community partnerships and exceptional public services."

Brian D. Winningham, Lieutenant Colonel, US Army Retired, City Administrator, City of Dickinson, North Dakota. Brian lives with his wife Poppy and son Donovan in Dickinson, North Dakota. ■

MISS BEA'S KITCHEN

Meatloaf woes ... and wows!

By Laura Beth Walters

I remember suffering through meatloaf when I was young and vowing that I would never make it as an adult. Unfortunately, my husband likes it. So. I've made it twice in the three years we've been married. Ha...That's true love, right?

The first time I made meatloaf I layered strips of bacon on top and used a bag of Dot's Pretzel Rub instead of bread crumbs for a truly delicious meatloaf. It was packed full of flavor and moist enough to not even require the homemade barbecue sauce I whipped up to go with it. This last time around I decided to do a little research and come up with something different. Honestly, Pinterest is my muse when it comes to cooking; I find all sorts of things on there which spark my creativity in the kitchen. Normally, I would take a recipe I've found and use it as a springboard into the recipes I actually create and share with you. This recipe, however, needed no tweaking!

Originally published in 2017 on the blog called "Lisa's Dinnertime Dish", this Sicilian Meatloaf will give you all the fancy feels wrapped in the comforts of home. I served this alongside tortellini and an easy, buttery tomato sauce. I'll share the sauce recipe as well because it just went SO well with this meatloaf!

I would like to add that I spread my ground beef between two pieces of wax paper using a rolling pin and then used the paper to help me roll it up (think classic Swiss roll if you watch The Great British Baking Show). This technique worked really well and helped with cleanup! Also, when mixing the meat (I think she mentions this in her post), DO NOT OVER MIX. I cannot say this enough. One way to ensure you have tough, dry, gross meatloaf is to over mix. It should only take a couple of gentle folds and tucks with your hands to get everything mixed in.

Let me know if you try this recipe! I love hearing from people that they've read the article and either learned something, tried something new or even simply enjoyed sharing in my memories. I've mentioned before that so many of my memories revolve around the kitchen in some way and I'm happy to say that the

tradition continues here within the pages of the Heart River Voice. Thank you.

I'll see you around the kitchen,
Miss Bea

Laura Walters is a stay-at-home wife who curates monthly menus both for her home and for sale. Her menus are perfect for busy moms, beginner homecooks,

clueless bachelors or really anyone looking to switch up their usual at-home menu. Find her on Facebook, or email her at MsBeasKitchen@gmail.com ■

Sicilian Meatloaf

1 TBS Olive Oil
1 red bell pepper, finely chopped
1 small red onion, finely chopped
2 cloves garlic, minced
2 lbs ground beef
¾ c Italian style breadcrumbs
½ c Parmesan cheese
2 eggs
2 TBS tomato paste
1 tsp salt
½ tsp pepper
2 TBS parsley, chopped
About ¼ lb. deli ham
12-15 large basil leaves
1 ¼ c shredded mozzarella cheese
Marinara sauce (see my recipe for the sauce I used)
Cooked pasta (I used Tortellini)



1. Preheat oven to 350F. Heat olive oil in a medium skillet over medium heat.
2. Add onion and red pepper. Saute for about 5 minutes, until onions are translucent.
3. Add garlic and cook until garlic is fragrant. Remove from heat and allow to cool slightly.
4. In a large mixing bowl, add ground beef, breadcrumbs, Parmesan, eggs, tomato paste, salt, pepper, parsley and vegetable mixture. With your hands, mix until everything is well combined.
5. Take a large piece of parchment paper and lay it out on the counter. Place your meat mixture in the center. Pat mixture out to form a rectangle about 8"x15".
6. Top rectangle with a layer of ham, a layer of basil and then a layer of cheese, leaving a 1 inch border all around.
7. Starting at the 8 inch end, roll the meatloaf up, jelly roll style, using the parchment paper to help guide you. Press down on top seam to seal and press the ends together to seal as well.
8. Place on a baking sheet lined with parchment paper. (NOTE: I used a loaf pan and it worked well.) Bake for 1 hour in preheated oven.
9. Remove from oven and allow to rest for 10 minutes before slicing. Serve topped with pasta and marinara sauce.

Tomato Butter Sauce

1 TBS or less olive oil
1 (14 oz) can diced tomatoes (undrained)
½ c red bell pepper, diced
3 cloves garlic, minced
1 handful fresh basil, chopped
2 TBS butter, unsalted

1. Heat olive oil in a heavy skillet. Add onion and stir, cooking until translucent. Add red pepper and garlic and cook for another minute.
2. Add diced tomatoes and bring to a simmer. Let this simmer for a while until the sauce starts to thicken.
3. Add butter and stir to combine until the butter is completely melted. If you'd like, add the cooked pasta to the sauce and stir before serving. ■



NOTES FROM THE BADLANDS**Walk in Teddy Roosevelt's footsteps**

Joe Wiegand

By Joe Wiegand

The evening of April 7, 1903 will always be a source of special pride for the people of the North Dakota Badlands.

Less than one week prior, President Theodore Roosevelt left Washington, D.C. for an eight week, fourteen thousand mile journey by train through twenty-two states and two territories. He would lay cornerstones at the University of Chicago Law School, at the Lewis & Clark Memorial in Portland, Oregon, and at a

new archway entrance to Yellowstone National Park in Gardiner, Montana.

Atop what would eventually be known as Roosevelt Arch appear the words "for the benefit and enjoyment of the people."

In California, of his night camping with John Muir among Yosemite's Mariposa Grove of Giant Sequoias, TR wrote: "It was like lying in a great solemn cathedral, far vaster and more beautiful than any built by the hand of man."

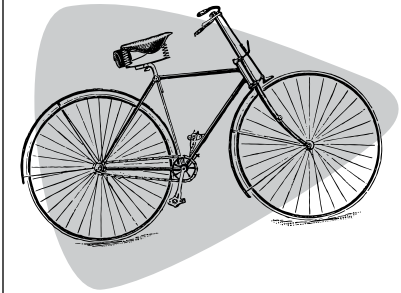
At Arizona Territory's Grand Canyon, TR would admonish his fellow citizens: "Leave it as it is. You cannot improve on it. The ages have been at work on it, and man can only mar it."

The important speeches, mostly forgotten today, were made in the bigger cities of the West. His words in Medora that April night in 1903 are remembered still.

"My Friends and Neighbors - I am very glad to see you all. I made up my mind that come what would I would have to have a chance to stop at Medora. I first came to Medora twenty years ago, so I

am a middling old settler. I meet boys, great big strapping men, and mothers of families who were children about three feet high when I knew them here. It is a very pleasant thing for me to see you. I shall not try to make you but a very short talk, because I want to have a chance to shake hands with you. Most all of you are old friends. I have stopped at your houses and shared your hospitality. With some of the men I have ridden guard around the cattle at night, worked with them in the roundup, and hunted with them, so that I know them pretty well. It is the greatest possible pleasure to me to come back and see how you are getting along, to see the progress made by the state, to see the progress made at this end in the place that I know so well, and it just does me good to come here and see you; and there is not a human being who is more proud of what you have done, and more pleased with your welfare and progress than I am."

You can't take the train to Medora anymore, but you can still enjoy the drive. Come, walk in the footsteps of Theodore Roosevelt, visit with old friends, enjoy the hospitality, see the progress, and feel the pride. ■

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ATV ... Safe off-road experiences



Photo credit: ND Tourism

Off-roading is one great way to get into nature without having to hike or bike. Let your ATV take you deep into the wilderness on some of North Dakota's maintained OHV trails.

Designated Trails

• **Pembina Gorge State Recreation Area:** The Pembina Gorge has over 15 miles of trails designed to accommodate non-motorized and motorized traffic, including the three classes of OHVs – dirt bikes, four-wheelers, and side-by-sides – which are 60 inches wide or less.

• **Roughrider OHV Trail:** The trail is located 30 miles south of Mandan on Highway 1806; it begins at the Fort Rice Campground, travels north for 16 miles on an old railroad bed, and ends at Little Heart Bottoms.

• **Turtle Mountain State Recreation Area:** The hilly terrain and heavy woodland cover provide a unique landscape in North Dakota. This 10-mile trail is open to motorized vehicles like dirt bikes, all-terrain vehicles, and side-by-sides as well as non-motorized trail users and sportsmen. The OHV area trailhead, youth trail, and parking area is located about 6 miles NE of Bottineau and provides enough parking for trucks with large trailers.

• **Kimball Bottoms Recreations Area:** Also known as, The Desert, this 400-acre play area is managed by the U.S. Army Corps of Engineers and is located 8 miles south of Bismarck, ND.

• **Little Missouri National Grassland:** In partnership with the US Forest Service, the North Dakota Park & Recreation Department put together a map that illustrates the miles of roads and trails open to scenic touring and motorized recreation in the Little Missouri National Grassland.

ND Parks & Recreation has lots of additional information to assist you at www.parkrecnd.gov Just go to Play and then click on the dropdown Adventure.

Check out the Dickinson Convention & Visitors Bureau's website at www.visitdickinson.com or stop in the office for a printed map OHV Scenic Roads & Trail in the Little Missouri National Grassland. ■

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PIPER'S PALS

Ask Alfie

Dear Alfie:

Whenever I come home from an extra-long shift at work or a weekend away, I discover that my cat has been very naughty! He tears up my toilet paper, scratches at the carpet, and knocks things off my counters. Should I kennel him when I leave?

Sincerely, Fed Up

Dear Fed Up:

The truth of the situation is that your cat is BORED, and probably a little bit lonely too. Kenneling him will only leave him with even more pent-up energy, and that's not fair to your cat.

I speak from experience when I tell you that a cat can never have too many toys! My personal favorites include jingle balls, fabric mice, and catnip-infused chew toys. Sometimes my mom will rotate which toys are out for me to play with, and which ones are put away.

This helps me to avoid becoming bored with them.

It's also important to make sure that your cat has scratching posts or pads so that he doesn't have to scratch at your carpet or furniture.

If you are away from home often, consider getting your cat a playmate (that's right, a second cat!) but be sure to introduce them carefully so that they will become friends and not enemies. For advice about that, just ask the rescue you adopted from or search for tips online. Good luck!

Sincerely, Alfie

Dear Alfie:

I recently found out that one of my cat's favorite toys contains catnip. Does this mean my cat is a drug addict!?

Sincerely, Worried

Dear Worried:

Fear not, catnip is perfectly safe for your cat. Catnip is an herb and the smell of it drives some of us crazy—in a good way! It may encourage house cats to be more active and playful, which is important since indoor cats need extra exercise. When eaten, however, it usually just makes your cat sleepy.

The only thing you need to monitor is how much loose catnip (i.e. not inside a toy) your cat consumes. It's perfectly fine in moderation, but too much can cause them to have an upset stomach. Most importantly though, catnip is non-



addictive. Which means you can go ahead and cancel your reservations at kitty-rehab!

Sincerely, Alfie ■

Have questions about your dog or cat? Ask Alfie for advice by emailing secondchancesvolunteers@gmail.com

Heartworm 101

By Sara Cox, LVT

As the old fable goes, April showers bring May flowers. But it's also the beginning of North Dakota's heartworm season! Heartworms are exactly as they sound; a parasite (worm) that lives in the vessels of the heart and lungs. It is more common in dogs, but it can be found in cats as well. It is transmitted by infected mosquitoes from bite to blood contact. Heartworm has been found in all 50 states, but because our mosquito season is prevalent from May to October, heartworm prevention is recommended during those months. If traveling to the South where mosquitoes are around all year long, giving prevention is recommended all year long as well. An annual blood test is required at your veterinarian in order to get the prevention.

There are a few different products offered as prevention, and each has their own benefits. Please consult with your veterinarian as to which one is best for your dog.

So with the blooming flowers and buzzing bees, don't forget to get your pup set up for heartworm prevention! A simple once monthly treat can prevent a potentially sick pet!

Your goal last month was to guess what Gus was thinking by matching captions to photos. Answers are below!

- A: #3 Just "lion" around.
- B: #6 Grumpy Cat had nothing on me!
- C: #5 Did I hear you say "groomer"?
- D: #1 He knows he loves me.
- E: #4 Yeah, she's cute, but what am I?
- F: #2 After catnip!



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

PIECE BY PIECE

Quilting techniques for everyone

By Suzy Rummel

April brings us April Fool's Day and Easter – wonderful days to celebrate. Easter, of course, is the most important since that is the reason we are all here. I love Easter, a time of renewal, a time to rejoice and a time to gather. After the interesting year we have all had it is more important than ever to do all of the above. I also love April Fool's Day; although I don't have children at home anymore to prank, I take joy in remembering when I did get them! Some of my better ones were freezing the toothbrushes in a glass, serving them realistic plastic hot dogs and taping their door shut. It did backfire a bit though, the toothbrushes in ice made them late for school so they were tardy; and they also hit a dip with the car breaking the oil pan so that wasn't such a good turn out – makes for a great story though. The others were funny but now I am too scared to prank my kids because the retaliation is too much. They have the upper hand now.

That has nothing to do with sewing or quilting but thought a little humor can't hurt. You need humor in sewing and quilting especially when one has to unsew (aka rip). Here are some quilting techniques every quilter should master.

1. **Quilting terminology:** Common abbreviations like HST (half square triangle), WOF (width of fabric and RST (right sides together) are three of the most common.
2. **Quality of fabric:** Fabric is the backbone of quilts. Pick the best fabric you can so your hard work will last.
3. **Learn to sew a quarter inch seam allowance.** Practice makes perfect.
4. **Rotary cutting takes practice.** Learn to use one and you will save a lot of time.

5. Quick piecing techniques.

You can save time but sewing larger pieces of fabric and cutting them to make more at a time. For instance using a bigger square to make 8 HST instead of 2.

6. **Pressing basics.** Take the time to press your quilt blocks and setting the seams. It will actually save you time.

7. **Don't throw those problem blocks.** Don't feel discouraged, you can use them in another quilt or make a scrappy quilt out of them.

8. **Measure and sew borders correctly.** Measure the middle of the quilt and cut accordingly.

9. **Mitered corners and mitered binding.** They look great and aren't as hard to do as they look.

10. **Don't beat yourself up over mistakes.** We all make them. Enjoy the journey and your quilts! ■

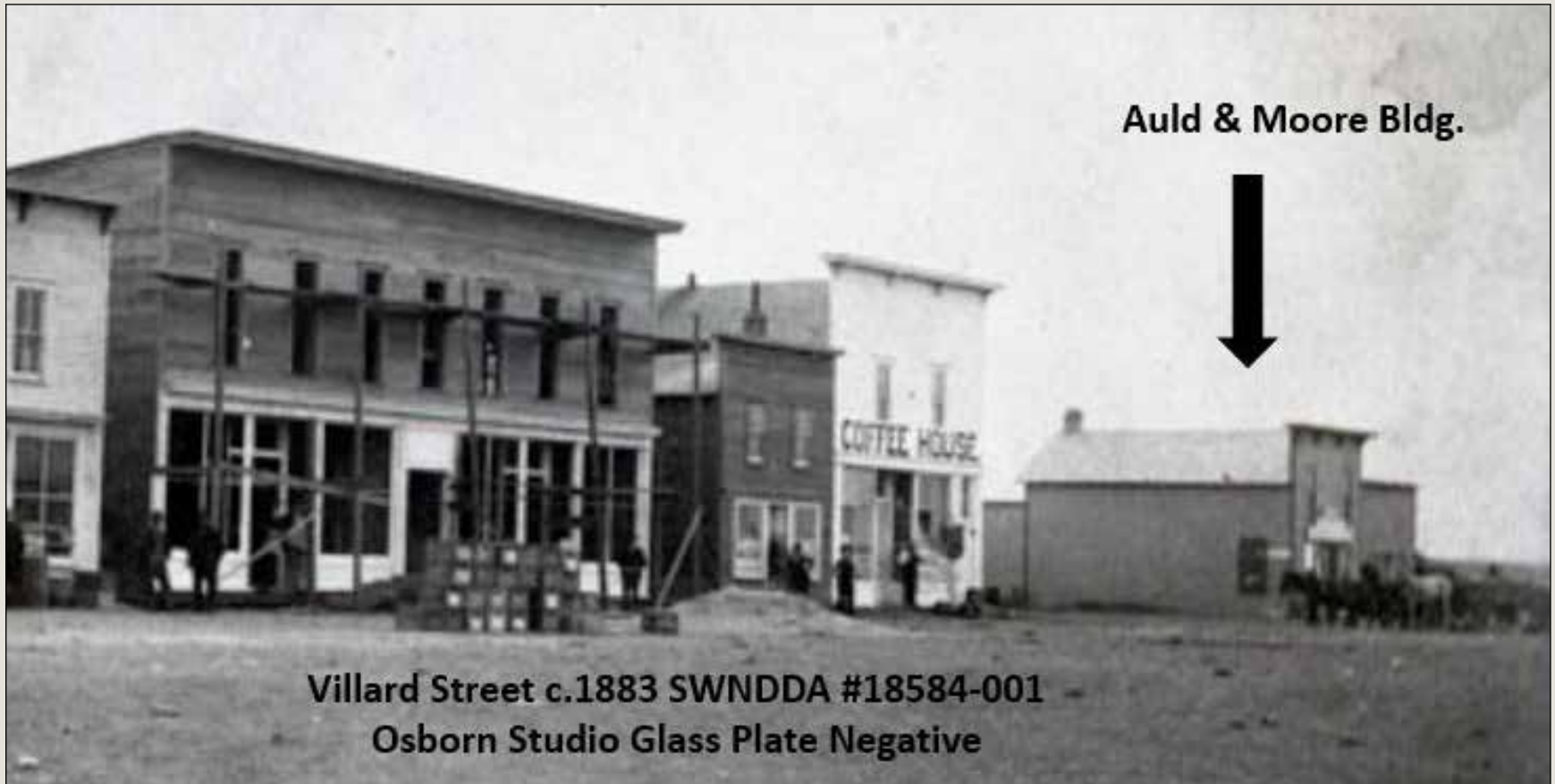


2021 BADLANDS BIG STICKS HOME SCHEDULE

MAY		JUNE			JULY			AUG	
25 SPEARFISH SASQUATCH 6:05 PM	26 SPEARFISH SASQUATCH 6:05 PM	4 MOU 6:05 PM	5 MOU 6:05 PM	6 MOU 4:35 PM	6 SPEARFISH SASQUATCH 6:05 PM	7 SPEARFISH SASQUATCH 6:05 PM	6 SPEARFISH SASQUATCH 6:05 PM	7 SPEARFISH SASQUATCH 6:05 PM	
		8 SPEARFISH SASQUATCH 6:05 PM	9 SPEARFISH SASQUATCH 6:05 PM		12 SPEARFISH SASQUATCH 6:05 PM	13 SPEARFISH SASQUATCH 6:05 PM			
		15 SPEARFISH SASQUATCH 6:05 PM	16 SPEARFISH SASQUATCH 6:05 PM	17 SPEARFISH SASQUATCH 6:05 PM	16 SPEARFISH SASQUATCH 6:05 PM	17 SPEARFISH SASQUATCH 6:05 PM			
		18 MOU 6:05 PM	19 MOU 4:05 PM	20 MOU 4:35 PM	24 SPEARFISH SASQUATCH 6:05 PM	25 SPEARFISH SASQUATCH 4:35 PM			
		25 SPEARFISH SASQUATCH 6:05 PM	26 SPEARFISH SASQUATCH 6:05 PM	27 SPEARFISH SASQUATCH 4:35 PM	27 SPEARFISH SASQUATCH 6:05 PM	28 SPEARFISH SASQUATCH 6:05 PM			

THEN... and Now: Dickinson's early schools

By Bob Fuhrman



Villard Street c.1883 SWNDDA #18584-001

Osborn Studio Glass Plate Negative

Created in 1861, the Territory of Dakota's first steps toward public schools was the creation of the post of Superintendent of Public Instruction in 1863. Appointed by the Dakota Territory Board of Education (made up of the Governor, Secretary and Treasurer of the Territory), the Superintendent served initially as school inspector and advisor. Eighteen sixty-seven saw more duties assigned – responsibility for school rules and regulations, management of school libraries, review of appeals of County Superintendent decisions, textbook recommendations, collection of school statistics and the organization of Teacher's Institutes – what we would call 'in-service' programming today. One important milestone in the accumulation of these duties was legislation passed in 1883 which established a uniform systems of schools which guaranteed free public education and required every

incorporated city or village to have a school board.

Although at that time the settlement of Stark County was in the embryonic stage and no incorporated villages or cities formally existed, that's not to say our early inhabitants were not forward thinking.

In April 1883 the Dickinson Press noted that in Gladstone, Dickinson's rival town, there was talk of building a school, the Press admonishing locals, "It is time our citizens were taking some action in this matter. Call a meeting and let something be done." While no report of a meeting was carried, the next month an article about subscriptions being solicited to build a Baptist church noted that the planned building would also be used for school purposes until the town could build a schoolhouse of its own.

The claim on the soon-to-be built Baptist church may have been

premature as in late July the Press carried Rev. H.B. Shaffner's notice to those wishing to use the new church for educational purposes that they should apprise the trustees of the church at once. Shaffner also noted that a rumor claiming that the new church would "be closed against ministers of other denominations" was untrue and that other Christian ministers would be welcome to use the structure when not in use by the Baptists. Beyond the information contained therein, Shaffner's notice says something about the power of rumors in a small town.

Work then proceeded rapidly on the frame house of worship which was located at the NW corner of Barney & Wolfolk Streets (today's 3rd St. E & 2nd Ave. E, now a residential site). Obviously, the point of Rev. Shaffner's notice was taken to heart as just six weeks after its inaugural services the Baptist Church did indeed host Dickinson's first formal

school sessions on September 17, 1883. Miss Mary Granteer presided as teacher, she being the successful candidate from the Teachers' Examination held for the position just nine days previous at the home of Charles S. Burke, local businessman who'd been appointed County Superintendent of Schools.

In mid-October Miss Granteer issued her first monthly report showing 45 students enrolled and each student's record of absences and times tardy (Dickinson obviously had no truant officer in those early days). The percent of progress (average score in all subjects, perhaps?) listing showed eleven students at 88% or above, including 3 of the 5 Granteer children enrolled. One month later the report only lists the progress scores for 26 students (now with a sixth Granteer child enrolled) with an average of 83.76% 'progress' for the month, with

Continued, page 25

DICKINSON STATE UNIVERSITY

Blue Hawk Bulletin



April 2021

DSU INCENTIVIZES COVID-19 VACCINE, INTENDS TO REMOVE MASK MANDATE FOR FALL SEMESTER

In a President's Cabinet meeting Monday, March 15, Dickinson State University (DSU) administrators voted to encourage students, staff, and faculty members to obtain a COVID-19 vaccine, allowing them an opportunity to be exempt from the current campus-wide mask mandate.

"Our students, staff, and faculty have been very good about adhering to University safety protocols related to the COVID-19 pandemic," said DSU President Steve Easton. "By participating in regular screening and testing, practicing social distancing and diligently using masks, we have minimized the number of COVID-19 cases on campus."

Mask mandate exemption

Campus and other Dickinson community members who have been fully vaccinated (14 days post vaccination) are able to bring their vaccine card to the Office of Academic Records, during business hours in May Hall room 111, and receive a "Bustin' Out" pin or bracelet to wear providing them an exemption from the current campus-wide mask mandate.

According to the Centers for Disease Control and Prevention, individuals are considered fully vaccinated two weeks after their second dose in a two-dose series, like the Pfizer or Moderna vaccines, or two weeks after a single-dose vaccine, like Johnson & Johnson's Janssen vaccine.

To support vaccination efforts, the University has worked closely with The Medicine Shoppe® Pharmacy of Dickinson to host vaccine clinics



on campus as part of its "Bustin' Out" campaign – named after DSU's mascot, Buster Blue Hawk. Clinics were held March 10 and 31.

COVID-19 vaccinations are available in North Dakota for all priority group 1A, 1B and 1C eligible individuals.

The Medicine Shoppe® administered COVID-19 vaccines to Dickinson State University (DSU) employees in the Student Center the morning of Wednesday, March 10, 2021. Another vaccine clinic took place Wednesday, March 31, on the DSU campus.

Eligible individuals include essential critical infrastructure workers in health care and public health, education, communications and information technology, law enforcement, public safety and other first responders, critical manufacturing, commercial facilities, emergency services, energy, financial, food and agriculture, government facilities, transportation systems and other community essential functions.

The NDDOH has made a COVID-19 vaccine locator available online, listing vaccine availability and locations.

Mask mandate to be removed for fall 2021

Due to decreasing COVID-19 numbers in Stark County and across the state of North Dakota, along with the increasing availability of COVID-19 vaccines, Dickinson State University also intends to remove its current campus-wide mask mandate, making mask wearing optional for the fall 2021 semester.

"Considering how quickly COVID-19 vaccines are being made available, we anticipate that a significant number of our campus community members will have been vaccinated by the fall semester," said Dr. Debora Dragseth, provost and vice president for academic affairs at DSU. "We are looking forward to a return to normal operations at DSU. We are grateful for the efforts of the campus community that have made this possible." ■

DSU will continue to monitor COVID-19 conditions and will adapt protective measures as necessary.



TRHLP SCHOLARS VOLUNTEER TO PAINT LOCAL HOUSE OF MANNA

The scholars of the Theodore Roosevelt Honors Leadership Program (TRHLP) at Dickinson State University (DSU) spent two Saturdays, Feb. 27 and March 6, giving back to the Dickinson community by volunteering at a local charity: House of Manna.

The COVID-19 pandemic had a negative impact on TRHLP's typical fundraising and volunteer efforts in fall 2020. They haven't been able to host community events as usual, so the scholars searched for ways they could provide more hands-on services during the spring 2021 semester. Heather Fahy, a DSU student who volunteers at the House of Manna independently and serves on TRHLP's Executive Committee, brought forth the idea to volunteer at the charity. The committee had been looking for opportunities for the scholars to volunteer together in order to allow them to develop strong connections within their TRHLP "family" because of the separation they felt due to the pandemic.

Alexa Delbridge, a DSU student and one of TRHLP's Student Assistant Directors (SAD), contacted Nann Rapp, the manager of the House of Manna, to organize the event. Delbridge said, "This opportunity arose out of the interest of one of our scholars, who then brought it to us SADs, and, long story short, the whole situation was an answer to both the House of Manna's and TRHLP's prayers."

When the group first arrived, they were both excited and nervous as they didn't fully understand what they had agreed to; none of those participating had ever been to the facility! As they entered the building, they knew right away why TRHLP and the House of Manna were the perfect fit for one another: the inside walls were mustard yellow, and the whole space was very dark and was in need of a facelift. As a team, the scholars painted the walls, ceiling, and shelving in three rooms white in order to brighten up the space and welcome those who visit.

About 20 scholars volunteered the first weekend, and the project was wrapped up over the second weekend, with about 30 scholars' help. Haylie Oberlander, a DSU student and TRHLP SAD, said, "We didn't really have a lot of opportunities for our group to work together and grow friendships... They teamed-up to work on certain areas, and they weren't people they'd get to talk to all the time, so it was cool to see them stepping out of their comfort zone." Delbridge continued, "We had a great turnout... and our scholars did a great job at diving in and putting in the work."

"They helped tremendously and we never would've gotten those rooms painted without them," said Rapp. The charity had to close its doors for a few months in 2020 because of the pandemic, and, while it gave them the opportunity to make improvements to the facility, completing such a large paint job was nearly impossible. "We got half of the building painted during our COVID-19 closure, and it would've taken so much time to finish the rest. They did a tremendous job! I was so happy when



they called, because they said they were looking for a project where they could give back to the community, and I said, 'Oh, I've got the perfect thing!'"

The House of Manna is open Mondays, Wednesdays, and Fridays and accepts items, like clothing; household goods, like small appliances and furniture; as well as some food items; that are dropped off at their location at 1100 East Villard in Dickinson. The House of Manna helps those in emergency situations and those unable to meet their needs. The charity accomplishes this purpose by accepting donations which are then organized and made available on a free-will offering basis.

TRHLP is currently hosting a product drive benefiting the Domestic Violence and Rape Crisis Center (DVRCC) through April 30. Personal care items, cleaning and laundry supplies, linens, food items, and more can be dropped off in the TRHLP office, May Hall, room 311. The scholars are also hosting a blood drive on the DSU campus later this semester. Watch the DSU Events Calendar at dickinsonstate.edu/events for details! ■

BACK TO THE HUDDLE: BIESIOT RETURNS TO TEACHING IN HYFLEX ENVIRONMENT

Written by: Kayden Heckaman, DSU Student Intern

The COVID-19 pandemic has caused educational institutions, including Dickinson State University (DSU), to adopt new methods in order to continue delivering instruction to their students. From continuing in-person instruction with precautions in place, to shifting to online and hybrid modes of teaching, instructors have learned many new technologies. These new methods of delivery have helped students to navigate the constraints the pandemic has caused. When other methods of instruction are available, student learning becomes more flexible and opens up different ways of integration into an instructor's lecture.



To accommodate the challenges presented by the COVID-19 pandemic and to continue allowing the University to teach and interact with its students, DSU has adopted a hyflex model. Hyflex is an innovative teaching model that many higher education institutions have used to navigate this changing environment. Hyflex allows DSU to enhance its students' experience since many now have the opportunity to attend class in-person, online synchronously (live), or asynchronously, if necessary.

The hyflex model has several advantages for students who are considering which model of instruction is right for them at any given moment. If a student is not able to attend a class in-person, they have the choice to attend the class online. Having these options available to students allows them to choose what kind of delivery works for them and allows them to change if necessary. Students are also exposed to

classes they would otherwise not be able to take for one reason or another, such as prior commitments to work. This model allows students to be able to continue on with their education even if something unexpected comes up in their lives.

One instructor has returned to teaching at DSU in this shifting environment: Henry “Hank” Biesiot, a former University instructor and coach. He has kept a close relationship with the University since his departure. When he heard there was a need for someone to teach a North Dakota history class at DSU, he thought it might be the perfect fit for him. When he returned, he started to teach history using the hyflex model that is now offered at DSU. Teaching this class is perfect for him since North Dakota history is his passion. “He has devoted his entire career to education,” said Dr. Debora Dragseth, provost and vice president for academic affairs at DSU, “so it was not a surprise to us that he was willing to come back into the classroom.”

Biesiot coached both DSU football and baseball for more than 40 years. He was a very successful football coach and was inducted into the National Association of Intercollegiate Athletics (NAIA) Coaches Hall of Fame. On and off the field, Biesiot was, and still is, an enthusiastic supporter of his students, and, in turn, students respect him as an educator. “Coach Biesiot had a lasting impact on so many of the players in the football program, including me,” said Pete Stanton, director of intercollegiate athletics and head football coach at DSU. “Not only was he a great coach but he was a great mentor and role model and a true example of how to treat people in all walks of life.”

To Biesiot, not much has changed between the time he taught before to the present, including the positive attitude and commitment of the students. “The enthusiasm and the attitude of the students has not changed,” said Biesiot, “and that’s a refreshing inspiration to me.”

Biesiot believes teaching North Dakota history using the hyflex model is the best way to teach the class because of the current circumstances. “The students and faculty are the life blood of any campus,” said Biesiot, “and if they did not [adopt the hyflex model], you would be constricting the pulse of the life blood.” With this new model, Biesiot has embraced the opportunity by inviting guest speakers and making connections with teachers he may not be able to make otherwise. In true Blue Hawk spirit, this instructor has returned to teaching to continue making an impact on the lives around him, no matter the changes and challenges he’s faced. ■

ELEVATING BLUE HAWK ATHLETICS: DSU PARTNERS WITH SANFORD HEALTH TO PROVIDE ATHLETIC TRAINING COVERAGE

Dickinson State University (DSU) athletics and Sanford Health have partnered to provide superior athletic training to Blue Hawk student-athletes. Sanford Health will fund two athletic trainer positions within the DSU athletic department to continue the commitment of safety, care and injury-prevention for Blue Hawk student-athletes.

“Sanford Health is a leading organization in prevention of athletic injuries, and we are very excited to have top-notch trainers and physicians to work with our student-athletes,” stated Executive Director of

the DSU Heritage Foundation Ty Orton. “With DSU becoming a major player in all sports, we know this will help make our students-athletes stronger and able to prevent and recover from injuries at a much higher rate.”

“They have been a great partner and really have gone out of their way to provide us with the best care possible,” stated Pete Stanton, DSU’s director of intercollegiate athletics. “It’s big for our student-athletes to get the care they need, the resources to get them on the road to recovery, and to have the support system from Sanford Health in all areas of athletic health care.”

With the safety of Blue Hawk student-athletes at the forefront of their decision-making process regarding this partnership, Sanford Health has stepped up for DSU athletics by not only providing material resources, but employees as well.

“We are going to have more coverage for the spring season,” stated Stanton. “With the rise of the pandemic and having multiple athletic programs postpone their respective seasons to the spring, Sanford is providing us with extra help this spring to give our student-athletes the best care possible. We are really thankful for that.”



“The Sanford Health organization is known for how they help the communities they are part of, and it is no different with Dickinson and DSU,” said Orton. “With their support, our University will continue to grow and develop the strongest student-athletes who will continue to give back to North Dakota and the surrounding states. It is a great partnership and one that will benefit DSU for many years.”

“Sanford Health is focused on having a positive impact on the communities we serve,” said Sanford Senior Community Relations Specialist Weston Dressler. “We place a high value on forming relationships with community non-profits, schools, business partners and the public to carry out Sanford’s mission, vision and values. We are excited to share those same values with DSU and partner together to provide the best care possible for the student-athletes.”

About Sanford Health

Sanford Health, one of the largest health systems in the United States, is dedicated to the integrated delivery of health care, genomic medicine, senior care and services, global clinics, research and affordable insurance. Headquartered in Sioux Falls, South Dakota, the organization includes 44 hospitals, 1,400 physicians and more than 200 Good Samaritan Society senior care locations in 26 states and nine countries. Nearly \$1 billion in gifts from philanthropist Denny Sanford have transformed how Sanford Health improves the human condition. For information, visit sanfordhealth.org. ■

DSU SCIENCE AND RANGE CLUBS TOUR GULF COAST TO STUDY LOCAL ECOLOGY, RANCHES AND FARMS



The Dickinson State University Science and Range Clubs tour group posed for a photo during their tour of the Atchafalaya Basin.

While the most influential moments in a student's life may come from classroom discussion or instruction, the memories that last the longest are often grounded in experiences that happen outside the classroom. Dickinson State University's (DSU) Science and Range Clubs left their classrooms and the cold weather behind to travel the Gulf Coast studying coastal and swamp ecology and touring local ranches and farms. Their adventure took them through Louisiana and Texas Jan. 15-23, 2021, and included stops in rural areas as well as cities, like Corpus Christi and New Orleans.

The tour group was comprised of nine students who were accompanied by Dr. Paul Barnhart, associate professor of biology and advisor to the Science Club, and Dr. Josh Steffan, associate professor of agriculture, microbiology and soil biology and advisor to the Range Club. The group gathered early Friday morning at Murphy Hall on the DSU campus before climbing into a van and setting out on the first leg of their adventure: a short drive to the Dickinson Theodore Roosevelt Regional Airport. They anxiously boarded their 7 a.m. flight, had a four-hour layover in Denver, Colorado, and landed in Houston, Texas, that evening. The group jumped off the plane, gathered their luggage, and piled into another van. From there, they drove east, stopping for a bite at a local Cajun restaurant before crossing into Louisiana to find lodging.

During their first full day in the state, the group took an informative tour of the largest wetland and swamp in the United States, the Atchafalaya Basin, which is a combination of wetlands and river delta where the Atchafalaya River and the Gulf of Mexico converge. After the tour, they drove for about three hours to their next destination: the "Big Easy."

New Orleans, Louisiana, was one of many highlights for organismal biology major Lexee Craig. "We hung out on the main street, which is Bourbon Street, of New Orleans and got to look around and play 'tourist' for the day. Bourbon Street is kind of a miniature [Las] Vegas. It was fun!"

The group's time in New Orleans took them to many different spots, from museums and plantations to graveyards and voodoo shops. "We took our own tour of an old graveyard," said Craig. "It was really interesting! I think we found one grave that was placed in about 1860 or so... We talked a lot about the water table, because all of the graves are above-ground. They can't have anything underground because they're about a foot above sea level. They have huge family graves where they put all of the members in the same tomb. It was very interesting to see a bit of the history."

Craig also enjoyed visiting the World War II museum in New Orleans. "It was amazing! It wasn't as science-related, but I definitely learned a lot! ...It's the type of museum where you need three days to see everything."

The group also took the time to visit a few aquariums during their trip. "We walked through the aquariums, and they are in order of your most basic lifeforms that you're going to see in the oceans all the way up... And, in zoology and evolution [classes], we went through some of those same stages between terrestrial and aquatic."

Before heading home, the group piled back into their van and drove to Corpus Christi, Texas. The students split up into two groups in order to visit two different sites. The Range Club traveled to King Ranch in Kingsville, Texas. The Ranch encompasses 825,000 acres of land, an area larger than the state of Rhode Island. The Science Club, including Craig, headed to the beach. They looked for seashells and discussed erosion while digging their feet deep into the sand and watching the water move the particles of sand around. Craig is from Wyoming, so we can imagine a beach day is a welcome change from what she's used to!

In addition to being a pole vaulter for the Blue Hawk track and field team, Craig has served as an officer for the Science Club for the last three years and has helped her classmates organize fundraisers for trips like this one. For Craig, being a part of the Science Club is like being a part of a family: each member helps the others become the best versions of themselves. "The Science Club itself has made me a better student, because I'm around all the other biology and chemistry students," said Craig. "Just being a part of the group and being able to go and do things together, it makes a huge difference on how you are able to get through school... Being in those clubs gives you that different perspective." ■

Department of Arts & Letters Upcoming Events

FREE
AND OPEN
TO THE
PUBLIC

Apr. 9	7 p.m.	Beck Aud.	DSU Choir Concert
Apr. 15	7 p.m.	May Hall 40	Percussion Studio Recital
Apr. 22-24	7 p.m.	Stickney Aud.	Eurydice by Sarah Ruhl
Apr. 25	2:30 p.m.	Stickney Aud.	Eurydice by Sarah Ruhl
Apr. 27	7 p.m.	Stickney Aud.	DSU Jazz Ensemble Concert

DSU NURSING CLINICALS: OVERCOMING CHALLENGES IN A CHANGING ENVIRONMENT

Written by: Kayden Heckaman, DSU Student Intern

During this time of uncertainty, those in the medical profession have been pushed to their limits as the COVID-19 pandemic continues to impact the nation and the world. Not only has this atmosphere changed the way medical professionals work, but it has also changed how those looking to enter the profession study. The brightest rays of hope shine on these students. This semester, nursing students from Dickinson State University (DSU) are completing their clinicals and these challenges have certainly not kept them from persevering.

During clinicals, which are supervised interactions with patients, students perform different tasks to practice and demonstrate the knowledge they have gained. For those in their first year in the nursing program, clinicals cover basic knowledge of nursing. These students perform simulations with a high-fidelity or medium-fidelity simulator on campus. Using these simulators, students are able to learn how to care for and communicate with a patient and to identify interventions in order to improve patients' well-being. First-year students also do a long-term care rotation and a hospital rotation, often shadowing physicians in order to learn. With the long-term care rotations, they deal with assessments and medication administration. Students will follow a patient through the perioperative setting, the time in surgery from admission to recovery, which includes day surgery, inter-operation, and post-operation. Students do a health assessment workshop at the hospital as well.

Second-years, like first-years, do a long-term care rotation. They also do postpartum work, which is caring for a mother after childbirth, and a medical/surgical rotation. Third-year students do hospital rotations in acute care, or short-term treatment, along with other tasks. As for seniors, they complete internships in medical facilities in places like Bismarck and Hettinger, North Dakota.

Students are encouraged to be around their assigned patient or resident as much as they can. Usually, when students first start their clinicals, they are assigned a patient and have time to do some research. As the student gains experience, the amount of time they receive to research lessens because they should have acquired knowledge and experience with disease processes. When they are more experienced, they care for and will administer medications to their patients, provide interventions to their patients, and interact with the health care team.

Before the pandemic, students would go in the evening before their clinical session to review a patient's chart, introduce themselves and complete required paperwork. The day of the clinical, they would immediately start to take care of their patient. This would include a pre-conference so the student would know what their tasks were for the day and the care they would be giving their patients. However, since the COVID-19 pandemic, how clinicals are carried out has changed. Now students are unable to go in the night before to look over a patient's chart. The DSU nursing faculty has worked to provide students with all the patient data they need to know, all while maintaining

Health Insurance Portability and Accountability Act (HIPAA) regulations and keeping students' exposure to residents and patients to a minimum. Students now only work directly with the patient on the day of the clinical.

Some of the facilities that have welcomed students in the past have not allowed students back this spring

to keep the risk of spreading infections low. Most locations that are allowing students to come in and complete their clinicals are requiring them to have a COVID-19 screening completed before they can enter the premises. Most are also requiring students to wear N-95 respirator masks, devices which are designed to have a close facial fit and effective filtration of airborne particles.

"Initially, we decided we would not risk exposing students to COVID-19 in the fall," said Teresa Bren, assistant professor of nursing at DSU, "but as we started to maneuver through this environment, we really kind of came to terms that this is what we are training them to do."

One student that has learned to adapt to changes in policy and interaction in this environment is Heather Fahy, a junior in the nursing program at DSU. At the beginning of the pandemic, Fahy was preparing for her clinical capstone, which would have included two 12-hour weekend shifts in Hettinger. However, because of the COVID-19 pandemic, she was unable to work these shifts and was initially concerned for what this would mean for her studies.

For the spring 2021 semester, though, Fahy is back in the health care environment and glad for it, even though there have been some challenges for her. She has done her best to navigate these challenges, which include having to care for COVID-19-positive patients and using personal protective equipment (PPE). PPE has presented Fahy some challenges in creating relationships with her patients, but she has learned to adapt and learned other ways of communicating. Nurses are known for their warmth, kindness, and smiles, and Fahy has become an expert in smiling with her eyes! She had to learn to how to explain patients' concerns to them during this anxiety-inducing time and how to be open with them. Also, with the pandemic taking its toll on those working in health care, Fahy has developed some self-care skills to help keep her from burning out.

Even with the changes in the landscape of the health care industry, DSU students have risen to the challenge during their clinicals to provide the best care to their patients. The pandemic has shown the dedication of those in the nursing profession and their ability to overcome challenges – a situation that, for most, has solidified their choice of career. ■



DSU STUDENTS EXPERIENCE HANDS-ON AI TRAINING



Students practice loading AI guns with the guidance of skilled professionals.

Eleven Dickinson State University (DSU) students enrolled in ANSC 264 – Artificial Insemination (AI) Training had the opportunity to learn the skill from professionals during a three-day training Feb. 10-12, 2021. While this training typically occurs once or twice a year at Stockmen's Livestock in Dickinson,

this session was moved inside the DSU Ag Building because of low temperatures. The class was co-instructed by Dr. Doug King, professor of agriculture at DSU, and Mr. Donald Nordby, a fulltime rancher and sales representative for ABS Global.

The students learned in the classroom during the morning hours and participated in hands-on instruction each afternoon. They were joined by a number of producers with an interest in learning the skill to take back to their personal ranches. Not only do the students and producers learn together, they also have the opportunity to make connections with each other to benefit their future careers in agriculture.

The instruction is incredibly valuable to the students enrolled as there aren't many opportunities to learn the skill elsewhere. "A lot of the other stud companies aren't doing schools as much as they used to," said Nordby. "It's just amazing – we had people from Texas and Missouri calling, trying to get into the school up here. There's been less emphasis on training. I think it's important for producers to go through an AI school because it's more than just breeding a cow. There's management considerations, understanding how synchronization works, and we'll go through nutrition, how you handle cattle in terms of getting them to go where you want them to go... I always tell producers, 'Even if you don't AI, you should go to an AI school because it'll make you a better manager.'"

Jacob Jessen, a freshman working toward a bachelor's degree in agricultural studies with the option of integrated ranch management, took a moment to share his thoughts on the training. In his perspective, there is much to learn, and there is no better way to do it. "Learning how to sync [the cows] and when they are going into heat, knowing the days and knowing the hours between each time you have to sync them, so all your cows are on the same page when you get to the date of your AI... Learning the hormone shots that you need to give them in that time period and all the things you need to use, and then the actual AI part and how to load semen guns... You're actually going out to the cow and learning the anatomy of a cow. It's kind of a cool process. What's most important is knowing how to administer and not being careless. These guys preach that quite a bit and teach us how not to develop those bad habits... It's such a great time to get the op-



dickinsonstate.edu/dsulive

portunity to learn this."

While Jessen's family doesn't artificially inseminate cattle on their ranch, he has helped others complete the task near his hometown of Grass Range in Central Montana. "It's a small town with a lot of local ranches where you know a lot of people, so you always get asked all the time. A young kid like me, people see that as an opportunity!"

Nordby believes lifelong learning is at the core of what makes a good rancher. "I'm a firm believer in 'You never stop learning.' If you've ranching for 20 or 30 years, there's always something you can learn to make you more efficient. Cows are all different, and the book can say, 'On average, this is what a cow will do,' but there's always cattle or herds of cattle that will prove it wrong... When you deal with Mother Nature and cattle, learning your environment and how cows coexist and how you can make it profitable, it's not cut and dry. You have to know what your resources are and live within your means." ■

Celebration of Scholars

UNDERGRADUATE CONFERENCE

SATURDAY, APRIL 24, 2021

7:30 a.m. – 2:30 p.m.

*Murphy Hall
Thompson Auditorium*

FREE AND OPEN TO THE PUBLIC



Thursdays on Zoom

Forum during which prospective students and families can meet with an admissions recruiter and various special guests from DSU.

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STUDENT SPOTLIGHT



HUNTER FLYNN '21

exercise science major

"Becoming a Blue Hawk was the best decision I have made in my entire life."

If you ask Dickinson State University (DSU) student Hunter Flynn why he feels this way, he'll tell it to you straight. "DSU gives you opportunities that can only be found here in Dickinson. The professors and staff want you to succeed and they do everything they can to make your college experience worthwhile. The people I have met here at DSU have changed my life. I have been given so many opportunities to succeed and grow as a person during my time at DSU."

Flynn hails from Whitehall, Montana, and ran (track/cross-country) for his local high school until his graduation in 2017. "Since the day I started running, it was my biggest dream to compete in college," Flynn said. "I was unsure of what I wanted to study in college, but I absolutely knew for sure I wanted to continue my running career at the collegiate level." Dreams do come true. Flynn connected with Ben Shroyer, a former coach at DSU, when Flynn was just a sophomore at Whitehall High.

"He took interest in my running career and consistently reached out to me, checking in to wish me luck for the state meet every season, or to see how I was doing. He made me feel valued as an athlete... [and] truly wanted me to succeed no matter where I went to school." Flynn considered his options, chatting with representatives of Montana State University and Graceland University as well as DSU. His two goals were to run and to find a quality, affordable education, and Flynn knew Dickinson State was the right choice.

Flynn is now an exercise science major who competes for the Blue Hawk cross-country and track & field teams. He holds a position at the DSU Heritage Foundation, assisting with fundraisers for student scholarships, maintaining constituent records, and archiving University artifacts. He is a Theodore Roosevelt Honors Leadership Program (TRHLP) scholar, and he spends time volunteering, most recently painting walls, ceilings and shelving units for the local House of Manna charity.

Flynn has also served as a volunteer firefighter in his hometown since the summer of 2018. "My dad has been a volunteer firefighter for

nearly 20 years, so it has been an honor to follow in his footsteps," he said. "Just last month, I became a member of the Dickinson Volunteer Fire Department and I will be volunteering my time to serve the Dickinson community." In his downtime, Flynn hangs out with his friends and teammates, and whether that time is spent playing ultimate frisbee or Guitar Hero, it's time well-earned.



L to R: Jon Flynn, James Fox, Hunter Flynn

Flynn plans to graduate this spring and feels ready for life afterward. He attributes his confidence in part to the affect his instructors and coaches have had on him while at DSU. Shayne Wittkopp, head coach for the cross country and track & field teams and instructor of health and physical education, and Pete Leno, assistant professor of health and physical education, have challenged Flynn to think outside the box, teaching him lessons he can apply to whatever life may have in store for him next. "They made waking up early for class worth it every morning. Wittkopp and Leno have helped me become a better athlete because of the things they are teaching me in class," he said.

Flynn's gratitude doesn't stop there. "I would just like to take this opportunity to thank my family and friends for always supporting me. My family has always believed in me and they truly are my biggest fans. I also wanted to give a shout-out to my girlfriend, Jacey Wilson, who has pushed me to be a better student, athlete, and human being." Can you believe this guy? Hearts are melting.

To Flynn, the connections he's made as a Blue Hawk mean everything, and he hopes to continue connecting with others beyond graduation. "I have met countless former students, teachers, and coaches that have dedicated their lives to this amazing University, and the passion they have for Blue Hawks is contagious. I plan to follow in their footsteps and become a supporter of DSU once I graduate and start a scholarship to help student-athletes have access to the opportunities that I was given." That's true #bluehawkspirit.

So, what does life have in store for Flynn next? He's hoping a full-time firefighting position, but as for where, he's not so sure. "My ultimate goal is to find my way back to Southwestern Montana to be close to my family, but each year I grow closer to the community of Dickinson, so I could see myself staying in Dickinson for a while," he said. "It has been a life-long dream of mine to become a professional firefighter, so I will go anywhere to accomplish that goal. I plan to always stay close to my Blue Hawk family and you can bet that I will always support the DSU community." ■



Mon,
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DUE TO CHANGES RELATED TO COVID-19, EVENT DETAILS ARE UPDATED REGULARLY.

To view the most up-to-date events calendar, please visit www.dickinsonstate.edu/events.

DICKINSON STATE UNIVERSITY EVENTS

Friday, April 2	Baseball vs Valley City State	1 p.m.	Dakota Community Bank & Trust Ballpark
Friday, April 2	Softball vs Valley City State	1 p.m.	North Softball Complex
Saturday, April 3	Baseball vs Valley City State	12 p.m.	Astoria Field
Saturday, April 3	Softball vs Valley City State	12 p.m.	North Softball Complex
Tuesday, April 6	Heart of Sky, Heart of Earth	5:30 p.m.	Student Center Theatre
Tuesday, April 6	FAFSA Night for Current Students	6 p.m.	May Hall, rooms 7 and 211
Wednesday, April 7	Baseball vs Presentation College	1 p.m.	Dakota Community Bank & Trust Ballpark
Wednesday, April 7	Softball vs Presentation College	1 p.m.	North Softball Complex
Thursday, April 8	Talk with a Hawk Admissions 101	6:30 p.m.	via Zoom
Friday, April 9	Collaborative Faculty Recital	7 p.m.	Klinefelter Hall, Beck Auditorium
Saturday, April 10	Baseball vs Viterbo University	1 p.m.	Dakota Community Bank & Trust Ballpark
Saturday, April 10	Softball vs Viterbo University	1 p.m.	North Softball Complex
Sunday, April 11	Baseball vs Viterbo University	12 p.m.	Dakota Community Bank & Trust Ballpark
Sunday, April 11	Softball vs Viterbo University	12 p.m.	North Softball Complex
Monday, April 12	FAFSA Night for Current Students	7 p.m.	May Hall, rooms 7 and 211
Tuesday, April 13	Baseball vs Valley City State	1 p.m.	Dakota Community Bank & Trust Ballpark
Wednesday, April 14	Baseball vs Jamestown	2 p.m.	Dakota Community Bank & Trust Ballpark
Thursday, April 15	Talk with a Hawk Early Entry Information	6:30 p.m.	via Zoom
Thursday, April 15	Percussion Studio Recital	7 p.m.	May Hall, room 40
Friday, April 16	Blue Hawk Games	11 a.m.	Biesiot Activities Center
Sunday, April 18	Golf Spring Classic	10 a.m.	Heart River Golf Course
Monday, April 19	Discover Day (in-person and virtual)	9 a.m.	Student Center
Monday, April 19	Golf Spring Classic	10 a.m.	Heart River Golf Course
Tuesday, April 20	Wheelchair Diaries: One Step Up	5:30 p.m.	Student Center Theatre
Wednesday, April 21	Faculty & Staff Recognition	3 p.m.	Biesiot Activities Center
Thursday, April 22	Battelle Assessment Training	8 a.m.	Biesiot Activities Center
Thursday, April 22	Talk with a Hawk Athletics	6:30 p.m.	via Zoom
Thursday, April 22	Eurydice	7:30 p.m.	May Hall, Dorothy Stickney Auditorium
Friday, April 23	Baseball vs Dakota State	1 p.m.	Dakota Community Bank & Trust Ballpark
Friday, April 23	Softball vs Dakota State	1 p.m.	North Softball Complex
Friday, April 23	Eurydice	7:30 p.m.	May Hall, Dorothy Stickney Auditorium
Saturday, April 24	Celebration of Scholars Undergraduate Conference	7:30 a.m.	Murphy Hall, Thompson Auditorium
Saturday, April 24	Baseball vs Dakota State	12 p.m.	Dakota Community Bank & Trust Ballpark
Saturday, April 24	Softball vs Dakota State	12 p.m.	North Softball Complex
Saturday, April 24	Eurydice	7:30 p.m.	May Hall, Dorothy Stickney Auditorium
Sunday, April 25	Eurydice	2:30 p.m.	May Hall, Dorothy Stickney Auditorium
Monday, April 26	Theodore Roosevelt Honors Leadership Program Blood Drive	11 a.m.	Biesiot Activities Center
Tuesday, April 27	Jazz Ensemble Concert	7 p.m.	May Hall, Dorothy Stickney Auditorium
Thursday, April 29	Talk with a Hawk	6:30 p.m.	via Zoom
Friday, April 30	New Student Registration	9 a.m.	May Hall, Dorothy Stickney Auditorium

DSU Events - www.dickinsonstate.edu/events

Athletic Events - www.dsubluehawks.com

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Dickinson's First School, enlarged by William Ray in 1890 for use as a residence.

Joachim Museum Collections, 2009.022.019

over half of those students scoring 90% or above.

As the fall term neared its end it seemed that Dickinson's school would continue in the Baptist Church as two local events in December were billed as fund-raisers for finishing the church's interior - each mentioning that the lath and plaster finishing would "make it more comfortable" for the students. The results of the fund-raising at the events, a lecture in 'Collister's Hall' (the upstairs of Collister's business block) and an oyster supper on Christmas Eve, were not reported in the Press which is actually very unusual as our local paper often carried reports of how much money had been raised for various projects down through the years.

The paper also did not note the last day of classes in December but in early 1884 it was announced that classes had recommenced on Monday January 7

- but not in the same place, school being moved to the Auld & Moore building, located near the NE corner of Villard and Sims. No cause for the move is reported although perhaps the lath and plaster work itself was the reason - Miss Granteer's early February marriage to druggist Edward Davis was performed by Rev. Schaffner in the Villard House Hotel rather than the Baptist church, so perhaps the church was still tied-up due to the work.

Although an often-cited "Instruction to Teachers - Dakota Territory 1872" (held in the University Libraries, University of South Dakota) contains the following instruction, "Women teachers who marry or engage in other unseemly conduct will be dismissed," it appears that in the case of Stark County's Dickinson District the instruction did not apply or was selectively enforced as the new Mrs. Davis, nee Granteer,

continued to serve as teacher for 8 weeks following the nuptials before turning the school over to Miss Nettie Thurber as Mrs. Davis prepared to move to Glendive with her new husband.

Meanwhile, as classes continued under Miss Thurber's lead the Press reported that notices were out in town for a June 7 meeting "for the purpose of voting upon the question of issuing bonds in the sum of twenty-five hundred dollars, for the purpose of building and furnishing a school house for the Dickinson school township. This is a right step in the right direction." Again, no specific report of the meeting is carried in the Press, however, the venerable Centennial Roundup history of Dickinson noted that the vote to construct a new building passed by a whopping 38 to 0 margin.

That first year of school in Dickinson came to an end shortly after the vote.

Miss Thurber, who the Press dubbed "a good teacher (who) has given general satisfaction," was presented a toilet set and gold pen and holder by her scholars (she would be back in the classroom the next fall when she taught her classes at the Rau Building on Sims Street). A week after the end of term a succinct notice in the Press confirmed that the 'right step' that had been called for just weeks earlier was to be taken with this simple statement on page one of the June 28, 1885 edition: "A new brick school house is to be built for this district."

Missing runs of our local paper prevent us from knowing the week-to-week progress on this new building, however, the Centennial Roundup again comes to our aide. A fellow named E.C. Stumpf submitted the low bid of \$2200 for construction (the remainder of the bonded funds assumed to be used for furnishings) from a design by M.H. Stark, Clerk of the Dickinson Township School District who submitted a bill of \$15 for his services, the school board allowing him two-thirds of that sum in compensation.

According to a walking tour guide compiled by the Dickinson Centennial Committee the school, located on the NE corner of Haupt & Barnes Streets (today's 4th Street West and 1st Avenue West), consisted of two stories of red brick and a third story of wood. It is assumed that Stumpf began work in the summer of 1884 as it is noted in the Roundup that the building was ready for use sometime in 1885.

For five years this building served an ever-growing population of scholars, crowded conditions leading community leaders to consider enlarging the structure to double its size in 1890 but discarding that idea when it was realized that rapid community growth would likely outpace that solution in a short march of years.

Next month we'll look at the campaign to build a new, larger school and then the story of the next Dickinson school building after that...but what became of Dickinson's first purpose-built school? When plans for a brand new building were decided upon and the old building made surplus, William Ray, owner of the St. Charles Hotel and the Dickinson Opera House bought the property and enlarged it for conversion into a residence which still stands today. ■

HEART RIVER GEMS

Domestic Violence and Rape Crisis Center

By Kaylee Garling

"My story isn't abuse towards me, but towards a member of my family who was abused by their grandfather from ages 5-19. Our family and extended family grew up on farms that were very close to each other geographically. Many of our celebrations were held at "The Dam." It was a beautiful spot, with trees and water and a place where a huge garden was grown. For my family member this became an unsafe place. Grandpa took her and her kitten down to the dam, and shot the kitten in front of her and said, 'If you ever tell anyone, this is what I'm going to do to your parents!' She didn't say anything to anyone until she was 21 years old. And why wouldn't she believe that this would happen? He was someone she was supposed to love and trust, someone who would never hurt her. Unfortunately, many times the perpetrator is someone you know, someone that should love and take care of you. That's why I went into this field. I watched what happened to my family member. The trauma she endured has caused her to have mental illness now. She wasn't able to raise her kids and has struggled for most of her life. It is difficult to stand by and watch when it is a family member or friend that goes through domestic violence or is sexually assaulted."

This month, we get an insider's perspective from Darianne, who has worked at Domestic Violence and Rape Crisis Center (DVRCC) for 20 years, where they serve eight counties in Southwestern North Dakota: Adams, Billings, Bowman, Dunn, Golden Valley, Hettinger, Slope and Stark, taking in 10,002 square miles, but have people who come to DVRCC from all over the world.

"Our mission statement is: Love Without Fear. Everyone should be able to be loved without fear of being hurt but there are so many people that are not afforded this luxury. The staff of DVRCC help with all types of abuse-physical, mental, sexual, psychological, all different types. One that doesn't get talked about much is financial abuse. This is when you have someone that holds the checkbook, and allows only so much money to buy groceries, or things for the kids, and then you have to go home and show the receipt and explain why you bought what you did.

"We also respond to sexual assaults. At the hospital, we are part of a SART (Sexual Assault Response Team) team with the hospital and law enforcement. By working as a team, we meet at the hospital with the client, where the client only has to tell their story once. This minimizes the trauma of telling the story over and over. DVRCC staff are advocates, so we are in the room when the forensic exam is completed. We are also there with the client if they go to court or if they do follow up medical visits. We go with them anywhere they need us to be.

"My husband and I raised 3 boys, and whenever they would come home from school and say, 'So and so is a jerk,' I would say, 'You don't know their home life, it might be rough.' Now they are all teachers and understand that you don't go to school and act like a jerk unless you have a reason. You don't know if a student saw their parent get beat up that morning, or if they're the ones experiencing the abuse, and they have to deal with that while trying to act normal at school. Most women will stay in abusive situations until something happens to the kids, that's usually when they say 'game over.' But then that affects the kids, and it's so difficult for the children, because they're supposed to keep their secret.

"Men can also reach out. We provide the same services to men as women. It's difficult to house men with women, so we handle each case individually. Our most common saying is that we 'figure things out.' We say that more times in a day than any other words! We figure it out. We provide the same service to men and women and they are free and confidential.

"Let's say we have a 17-year-old girl that calls and says she is being abused. We must turn that over to social services because she is under 18, but we will talk to her and help her however we can. We have people call in and say they are calling for a friend, or they call anonymously, as everything we do is confidential and free, so we can help them as well. I can think of one individual who called about 10 times before she came in and talked to us. She somehow kept getting the same person every time she called. She said that the person who talked to her was really



nice. Every time she heard her voice, she was friendly, gave her good advice. It took that long before she found the courage to say, 'This is me, this is what I'm going through, how can I get help?' People who come to us don't have to pay for any of our services. So many women have broken down in tears knowing they don't have to buy food, pay for rent, that they can just concentrate on healing and getting back on their feet.

"We are here, willing to do whatever we can do to help, but we can do none of this work without the community. It's a team effort, and thankfully, we have a phenomenal community that brings us toilet paper, paper towels, and provides financial support. We are funded by federal and state grants, as well as surrounding city and county support. The financial support we receive is vital because in order to receive grant funding, we have to have financial backing matched by the communities we serve. We need to prove that the communities value the organization, needs its services, and know who we are. Dickinson and the

surrounding communities have been amazing at helping and supporting our agency.

"If you know someone getting abused, you can call and we will help you. The best thing to do is listen to the person who is being abused... Just listen, support them, and be there, ready to help when they're ready for help. Let them know you're concerned, but don't tell them what to do. Don't judge. All it takes is for you to say the wrong thing one time, and it can ruin the trust that person has in you. I always try to put myself in someone else's place, and ask, 'What would I need, what would I like to hear from them if I was in their place.'"

This is what makes the DVRCC such a needed place within our community, to help the countless people who are struggling to find their way through abuse. You can find them on Facebook at Domestic Violence & RCC, online at <http://www.dvrccnd.com/> or by calling: (888) 225-4506 or (701)225-4506. ■

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HEART RIVER VOICE Community Bulletin Board

NDCF Awards \$55,812 in Fourth Covid-19 Grant Round

The North Dakota Community Foundation (NDCF) has awarded \$55,812 in its fourth and final round of COVID-19 response grants. The grants were awarded to 12 food pantries or meal sites in North Dakota.

Funding for the grants came from NDCF's COVID-19 Community & Nonprofit Response Fund, which has received donations from individuals and businesses since the pandemic started last spring.

"Food banks and meal providers continue to see a tremendous increase in demand for their services as the pandemic continues," said Kevin Dvorak, President & CEO

of NDCF. "For this grant round, our board prioritized food pantries in those counties with the highest poverty rate in the state."

NDCF used data from NDcompass.org and coordinated with the Great Plains Food Bank in identifying organizations to receive the grants.

NDCF awarded \$248,714 in its first round of COVID-19 response grants in April of 2020, awarded another \$209,682 in May of that year, and an additional \$38,748 in October. The foundation also administered the ONEOK Hospitality Employee COVID-19 Assistance Fund, which previously provided \$500 each to 400 hospitality employees in the Bakken oilfields, and a grant of \$2,880

to the McKenzie County food pantry in this grant round. Total COVID-19 assistance from NDCF to nonprofits and residents was over \$752,000.

NDCF has closed their COVID-19 Community & Nonprofit Response Fund. The organization encourages people to donate directly to the trusted, local North Dakota nonprofit of their choice, many of which continue to struggle with the impacts from the pandemic and related mitigation efforts.

Home on the Range Appoints New Executive Director

Home On The Range (HOTR) announced that Laura Feldmann, LCSW, has been appointed the new Executive Director for the COA

accredited organization. As an experienced clinician and having served as the Clinical Director, Laura brings to the new position more than fifteen years of social work practice.

Laura has a Master's Degree in Social Work and has been the Clinical Director since 2016. Laura is certified in EAGALA (Equine Assisted Growth and Learning Association), FIT (Feedback Informed Treatment), a certified trainer for Risking Connections and Restorative Approach and many other evidence-based therapeutic programs. In 2017, Laura studied and became certified in Traumatic Stress Studies. Laura came to HOTR in December 2006. She began her journey with HOTR as case manager and then moved into

a newly created therapist role. Laura's focus was working with the kids in the arena as part of the animal assisted therapy program. She received her Certification in Animal Assisted Social Work through the University of Denver in 2010. She then received training in equine therapy models EAGALA and Natural Lifemanship. She worked diligently in both the equine assisted therapy and canine assisted therapy programs. Laura was instrumental in working collaboratively with HOTR personnel, and an equine professor from North Dakota State University (NDSU) to compile research based on the equine assisted therapy program. ■

HUMANS OF DICKINSON

Lane Overson

By Rhett Seaks

Have you ever encountered a young adult who takes full advantage of significant opportunities? If not, it's time to meet Lane Overson who is my astounding church mentor. In this story about Lane, I will discuss his childhood and education, and how it has affected him. In addition, I will outline some steps he has taken to influence our community. Lastly, I will talk about what a good citizen and community means in his eyes.

Lane Overson was welcomed to the world on March 15, 1993. He was born in Dickinson ND but soon moved to Killdeer ND where he completed Elementary and High school. He was interested in accounting which is why he went to DSU to complete his accounting degree. He later found out that he had more interest in being an oil mechanic which is the profession he is today. At DSU, he enjoyed wrestling and made wrestling his number one sport.

Throughout the years, wrestling

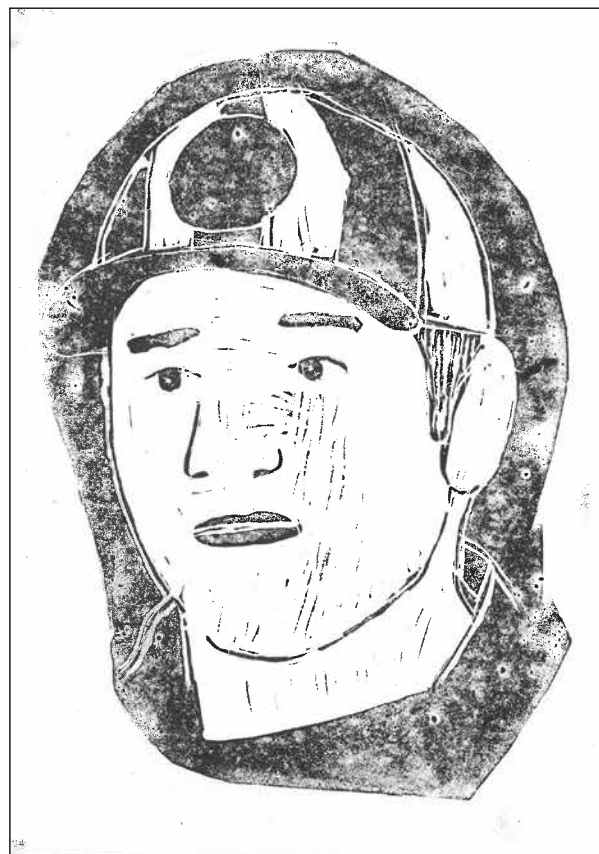
has continued to be an essential part of Lane's life whether it was participating or helping young people grow. With the time and passion that he put into wrestling, it only fits that it is his favorite hobby. "My parents and coaches were hard on me when they needed to be. They were also supportive and encouraging when I didn't even believe in myself which has shaped me to who I am today." Although wrestling was a key part of Lane's life, taking the opportunity to be a mentor was the biggest accomplishment of his in my opinion. As Lane said in the Interview "Religion always comes first."

In regards to bettering the community, Lane actively invests his time to become a great citizen of Dickinson. "A good community member is someone who invests their time, talent and effort to ensure that others are taken care of," Lane said. When I asked Lane some important advice about being successful while helping the community he said "Hard

Work, dedication and overcoming adversity has been the key to my success." During the interview, Lane also talked about how taking advantage of positive opportunities is very important. This is essential because opportunities are an essential part of how people become successful.

As I have stated earlier, Lane is an essential part of our community and we should be extremely glad that we have him in our community. He is a great Mentor, a great leader, and an amazing person. In addition, he has given some great advice that helps people be successful.

Overall, Lane contributes to making Dickinson the amazing place it is today! ■



McKenzie Steckler

By Averie Wax

Last year was my first high school swim season. Then this year came around and it was a completely different experience with my shoulder injury and later acquired leg injury. Without McKenzie being there for me and helping me physically and mentally, being able to get in the water would have not happened. That just goes to show you that she is an awesome, caring, person and she has a pretty interesting life.

McKenzie is a swim coach currently for the DHS girls and boys swim and dive team.

She has been swimming for 16 years through her senior year of college and is really good at it. She has also played many sports like golf, soccer, basketball and so much more. McKenzie loves being a swim coach because "it truly is amazing seeing everyone's face when they get a time they have wanted for so long or just to see how much the kids have matured throughout the season." McKenzie started coaching when she was fourteen years old because of a shoulder injury of tendonitis. McKenzie also loves being a swim coach because swimming gave her so much in her life and she wants to give that to other people too.

McKenzie was born in Jamestown in September of 1994 the youngest of three siblings with her older sister Abby and older Brother Jordan. Later she moved to Grand Forks, North Dakota until she was 13. Following that she moved to Bismarck where she attended Century High School. After high school, she kept swimming at UND and got her degree there. After college, she moved to Dickinson, North Dakota where she and her husband and dog Trigger live now.

She currently works at CHI as a physician's scribe/CNA but not for long because she recently got accepted into UND to be a physician assistant



graduate in 2023. More facts about McKenzie is she likes to spend time hunting, fishing and playing with her dog Trigger. McKenzie's goals for the future are to successfully make it through P.A school and one day be a mom. She "values her happiness most of all because that is one of the few things in the world that can't be bought."

Her favorite show is Grey's Anatomy, and her favorite movie is She's the Man. One last thing, if she was a tree she would be a pine tree because they are pretty but if you mess with her she will poke you. McKenzie's personality is fun, and she is full of confidence and is a blast to be around.

My swim coach McKenzie is a pretty awesome person and has done many incredible things for me. Without her, I would have not had a high school swim season and she has also done many incredible things in her life so far but she believes that "one accomplishment in my life is not greater than another because they all make up who I am and make my story and journey better." I find that very inspirational just like many other things she has done. Not only is she my coach, but she is also one of my role models. ■

NDSU EXTENSION**Spring is on its way!**

By Holly Johnson

Spring is on its way! I am ready for the weather to warm up and for the grass to change from brown to green. With such a long, dry winter, I think every North Dakotan is praying for extra April showers to bring not only May flowers, but pastures, and crops too. Speaking of flowers, we bought our garden seed for the year! I was so excited, I wanted to plant them in March. If we had done that, those poor seeds would have been shivering in the cold, dry soil. We have decided to wait until May to plant them; for now, we are trying to figure out how to make it all fit in one garden plot! We picked out a variety of native wildflowers and delicious vegetables. We bought sweet corn, beets, peas, carrots, snap beans, radishes, cucumbers, and pumpkins. I am looking forward to having fresh, free produce come harvest time.

Fruits and vegetables make for a great addition to any meal. Contrary to popular belief, canned and frozen produce are healthy options you can incorporate into your menus along with fresh produce. NDSU Extension recommends filling half your plate with colorful fruits and vegetables. They are naturally low in calories and high in vitamins and minerals.

If you find yourself short on backyard space to dig a garden of your own, try container gardening on your porch or patio. You still get to reap the rewards of growing your own food,



but without the maintenance of a full-sized garden.

Beyond their nutritional value, growing your own fruits and vegetables has many other benefits.

- Spending time outdoors planting, watering, weeding, and harvesting can be a relaxing hobby.

- Get children excited about fruits and vegetables by having them help you tend the garden.

- Homegrown produce saves you money in the produce aisle at the grocery store.

- Process produce by canning, drying, and freezing to have fruits and vegetables all year round.

- Earn a little extra income by selling fruits and vegetables at local farmers market.

- Share produce with friends and neighbors.

- Help others in your community by donating to a local food pantry.

Looking for guidance on how to get started growing your own garden? Maybe you need some new recipes to freshen up your menu! Whatever assistance you need: from getting the seeds in the ground to serving them on your table, NDSU Extension has a wealth of resources to help you. ■

Pre-School**Storytime**

Tuesdays and
Wednesdays



10:30am
Ages 3-5

In the
Community Room

Tuesday and Wednesday will be the same. We will read the same books, sing the same songs, and do the same craft.

Sign-Up Required!

You **MUST** sign-up each child individually.

*Sign-up for only one Storytime per week.

If you have questions feel free to contact the
Children's Librarian, Jade at 701-456-7700



Please go to the Dickinson Area Public
Library website to Register.

<http://dickinson.libnet.info/dapl-kids-3074>

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Heart River VOICE Events

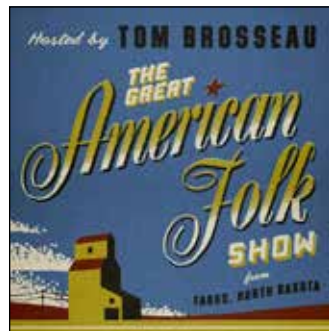
Send your events to
kelley@heartrivervoices.com
to list your events for FREE!

All event details are subject to change. Heart River Voice lists information as it is provided to us by event coordinators. Please reference event websites for updates.

COVID-19 is a pandemic. COVID-19 is contagious. Everyone who attends events does so at their own risk. If attending any events listed in this calendar, please practice social distancing and follow CDC Guidelines.

Sunday, April 4

THE GREAT AMERICAN FOLK SHOW 4PM MT A variety radio show created and hosted by Tom Brosseau. Tom will be joined by poets Madelyn Camrud and Shadd Piehl; and musicians Noel Wells, Surrija, Mark Erelli, and Michael Gay. Plus, Bill Palanuk on Ukrainians in North Dakota, and "Notes from the Badlands" by Joe Wiegand. Prairie Public Radio.



VARIOUS DATES IN APRIL DICKINSON STATE

UNIVERSITY Various events taking place at Dickinson State University this month. See page 24 for their event schedule.

SATURDAY APRIL 10 RUN, WALK, CRAWL, TACO!

The Dickinson Area Chamber of Commerce is excited to offer a NEW event to support area restaurants and bars. 12-6PM. Registration 11AM-1PM at Players Sports Bar & Grill. \$20 Ticket: Includes 1 taco at each location, \$1 off Braun Distributing featured products, and a chance to win door prizes! 250 tickets are available for purchase at participating locations: Players Sports Bar & Grill, Roosevelt Grand Dakota Lounge, Bernie's Esquire, Eagles Club, B2 Lounge, The Rock, Champs Sports Bar. More info, contact 701.225.5115

APRIL 10 & 11

SPRING SHOW Come join us for the Dickinson Area Builders Association 2021 Spring Show - Home, farm, ranch, and garden! Saturday April 10th from 10am-5pm. Sunday April 11th from 12pm-5pm. \$1 General Admission or two non-perishable food items. Door Prizes and drawings! Food provided

by: Dog Gone Good and York's BBQ Pit. West River Ice Center.

**TUESDAY APRIL 13
BUSINESS AFTER HOURS** 4-6PM Join the Chamber of Commerce for appetizers, drinks, door prizes and networking! Infinity Real Estate Group, 1269 West Villard.

**APRIL 16-18
TRINITY HIGH SCHOOL PRESENTS "MY FAIR LADY"** Doors open at 6:30pm, starts at 7pm, Friday and Saturday. Doors open at 1:30pm, starts at 2pm, Sunday. Tickets available at the door. \$10 Adult/\$5 Students, under 5 free. THS Auditorium. 810 Empire Road.

**SATURDAY APRIL 17
SOUTHWEST SPEEDWAY CAR SHOW** More information, call 701-483-8722. West River Ice Center.

KART (CAR) SHOW/SWAP MEET 12-5PM Bring out your kart and show it off in the parking lot. Trophies for 1st 2nd and 3rd place! Meet other racers, buy and sell parts. Free swap meet spots. Bring a table. I Don't Know Bar, South Heart.

CORNHOLE TOURNAMENT 2PM Sign up/3PM Start \$20/team to enter. Bake sale, drink

& food specials. More info, 701.495.3494. Rusty Nail Saloon, 107 1st Ave NW, Belfield.

**SUNDAY APRIL 18
PHAT STACKS AT THE PHAT FISH** Dakota Poker Tour comes to Dickinson for a 1-day tournament at the Phat Fish. Check out this awesome venue and being your A game to win big and wind up on the live stream final table. \$150 buy in, 20k chips. One reentry/Add-on allowed until cutoff. 30 minute levels. Phat Fish Brewing, 1031 West Villard.

**TUESDAY APRIL 27
114TH ANNUAL BANQUET & CHAMBER CHOICE AWARDS** 5-8PM Join us for a member-curated dining experience, a night to thank members for their patronage, give out prestigious awards, and celebrate the chamber community. Tickets \$55. Registration deadline is April 20. More info, contact 701.225.5115. Astoria Hotel & Event Center, 363 15th St West.

**FRIDAY APRIL 30
BE THE LIGHT** 5PM Join us as we celebrate women in our community and learn more about Women Empowering Women. Tickets: \$10 at the door, includes snacks, prizes and entertainment. Menu service also available. More info, email info@wewnetwork.org. Fluffy Fields Vineyard & Winery. 2708 21st St East.

SAVE THE DATE

**SATURDAY MAY 1
WINE WALK** 5:30-8:30PM Spring into Summer with a Wine Walk featuring Medora businesses! Check in from 5:30-6:30PM at Medora Uncork'd, 370 Pacific Avenue.

I AM THEY LIVE IN CONCERT 7PM General admission doors open at 6:15. VIP and Preferred doors open at 5:45. The members of this band have strong back stories of how they came to follow God and their mission to bring this God to everyone their music touches. 103.7 The Connection is hosting the band, and tickets may be purchased through our website at 1037TheConnection.com, or by calling the radio station at 701-483-1037. We also have a post on Facebook with a QR Code

that will take you right to the ticket site. We are a non-profit Christian radio station in Dickinson, for Dickinson. This event will raise funds to help keep our station on the air.

**SATURDAY MAY 15
12TH ANNUAL BLUEGRASS & BBQ FESTIVAL** 12PM Live music, family friendly. Awards at 5PM with bluegrass jam session to follow. More info, contact 701.623.4830 or info@medorand.com.

2021 COMMUNITY ART SHOW



ON DISPLAY MARCH 2 - APRIL 8

— Open 9-5 Monday - Saturday with paid admission —

DICKINSON MUSEUM CENTER

For more information visit dickinsonmuseumcenter.com

WHERE BUSINESS GOES TO GROW

Honoring Joe Frenzel

Stark Development would like to honor Mr. Joe Frenzel with our lifetime Director Emeritus honorary position on our board of directors. Joe was instrumental in the formation of the Dickinson Development Corporation from a committee under the Dickinson Area Chamber of Commerce

shaped much of the organization as we know it today.

Joe has been a member of the Badlands Board of REALTORS® since 1976 and was a founding member of the association. He was recently awarded the National Association of REALTORS®



STARK

DEVELOPMENT CORPORATION

in 1985. Dickinson Development Corporation was later renamed to Stark Development Corporation in 1992.

Joe had a vision for economic growth, job creation and cultural growth for Dickinson and the surrounding region. Joe has served on the board of directors of SDC during the entire course of our existence. His service and vision has

(NAR) Emeritus status. This status is gained by being a member for a minimum of 40 years who has been involved with the local, state and national Associations of REALTORS®. He also served as City Commissioner for the City of Dickinson.

He and his wife Sandi live in Dickinson and have four children and numerous grandchildren. ■



Ryan Jilek, Executive Vice President of Stark Development, presents Joe Frenzel with a gift honoring his years of service as a founding member of Stark Development.

Chamber helped plan development portfolio

"All good things begin with the Chamber of Commerce". About 15 years ago the Chamber established an economic development portfolio. At that time the community was growing and expanding rapidly. However, there were those with sufficient foresight to understand that we should be working to expand in areas other than energy.

By 1985 we were in the oil bust and the need to work more diligently on jobs expansion was ever more evident. At that time the Dickinson Development Corporation was founded from the basis of the Chamber of Commerce Committee. It was established to take advantage of some enabling legislation passed by the recent legislature. It wasn't until 1987 when the legislation was modified to allow development corporations to contract with cities that work could really begin with the limited community financing available.

Since those beginnings the Dickinson Development Corporation has changed to the Stark Development Corporation. The members always felt that a job anywhere in the county was just as good or better than a job in the city of Dickinson.



Our efforts are area wide. About 1990 North Dakota hit on its best economic development program to date. This is the P.A.C.E. Program. This stands for Partnership in Assisting Community Expansion to expand and create new jobs with a risk and cost partnership between the employer, the community and the state of North Dakota. The primary tool is an interest buy down program to reduce the initial cost to a company enabling them to put more of their money into jobs and salaries rather than debt service.

This report (the *JOBS* paper) is full of the success stories which have been developed using the P.A.C.E. program.

Stark County has been very successful in the jobs expansion business. We have a very strong and diversified manufacturing community, with businesses ranging from computer software to steel fabrication.

The future of Stark Development Corporation and the community also looks bright. Our goal is to assist in creating jobs for our children and grandchildren which will enable them to stay in our community and raise their families rather than travel to larger metropolitan job markets.

Together we can and will grow both economically and culturally.

KUDOS**Stark County Spirit of Excellence Awards first recipients**

Two Stark County residents were recently honored with the very first Stark County Spirit of Excellence Award. Jack Schaff and Tom Tessier of Belfield were nominated for the award following their Good Samaritan/Random Act of Kindness in rescuing a woman and her baby after their vehicle rollover.

Surrounded by many of their family and friends, the two men were honored at a surprise celebration at the Stark County Sheriff's Office on Sunday, February 28. Sheriff Corey Lee led the award ceremony with details of how the Stark County mayors selected the February recipients in a blind process, followed by an awards presentation, honoring Jack and Tom with individual plaques.

"You have no clue how many people would just drive by something like this," said Lee during the presentation. "You don't see people putting their safety and well-being in front of others. It's a very noble thing."

The local heroes were showered with many donated gifts from Stark County businesses and individuals.

"It's amazing what goes on in this county that we don't know about. There's a lot of good people. A lot of deserving people," said Sheriff Lee.

The Stark County Spirit of Excellence Award recognizes the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts within Stark County, ND.

All submitted nominations who



Sheriff Corey Lee presents award to Jack Schaff

were not selected in the first award presentation will be carried over to the following bi-monthly awards. There is no need to resubmit.

The next deadline to nominate Stark County residents for the bi-monthly award will be April 15. Nomination forms are available at www.starkcountysheriffnd.com or by emailing award@starkcountynd.gov.

If you are interested in becoming a sponsor or to receive more information on the awards program, visit www.starkcountysheriffnd.com or call 701-290-1640. ■



Sheriff Corey Lee presents award to Tom Tessier

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Shots by Jessie Bren

Breezy, Cedar and Pepper Bren spread love in their neighborhood by offering guinea pig cuddles for 2 minutes for only 10 cents!

BEST FRIENDS**23rd annual Family Fun Day set for July 3****By Mark Billings**

Giant inflatables, a vendor show, concessions and a new road race on the city parade route are among the highlights of Family Fun Day scheduled from 7 - 9 a.m. and 11 a.m. - 5 p.m. on Saturday, July 3 at Dickinson State University (DSU).

Hosted by the Best Friends Mentoring Program (BFMP), the event spans 23 years and is one of the longest-running family activities during the Dickinson Roughrider Days. Starting immediately after the city parade,



Family Fun Day includes giant inflatable bouncers and slides - including a volcano climbing wall - children's games, obstacle courses, a barrel train ride, and entertainment.

Family Fun Day will also include a vendor show with dozens of booths showcasing a variety of small businesses and nonprofits from across the state. Also planned is a concession area with a variety of local food trucks.



Also back for the sixth consecutive year is the Family Fun Day Road Races - a series of events for the entire family including a ¼-mile youth competition, 5K walk/run and 10K race. Activities begin at 7:30 a.m. in front of the DSU Student Center and thanks to a new partnership with the Rough Rider Commission, will use the city's July 4th parade route on Villard for the majority of the course.

The races also feature an electronically timed finish by Competitive Timing, age-category awards, and refreshments.

"We are excited to continue this long-standing event for the community," said BFMP Executive Director Angie Rabbitt. "The pandemic sidelined some of our activities last year but having our event on the DSU Front Lawn again will give everyone a chance to come together in family-friendly activities in a safe, positive atmosphere."

While there is no charge to enter the DSU front lawn, vendor show or concessions, an all-inclusive activities pass is required for youth to participate in the games and activities. Information and registration for the races are available at www.bestfriendsnd.org. Activity passes and race registrations will also become available in June at BFMP at 135 W. Villard.

BFMP annually serves more than 100 youth in southwest North Dakota. For information, call (701) 483-8615. ■



DICKINSON AREA

Concert Association

We are excited to announce that we will be bringing back our annual concert series this fall.

Details on the 2021-2022 season coming soon.

DICKINSONAREACONCERTASSOCIATION.COM

**GOING POSTAL**
Chien-Shiung Wu

One of the most influential nuclear physicists of the 20th century, professor Chien-Shiung Wu (1912-1997) was a determined advocate for women in science and made enormous contributions to the physical sciences, altering modern physical theory forever.

During a career that spanned more than 40 years in a field dominated by men, Wu established herself as the authority on conducting precise and accurate research to test fundamental theories of physics.

Working on uranium enrichment and radiation detectors for the Manhattan Project during WWII, Wu made invaluable contributions to the experimental process of splitting and harnessing the power of the uranium atom, making possible the production of the world's first atomic bomb.

The stamp art features a detailed portrait of Wu wearing a black-and-white high-collared traditional Chinese gown known as qipao. The illustration was first drawn in graphite, then rendered in egg tempera paint. The background was painted with the pigment lapis lazuli, a highly valued color historically used in artistic depictions of angels, nobility and the Virgin Mary.

Art director Ethel Kessler designed the stamp with original art by Kam Mak. ■

Source: store.usps.com

HUMAN RIGHTS PBL

Water rights

By Jaxon Braun

Note from publisher: PBL is Project Based Learning. DMS students wrote essays and were encouraged to publish their essays to an audience. We were happy to share Jaxon's essay with our readers.

Water is a necessity that we take for granted. About 33 million people in Ethiopia don't have a reliable water source. This is a big deal because people in Ethiopia are dying, having to walk miles for a little bucket of water, and the water is low quality. Some may say people have been doing a lot to make reliable water sources, but there are still lots of people that have to walk to get water in and out of Ethiopia.

One reason this water crisis is such a big problem is the people in Ethiopia are dying of dehydration. According to water.org, 58% of the population does not have a reliable water source. Second, to put that into perspective, about 33 million people in Ethiopia do not have a reliable water source and have to walk to a dirty pond to get water. Finally, it's not just a problem in Ethiopia, but they have the highest percentage of people without water. There are 790 million people without a reliable water source;

that is 11.8% of the world.

The second reason the water crisis is such a big problem is families have to walk to get water to live. First, the YouTube channel WaterAid followed a girl on her journey to get water, and she had walked four miles and went to a dirty pond. She then had to walk four more miles with a heavy bucket on top of her head. Next, UNICEF covered how a girl walked and gathered water and how she had to use a camel to get extra water for her family, and when they showed them drinking the water it was brown. Finally, these YouTube sights have followed many kids with the task of gathering dirty water just so they can live.

The final reason the water crisis is such a big problem is the water quality is low. The first primary source I watched was when the girl traveled eight miles, and when she scooped up the water it was in a little dirt pond that will probably run out, and the water was brown because of the dirt.

Secondly, the water we drink out of is on-demand and is clean because it goes through the sanitation system, while the people in Ethiopia just get it out of a pond. Finally, 850,000 people a year lose



Women gathering water for their families

their life due to the lack of clean water. In conclusion, water is a necessity that we take for granted because about 33 million people in Ethiopia don't have a reliable water source. The reason the water crisis is such a big thing is that people in Ethiopia have to walk to get water. People in Ethiopia are dying because of a lack of water and because the water is low quality. ■

Cite

Primary

WaterAid. (2014, February 11). Water walk | wateraid. Retrieved March 11, 2021, from <https://www.youtube.com/watch?v=4V-KoJGGJ4s>

Unicef. (2017, July 12). Water doesn't come from a Tap | UNICEF. Retrieved March 11, 2021, from https://www.youtube.com/watch?v=teX2L_E40mw

Secondary

Hrw, decade, water for Life, 2015, UN-Water, United Nations, MDG, water, Sanitation, Financing, Gender, IWRM, human RIGHT, Transboundary, cities, quality, food security, general COMMENT, BKM, ALBUQUERQUE. (n.d.). Retrieved March 11, 2021, from https://www.un.org/waterforlifedecade/human_right_to_water.shtml

EVERLASTING HOPE

National Infertility Awareness Week

Save the date for National Infertility Awareness Week April 18-24! 1 in 6 individuals or couples, more than 33,364 North Dakotans and more than 32,739 South Dakotans, have trouble getting pregnant or sustaining a pregnancy. Infertility is the 4th most traumatic life event a woman can go through. 61% of women going through infertility don't tell their family or friends about this struggle. Everlasting Hope is excited to be hosting a lineup of speakers once again to provide you with infertility resources and education from North Dakota and South Dakota.

Whether you are a professional, patient or simply want to support someone you know with infertility, this is a seemingly effortless way to let people know that you support the infertility community during NIAW and help educate the public on this disease. How can you get involved?

- Wear orange or an Everlasting Hope top to show your support of National Infertility Awareness Week.
- Ask your place of work to use Jeans Day money to support Everlasting Hope.
- Share on your social media page images, stories, or anything your comfortable with to raise awareness on infertility, don't forget to tag Everlasting Hope!
- Start a Facebook Fundraiser for Everlasting Hope to not only raise awareness but help support our mission!

You are not alone. We are here to support you! Everlasting Hope provides monthly support groups on the third Monday of the month. Head to www.raisingeverlastinghope.org to learn more or follow along on all social media outlets. ■

ND POTTERY**Little Heart Ceramics**

By Arley Olson, NDPCS Historian



Little Heart Manufacturing, Mandan, ND was a successful business founded and owned by Tony Helbling. He was making and selling branding irons to ranchers throughout the United States and Canada. As Tony thought that ranchers would like to have their brands on ceramic figures of their cattle. Thus in 1959 Little Heart Ceramics was started. L&H also branched out into advertising items.

Tony was able to purchase some

of the molds from Messer Ceramics of Bowman, ND that was closed in 1956. In acquiring the molds there were various sizes and breeds of cattle including Angus, Herefords and Holsteins among other molds.

When Tony called on his ranchers, customers and distributors he would show them samples of ceramic cattle and made sales. There were also orders coming in from retailers for the cattle and other ceramic items.

Little Heart Ceramic sales manager, Jerry Schuch, was in charge of production and also drew out the designs for their advertising items. Items included animals, ashtrays, salt & pepper shakers, vases, and paperweights. Clay was purchase from a company in Fargo, ND. Upon receiving the clay, L&H would add chemicals and water to prepare the clay for making ceramics.

In the process of creating and selling Little Heart Ceramics several people were involved. Tony's brother Bill Helbing would carve a model then create a mold from Plaster of Paris. Mrs. Ida Lanz and Mrs. Francis Braun would do the casting and after the greenware was removed from the mold, do the trimming of the greenware. After the firing which would take about 6 hours and another 8 hours for cool down the ladies would use a brush or airbrush to glaze the bisque ware and then send it to the final firing.

Little Heart Ceramics discontinued business in 1968. ■



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C E N T E R , I N C

HEALTH

Surviving Covid; Avoiding an STI/ STD

By Tara Zettel, RN

Throughout April, which is National Sexually Transmitted Infection (STI) Awareness month, the nurses at Connect Medical Clinic are providing evidence-based education and services to avoid patients from experiencing unintended sexual health events, like an STI.



The same principles and practices we have all become accustomed to avoid catching Covid-19 can be applied to avoiding being infected with an STI.

Social distancing: Just as we've protected ourselves by staying 6' apart, the most effective way to prevent an STI is abstinence. The CDC states, "The most reliable way to avoid infection is to not have sex (i.e., anal, vaginal or -oral)." (<https://www.cdc.gov/std/prevention>)

Shelter in place: When the country shut down to flatten the curve, we were safe with our own household because the exposure to each other was minimal as long as there was no introduction to new, potentially infectious, persons.

The second way to avoid an STI is to have sex only within a long-term, mutually monogamous relationship with an uninfected partner. Being intimate with one person who has only been intimate with you protects both partners from exposure to an STI.

Masks: Wearing a mask protects each other, not 100% but to some degree, from the respiratory droplets of another person. While Covid-19 is transmitted through respiratory droplets, STIs are transmitted through genital fluids, saliva and/or blood through close intimate contact.

Condoms can protect transmission of an STI to some degree, at about 85% for HIV and 50% for Chlamydia and Gonorrhea.

Vaccines: HPV is a virus that can cause genital warts or cancer of the cervix, anus, mouth/throat, penis and vagina. Reducing the risk of these



Connect Medical Clinic nurse running the STI test in the clinic

cancers can be achieved by getting the HPV vaccine.

Connect Medical Clinic offers a panel of STI screenings Tuesday, Wednesday and Thursday from 10 am - 5 pm. Appointments can be made by calling 483-9353. There is a \$25 clinic fee for STI testing. Anyone who is sexually active and not in a mutually monogamous relationship should be tested annually. ■

Dr. Henry Springer passed away in 1988.

In 2020, he
helped
48 Dickinson
kids
go to college.



Before he died, Dr. Springer established a permanent scholarship fund at the North Dakota Community Foundation. The fund he created gives out thousands of dollars in scholarships every year.

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leave in your hometown.

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TRINITY CATHOLIC SCHOOLS

Hands on history

Making the past come alive in the social studies classroom

By Amy Grinsteiner, Trinity Elementary North principal

Every teacher strives to create a curriculum that engages students. Teachers want their students to be excited about learning and to have meaningful learning experiences that they carry with them after the final bell rings in May. For Trinity Elementary North social studies teacher Lisa Jacobs, this desire has led to the creation of a hands-on history curriculum. Mrs. Jacobs' goal is for history to come alive for her students. She states, "I like to teach using approaches that immerse students in a time frame in history so students gain a better understanding of what happened to people...We learn through hands-on simulations to engage students so they get an idea of what it was like to be a person who lived in that time."

The focus of Mrs. Jacobs' courses—early American History for Grade 5 and Ancient Civilizations for Grade 6—provide rich content for these simulations. Trinity North fifth graders learn to appreciate the significance of important American events by completing learning activities in which they answer big "what if?" questions. For example, students consider what life might be like if the Declaration of Independence has never been written as they get their M&Ms "money" taken away by King George and Parliament. The sixth graders deepen their understanding

of ancient civilizations by "becoming" members of that society. One of the favorite activities of the year occurs in early September, when the sixth graders experience what its like to work alone to find food, water and shelter (hidden on slips of paper around the classroom) and then compare that to working with groups to accomplish the same task. Through this activity they learn that life is easier when human beings congregate in groups, which is the same lesson learned by the earliest human civilizations.

These activities are not only fun, but they are also effective. Sixth grade student Claire Ernst shared, "Sometimes I don't remember things when we just read about them from the book, but I do remember the activities we got to do this year and last year!" Mrs. Jacobs echoes this sentiment: "Students remember what they did, how they felt, and how others treated them in these simulations. A student assigned the role of an Untouchable in the Ancient India project will feel the pain of injustice because she has too many tasks compared to someone who is a Brahman. They won't forget that and learn all the more."

Hands-on learning does come with certain challenges. These activities require heavy planning for the teacher and some take multiple class periods to complete. Additionally, many of these activities require groupwork so there is potential for conflict as students try to work together. However, Mrs. Jacobs encourages other teachers not to let these challenges prevent them from trying hands-on simulations: "With enough planning and prepping, these lessons are worth it. This is absolutely the way I wish I would have been taught!" ■



5th graders (L-R) Reese Weidner, Medora Rambousek, Dominique Heupel, Jace Peters, and Jude Tibor determine how to build a colony that would survive in Jamestown

HOPE'S LANDING

A huge Thank You to our community!



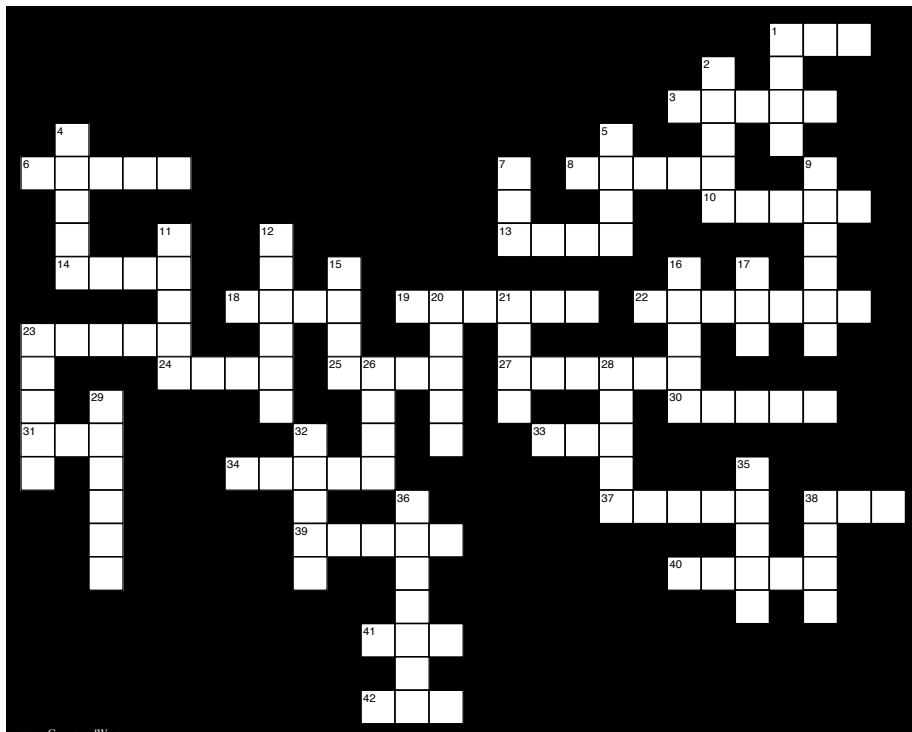
Hope's Landing would like to extend a tremendous thank you to the entire community for your support in making our 3rd annual fundraiser a big success. The men and women in our homes are so fortunate. The south western part of North Dakota is so blessed. With these funds, we are able to give our grandparents, parents, sons and daughters, grandchildren, and friends a safe and accountable place to live and hope and recovery. ■



Heart River **VOICE** PASTIMES

CROSSWORD

PALINDROMES by Carlinka



ACROSS

- 1 +Wears a habit
- 3 +A flat and even surface
- 6 +Type of water vessel
- 8 What a chess knight resembles
- 10 Songs, informally
- 13 +A quick look or chick talk
- 14 Extra wide shoe
- 18 Light green
- 19 2-ingredient sandwich, for short
- 22 Colorful fabric pattern
- 23 Unit of stock
- 24 Misleading ploy
- 25 Doofus
- 27 Port city in Ukraine
- 30 +A source of power

and energy

- 31 +The night before Christmas
- 33 Swampy wetland
- 34 Like some gossip and fruit
- 37 Dinner rolls?
- 38 Sink under weight
- 39 Slightly off-center
- 40 Hot dish that sounds cold
- 41 +Mater
- 42 +Pater

DOWN

- 1 Russian refusal
- 2 +A principle or belief
- 4 Easily duped
- 5 +Scat or pile
- 7 +_goes the weasel
- 9 +Exceeds heavy

blushing

- 11 +Pass a matter or allude to
- 12 Soaked in salty water
- 15 +A brave or noble act
- 16 +Respectful way to call a women
- 17 Animal in the horse family
- 20 Mug shot?
- 21 +Midday
- 23 +Categorized by reproductive functions
- 26 Green light
- 28 +A series of novels
- 29 Rots
- 32 Absolutely necessary
- 35 +Duties relating to city or town
- 36 Alter ego
- 38 Read quickly



id·i·om

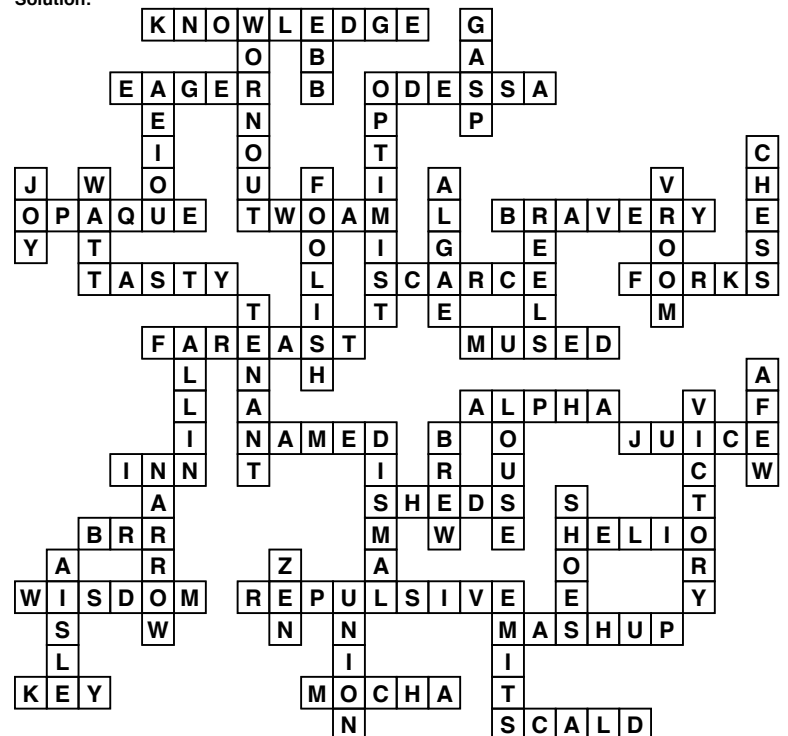
A camel cannot see its own hump

An old Arab saying that is the equivalent of a pot calling a kettle black - in other words, a hypocritical person. ■

Last month's puzzle solution

++OPPOSE++

Solution:



HOROSCOPE

APRIL 2021 by Hilda De Anza



ARIES
March 21-
April 20

A very favorable month for communication, education, sibling relationships and your love life. Singles may find that they have a multiplicity of choices, and life can get quite confusing. This is also an excellent month for new initiatives, especially around April 12th. There is a major change of emphasis after April 23rd, when emotional challenges arise in your family life.



TAURUS
April 21-
May 21

On the financial front, you can expect some great opportunities to occur in the second week of the month precisely because the lines of communication are buzzing, and you have some very clever partners or associates. Mid-April signals a time when you come out of isolation and begin to take more active control over your life. The latter half of April is characterized by an urge to realize your personal agenda, and it is a time when a lot of people turn up in your life with some inspiring ideas about how to do this.



GEMINI
May 22-
June 21

The new moon on April 12th highlights a period of hectic social developments, and a truly inspiring period begins. There is an international buzz and a sense of being part of a group that takes initiatives and shakes things up a bit. Around April 20th, you feel you need a rest after all the rushing around. This is a time to take a break and have quality time alone and with one or two other people.



CANCER
June 22-
July 22

The first half of April is a really great period for career advancement. Your leadership abilities and executive powers are strong, and other people defer to your judgment. The new moon on April 12th heralds a tremendous period for communication initiatives. This is a time when good fortune comes your way especially if dealing with foreign groups or institutions. Things get quite intense as the month progresses, and towards the end of April the focus is on social issues.



LEO
July 23-
August 22

April starts on a very upbeat note. The first three weeks of the month are characterized by happiness and good fortune. It feels like the world is opening for you, and the more connections you generate at this time, locally and internationally, the more exhilarated you will be. There is a major transition around April 20th with a strong focus on your professional goals. You speculate intensely about what to do, and you burn the candle at both ends examining your options.



VIRGO
August 23-
September 22

As April begins, you are in the process of extracting yourself from a disorientating relationship situation. Around the new moon on April 12th there can be benefits, both financially and in relationships at work. Stress levels are high until about April 19th, when a transition takes place and you emerge into a more peaceful, but no less exciting landscape. New intellectual horizons open at this point and you find yourself in the company of some beautiful people with calm and stable viewpoints.



LIBRA
September 23-
October 22

Relationships occupy your thoughts, and you can expect really favorable developments. Although you tend to be impulsive, it seems that courage in your love life and friendships is richly rewarded now. The new moon on April 12th brings really positive new developments in relationships. Mid-April is a watershed moment, when you extricate yourself from risky compromise and focus much more on what makes you feel secure.



SCORPIO
October 23-
November 21

For most of April you are dancing on the edge, engaged on many different levels with other people, speaking your mind more than usual, and harnessing your considerable psychological talent to cut through vagueness and get to the very core of what people are saying and doing, and why they are saying and doing it. At home, there is good fortune and expansion. If you ask for anything, you have a good chance of getting it, especially home loans, promotions and similar.



SAGITTARIUS
November 22-
December 21

You are going to get a lot done this month. Roaring ahead with your agenda, you master every learning or communication challenge that comes your way faster than you thought, so that by the end of April you are ready to focus on something quite different and much closer to home. New initiatives take place, new circumstances arise, new relationships form. It's a wonderful time for dating, love and romance, and your only problem will be choosing between the many options.



CAPRICORN
December 22-
January 20

This month, hold a steady course. There have been so many changes, and someone has to hold the fort, and that person is you. This applies to stabilizing income and locking in new earning potential, especially connected with local organizations. Mid-month, there are promising developments at home and with family, and this is also a favorable time for work. The networks you build at this time can be run just as well from the office as from the home.



AQUARIUS
January 21-
February 19

April is an upbeat month, when everything to do connected with learning initiatives and travel has success. This is a phase of your life when there is both considerable pressure and considerable optimism, and that cocktail brings stability and growth. Mid-April there are some important changes that may well affect home and family life. Your own agenda is so important for you these days, but there are also family demands which are at cross purposes with your own needs.



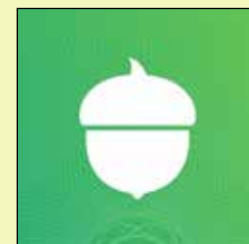
PISCES
February 20-
March 20

This is a lull in your life which enables you to gain great insights into the meaning of your life journey. This can also be rather a good month for taking financial initiatives and listening to people close to you. When the month draws to a close you are ready to take a much higher profile and work on your personal agenda. Jupiter moves into your sign in early May, and this brings happiness and good fortune.



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Acorns helps you grow your money. Join over 9M people and easily save and invest in the background of life. Get started in minutes with the easiest way to set up an IRA. In under two minutes, they'll recommend the right plan for you and your brighter future. You can also invest for your kids with their simple, straightforward kids' investment account.



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Bullseye from NPR is your curated guide to culture. Jesse Thorn hosts in-depth interviews with brilliant creators, culture picks from our favorite critics and irreverent original comedy. Bullseye has been referred to as "the kind of show people listen to in a more perfect world." (Formerly known as The Sound of Young America.)



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