

# Heart River VOICE

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# Heart River VOICE

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## Published Monthly by Heart River Voice, Inc.

PO Box 2117  
Dickinson, ND 58602

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## A note to our readers

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

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

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

**Kelley Jilek**  
*Publisher*

Cover art "The Witch's Eyes" a 12x12 acrylic on wood by Tresa Griffin. For more information about the artist, see page 5.

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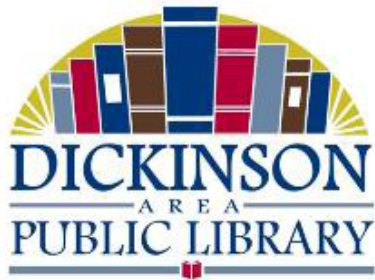


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## #BOOKWORM

## Changes coming to the library!



## By Library Staff

Greetings patrons, and library enthusiasts! If you've come to visit the library since the start of the new year, you will have noticed that some of familiar furniture from around the building was relocated to the community room. For those of you that weren't able to stop in during the month of January, the library created a hygge lounge for patrons and staff to enjoy.

Over the next several months new shelving will be coming to the library. There will be new stacks and magazine racks in the historical section. In addition, several new shelves and a brand new display will be going up in the children's section.

While the addition of new shelves is big news indeed, it is not all that is going to be changing. The furniture that has been removed from the public areas of

the Library will not be returning. We will be rearranging the existing space further as the new shelving goes up to maximize the use of square footage. Further, along with new stacks and a brand new display, some space in the juvenile non-fiction section will be converted to office space for Library staff. We know this is a lot of change in a relatively short period of time, but we ask that you bear with us as we endeavor to make the most of our current space.

While changes are happening around us, there will still be all the regularly scheduled programs happening in the Library. Here are some of April's highlights:

National Library Week is April 3rd through the 9th. This year's theme is "Connect with Your Library," and according to the American Library Association, it "promotes the idea that libraries are places to get connected to technology by using broadband, computers and other resources. Libraries also offer opportunities to connect with media, programs, ideas, and classes—in addition to books. Most importantly libraries also connect communities to each other." There are several individual celebration days within the week, including National Library Workers Day (April 5th) and National Library Outreach Day (April 6th). Watch for pop-up events throughout the week at the Library!

Throughout the month of April we will be having a Black-Out Poetry Contest. Black-Out poetry is created by taking a page of text and blacking out everything except the words you would like to use. Inspiration often comes from the text itself. It is a fun way to be creative. Pages of text to use for your poetry can be picked up at the Library. Entries, which are due by Saturday, April 30th, can be turned in at the main circulation desk. A winner will be chosen by May 10th and will receive a prize. This contest is for adults.

There will be a Scavenger Hunt taking place all day Saturday, April 23rd. This is for ages 8 and up. Spend a little bit of time at the library hunting for answers to the question with a prize at the end. There will be 3 levels: easy (designed for 14 and under), medium, and hard (for those wanting a serious challenge.) There is no sign up; just come in and ask for the clues to start!

There will be several movies shown throughout the month of April. On Friday,

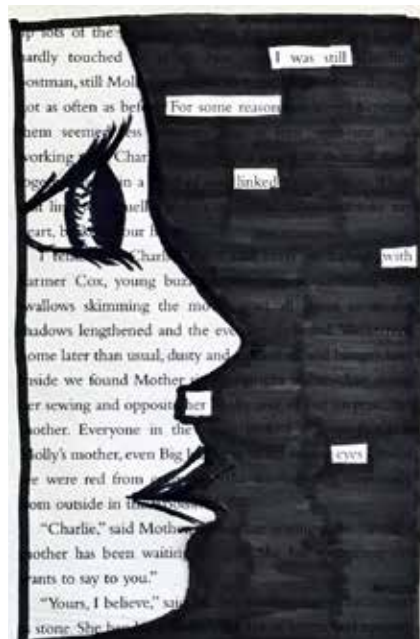
April 1st at 4:00pm the Library will be showing the movie Encanto. This is for all ages. On Tuesday, April 19th at 4:00pm teens will be shown Doctor Strange. This is for ages 13-17. On Thursday, April 7th at 10:00am the Tiny Tots Drive-In Movie will be Little Einsteins. This is for ages 0-5.

There are also some great activities and crafts being created this month! Teens (ages 13-17) will be making Paper Lanterns at 4:00pm. Adult Craft Club will meet to make an Easter craft on Monday, April 11th at 6:00pm. The S.T.E.A.M. group (ages 6-9) will be making Thaumatrope on Monday, April 11th at 4:00pm. (We had to look up what these were. If you don't know, you should look them up. They're pretty neat.) Tweens

(ages 10-12) will be making Sharpie Stained Glass Suncatchers at 4:00pm on Thursday, April 14th.

There will also be a lot of clubs meeting in April! On Saturday, April 9th at 2:00pm, Crime Club will be meeting to discuss the Black Dahlia. Board Game Club (ages 11+) will meet from 1:00pm-4:00pm on Saturday, April 23rd. Adult Book Club will meet Monday, April 25th at 6:00pm. The book discussed had not been decided at the time of publication.

As always, this is just a small sampling of events that will be taking place in April. We encourage you to check our Facebook page and website, or pick up a Calendar of Events at the Library. We look forward to seeing you! ■



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**SANDY GUSTON THOMPSON**  
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The evolution of addiction services in North Dakota.

**DR. TAMI DECOTEAU**  
Luncheon Keynote (4/26/2022)  
Understanding how historical trauma can impact a person throughout his/her lifespan.

**JEFFON SEELY**  
Welcome Keynote (4/27/2022)  
Dissolving barriers that prevent organizations from reaching levels of exceptional performance.

**KRISTI PFLIGER-KERLLER**  
Closing Keynote | Call to Action  
Team Building, Effective Management, Leadership, Alzheimer's Disease/Dementia.

## COVER ARTIST Tresa Griffin



Tresa and her trusted friend Photo credit: mkfoto1

Tresa R. Griffin is a self taught artist born in the Tidewater region of Virginia where she grew up. From an early age she was fascinated by nature and throughout her childhood she spent hours outdoors observing the natural world. School and homework were nothing but a prison for her as she longed to be outside and free. She



"Fenris the Norwegian Husky"

enjoyed doing things like examining the tiny world of insects or making friends with neighborhood pets. Later in her adolescence she was allowed a dog of her own and as best friends they explored the wooded trails together, immersed in the natural world.

Since before she could write, Tresa loved drawing pictures of her family and nature. When she was in kindergarten, she drew a picture of a classmate that her mother and teacher were both astonished by the resemblance to the little girl and her younger sister. They

immediately recognized who she had drawn from memory. She continued to draw throughout her school years



"Joker"

the animals she loved, dinosaurs, her favorite cartoon characters and even WWII aircraft. Her drawings became more and more diverse as she studied each subject with great detail.

After grade school, her artwork took on a whole new level of realism and



"Corsair on Deck"



Unnamed white wolf painting Tresa is working on currently. She's working from a photo by Paul Danaher (with permission).

even surrealism at times. She began to experiment with being more innovative and creative along with giving her work a more lifelike quality. It wasn't until 2008, a couple of years after a devastating car accident, which caused her to quit her dog grooming career, when she began painting with acrylics.

Over the years her skills have evolved to where she can take a photograph and make a painting of it that is even more realistic and lifelike than the photograph itself.

Tresa can be contacted at [griffintresa@gmail.com](mailto:griffintresa@gmail.com) ■



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## COMMUNITY

### Dacotah Bank welcomes Dukart to the team

Dacotah Bank in Dickinson would like to welcome Brian Dukart to their team. Brian, Agricultural Banker, will serve Dickinson and the surrounding area.

Brian graduated from North Dakota State School of Science with an associates degree in crop production. He has been in the financial industry for six years serving as an agricultural banking officer. Brian is also a graduate of the Independent Community Banks of North Dakota School of Agricultural Lending.

Brian is actively involved with the North Dakota Knights of Columbus. He serves on the board and is the current State Advocate. He also is a board member of the North Dakota Knights of Columbus Foundation where is the current vice president. Brian has served for over ten years on the Dickinson Area Chamber of Commerce Agricultural committee. Brian and his wife, Rebeca, have two children -



Maya and Willa.

Please join us in welcoming Brian to Dacotah Bank. You can reach Brian at (701) 225-1200 and by email at brian.dukart@dacotahbank.com. ■

## DICKINSON AREA CONCERT ASSOCIATION

### Veritas

Another highlight of the Dickinson Area Concert Association's 2020-2021 season is coming up on Monday, April 4, 2022 at Stickney Auditorium at Dickinson State University at 7:30PM.

Veritas is a male vocal quintet, 3 tenors, 1 baritone, and one bass. Together since 2012, this group's members have backgrounds in opera, musical theater, rock, gospel, and pop to create the "wall of sound" for which they have become known. They will vary the performance with a cappella, piano accompaniment and some orchestral tracks.

The combination of these talents will be showcased by a program called Decades, including a few beloved hymns and patriotic standards intermingled with hits from the 20s/30s, 40s/50s, 60s/70s, and today. These 5 strong voices blend beautifully to present such favorites as Stardust, Over the Rainbow, Phantom of the Opera, as well as



recognizable favorites from Simon and Garfunkel to the band Chicago. It is a varied and marvelous program.

Veritas offers highly artistic arrangements sure to capture the hearts of every listener. Their 5-part harmony is rich, smooth and lush. And their way with the audience is smooth and easy.

For ticket/membership information please contact the Dickinson Area Concert Association at 227-1673. ■



The DPL Crime Club will meet once a month to discuss, well, true crime. There has been a growing fascination with crime and why it occurs as well as catching the criminals, growing since at least the 1970's.

The April meeting will feature the Black Dahlia who was murdered in the Los Angeles area in January of 1947. There have been numerous suspects in her murder, but no one has ever been arrested or charged. A presentation will be given at the meeting and then open discussion on the month's subject will be held. At the end of each meeting, the next month's 'assignment' will be given out to research.

If you have any questions, please come to the first meeting and/or contact Outreach Librarian Paul Amberg @

[paul.amberg@dickinsongov.com](mailto:paul.amberg@dickinsongov.com) or 701-456-6857.

Saturday, April 9th in the Community Room at 10:30am.



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## COMMUNITY

## Opportunities at Connect Medical Clinic

Connect Medical Clinic has two unique and exciting opportunities for the community of Dickinson, one to serve women and one for those who hunt Whitetail Deer!



## RAFFLE: SPECIAL ALLOTMENT WHITETAILED DEER TAG

Tickets for 2022 ND ANY Whitetail Deer Tag Raffle are available at Connect Medical Clinic starting at our YES! Men's Breakfast on Friday, April 8. Then, tickets will be available at the clinic Tuesday, April 12 - Thursday, May 9.

Tickets are \$20 each and limited to 400 tickets sold. Drawing will be held Tuesday, May 10, 2022 at 9:00 am at Connect Medical Clinic and announced on Connect's Facebook page.

Connect is open Tuesday, Wednesday and Thursday 10 am - 5 pm at 683 State Avenue N. Suite E, Dickinson.

## RAFFLE DETAILS:

- The tag is valid for any whitetailed deer, antlered or antlerless
- The tag is valid in all deer hunting units in North Dakota
- The tag is transferable to any

person by winner

- Winner may be a resident or non-resident of North Dakota
- The tag is good for all three deer seasons (bow, rifle and/or muzzle loader) when hunting with the appropriate weapon
- If the winner draws a firearms deer tag in the general deer lottery drawing, they will have the option of using their special allocation tag or their standard firearms tag, but not both during firearms deer season
- Winner is responsible for compliance with all applicable hunting rules and regulations

For more information on the Yes! Men's Breakfast visit [connectmedicalclinic.com/event](http://connectmedicalclinic.com/event)

For more information on the Special Allotment Tag Raffle, visit [connectmedicalclinic.com/whitetail2022](http://connectmedicalclinic.com/whitetail2022)

## Connect Medical Clinic's PEP Project: PERIOD EMPOWERMENT PACKS

Even in 2022, there continues to be a stigma surrounding what is a sign of female health: her monthly cycle! Shame surrounding having a period leads to poorer health outcomes, which can negatively affect a community. Plus, at Connect we celebrate the cyclic nature of women to empower them in embracing

their cycle instead of feeling like it makes them "less than."

We know it's good to be a girl! Connect offers a comprehensive women's health and wellness program with our fertility awareness education for women from puberty to menopause. It's a natural, breakthrough, science-based program that helps women learn more about their bodies and how to identify daily hormonal shifts to achieve optimal health outcomes.

It's "Body Literacy." It's "Female Empowerment." It's the sex ed class you wish you had when you were a teenager with thorough, accurate and relevant education about your cycle.

To this end, Connect is collecting feminine hygiene products and creating Period Empowerment Packs to distribute to facilities across the community. Our PEP Project meets women at their point

of need plus highlights our expanded, empowering women's health services.

We are accepting donations of these items for our PEP Packs:

- Zipper pencil pouch (no clear)
- Menstrual cups
- Tampons
- Pads
- Liners

Our volunteers will assemble and distribute these packs to area facilities. PEP Packs also include educational materials on included hygiene products and cycle health.

You may drop off items at Connect Tuesdays, Wednesdays, and Thursdays 10 am - 5 pm. We accept financial gifts towards this project as well. You can donate online and mark your gift as "PEP Project."

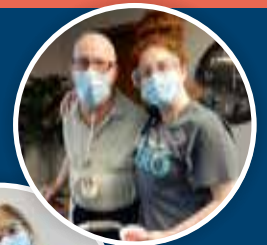
It's good to be a girl! ■

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SCAN ME

## MUSIC CORNER

### Dickinson City Band and Strings announces concert

The Dickinson City Band and Strings has been back in the rehearsal room since the end of January preparing for their spring concert on April 9th at 7pm in the Dickinson High auditorium. According to band director Matthew Goettle, there will be a wide range of music from folk songs to marches and movie music to John Williams. The band will perform Marche Des Parachutistes Belges (March of the Belgian Paratroopers) by Pierre Leemand, American Folk Rhapsody by Grundman, as well as Young Person's Guide to John Williams arranged by Jay Bocook, and much more.

The Dickinson Strings, which haven't been on stage since 2019, will please the audience with selections including Allegro in G by Vivaldi, Romanian Waltz by Ivanovici and Dance of the Tumblers from Snow Maiden by Rimsky-Korsakoff.

The band and the strings will also come together to play orchestra pieces. The group is really excited to have additional string players from Scobey, Montana, which were a part of a group that Matthew directed while teaching in



Scobey, and Bismarck join them for this concert. As an orchestra, the combined group will present The Moldau by Smetana and Themes from Capriccio by Tchaikovsky.

The Dickinson City Band has a long history in Dickinson, dating back to the late 1800's and has been bringing music to this area since that time. They have had the privilege of being supported by the community and have been able to draw members from the surrounding area for many years. The group has had members from high school up to musicians over 90. The band begins their fall season the middle of September with a concert in early December. New members are always welcome to join us.

Refreshments will be served following the concert with a free will offering and time to visit with friends and musicians.

### Prairie Rose Chorus is back

It's been a long time coming, but the Prairie Rose Chorus is back and ready to be busy once again! Like many other things, Covid put an end to the traditional rehearsals for the chorus, and then began Zoom rehearsals – not even close to ideal for a barbershop chorus. We always felt like we were at least able to keep in touch with each other and see the faces of our chorus family. June 2021 came, and we found ourselves outdoors in the Garden of Grace at St. Johns Lutheran Church sing outdoors. All of the "Roses" were delighted to be singing together and in person. Since then, the Prairie Rose Chorus has been able to sing for Veteran's Day, invite women to join us for the Christmas sing and have our annual Christmas party. It's been wonderful to be back, and now we are ready to kick off something new.

As you can all imagine it was impossible to continue to raise funds to support our chorus, and so we would like to invite you all to join us for the 1st Annual Prairie Rose Salads and Songs event. On May 7th from 11:30am to 1pm, we will be serving a huge variety of salads, pinwheels and desserts with a song or two thrown in. Since it's the day

before Mothers Day, it will be a great time to bring mom and celebrate with great food and some fun music. The chorus is so excited to be back to share their talents with the community. Coordinators Linda Splichal and Susy Krivoruchka had been planning this event a year ago, but alas with everything, were unable to make it happen. They are both working hard to bring it to the community this year. The event will be held at Prairie Winds Church on 21st St West, across from the middle school.

Upcoming for Prairie Rose Chorus is singing at the Memorial Day Event and planning for the annual show to be scheduled for the future. The chorus is also available to sing for your event such as a birthday, anniversary or other events. They are also working on being able to send your greeting electronically so stay tuned for those opportunities as well.

Remember, we are always looking for women to join our group. Women 12 and up are welcome. We meet every Tuesday at 6pm in the basement of St. John's Lutheran Church. Be sure to mark your calendar for the Prairie Rose Salads and Songs on May 7th. ■

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## FAITH

### Fixer Upper

By Heidi Larson, General Manager,  
103.7 The Connection

Most of us are familiar with the concept of house flipping or buying a "fixer upper." People buy a house that are in disrepair, dilapidated, and sometimes nearly condemned. Some of these houses look like they are beyond hope. However, the homeowners put some time and work into renovating these houses. Afterward, they look completely different! What could have been classified as a lost cause now has new life.

The same is true for people. We all have weak spots. Some people feel like they are falling apart and beyond hope. However, no one is beyond hope. Christ can come into our lives and do a full remodel.

Have you let Christ do a remodel in your life? You are not a lost cause. Let Him come in and repair the broken parts, or demo the

walls that need to come down. He can even reach the deep crevices and clean them up! You'll be amazed with the difference.

We are all "fixer uppers" but God makes us new. As long as we are living, we are under construction.

Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here!

– 2 Corinthians 5:17 ■





## NDSU EXTENSION Sew much fun!

By Holly Tuhy



I have the best job in the entire world! There are many reasons why, but working with 4-H youth is definitely my favorite part of being an Extension Agent. I get to work with incredible young people of all



Bergen, Carley, and Asher Bullinger

ages and backgrounds. Watching them gain knowledge and confidence all while having fun is so rewarding.

Last month, I taught a beginners' sewing class open to all 4-H youth. Eight students participated, and we had so much fun! First, they were introduced to the sewing machines they would be using, learning the various parts of the machine and understanding how all they all work together. Next, youth had to practice threading the machines themselves and demonstrate how to sew straight lines. We also went over other sewing tools and how to use them safely. Youth learned about tools used in cutting the fabric, pinning it together, and ironing safety in addition to using a sewing machine.

When it was time to select what fabric they wanted, that was when the real fun began. Students read through their patterns and picked out their fabrics. Step by step, they constructed their own patchwork pillows. They had to sew straight seams, turn corners, and backstitch to reinforce the pillow. Then, the pillows were ready to be stuffed! Once they filled their pillows to their liking, they had to hand-sew the opening to keep any stuffing from coming back out.

This class is one of a four-part series I am piloting in an effort to excite more 4-H youth about sewing, clothing, and textiles. In April, we will take a trip to a thrift store to talk about shopping smart for clothing and how to take care of different materials and fabrics.

Sewing of any kind is such a useful skill that anyone can use in their own lives. Who hasn't had a button fall off or clothing that needed hemming? I love seeing youth get excited about sewing and textiles because it is something they can use their whole life.

Can't you see now why I love what I do? Youth are capable of great things if we give them the support and tools to help them grow and succeed! ■



Isaiah Conners and Noah Coulombe



Sawyer Wolf, Charlie Wyman, and Jenna Klein

**BADLANDS BIG STICKS**  
**2022 HOME SCHEDULE**

<b>SPEARFISH SASQUATCH</b> MAY 24-26	<b>HORSEHEADS</b> JUNE 3-5	<b>PIONEERS</b> JUNE 7-9
<b>PLAINSMEN</b> JUNE 18-20	<b>SPUDS</b> JUNE 21-23	<b>SPUDS</b> JULY 1-3
<b>MUD</b> JULY 8-12	<b>G</b> JULY 13-14	<b>PIONEERS</b> JULY 21-25

**NEVER MISS GAME DAY**

**AGAIN!**

## CONVENTION AND VISITORS BUREAU Dickinson CVB releases new Guide to the City

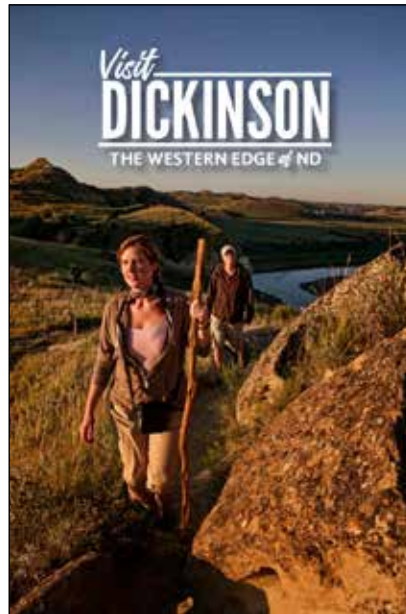
The Dickinson Convention & Visitors Bureau has published a new Guide to the City inviting travelers to the Western Edge of North Dakota.

The new Guide brings together a blend of inviting photos, travel information, and inspiration. From highlighting the local and regional attractions, to the unique shopping and dining opportunities, the Guide provides a great resource for locals also. Branded color tones and great images fill the pages to bring together the look and feel of the Western Edge and all the exciting things to do and see in the area.

Featured in the Dining section is Coffee Tea & Me listing the local coffee shoppes and The Coffee Cruise, a fun driving experience along the Old Red Old Ten Scenic Byway and beyond to Medora. Check out the drive and have fun exploring the different coffee experiences.

The Dickinson Guide to the City is distributed at the North Dakota rest areas, at the local attractions, hotels/motels, gas stations, airport, CVB lobby, Chamber, and City Hall, along with being mailed out with requests, added to visitor bags, and meetings.

A few fun facts, transportation information, and local resources are also included in the Guide. If you would like to pick up a Guide, stop by the CVB office located at 72 E. Museum Dr. ■



## FAITH Fearless faith evident at Badland Ministries Retreat

Inspired by Joshua 1:9, "Be strong. Be brave. Be fearless. You are never alone.", The Fearless Faith Retreat became a reality. Badlands Ministries held the retreat on March 11-12, 2022.

Melanie A. Brown, our keynote speaker captivated those in attendance with her contagious smile, invigorating spirit and powerful insight.

During Friday's session, "Legacy of Greatness", we were encouraged to know our why. We learned that we have been gifted with a greatness that has the potential to forever change our lives. We were inspired with significant steps to truly discover God's purpose and dreams for our life. We acknowledged we are God's beautiful masterpiece.

The 'full experience retreat' participants experienced an intimate session, "Ignite God's Purpose", on Friday evening. We



Melanie A. Brown

recognized that in answering God's call and igniting the purpose he has placed in our heart, mind and soul was indeed possible. Sharing our dreams with each other was awe-inspiring. We cherished Melanie as she led us in heartfelt and encouraging conversation.

In Saturday's morning session, "Breakthrough to Your Brilliance", we experienced a powerful breakthrough that shattered doubt, fear, anxiety, and worry. We grasped and treasured the meaning of "I am...who God says I am". ■

30th Annual  
**Missouri River Bluegrass Festival**  
Cross Ranch State Park  
**June 17 & 18, 2022**  
Friday, 6:30 - 10:30 p.m.  
Saturday, 10 a.m. - 10:30 p.m.

**WoodPicks** Minnesota *Playing Friday & Saturday*

**The Waddington Bros.** North Dakota *Playing Friday & Saturday*

**Cotton Wood** North Dakota *Playing Friday & Saturday*

**Monroe Doctrine** North Dakota *Playing Saturday*

**Eric Andrus & Kasey Moore** Tennessee *Playing Saturday*

**The Bluestems** North Dakota *Playing Friday & Saturday*

NO smoking, NO alcohol and NO pets are allowed in the concert area.

Arts Midwest  
The Arts Council of the Missouri River

MC: Terry Schwartz & Rich Wengel  
Sound: Correy Pierce, Correy Bismarck, ND

**Admission**  
Friday \$15 - Saturday \$20  
Friday & Saturday \$30  
(16 & under FREE)  
Bring your lawn chair and bug spray.

**Music workshops Saturday**  
1-3 p.m. 'learn a bluegrass song' 'FREE' in the park shop with our guest bands.  
An annual vehicle or daily vehicle pass is required



Fearless Faith Retreat attendees

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## FINANCIAL FOCUS

# Will your money last as long as you do?

We all hope for long, healthy lives. But there's a serious "side effect" of longevity – the possibility of outliving our money. How can you help prevent this?

It's useful to know the seriousness of the threat. Consider this: About 41% of all U.S. homes in which the head of the household is between 35 and 64 are projected to run short of money in retirement, according to the Employee Benefit Research Institute.

While this statistic indicates a cause for concern, it certainly doesn't mean that you are necessarily headed for trouble – because there's a lot you can do to help build and manage enough resources to last a lifetime. Here are a few suggestions:

- Consider your estimated longevity. On average, a 65-year-old man can expect to live another 17 years, while a 65-year-old woman can anticipate about 20 years, according to the Centers for Disease Control. Of course, you'll want to take into account your health and family history of longevity to arrive at a reasonable estimate. You can then use this figure to help determine how much money you'll eventually need. To play it safe, you might even want to try to build an income stream that can last beyond your estimated lifespan, possibly up to age 90.

- Don't overlook health care costs. When budgeting for retirement, allow enough for your health care expenses, which can be considerable. Even with Medicare, you can expect to spend anywhere from \$4,500 to \$6,500 per year, per person, for traditional medical costs. Also, you may want to prepare for two to three years of long-term care expenses, which currently range from about \$50,000 per year for home health care to over \$100,000 per year for a private room in a nursing home.

- Keep building assets for retirement. While you're working, constantly try to put away as much money as possible for your retirement years. Each year your salary goes up, increase your contributions to your 401(k) or similar employer-sponsored retirement plan. You may also want to contribute to an IRA, depending on your goals. And within your retirement savings, make sure you devote a reasonable percentage of your investment dollars to growth-oriented vehicles that align with your goals and risk tolerance.

- Seek out sources of guaranteed income. As a retiree, you will receive Social Security benefits – and the longer you wait before claiming them, the bigger your monthly checks will be. But you might also consider investments that can provide a source of income you

can't outlive, such as annuities.

- Revisit your strategy before you retire. As you near retirement, you may want to review your investment strategy, possibly adjusting your risk level so that your portfolio would be somewhat less susceptible to market volatility. This is also a good time to review your spending needs in retirement.

- Maintain a reasonable withdrawal rate. Once you are retired, you'll likely need to start withdrawing from your 401(k), IRA and other investment accounts. To avoid taking out too much money too early in your retirement,

you'll need to set a reasonable, sustainable withdrawal rate based on your assets, age and retirement lifestyle. A financial advisor can help you determine an appropriate rate.

It will take dedication and determination to help ensure your money doesn't run out during your lifetime. But you'd probably agree that it's well worth the effort.

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



**Marlene Bradbury**

Financial Advisor

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**WHERE BUSINESS GOES TO GROW**

**Small Business Development Center of Dickinson welcomes Matt Ellerkamp to their team**

Stark Development Corporation, in conjunction with the West River Business Center, has partnered with the Small Business Development Center (SBDC) in Dickinson to hire Matt Ellerkamp as their new Business Advisor to serve local small businesses and budding entrepreneurs in attaining their goals, mission and dreams.

Matt Ellerkamp brings a solid background of experience in business ownership, life, and business education to the SBDC team. Matt has bought, sold, and partnered in business ownership, spent four years in retail banking, earned an MBA from the University of Mary and most recently was a partner with Paul Ellerkamp in developing De Porres House of Barbering and Beer Lounge in downtown Dickinson.

Matt has seen building relationships with people as one of his primary talents. "Connecting with people was one of my favorite aspects about being a business owner and a barber. I always looked forward to actively listening to people, hearing their stories, dreams, struggles, fears, problems and hopes. In doing so, I was given the opportunity to relate to clients on a personal level and often able to coach a person and provide solutions."

Matt's past experiences and strong communications skills will go hand in hand with SBDC's mission to help business owners and entrepreneurial startups manage and grow their businesses through a confidential and individualized



Matt Ellerkamp

professional business assessment. Services provided by an SBDC Business Advisor are market research, developing a business plan, feasibility study and financial projections. SBDC also helps current businesses with fiscal analysis,

succession planning, business structuring, developing new markets or growing current market share. The goal of

the advisory services is to assist both startups and current businesses make better informed decisions and prepare them to attain financing. The best news is the business advising is all free of charge, thanks to funding from the SBA, ND Department of Commerce and local stakeholders.

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



**COMMUNITY**

**30th Annual Missouri River Bluegrass Festival set for June 17-18, 2022**

After two years without the festival, the Bluegrass Association of North Dakota (B.A.N.D.), is bringing back the Annual Missouri River Bluegrass Festival to the Cross Ranch State Park, Center, ND on June 17th and 18th. Featuring the WoodPicks from Minnesota, The Waddington Brothers from Regent, ND, Cotton Wood from Washburn, ND, Monroe Doctrine, The Bluestems from Elgin, ND and Evie Andrus and Kasey Moore from Tennessee. The music begins Friday evening from 6:30-10:30 pm. Bring your lawn chairs, bug spray, and enjoy the show. Terry Schwartz and Richard Wengel will be emcees.

June 17th will start at 6:30pm-10:30pm. \$15.00 at the gate. There is a daily ND State Park pass fee of 7\$. Saturday the music will begin at 10:00 am-10:30 pm. There will be a workshop in the machine shop from 1:00 pm-3:00



pm for all ages to "learn a bluegrass song". This is free! Bring your guitar, mandolin, banjo, fiddle, dobro and upright bass too! Bring your voice to sing along even if you do not play an instrument. There will be a few food vendors available. \$20 for the day or \$30 for both days. Children 16 and under are free.

Camping, tenting, some cabins available. Call State Park to reserve a spot. 701-794-3731. There is an overflow camping site available for the weekend. These are not electric camp sites. Campers and tents are welcome. Let's fill the park! This is a wonderful family/friendly event! Note: there are no pets/dogs allowed in the concert area. There is no smoking in the concert area.

See ad, page 10, for full band line up and more details. ■

**You're Invited**

21<sup>st</sup> Annual Water Festival  
 make a splash

**Annual Family Night**  
**Thursday, April 7, 2022**  
 West River Community Center - 2004 Fairway Street  
**6:30 p.m. to 8:30 p.m. Free Admission**  
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Free Open Swim  
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## MISS BEA'S KITCHEN

### Spice talk

By Laura Beth Walters



I'm surrounded by food and everything "kitchen" all day at work and still sometimes find myself blindsided by the fact of dinner. I either completely

As homemakers, it's easy to feel overwhelmed. Especially if we are also working outside the home and need to seamlessly transition into our second full-time job of taking care of our homes and families. The upside is that the second job can be done in sweatpants!

forget that it's even a thing or I run out of time in the morning and don't get the crock pot going. On days like that I'm ever SO grateful for my Instant Pot and for a cupboard full of spices. Seriously, I'd be embarrassed to show you my spice cabinet but it has helped me serve up many a weeknight dinner packed full of

flavor and just a little effort.

Some may be nervous to stock a cupboard full of spices but I would encourage you to jump out of your comfort zone and try some new flavors. Spices don't have to be scary. If you find a recipe with an 'exotic' ingredient you'd like to try, then buy it! Then do some research on that particular ingredient and find other recipes which include it. This will give you some experience with cooking different styles and cuisines and give you more confidence when exploring other new flavors.

The good thing is that spices don't really "go bad" like other food items. So you can buy small amounts of adventurous flavors and they will keep for some time in your cupboard. While they don't go bad they will lose their potency over time so you want to pay attention to the aroma and the color of the spices before using. Give it the old sniff test. If it has a weak scent or if the color is looking a little faded it's probably time to replace it. Here's a good guide for when to replace spices:

Ground spices and blends (nutmeg, cinnamon, turmeric): 4 to 8 months

Herbs (basil, oregano, parsley): 1 to 2 years

Whole spices (cloves, peppercorns, cinnamon sticks): 4 years

Seeds: 4 years (except for poppy and sesame seeds, which should be discarded after 2 years)

Extracts: 4 years (except for vanilla, which will last forever)

Invest in quality spices. I really like either the Morton & Bassett or Spice Island brands as far as local options. They are a little more expensive but you're going to get much more flavor from them than you would the store brands. Trust me! Remember to store herbs and spices in tightly capped containers and keep them away from heat, moisture, and direct sunlight. This will ensure you get the most life out of your spices.

Here's a super easy dinner anyone can make if you have a few staple spices on hand. Enjoy! ■

### Tuscan Chicken & Mac

#### Ingredients:

- 2-4 chicken breasts
- (1 per person)
- Salt & Pepper
- ½ tsp Paprika
- ½ tsp Parsley
- 1 tsp Onion Powder (to taste)
- 1 tsp Garlic Powder (to taste)
- ¾ c Chicken Stock or Bone Broth
- 1 can diced tomatoes

Place chicken in the crock pot and cover with seasonings. Carefully pour in the tomatoes and broth around the chicken.

Cook on low for 6-8 hours or on high for 4-6.

I have served this with boxed mac and cheese as well as homemade and either way is super tasty. Just depends on what you have the time and energy for!



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## HEALTH

## Ramblings on gut health

By Steve Irsfeld

Gut health is something I could write about every month and rename it the "Gut Health Article," but I suspect that might get old for some, especially if you feel like your gut is in good working order. Instead of going down that route, I decided to gather pertinent information that everyone could benefit from without

in the mainstream. Yogurt is an excellent source of bacteria. I would encourage you to consider it an option and other foods that contain good bacteria, like sauerkraut, kimchi, kombucha, and other foods.

What I don't like about yogurt is all the junk they put in them, including sugar.



going too deep into each gut topic. So here goes.

Let's start with the stomach, and how the importance of stomach acid goes way beyond its need to break down food. Acid is a physical part of our immune system. It is the first wave of protection by zapping bacteria, fungus, and viruses in our stomach. Neutralizing our acid or making our stomachs less acidic breaks down that initial wall of protection

I like to use the baking soda test, which costs about \$0.05 to perform, to give us an idea of how much acid we might have, giving us the information to address a deficiency if needed. Call the pharmacy and we can share the protocol with you.

The bulk of our bacteria resides in our colon. If the bacteria start to migrate up into the small intestine, they can lead to a condition called SIBO or small intestinal bacterial overgrowth. The diagnosis of SIBO is gaining some momentum, and more patients are being tested and treated for it as information gets out about the symptoms and treatments for the condition. Low stomach acid can be one of the causes of SIBO.

Revisiting digestive enzymes and bile is essential when looking at the small intestine. Patients with gallbladders removed often deal with gut issues revolving around eating fatty foods. Digestive enzymes along with ox-bile can be an excellent benefit for those struggling with digestive problems post gall bladder removal.

When talking about bacteria and gut health, the concept that yogurt is a source of good bacteria is now accepted

Homemade yogurt is so much better for you because of the simple ingredients, milk, half and half or cream, along with a starter packet of bacteria. A good friend of mine, Howard Gober, put me on to this many years ago, and it is a staple in our refrigerator. I will be posting a video on making homemade yogurt on our Facebook page to show you how easy it is, so check it out.

Antibiotics and their damage to our gut bacteria have are now common provider recommendations. When thinking about what antibiotics do to the gut, I heard an analogy comparing the bacteria in our colon to a rainforest. Taking an antibiotic is equivalent to having a forest fire in our gut. Like the effects of a forest fire, it can take months to years to get our bacteria back after taking an antibiotic.

Something to consider when taking an antibiotic is a probiotic to offset the killing of our gut bacteria. Taking a probiotic simultaneously with an antibiotic can kill off the good bacteria you are introducing, leaving an opportunity to use a spore base probiotic like saccharomyces boulardii as they are not affected by the antibiotics. Once you are done taking the antibiotic, you can transition to a potent, multi-strain probiotic to rebuild the bacteria in the gut.

How does stress affect your gut? Great question because it doesn't seem possible that stress could affect gut health. Our bodies are either in a stressed fight or flight mode or relaxed rest and digest mode. When you are in stressed or survival state, you get decreased saliva production, decreased acid and digestive



enzymes; depending on the stress, you can get loose stool or constipation. Your gut starts to shut down, affecting digestion and nutrient absorption.

Please stop in or call the pharmacy

if you want help bringing your gut to an optimal state. You can access this and other articles on our website at [irsfeldpharmacy.com](http://irsfeldpharmacy.com). Until next time, be vigilant about your health! ■

**115** Annual **BANQUET**  
& **Chamber Choice Awards**  
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5-8 PM | Astoria Hotel & Event Center

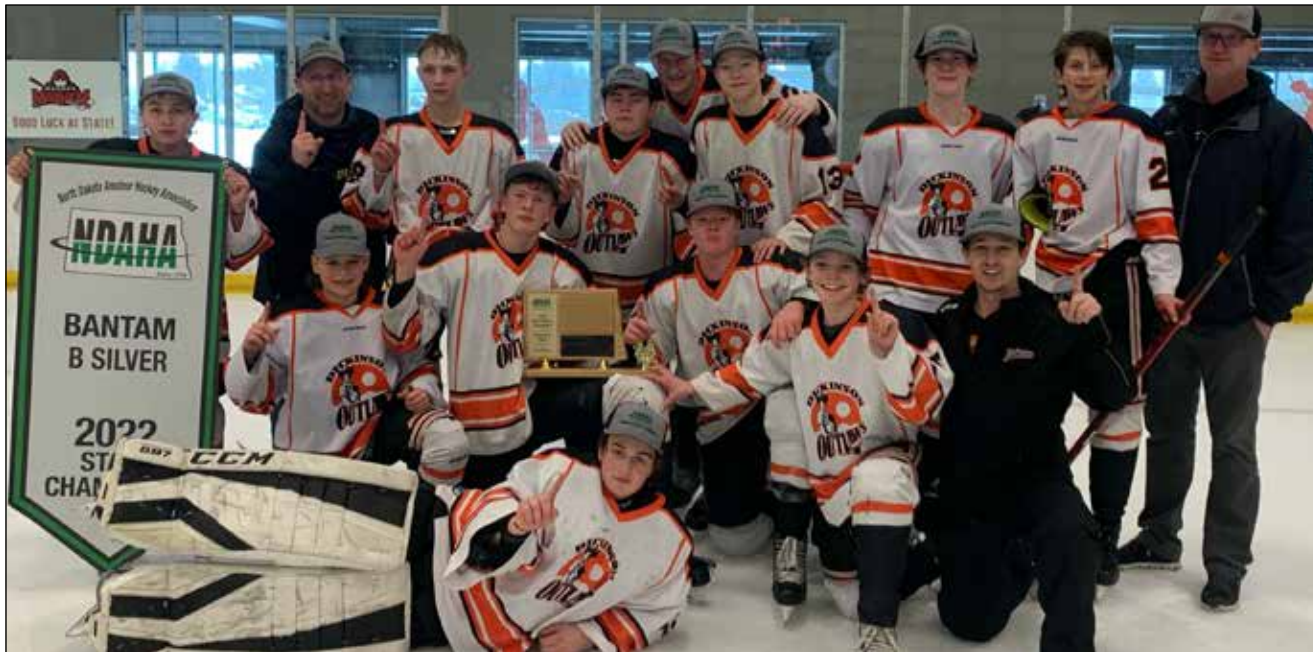
The Dickinson Area Chamber of Commerce Annual Banquet is a night to thank members for their patronage, give out prestigious awards, and celebrate the chamber community. We invite you to become a part of this year's Annual Banquet & Chamber Choice Awards!

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**COMMUNITY**

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# DICKINSON MUSEUM CENTER

## South Heart Depot

By Bob Furhman



*South Heart Depot in 1978, now a Burlington Northern asset.*

As the Northern Pacific Railway built its way across North Dakota, heading for the Pacific, in addition to laying track it also established support facilities and townsites – the sale of the lands, granted to the NP by the government, including lots in townsites, helped finance the actual construction of the railroad. The hub of new townsites would naturally be the railroad station – often referred to as a depot, which is technically incorrect as a ‘depot’ is a building while a ‘station’ is a named point on a railway line – but the two words have become interchangeable in North American English. Regardless of nomenclature, railway stations or depots along the Northern Pacific in North Dakota were initially smallish buildings that serviced both passengers and freight as well as

providing ‘instant’ communications via their telegraphs.

Northern Pacific’s Stark County tracks were part of the Missouri Division and by 1881 six depots had been erected here, east to west: Young Man’s Butte (later Antelope), Spring Valley (Richardton), Antelope (confusingly, not the same as Young man’s Butte – then named Taylor in ‘82), Green River Siding (Gladstone), Pleasant Valley (Dickinson), South Heart and finally, Camp Houston (later, simply ‘Houston,’ then Belfield). Eventually eleven depots would grace the NP in Stark County, most rather modest affairs built to the railway’s standard plans, a fine example of which is the old South Heart Depot located in Prairie Outpost Park on the Museum Center’s campus.



We believe the Depot is the original structure from 1881 when the NP established a siding at the mouth of the South Fork of the Heart River, hence the name. Fifteen years later the railroad announced it would raise the Heart River Dam three feet in order to ensure a more abundant water supply, this would eventually require the depot and town of South Heart to be moved one mile east. When that occurred the Dickinson Press reported that the town would “be made a regular station,” which we take to mean regular stops would now be made by scheduled trains. These 1906 announcements were part of numerous improvements in the NP’s Missouri Division, most notable being the new brick depot in Dickinson and the addition of ten stalls to that city’s

roundhouse.

Though announced in ‘06 it took nearly two years for the move of South Heart, it being reported in the April 11, 1908 Press that re-platting of the town had been finished. When storekeeper William J. Kennedy announced he would have the NP move his building to the new site on trucks (sets of train car wheels) the following October it was noted that the relocated town already featured “a good hotel, livery barn, blacksmith shop, grain elevator and lumber yard, all doing a good business.” The NP foreman in charge of moving Kennedy’s store said he would run the trucks along the railroad track and be finished moving the structure “without delaying any of the regular

*Continued, page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



April 2022

## THEODORE ROOSEVELT CENTER AND DSU SEE THE END OF AN ERA AND THE START OF TREMENDOUS OPPORTUNITIES

***“Believe you can, and you are halfway there.”***

– Theodore Roosevelt

For more than 20 years, DSU has embraced the vision of former DSU president Lee A. Vickers and public intellectual Clay Jenkinson to showcase the impact southwest North Dakota made on young Theodore Roosevelt. One of the ways the university chose to do this was by creating a digital research and archive facility devoted solely to Theodore Roosevelt, DSU's Theodore Roosevelt Center (TR Center).

The TR Center has been led from its inception by farsighted project manager Sharon Kilzer. Working with Jenkinson, DSU faculty, administrators, and state legislators, she implemented, cemented, and grew the vision of an unparalleled digital research facility. Kilzer shared the vision, working hard and successfully—often behind the scenes—on the monumental task of making Roosevelt's life and letters available to the world.

***“Keep your eyes on the stars and your feet on the ground.”***

– Theodore Roosevelt

Very few presidents of the United States had as varied and interesting a life as Theodore Roosevelt. When DSU leaders planned the Theodore Roosevelt initiative in 2000, they imagined a large range of exciting projects. They began with DSU's students, creating the unique Theodore Roosevelt Honors Leadership Program (TRHLP), where academically gifted undergraduates study and practice leadership by donating hours to the local community. Then came Jenkinson's historical guidebook to TR's life in the Dakota Badlands, the annual TR Symposium, and the Theodore Roosevelt Center. The TR Center, described by one admirer as “creative and audacious,” promised to bring international attention to western North Dakota and inspire interest in the influence of the region on TR's character and outlook.

The Badlands, TR's second home, proved an ideal choice for the Theodore Roosevelt Center. With the support of North Dakota's

political leaders, the idea of digitizing Roosevelt's papers gained immediate traction from the many stakeholders whose support proved vital to its development. Initially, the North Dakota state legislature appropriated seed money. Talks with the Library of Congress were fruitful as they enthusiastically endorsed the project and offered expertise to support the digitization of Roosevelt's papers held in the nation's knowledge repository.



Additional archives and libraries holding TR papers—correspondence, manuscripts, notes, speeches, and more—eagerly allowed their holdings to be digitized as well, knowing that digitization preserved their materials while offering them to a wide and varied audience.

***“Do what you can, with what you have, where you are.”***

– Theodore Roosevelt

The result of these combined efforts is a world-class, electronic hub of Roosevelt research. Anyone, anywhere with access to the internet can peruse Roosevelt documents. No longer are arduous and expensive visits to the Library of Congress or Harvard University required to learn about Roosevelt firsthand. Metadata—descriptive information TR Center archivists carefully create to allow search engines and readers to find the documents—makes the entire archive searchable and easy to navigate.

Today, the TR Center is internationally recognized as the cornerstone of Roosevelt scholarship. It currently boasts over 70,000 published documents related to TR and hosts a popular TR Symposium thanks to Kilzer's skillful oversight. Dickinson entrepreneurs Dennis and Vaune Johnson and DSU alumna Melani Lowman Walton and her husband Rob have been long-time supporters of this vision to preserve TR's legacy of leadership. Both the Johnsons and the Waltons (through the Rob and Melani Walton Foundation) have made generous donations to create two endowed chairs that will contribute to Theodore Roosevelt studies at DSU.

*continued on next page*

## TR CENTER AND DSU *continued from previous page*

These gifts arrived just as Kilzer has decided to pursue a missionary calling in the American southwest. After many years of service to her alma mater, she will be relocating to a border community, working with Roman Catholic ministries there to aid the less fortunate. Her leave-taking marks the end of a long and successful era at the TR Center. It also, along with the Johnson and Walton endowments, presents the campus with amazing opportunities.

**“Dare mighty things.”** – Theodore Roosevelt

Times of change offer occasions for rethinking and reimagining. Kilzer is overseeing a series of key changes before she leaves North Dakota. Pulver Hall is currently under renovation. The TR Center will be relocated there along with a re-creation of Roosevelt’s Sagamore Hill office, a proper research archive, a museum space, living quarters for the Theodore Roosevelt Honors Leadership Program students, apartments for visiting scholars, and an audio and video production studio.

DSU is also excited about this once-in-a-lifetime opportunity to bring on board a team of experts who will strengthen the Roosevelt imprint in North Dakota and move Dickinson State University to greater prominence. This team will consist of two endowed chairs that will contribute to Theodore Roosevelt studies at DSU, a new head of the TR Honors Leadership Program, a director of the Stoxen Library, and a director of the TR Center who will take over the position that Kilzer has so ably held.

The Walton endowed chair in TR studies will be one of the top Roosevelt scholars in the nation and will be an important connection to the Theodore Roosevelt Presidential Library and Museum (TRPLM) becoming a reality in Medora. In addition, the Walton chair will help DSU take advantage of the countless opportunities that will come its way for students in majors across the university.

The Johnson endowed chair in U.S. history will re-energize the history major, and—like the Walton chair—teach, research, and locate opportunities for DSU students in the community and beyond.

The new director of the TRHLP will continue to oversee an academically challenging program, create more local and regional internships, and work with the endowed chairs to seek out possibilities for TR scholars to meet and mingle with the dignitaries and experts who will come to Medora and Dickinson for TR Center research and events or on TRPLM business.

The new library director will have the opportunity to turn Stoxen Library into a modern learning com-

mons—a dynamic place for student and faculty research, collaboration, and learning; a library that will truly be “the heart of the campus.”

The person who steps into Kilzer’s role as director of the TR Center will continue to coordinate with the many library, museum, and archival partnerships she expertly cultivated and to advance scholarship and interest in Theodore Roosevelt, DSU, and southwestern North Dakota.

Together this energetic and enterprising team will bring DSU as-yet-un-dreamed-of ideas and opportunities that will benefit the entire region.

DSU President Steve Easton said, “Sharon Kilzer should feel a justifiable and deep pride in her groundbreaking accomplishments. All of us—especially those who will take her mighty TR dream into DSU’s future—owe her a tremendous debt of gratitude.” ■

## DEVELOPMENT TIMELINE

2000	Dickinson State University establishes the Theodore Roosevelt Honors Leadership Program, providing merit scholarships to students preparing to become leaders in their future communities, the nation, and the world.
2001	The first TR Symposium, <i>Theodore Roosevelt as a Western Writer</i> , is co-hosted by Theodore Roosevelt National Park and DSU in conjunction with C-SPAN. Keynote speaker: noted author H.W. Brands.
SEPTEMBER 2005	DSU President Lee Vickers appoints public intellectual Clay Jenkinson to serve as Scholar in Residence. At the invitation of President Vickers, presidential spouse Deanna Vickers, together with Clay Jenkinson and Sharon Kilzer, executive assistant to the president, begin working on the Theodore Roosevelt Initiative at DSU.
JANUARY 2006	The National Collegiate Honors Council recognizes the DSU TRHLP as members.
JUNE 2006	DSU publishes Clay Jenkinson’s <i>Theodore Roosevelt in the Dakota Badlands: An Historical Guide</i> . The creation of a Roosevelt Center begins taking root. Since TR’s papers were scattered among many institutions, Jenkinson envisions the Center collaborating to digitize Roosevelt’s papers in one location, the Theodore Roosevelt Center at Dickinson State University in Western North Dakota.
OCTOBER 2006	DSU begins hosting an annual Theodore Roosevelt Symposium. The first of them, <i>The Adventurer in the Arena</i> , features nationally recognized authors Candice Millard, Douglas Brinkley, and Patricia O’Toole.
FEBRUARY 2007	Senator Byron Dorgan convenes a meeting of DSU leaders with key officers of the Library of Congress to discuss a collaboration to digitize the Library’s extensive collection of TR papers.
SEPTEMBER 2007	The second annual Theodore Roosevelt symposium, <i>Roosevelt and America’s Place in the World Arena</i> , features noted Roosevelt scholar and author H.W. Brands. Appropriations at the federal level through the Library of Congress, as well as from the ND State Legislature to DSU, lead to the establishment of the TR Center and the website launch at <a href="http://www.theodorerooseveltcenter.org">www.theodorerooseveltcenter.org</a> .
MARCH 2008	DSU and The Library of Congress sign a formal agreement to digitize Roosevelt’s papers housed in the LOC.
OCTOBER 2010	The U.S. Department of Education’s Fund for the Improvement of Post-Secondary Education (FIPSE) provides a \$600,000 grant to support the work of the TR Center. Harvard College Library agrees to add their TR papers to the Theodore Roosevelt Digital Library.
FEBRUARY 2011	Roosevelt historian and author Dr. Stacy Cordery spends a semester at DSU as visiting fellow.
SEPTEMBER 2011	Theodore Roosevelt Center hosts the annual meeting of the Theodore Roosevelt Association.
SPRING 2013	Theodore Roosevelt Trail project begins with brochure and website exhibit.
JUNE 2015	Theodore Roosevelt Center adds Newberry Library images to the digital library.
JANUARY 2016	Theodore Roosevelt Center adds <i>Winning of the West</i> , Volume One, a manuscript from the New York Public Library, to the digital library.
JANUARY 2017	Theodore Roosevelt Center receives first items from the Massachusetts Historical Society.
APRIL 4, 2018	Celebration of 50,000 documents published in the digital library
SUMMER 2020	11th season of remote internships for graduate students in history and library science
JUNE-JULY 2021	Theodore Roosevelt Center hosts the annual national conference of the Association for Documentary Editing.
DECEMBER 14, 2021	The DSU Heritage Foundation and DSU announce a \$10 million gift from the Rob and Melani Walton Foundation to support the Theodore Roosevelt Center and other initiatives.

# DICKINSON STATE UNIVERSITY *Homecoming 2022*

# LOGO CONTEST

## **DESIGN MUST INCLUDE:**

### **1. Buster**

(can have hat, shoes, etc.)

### **2. "Bustin' Through the Decades"**

(slogan for Homecoming '22)

### **3. Homecoming 2022**



*DSU logos, Buster and usage guidelines can be obtained at [dickinsonstate.edu/logos](http://dickinsonstate.edu/logos)*

**ALL ENTRIES WELCOME!**

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**WIN \$250  
VISA GIFT CARD**

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**SUBMIT LOGOS TO:**

[dsu.campusactivities@dickinsonstate.edu](mailto:dsu.campusactivities@dickinsonstate.edu)

**DEADLINE: APRIL 15, 2022**

DSU HERITAGE  
*Foundation*

*\*Winner must transfer all intellectual property related to the submission to Dickinson State University.\**

## TERESA BREN NAMED 2022 NURSE EDUCATOR OF THE YEAR



Dickinson State University's (DSU) Nursing Students' Association (NSA) recently selected Teresa Bren as the 2022 Nurse Educator of the Year (NEDY).

This award was developed by the greater Nursing Students' Association of North Dakota (NSAND), a pre-professional student-run organization comprised of nursing students from institutions across the state, to recognize outstanding nursing educators.

Bren graduated from Dickinson State University in 2004 with an Associate in Applied Science degree in practical nursing (AASPN) and in 2006 with a Bachelor of Science in Nursing (BSN) degree. She was nominated by Alexa Delbridge, DSU Nursing Student Association president.

Delbridge shared how she chose Bren as this year's Nurse Educator of the Year saying, "In NSA, we have certain individuals that are allowed to vote based on the level of commitment to the association. After narrowing our seven nursing faculty down to the top three choices for the 2021-2022 school year, we had to come to a majority vote. We had all three nominees send an autobiography about themselves so that we could get to know them a little better outside the classroom. Every voting individual of our team has had these professors in the classroom, so we know firsthand how they handle stress, how they encourage their students, and how they dedicate themselves to their careers (of both nursing and education). After a long and challenging vote, Teresa Bren came out in first place. The defining characteristics that we thought she capitalizes on are showing a dedication to her education, students, university, and community. She has the ability to develop physical, mental, emotional, and spiritual qualities in nursing students to prepare them for a successful career. Lastly, she exemplifies the principles behind nursing care and is loyal to her profession - a leader at its finest."

To qualify for nomination, the applicant must be a DSU faculty member and must accept public appearances if needed. Delbridge noted that there are also personal characteristics and principles that help qualify someone for the Nurse Educator of the Year award. "Some personal characteristics that qualify someone to become a NEDY nomination include inspiring nursing students to love the profession, involvement in nursing outside of the university, and having the potential to develop qualities in nursing students to help create a successful career. They must exemplify the principles behind nursing care, must be loyal to the profession, and have leadership abilities. A few of these criteria are noticed in the state NEDY guidelines, but some are also what the Nursing Student Association sees fit to represent a wonderful and deserving NEDY."

Bren started working at DSU as a registered nurse participating as an adjunct instructor for the AASPN program for postpartum and newborn care in the 2009-2010 academic year. This became a significant step in her career. "The AASPN appointment was important for my path forward since it gave me an opportunity to experience nurse education as a career option. After falling in love with the teaching role, I returned to school (University of Mary) to obtain my master's in nursing administration and, shortly after, took a full-time position as an AASPN faculty member at DSU in 2013 and have been here since. I teach first-year nursing students (N1) as well as Freshman Seminar and Fundamentals of Nutrition. I have facilitated clinical experiences for the N1 students within acute care, long-term care, and simulation; each of these provides a unique learning experience for the students."

Bren is honored to receive this award and credits it to the people around her. "We have an outstanding faculty team within the nursing program, both the AASPN and BSN programs. Each faculty member is dedicated to providing learning experiences for our students that are challenging and rich. With that, any one of us is deserving of such an award. I am honored to have been awarded Nurse Educator of the Year but know fully that excelling as an educator is only possible when surrounded by staff, faculty, administration, and students who support you along the way."

Although classroom learning is important, Bren believes in the unmatched education that comes from hands-on training. "One goal I have for my students is to embrace the uncomfortable. We have high expectations for our students, both in the classroom and during clinical learning experiences," she said, "but the jewel of learning and understanding quality nursing care occurs in the clinical setting. Students who present to clinical with motivation and are unafraid to engage with the patient, nurse, faculty, and healthcare team draw from the experience learning that impacts their understanding for a lifetime of caregiving. 'Ah-hah' moments during clinical give me goosebumps."

Bren also shared some of her inspirations and future goals as a nurse educator. She said, "I became a nurse educator because I believed I could have a larger impact within the profession and for my community if I could teach aspiring nurses the value of care and the knowledge needed to provide effective care. As a single nurse, I can care for a handful of patients any given day, but as a nurse educator, students impacted by my teaching can reach many more patients in both local communities and far-off lands."

The need for nurses is the greatest it's been in a long time. "In recent years, our profession has been hit hard," said Bren. "The COVID-19 pandemic has placed a burden on nurses who give of themselves in multiple healthcare settings. They are tired and burnt out, and some have left the profession altogether. Nurses are the largest group of healthcare providers within the healthcare system and never work alone. They work alongside other nurses, physicians, therapists, etc., so having limited nurses impacts the entire healthcare system, but most importantly, the patients. My goal as a nurse educator is to help build the nurse forces. Nurse educators in collaboration with other DSU faculty and staff must work to attract and retain students so they can excel in school and join

the forces in improving the health of their communities, nation, and the world.”

Bren has fond memories of her time as a DSU nursing student and tries to give her students the same experience. “The campus community was tight, and one could observe the great camaraderie shared among all as students walked through the halls and down the sidewalk,” she said. “As a faculty member today, I look forward to seeing and collaborating with those within my department as well as those across campus. Strong ties with faculty, staff, and students provide opportunities for growth and strengthening. I hope students today feel the support and dedication of our wonderful staff and faculty today as I did when I was a student, so much so, that I chose to dedicate many years as a faculty member here.”

Delbridge shared what she thinks is the significance of this award saying, “This is an important award because it shows not only the nursing students but also the students of DSU that our nursing professors are making a difference in our lives. Our recognizing them shows the faculty that we appreciate what they do for us. Lastly, it shows the award winner—this year being Mrs. Bren—that we are thankful for the impact she has made on us as students and peers in the nursing world. This award symbolizes her dedication to our success as a nurse and our wellbeing versus just giving us the material and expecting us to learn. It also shows that she challenges us and does not let us just breeze through schooling because, trust me, a nursing degree does not come easy.”

Bren leads and teaches by example, and her students recognize this. “Second to all other amazing things about Teresa, I cannot say enough about her commitment to our successes,” said Delbridge. “She has had her fair share of experiences through nursing, and that is, quite honestly, the best thing you can bring to share with your students. We cannot learn everything by reading the text; we need to have experiences or relate to others’ experiences to truly understand what happens. Teresa is caring, honest, and giving. She gives her time to us students inside the classroom and outside the campus. She attends our NSA events or shows she cares about our individual successes by giving us her words of advice and congratulations. Teresa holds true to this title, and I am honored to have been a student of hers. Soon enough we will become her peers as we will have a degree that only happened because of her help.” ■

## DISCOVER DSU DAY

April 11



[www.dickinsonstate.edu/dsudays](http://www.dickinsonstate.edu/dsudays)

## DSU STUDENT RECEIVES GRANT FROM THE NORTH DAKOTA DEPARTMENT OF HEALTH

*Written by Luisa Popp, DSU Student Intern*



During May 2021, the North Dakota Department of Health (NDDoH) opened a grant application, giving students the opportunity to improve COVID-19 communication at their school. The goal was to make information more accessible, especially for international students. I’m Luisa Popp, a Dickinson State University (DSU) senior from Germany. Being an international student during the pandemic has been challenging, so I wanted to help other international students—and students in general—to be less confused and have reliable information at hand. If you want to read more about the challenges of being an international student amidst a pandemic, you should read DSU International Students and COVID-19 at [www.dickinsonstate.edu/news](http://www.dickinsonstate.edu/news). I applied for and secured the grant with help from Wynter Miller, former director of international programs and multicultural affairs at DSU and Eric Grabowsky, DSU associate professor of communication.

For the grant, the idea was to expand the Blue Hawk SAFE app and update the existing information on COVID-19, since that was over a year old, and a lot had changed during the year. I also thought of adding tabs for international students, including information pertaining to travel. Since vaccinations became one of the key contributors in fighting the pandemic, I also added information on upcoming vaccine clinics, as well as on myths and facts about vaccines. When I asked basketball teammates and fellow students, it became clear to me that not a lot of the students knew about the app, so I had to come up with ways of advertising. That was done through DSU’s social media, posters all over campus, and me presenting the app during Freshman Seminar. Presenting the app was the most successful technique to advertise; the number of downloads was the highest during that time.

I decided on using the app as a medium to spread information and awareness because email communication is outdated within the student body. With the app, the student has the information right on their phone, and it’s easy to find answers instead of scrolling through emails or remembering posters that were hung up on campus. It was also easy for me to work within the app and update information. This was especially important because some information changed monthly.

DSU sophomore exercise science major Juliana Alvarez and I also helped organize and advertise a vaccine clinic. We designed a poster, spread the word on social media, and then worked the clinic. Juliana helped register students and watch them after they got their shot. The vaccine clinic had a good number of students show up for it. When I asked them later for their reasons why they chose to get the vaccine, a lot of them mentioned protecting their families or traveling without being worried.

Overall, it was fun to do this project and learn new things, such as working within an app. I think it also helped students to gain information and have an additional resource throughout this pandemic. I would like to thank the NDDoH for giving me this opportunity and Wynter Miller and Dr. Eric Grabowsky for their help. ■

## STUDENTS AND PROFESSOR REPRESENT DSU IN 2022 COMMUNITY ART SHOW



The Dickinson State University (DSU) fine arts program had several art pieces displayed in the 2022 Community Art Show at the Dickinson Museum Center in February. Greg Walter, associate professor of art, along with Autumn Martin-Geerts, Emily Gregg, and Vivian Robbins, entered artwork into this year's show. For the students, it was the first time they had submitted work into this specific art show.

Teresa Bolke, museum services coordinator at the Dickinson Museum Center, started the Community Art Show at the Dickinson Museum Center in 2019 because she had seen that there were many talented artists in the Dickinson and southwest North Dakota area. And since its inception, she has invited the DSU community to participate.

This year's art show featured 42 pieces in a variety of mediums. There were, however, a couple of restrictions when entering. "The restrictions we had were size of the artwork because of space limitations. If we determined the artwork was too large, we would not display it. The artwork also had to be ready to hang if it was a picture. We had enclosed cases for pottery, sculptures, and things like that," said Bolke.

Walter stated that his students tend to enter their best work. "There was some good variety and quality work from all my students that entered pieces this year, which I am proud of."



One of the students, Autumn Martin-Geerts, entered three pieces into the Community Art Show. "One of them was a sharpie and white gel pen drawing of a hand with a snake wrapping around it going up to a match that is in the hand. There were two sets of paintings I also entered. One was a dragon's eye with a knight's sword in the shine of the eye and below that is a candle. The other entry was a painting of Cthulhu, a giant squid holding a great blue whale and next to that is a hand dropping a broken piece of glass."



Martin-Geerts felt, out of the three pieces she entered, the sharpie was her best piece. "I was really proud of the piece because hands are very difficult to draw, and after I messed up, I restarted and spent eight hours fixing it. I am proud I didn't give up and switch my design because it was a very complicated design, so I'm glad I continued through and finished it."



Emily Gregg described her entry saying, "I made a ceramic vase that kind of looks like a mermaid tail. It has a weird organic shape to it, and some people think it looks like a pineapple." This piece reflected something she's always loved. "I've always really been into the ocean and mythical creatures like mermaids," said Gregg. "That was my inspiration behind this piece and the main meaning is: I wanted to make something that looked like a mermaid."

Vivian Robbins also entered two pieces of artwork she was proud of into the show: a teapot and mug set. "Professor Walter initially talked to me about the art show and told me I should submit those two pieces," said Robbins. "They were my final project, and I was pretty proud of them."

The pieces Robbins created have a special meaning to her, and she was not sure she would enter them. "In Ceramics I, I did a lot of pieces as gifts, and since this was the final project, I really wanted it to be my kind of thing. It was something I was planning on keeping for myself since it was such a big project, which I put a lot of work into," she said.



Like Gregg, Robbins' inspiration also came from something she enjoys. "I love dragons—I am a big fantasy nerd—and I saw a Pinterest post of someone making a dragon teapot, so I took that idea and changed it up a little bit. I had a lot of fun with it given the topic; it was a fun project to make."

Walter entered a painting of a landscape near Richardton, North Dakota, into the art show. "I had a fresh painting that I thought was



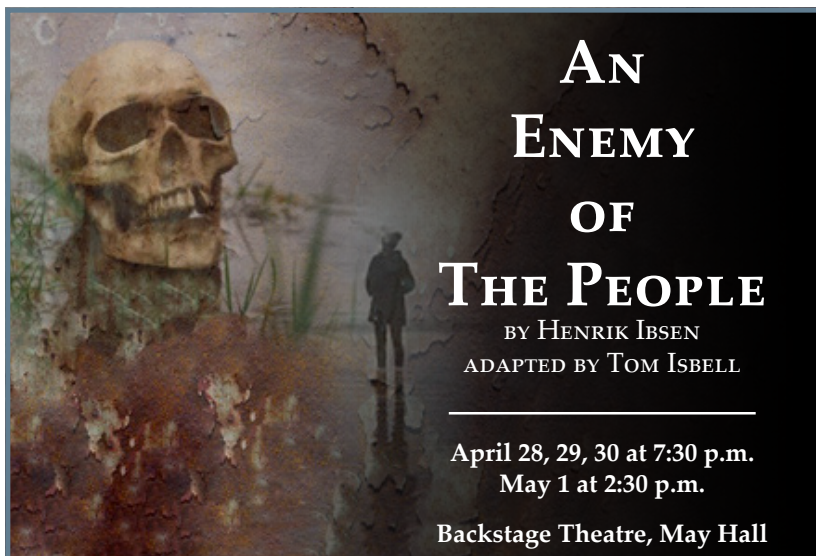
pretty good that has not been in an exhibition yet," he said. "I tend to paint in a series, and this one is part of a series done near Richardton. A companion piece to this one was in a show down in Spearfish, South Dakota, and took best of show, so I think they are strong pieces, which was why I wanted to show them."

Walter indicated most submissions from his students were from class projects. "It was good work, well done, and I recommended that they add to the art show. There was a variety as well with some 2D, 3D, ceramics, drawing, design, etc. in the art show."

Each of the three student artists also shared a message they hope will inspire others to consider the arts. Martin-Geerts said, "For as long as I can remember, I have doodled, drawn, etc. I am fairly self-taught. Prior to DSU, the last art class I took was in third grade, so most of the time I've had to teach myself what I am doing, so it is really interesting getting to learn how to properly do things rather than the tricks I have taught myself."

Gregg's message to people was to show what you can do. "Art is significant to me because I feel it is really important to be able to express yourself. Whether it is through writing, art, sculpture, painting, drawing, any form to express yourself, I really find that important. Usually, I find it pretty hard to talk about how I am feeling, but I can easily put it out on canvas or in a sculpture." She added, "I think it's important that people understand that anyone can be creative, and anybody can pick up something like a hobby, and they don't have to be good at it. As long as it makes sense to them, that's all that matters."

For Robbins, family has led her to where she is now and hopes that others can feel the same way. "Art has always been a big part of my life. My dad was really into drawing growing up, and it is something we would do together. It is also something I have always seen myself doing. It's relaxing for me, and I think it's really important everyone tap into their creativity every once in a while. Plus, it brings a little more beauty into the world." She added, "It was a great honor that the Museum was willing to display my pieces there. I was really excited about it. This was my first time doing ceramics to begin with, which has made it, to me, a cool journey." ■



**AN  
ENEMY  
OF  
THE PEOPLE**  
BY HENRIK IBSEN  
ADAPTED BY TOM ISBELL

April 28, 29, 30 at 7:30 p.m.  
May 1 at 2:30 p.m.

Backstage Theatre, May Hall

## LIFE-CHANGING MOMENT COMES FULL CIRCLE FOR STACY CORDERY, DENNIS & VAUNE JOHNSON ENDOWED CHAIR



Left to right: Concertmaster Everaldo Martinez, guest violinist Timothy Pinkerton, Stacy Cordery, BMSO Director Beverly Everett

Dickinson State University's Dennis & Vaune Johnson endowed chair of Theodore Roosevelt studies, Stacy Cordery, is a big proponent of sharing opportunities available in North Dakota, a rural state known for its wide-open spaces and more and more for its cultural opportunities.

Cordery was recently given the honor of partnering with the Bismarck-Mandan Symphony Orchestra (BMSO). She took the stage as the narrator for "The Young Person's Guide to the Orchestra." British composer Benjamin Britten created the piece in 1945 as an interactive musical composition designed to explain the various orchestra instruments and how they are used during performances.

The Bismarck-Mandan Symphony Orchestra is directed by Beverly Everett, who personally invited Cordery to participate. The call came after Everett spoke to the incoming class of Theodore Roosevelt Honors Leadership Program (TRHLP) scholars last fall. She provided her leadership experiences and philosophy as a symphony conductor. Cordery feels there is no better place than the orchestra to look for a leadership example, since the focus, dedication, and teamwork required to pull off grand-scale performances meets many of the TRHLP's key objectives.

The performance with Everett allowed Cordery to realize a lifelong dream. "As a girl growing up in Michigan, my first experience with a live orchestra was a school trip to hear the Detroit Symphony play Britten's 'Young Person's Guide.' It was thrilling! And it changed my life," said Cordery. The first two performances in Bismarck were played Wednesday, March 9, 2022, in the Belle Mehus Concert Hall before an audience of fourth graders.

"It is always an honor and privilege to be around musicians," shared Cordery. On Saturday, March 12, as Cordery concluded the BMSO performances, she reflected on her own childhood experience, secure in the belief that others—young and old—would be inspired by the same orchestral magic that touched her so many years ago. ■

## DICKINSON STATE UNIVERSITY EVENTS

MON, APR 4	Dickinson Area Concert Association - Veritas, Men's Vocal Quintet	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
WED, APR 6	WED Game Night	5:30 p.m.	Student Center - The Hub
THU, APR 7	The Albers Humanities Festival	3:30 p.m.	Murphy Hall - Room 160
THU, APR 7	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub
FRI, APR 8	The Albers Humanities Festival	3:30 p.m.	Murphy Hall - Room 160
FRI, APR 8	Junior Recital: Anton Krebs and Josmar Zepeda	7 p.m.	Klinefelter Hall - Beck Auditorium
SAT, APR 9	Praxis Computer Testing	8 a.m.	May Hall - Room 1
MON, APR 11	Discover DSU Day	9 a.m.	Student Center
WED, APR 13	WED Game Night	5:30 p.m.	Student Center - The Hub
THU, APR 14	DSU Football Scrimmage	5 p.m.	Biesiot Activities Center
THU, APR 14	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub
FRI, APR 15	DSU Blue Hawk Games	7 a.m.	Biesiot Activities Center
TUE, APR 19	Blue Hawk Catholic Series: Is God Relevant	6:30 p.m.	Student Center - Ballroom
WED, APR 20	WED Game Night	5:30 p.m.	Student Center - The Hub
THU, APR 21	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub
SAT, APR 23	Teamster Clinic	7 a.m.	Agriculture Building/Indoor Arena
SUN, APR 24	Teamster Clinic	7 a.m.	Agriculture Building/Indoor Arena
WED, APR 27	Percussion Day	9 a.m.	Student Center - Ballroom
WED, APR 27	WED Game Night	5:30 p.m.	Student Center - The Hub
THU, APR 28	Cru (Campus Crusade for Christ)	7 p.m.	Student Center, The Hub
THU, APR 28	An Enemy of the People	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
FRI, APR 29	New Student Registration	9 a.m.	May Hall
FRI, APR 29	2022 Faculty and Staff Recognition and Awards Ceremony	3 p.m.	Student Center - Ballroom
FRI, APR 29	An Enemy of the People	7:30 p.m.	May Hall - Dorothy Stickney Auditorium
SAT, APR 30	An Enemy of the People	7:30 p.m.	May Hall - Dorothy Stickney Auditorium

DSU Events - [www.dickinsonstate.edu/events](http://www.dickinsonstate.edu/events)

Athletic Events - [www.dsubluehawks.com](http://www.dsubluehawks.com)

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*Continued from page 16*

trains." By November 21st the move was successfully completed and Kennedy was opened for business.

A history of South Heart itself is beyond the scope of this article, but the Depot's history does provide insights into the life of the town and railroad employees. Typical of all the stations along the NP South Heart's Depot would be the receiving point for all manner of supplies and equipment while grain, cattle and sheep (along with buffalo bones in the early years) would be shipped off to market. The local Railway Agent would receive the mail pouch at the depot and take it to the post office and, of course, citizens would depart from the Depot to visit relatives, shop in nearby towns and take occasional trips farther east and west for business and pleasure. Starting as early as 1896 the South Heart Depot also served as a polling place for area voters.

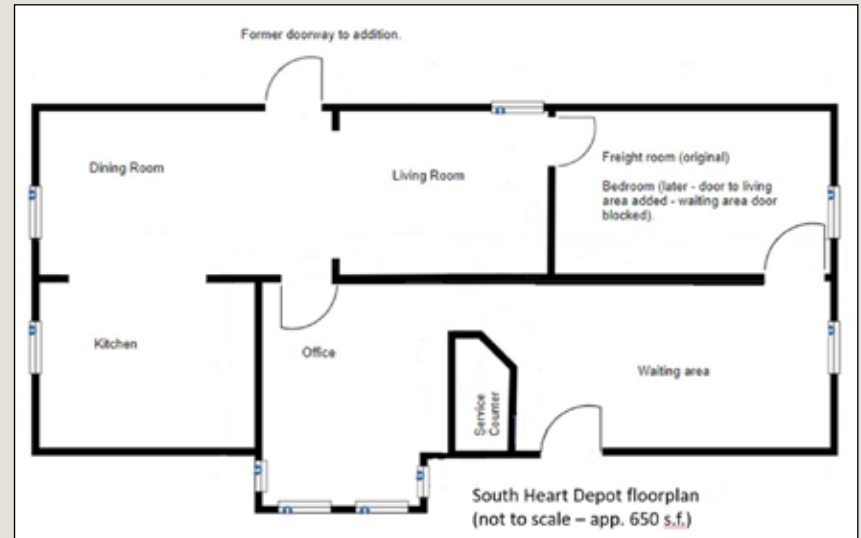
The people who worked at the Depot are somewhat of a mystery in the early years – we can name railway agents from the 1885 State Census and then the 1900 Federal Census but it is difficult to say with certainty who was working and living at South Heart. Then, starting c.1910 the picture becomes clearer. In early 1910 The Railroad Telegrapher reported "Bro(ther) and Mrs. Wilkins" working at South Heart were trading postings with Agent Desforges from 'Demores' (Medora). The Railroad Telegrapher was the monthly magazine of the Order of Railroad Telegraphers (ORT), a labor union formed in 1886,

thus the reference to 'Brother' Wilkins; you will also find references to 'Sister' members in the magazine as the ORT welcomed women from its inception.

The new South Heart Agent mentioned above was Hercule A. Desforges, born of Canadian parents and married to Caroline who, by the 1920 census, is identified as a 'Telegrapher,' it not being unusual for the wives of station agents to fill that role. This census is also the first enumeration that shows us who was living at the Depot – reminding us that the station agent's job was very much a 24-hour responsibility, the agent and his family (a boy, 11 and girl age 9) occupying three small rooms. Interestingly, on the same census page we find Harriet Williams, a 32-year-old widow who lived nearby serving as "Night Telegraph Operator."

Desforges served at South Heart from 1910 to 1922 to be followed by six different agents until the Depot was closed in 1982 which ended the residency of Leonard Ries who served at South Heart for 26 years. There is summary of the Ries family's time at the Depot attributed to Leonard's wife Anna in which she identifies how the Depot's living quarters were arranged during their occupancy (see diagram) and provides details of their life.

Leonard and Anna raised two boys at the Depot, John (born 1954) and Steve (1956). The Depot was originally painted a 'light green' throughout (the office and waiting room area still are) but Anna 'grew tired' of this and painted



the living quarters off-white. That the original color was still in place when the Ries' moved in may say something about the NP's rigidity in the early years. A small addition was built on to the Depot – we do not know when – but Anna tells us that it was reached through the dining room and it contained a washing machine, a galvanized tub for bathing, a small water heater and a chemical toilet – as well as sleeping accommodations for the boys. An outhouse shows up in one exterior photo and was probably used by the families living in the Depot before the chemical toilet was installed but Anna relates that during her tenure it was strictly used by railroad workers.

The Depot had electricity but never running water. A pump well was located outside but the water was brown (which, according to Anna, was typical of South Heart at the time) and necessitated water being brought by train from Glendive to fill the family's cistern. Although the floors are now bare wood, Anna reported that the kitchen, dining room and laundry room were tiled and carpet was laid in the living room and bedrooms. Not noted in her account but proven by physical evidence is the fact that the bedroom was originally the Depot's locked freight room, the door being barred and a new doorway into the living quarters added at an unknown date but probably before the Ries Family moved in.

In 1970 the Northern Pacific Railway ceased to exist as several railroads were consolidated to form the Burlington Northern and it is assumed the Depot stood empty after the Reis Family

left in 1982. Local resident Laudie P. Tuhy purchased the structure (date unknown) and donated it for placement in Prairie Outpost Park in 1984.

At this writing the Dickinson Museum Center is set to undertake restoration of the Depot's exterior to remedy the affects of time. Visitors today see the structure much as it was originally as the rear addition was probably removed at the time it was moved. Replacement of the exterior siding will hopefully tell us if there was a rear door original to the structure or if a door was part of the addition. The exterior restoration is funded in part by a State Historical Society of North Dakota Cultural Heritage Grant along with funds and in-kind sweat equity from the City of Dickinson, of which the Museum Center is a department.

Also located in the Park and associated with the Depot is an outhouse restored and donated by Museum Advisory Board Member Loren Myron. Recovered from an area farmstead, the outhouse's design closely resembles the standard NP configuration as is confirmed by original plans preserved by the Northern Pacific Railway Historical Association.

Following the exterior work, the Museum Center hopes to eventually furnish and interpret the interior of the Depot to represent its appearance when Station Agents and their families called it home, calling to mind the impact and legacy of the Northern Pacific Railway's role in the development of modern North Dakota. ■



*South Heart Depot sometime after 1970. Note the addition which housed the washer, galvanized bathing tub, water heater and chemical toilet. The outhouse which served the Depot prior to the addition can be seen to the right. The function of the smaller lean-to addition is unknown.*

## DICKINSON PUBLIC SCHOOLS FOUNDATION Dickinson Middle School is glowing!

Melinda Fridrich, Title I Schoolwide grade 6 and 7 math teacher, wrote a grant to the Foundation to help engage students in learning and reinforcing math and reading concepts. She transformed her classroom into a Glow Classroom with black lights, glow in the dark tape, markers, hats, games, and more. The Glow Classroom helps to review, reteach, and practice the standards they need to know for math and reading.

This classroom creates an environment where kids struggling with skills and concepts leave fear behind and go for it with a little fun and celebration at the end. It makes them realize that review and practicing can be done in a fun, non-threatening way. Plus, using physical movement has a direct connection to the student's energy levels and potential to retain

information. Perhaps more importantly, students recognized, "It's a new way to learn more," and even went so far to ask, "Can this be our room forever?"

*The Annual Teacher Grant Program will be available in October 2022. Certified staff can apply for mini grants up to \$500 throughout the school year while funds last. ■*



## KNIGHTS OF COLUMBUS Family of the Month

We, Simon and Kathy Kuntz, would like to thank the KC for the honor of being chosen "Family of the Month."

Simon is a lifetime member with the KC and has been a member of St. Joseph's Church since 1962.

We were married at St. Joseph's Church on November 27, 1971 and have since been members of St. Joseph's Church. Simon is currently an usher for St. Joseph's, and I currently belong to St. Anne's Society for the church.

We are both retired (and truly enjoying it.) Simon retired from Roughrider Electric after 43 years of service, and I retired after 22 years with Woolworth, 13 1/2 years in the

banking industry and 4 1/2 years with Wanner Western Wear.

We have 1 son, Chad, who attended grades K thru 6th at St. Joseph's School and then went on to graduate from Trinity High School. He now resides in Bismarck with his wife, Casey, and son, Gus. Chad and Casey are both employed with Basic Electric, Chad as an electrical engineer and Casey as an attorney for Basin. Gus is our only grandchild, and he is a 2nd grader at St. Mary's School.

Thanks again to the KC as we are truly honored to receive this award. ■



JOIN US TO BREW UP YOUR ENTREPRENEURIAL SPIRIT!

APRIL 14, 2022 | 8-9 AM | STARK COUNTY VETERANS PAVILION



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THE REAL ESTATE CO.



KYLE KUNTZ  
THE REAL ESTATE CO.

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EVENT BROUGHT TO YOU BY



**COMMUNITY****Behavioral Health Summit in Energy Country**

Over 150 EMTs, social workers, nurses, licensed addiction counselors, school counselors, municipal officials, hospital personnel, long term care employees, oil industry safety officers, human resource directors, probation and parole officers and interested members of the public will gather at the Rough Rider Center in Watford City, North Dakota April 26, 27, 2022. Vision West ND is sponsoring its second Summit on Behavioral Health in Energy Country. "Today many in families, in local government, and in private business must deal with behavioral health issues – addiction, stress, depression, etc. The energy growth in western North Dakota brought the issue to the forefront, and COVID added several more layers of the issue," states Deb Nelson administrator of Vision West ND.

An outstanding selection of presenters and topics are represented at this conference. It will prove to be very

rewarding. Conference workshop held on April 26 and 27 will cover topics such as:

- The "big" behavioral health picture
- Addressing mental health within educational systems
- Legislative mental health policy and advocacy
- Effects of COVID on the professional workforce

- Power of Inclusion
- Virtual mental health options for the general public

- Normalizing Sobriety
- And more

Daniel Kelly, committee chair, urges all North Dakotans to sign up

for this workshop. "The fee is extremely reasonable, and it is the first in-person conference for mental and behavioral health to be held in Western North Dakota," he stated. In addition, Kelly urges businesses and communities in Western North Dakota to consider being an exhibitor or one of the many sponsors needed to cover the cost of this event.

Anyone interested in registering, becoming a sponsor or nominating someone for various awards should email [visionwest@dlnconsulting.com](mailto:visionwest@dlnconsulting.com). To register for the summit, go to <https://www.visionwestnd.com/> and click on the Behavioral Health tab at the top of the page. ■

**CONNECT MEDICAL CLINIC**

3-Day YES Event with National Speaker Jess Ford

**WEDNESDAY APRIL 6**Community Youth Rally  
Trinity High School 7:00 – 8:30pm

Jess Ford shares his a message of hope and significance in this event for 6th-12th grade. Parents are welcome!  
Free event, no registration required.

**THURSDAY APRIL 7**

Connect's Fundraising Banquet

Connect's family of support come together to hear mission updates at our largest fundraising effort of the year.  
Call 483-9353 for details

**FRIDAY APRIL 8**Men's Breakfast  
Living Word Fellowship 7:00 – 8:30 am

All men are invited to breakfast with a final session with Jess Ford: just for the guys.  
Attendees may contribute via Free Will Offering



# Heart River VOICE

**DEDICATED TO HONORING AND  
SUPPORTING THE ARTS IN OUR  
COMMUNITY**

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**KUDOS****Tina Hanson**

By Tara Zettel

*"You are who you are when nobody's watching." - Stephen Fry*

When you live on the high ground in a neighborhood, you happen to catch glimpses of the simple, day-to-day moments of your neighbors. Not the moments that make it on Facebook, not the ones that are even remarkable enough to remember specifically, and ones not meant for an audience.

I've caught a few of these living next door to Tina Hanson and her husband Brent. All I've witnessed has inspired me to be a better mom to my children.

I've seen her make time for her daughters, be it joining them on the

trampoline or playing kick ball or creating fairy gardens. Here's the amazing part: she isn't on her phone; she's not reading a book; she's simply present in the moment with girls Avery, age 9 and Autumn, age 7.

"Being a mom is the most important thing in my life," she says when I ask her how she does it. "It's the thing I'm super proud of."

Tina says she grew up on a small ranch and always felt "included" in the work her parents were doing.

"Whether it was helping with the horses or changing oil, my parents had my sister and I right there helping. Family time was work time," says Tina. "My mom wasn't a person who would sit back and watch. She got right in there and helped. She's been my role model that way."

Creative and industrious, Tina says she just really hates being bored. She is



Brent, Tina, Autumn and Avery Hanson

# Spring

## SHOW

Home • Farm      Ranch • Garden

### West River Ice Center, Dickinson

# APRIL 1&2

# 2022

FRIDAY

3PM-8PM

SATURDAY

9AM-4PM

GENERAL ADMISSION

\$1 or two non-perishable food items

brought to you by Dickinson Area

Builders

Association

Food Trucks: Grills Gone Wild and York's BBQ Pit

Prizes, cash drawings, and drawings to be held.

always looking for something fun to do or a home improvement project to work on.

"I do simple projects in our home," she says modestly. "Whatever I can create with my compound miter saw, nail gun and sander."

And when it comes to fun, she likes to be innovative and organized. "You don't have to go far or spend a lot of money to have fun," she says. "I just look for fun things to do and make a plan; Brent is more spontaneous. But we're both usually up for anything."

In front of their turquoise front door, hand painted by Tina, the Hansens recently had a family photo shoot. In shorts and tank tops. With water buckets, soapy sponges and an all-out family water fight! It wasn't at all a typical Christmas card picture, but it's indicative of the family life Tina is creating. She and her husband try to savor every moment, not wasting a minute of their daughter's growing up.

"I'm very aware of time slipping away," says Tina. "I want my girls to grow up confident, independent and a little fearless. I want them to know it's ok to try new things!"

Two Christmas's ago, Tina and Brent realized they didn't have a family Christmas tradition for the four of them. So, they created one. For two holidays now, they've researched a country and spent their family Christmas observing the traditions of another culture.

In 2020, they chose Mexico. In 2021, they celebrated an Australian Christmas.

"We pick out outfits for the family, decorate the house and try to play music

that represents that country," explains Tina. "Then we make that culture's traditional Christmas time food and drink, and recreate whatever holiday traditions they have."

For Australian Christmas, they got "Christmas Crackers" which are festive table decorations that make a snapping sound when pulled open, and often contain a small gift, paper hat and a joke. Plus, they all painted a boomerang and completed a puzzle of a kangaroo.

Tina's extraordinary love and dedication to her girls is what makes her deserving of this recognition. Priorities firmly in place, and driven by her deeply held values, she models for her daughters and for us what it means to be a mother.

"I want my girls to know I'll always love them," says Tina. "Sometimes, I don't actually feel like doing the fun things, like jumping on the trampoline. But I remind myself, they are only this age for a little while. I make the choice to be present now because I want them to know I'll always be there for them."

Kudos is a program of the local nonprofit organization Women Empowering Women. The program recognizes the good works women do. These are women who've lived quietly, joyfully or creatively to influence our lives. They are an inspiration and deserve to be recognized for their efforts and impact. Women Empowering Women is dedicated to the collaboration of women to meet needs and helping women become the best versions of themselves. To learn more see <https://wewnetwork.org>. ■

# Heart River VOICE

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

**Find Heart River Voice at the following fine establishments:**

## DICKINSON

Family Fare  
(Roughrider Blvd)  
Cashwise  
Country Kitchen  
Country Rose Cafe  
Dakota Diner  
Blue 42  
The Brew  
Dunn Brothers Coffee  
Dickinson Theodore  
Roosevelt Regional Airport  
Stark Development  
Corporation  
Chamber of Commerce  
Convention and Visitors  
Bureau  
Dickinson Museum Center  
West River  
Community Center  
Edgewood Hawks Point  
Consolidated  
Dan Porter Motors  
High Plains Dental  
DePorres House of  
Barbering and Lounge  
Holiday Inn Express & Suites  
La Quinta Inn & Suites  
TownPlace Suites  
Microtel Inn & Suites  
AmericInn  
Players Sports Bar & Grill  
Fresh Sips (located in St.  
Joe's Plaza)

Frankie's West Side Shell  
Villard Cenex  
The Hub  
Fluffy Fields  
Dickinson Area Public Library  
Ace Hardware  
Dickinson State University  
Ukrainian Cultural Institute  
Heritage Hills  
Market Press Coffee Co.

## SOUTH HEART

I Don't Know Bar  
Heart Country Gas Station

## RICHARDTON

Suzy's Stash  
The Country Drug Store  
Pharmacy

## TAYLOR

Taylor Nursery

## BELFIELD

Trappers Kettle  
City Hall

## BISMARCK

The Capital Gallery  
Bisman Community Food  
Co-op  
Bismarck Art & Galleries  
Assoc.

## SPAGHETTI DINNER BENEFIT

**\$10.00 Adults / \$5.00 under 12**

### Bake Sale

(Buy Your Easter Baked Goods)

### Silent Auction

(Easter Basket Possibilities)

### Cash Raffle Prizes

Grand Prize-\$500, 2<sup>nd</sup> Prize-\$250,  
3<sup>rd</sup> Prizes-2-\$100, 4<sup>th</sup> Prizes-2-\$50

**Proceeds go toward  
Parking Lot Repairs  
For Peace Lutheran  
Church-Dickinson, ND**

**Monday,  
APRIL 4  
5:30-7:30PM**

**DICKINSON  
EAGLES  
CLUB**

*BRING YOUR APPETITE & GENEROSITY  
FOR A GREAT CAUSE*

#### BUSINESS SPONSORS INCLUDE:

Thrivent Financial, RJH & Associates, Ltd., Choice Bank,  
Boss Office Products, Roughrider Electric,  
Gooseneck Implement, Consolidated Telcom,  
Room To Bloom Preschool, The Kid Academy Preschool

## Fong Family Trust Scholarship

New for Dickinson Public Schools students! This scholarship was established by Lola Fong and her family. It is a \$500 scholarship which is intended to help a DHS senior that is going to school for automotive or a related field (tech or trade school, certification, or licensure program).



## HEART RIVER VOICE | APRIL 2022

# Calendar

**ONGOING IN APRIL  
DICKINSON STATE UNIVERSITY** See page 24 for various events.

**DICKINSON AREA PUBLIC LIBRARY** 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). Tuesdays/Thursdays 4PM Teens/Tweens Crafts or a movie (For specific age

groups each session, check library website). See page 4 for more library events. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups.

**LENTEN LUNCHESES**

The Ukrainian Cultural Institute, 1221 West Villard, will host their annual Lenten lunches on Friday's April 1 and 8. Serving time is

11:00am - 1:30pm. Cost for a meal is \$14 with cod and \$12 without cod. Take outs available call 701-483-1486.

**NOW-APRIL 18  
ANNUAL ND STUDENT ART JURIED ART SHOW** Student art from kindergarten through 12th grade are divided into the following grade categories: K - 3, 4 - 6, 7 - 8, and 9 - 12. The artwork is hung salon style,

which creates a visually stunning wall to ceiling art experience. Come view the creations by ND's finest, up and coming artists. Dickinson will be the last time that these pieces will be able to be viewed in 2022. Dickinson Museum Center.

**SATURDAYS APRIL 2, 9 & 14**

**EASTER BUNNY PHOTOS** 11AM-4PM Come visit the Easter Bunny and have your photo taken too! Help support Best Friends Mentoring Program. \$20 for 1 digital keepsake photo. Prairie Hills Mall.

**FRIDAY APRIL 1  
SPRING HOME SHOW**

3-8PM Brought to you by the Dickinson Area Builders Association. Come see what's new in home, farm, ranch and garden! Admission \$1 or 2 non-perishable food items. West River Ice Center, 1865 Empire Road.

**FAMILY MOVIE: ENCANTO** 4PM Bring the family to the Dickinson Public Library for a free family movie. All ages, but no unattended children under 10. One free bag of popcorn per movie attendee. Dickinson Area Public Library Community Room.

**SATURDAY APRIL 2**

**BELFIELD BOOKS & BREW** 9AM A Dickinson Area Public Library book-club for 14+. Each month we will discuss a book while enjoying a coffee or tea (drinks not provided by the DAPL). No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. Copies of the book will be available to check out at Cup & Cake. Cup & Cake, 103 Main St N, Belfield.

**SPRING HOME SHOW** 9AM-4PM Brought to you by the Dickinson Area Builders Association. Come see what's new in home, farm, ranch

and garden! Admission \$1 or 2 non-perishable food items. West River Ice Center, 1865 Empire Road.

**MONDAY APRIL 4  
SPAGHETTI DINNER BENEFIT** 5:30-7:30PM Bake sale, silent auction, cash raffle prizes and more! \$10 Adults/\$5 under 12. Proceeds go toward parking lot repairs for Peace Lutheran Church-Dickinson. Dickinson Eagles Club, 31 1st Ave East.

**DICKINSON AREA CONCERT ASSOCIATION PRESENTS** Veritas Men's Vocal Quintetas as part of their annual series. 7:30PM Admission: \$30 per adult without membership. Children 12 and under FREE. Youth 12-18 \$10. For more info, contact 701-690-6857. Dickinson State University Stickney Auditorium.

**THURSDAY APRIL 7  
BOOKS & BREW**

9AM A book-club for adults 21+. Each month we will discuss a new book. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

**21ST ANNUAL WATER FESTIVAL - MAKE A SPLASH** 6:30-8:30PM Free admission, bring your suit! Free open swim, games and prizes. West River Community Center, 2004 Fairway St.

**SATURDAY APRIL 9  
EASTER FESTIVAL** 10AM-4PM The Connection 103.7 invites you to bring the family for games, crafts, inflatables and more! Free admission! Hillside Baptist Church, 1123 10th St East.

**CRIME CLUB** 10:30AM WANTED! True crime junkies who think they could help solve a crime, or would



**freshen your pillow for spring**

Mention this ad to receive **20% off**  
**Down Bed Pillows**  
Until May 1, 2022

**Drive-thru service window available!**

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**Located behind the Prairie Hills Mall on 6th Ave W**

just like to talk about them with like minded people. Each month will center on a specific crime or criminal. Read or research up on the topic and come for the discussion. Dickinson Area Public Library Community Room.

#### GENEALOGY PROGRAM

1PM Join our genealogical librarian for a discussion and/

or presentation on a genealogy-related topic. Dickinson Area Public Library Community Room.

#### DICKINSON STRINGS

**CONCERT 7PM** There will be a wide range of music from folk songs to marches and movie music to John Williams. Refreshments will be served following the concert with a free will offering and time to visit with friends and

musicians. Don't miss this great concert Dickinson High School Auditorium. For more info, see article, page 8.

#### SUNDAY APRIL 10

**EASTER EGG POOL HUNT 12-2PM** Ages 2-12, come search for eggs and visit our special guests - live bunnies! 4 sessions to hunt for eggs in the WRCC pool! More info at dickinsonparks.org. West River Community Center.

#### APRIL 10 AND APRIL 11

##### BADLANDS SHRINE CIRCUS

Performances Sunday at 12:01PM, 3:30PM and 7PM and Sunday at 6:30PM. All proceeds go to funding Shrine activities. \$13 from Family Fare, CashWise, R&R Auto, or Dickinson Chamber before April 10th. \$15 at the door. Kids, 12 and under FREE! West River Ice Center, 1865 Empire Road.

#### MONDAY APRIL 11

**ADULT CRAFT CLUB 6PM** Crafty people unite! Come make an Easter craft with us today. Advanced and beginners welcome. All supplies provided. For people 18+. Dickinson Area Public Library.

#### TUESDAY APRIL 12

##### BOOKS & BREW

7PM A book-club for adults 21+. Each month we will discuss a book while enjoying a beverage (drinks not provided by the DAPL). No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

#### WEDNESDAY APRIL 13

**HAM BINGO 7:30PM** Domestic Violence and Rape Crisis Center is hosting a night of bingo fun. Play Bingo, win a ham! \$1 per game + 2 free blackouts (ham dinner baskets). Minimum 2 cards per game. Must be 21 to attend. Dickinson Eagles Club, 31 1st Ave East.

#### THURSDAY APRIL 14

##### START-UP YOUR DAY

8-9AM Join us to brew up your entrepreneurial spirit! Event offers opportunities for current and aspiring entrepreneurs and our area's entrepreneurial resources to come together to network. Stark County Veterans Pavilion, 801 5th Ave W.

#### SATURDAY APRIL 16

**EASTER EGG HUNT 11AM** Join Stark County's Sheriff's office and Angel 37 for a family fun egg hunt. Various age groups. Find tickets inside eggs and win prizes. Snacks and lunches provided by Angel 37 Kitchen. Take your photo with the Easter Bunny! Prairie Hills Mall, former Herbergers building.

#### THURSDAY APRIL 21

##### BASED ON THE BOOK

6PM A book club for 11+. Discussion on both the book and the movie adaptation. Some clips of the movie will be shown. You don't have to have read the book or seen movie to participate, but it might help! Popcorn bar will be set up. Dickinson Area Public Library Community Room.

#### SATURDAY APRIL 23

##### 2ND ANNUAL MOE

##### EVENTS: LET'S SWAP

10AM-2PM The mission of the event is to provide families and care givers with an opportunity to get second hand and/or new clothing for their kids at a very reasonable rate or for free. Shopping opportunities for patrons from variety of local vendors too. The White Drug building, Prairie Hills Mall.

#### MONDAY APRIL 25

**ADULT BOOK CLUB 6PM** A book club for 18+. Read the book and discuss with other adults. Books can be checked out at the meeting. Dickinson Area Public Library Community Room.

#### APRIL 26-APRIL 27

##### SUMMIT ON BEHAVIORAL

**HEALTH IN ENERGY COUNTRY** Summit hosted by Vision West ND bringing together community leaders and professionals for education, networking and information sharing. See page 4 for more information.

**NORTH DAKOTA  
JURIED  
STUDENT  
ART SHOW  
2021-2022**

116 AWARDS!  
3 Governor's Awards  
5 Congressional Art Awards  
4 State of the Arts Awards  
4 Northern Visions Awards  
4 Taube Museum of Art Awards  
3 Spotlight Awards  
9 People's Choice Awards  
84 Traveling Awards

Sponsored by  
**TAUBE  
MUSEUM  
OF ART**

Support for this activity comes in part from the Taube Museum of Art and the North Dakota Council on the Arts.

**North Dakota Juried  
Student Art Show**

ON DISPLAY AT DICKINSON MUSEUM CENTER  
MARCH 3-APRIL 18TH 2022  
IN JOACHIM REGIONAL MUSEUM  
OPEN 9-5 MONDAY-SATURDAY WITH PAID ADMISSION

View art by students from around the state

**DICKINSON MUSEUM CENTER**  **JOACHIM  
REGIONAL MUSEUM**

## COMMUNITY

### 2nd Annual Kids' Clothing Swap and Shop

Parents and caregivers have eagerly awaited the announcement of our next Let's Swap Event. Reducing the carbon footprint by re-homing clothes to those in need, while also getting credit for FREE clothes based on your donation, is what this event is about.

At our first event, Moe Events LLC and the event committee received over 36 families donating for the swap. In return, 30 patrons received clothes. Patrons who come the day of and do not donate clothes can still shop the swap and get as many clothes as needed all by a free will donation. A portion of these proceeds will be benefiting the Ingam Family.



Lastly, vendors will be onsite for local shopping options. Be sure to save the date for the 2nd Semi Annual Let's Swap Event at Prairie Hills Mall on Saturday, April 23rd from 10am to 2pm in the Old White Drug Location across from Claires. For more info, see ad below or go to [www.letsswapnd.com](http://www.letsswapnd.com). ■



organized by



[smoeevents@gmail.com](mailto:smoeevents@gmail.com)

## Kid's Clothing Swap & Shop

Saturday, April 23rd 2022

1681 3rd Ave W, Dickinson Prairie Hills Mall | Dickinson, ND  
Across from Claires in the mall (old white drug location)

**Donation** Shop 4/23/22

Your donation gets you free bags of clothes based on your donation amount. PLUS shop for a reserved shopping hour just for swappers! Must drop off items prior to event to get credit.

**Drop Off Locations/Schedule: Now til April 20th**

**Killdeer - Bravera Bank**  
150 Central Ave S - 8 am - 5pm

**Taylor - Dakota Community Bank and Trust**  
123 Main St W - 8am - 5pm

**Dickinson - (or by appt. Contact Moe Events LLC)**  
Dakota Community Bank and Trust - 8 am - 5 pm  
North - 2284 3rd Ave W/South - 14 3rd Ave W

**Choice Bank - 1323 18th St w - 9am to 3pm**

**Swap Clothes and Shop Local Vendors**  
10:00 - 11:00 AM - Reserved for Swappers

11:00 AM to 2:00 PM - Swappers and Attendees

A Portion of Free Will Donation At The Event Will Go To The Ingam Family

Left Over Clothes Go To:  

Thank you to our event sponsors














## PAWSITIVELY POPPY

### Easter treats

By Miranda Kuhn

Regretfully, this year the Easter Bunny has declined to make an appearance at the Kuhn house, due largely in part to Poppy's over-reaction to all critters, great and small, that appear outside of our house. Whenever a rabbit or squirrel appears in view of our front window, Poppy cannot contain her excitement and dashes from room to room in attempt to get a better view. She whines and cries, then looks at me as if she can't believe I'm not freaking out with her. Lord help me if she ever sees one while she's outside getting the mail with me! Anyway, since we won't be getting a visit from the Bunny himself, I wanted to make sure she gets her Easter treats anyway.



The star ingredient of these tasty treats is carob. Carob is a dog-safe ingredient that looks and tastes like chocolate! Carob chips differ from carob powder in that they can be easily melted and produce a smooth and silky base with which to make your treats. Have fun with the silicone molds, they come so many fun shapes and themes to suit any occasion. Poppy and I wish you all a wonderful Easter!

#### Carob and Peanut Butter Bunnies

1/2 cup carob chips  
1/2 cup peanut butter (be sure it does not contain Xylitol)

Mix the peanut butter and carob chips in a microwave safe bowl. Melt mixture in the microwave in 30 second increments. Stir after each 20-30 seconds and watch carefully as carob burns easily. When fully incorporated, spoon into silicone molds and let set until fully solid. Treats may be frozen up to 6 weeks in airtight container. ■





## PIPER'S PALS Ask Alfie

Dear Alfie,

**When my dog and my cat are in the back yard, they both like to eat the grass. Since warmer weather is coming, I was wondering – is it okay to let them eat it? Why do they do that?**

**Sincerely, Grass Eaters**

Dear Grass Eaters,

Your dog and cat's behavior is totally normal. As far as why they do it, there's an old wives' tale that says pets eat grass when they are ill in order to induce vomiting. However, while this may occasionally be true, that's not usually the case. The majority of the time vomiting will not follow the ingestion of grass. As far as professionals have been able to deduce, most dogs and cats simply eat grass because they like the taste and texture, and some do it as a form of entertainment or out of boredom.

When it comes to cats specifically,

eating grass may actually be beneficial as it contains a nutrient called folic acid, which helps move oxygen through the blood stream. Grass may also help with your cat's bowel movements as a source of added fiber.

However, pet owners **BEWARE:** while grass itself is generally safe for your pets to eat, you need to be mindful of what is on your grass before allowing them to snack! Most lawn chemicals are toxic and some pesticides and herbicides have been linked to multiple types of cancer. Commercial lawn fertilizers are also considered highly toxic. For this reason, you should never use chemicals on your lawn if you have pets (or children) who will be touching or eating the grass. Do your research to find safe alternatives or allow your grass to grow naturally. Because you have no idea what chemicals might have been used on the grass in parks or public places, you should not allow your pet to eat grass or plants when out for a stroll.

Another thing to be mindful about in public areas is that there is a chance your pet could ingest

intestinal parasites such as roundworms or hookworms left behind on the grass by fecal residue from other animals.

Because grass-chewing can be beneficial for cats, you might consider growing your own grass indoors as a safe alternative. Most pet stores sell pots of grass that are already grown, and easy-to-use grass growing kits designed specially for cats can be purchased in stores or online.

As with any treat, moderation is key; too much grass-eating may cause upset stomach or even intestinal blockage. Before adding anything to your pet's diet, it is best to visit with your veterinary professional.

Sincerely, Alfie ■



*Have questions about your pet(s)? Ask Alfie for advice by emailing [bethlhurt@gmail.com](mailto:bethlhurt@gmail.com)*

## Pet Name Match

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

- A: Opie (#\_\_\_)
- B: Thor (#\_\_\_)
- C: Marilyn Monroe (#\_\_\_)
- D: Molly (#\_\_\_)
- E: Guinevere (#\_\_\_)
- F: Mojo (#\_\_\_)

(Answers in our next issue!)

Last month's answers:

- A: #5 Foxy
- B: #6 Beau
- C: #1 Ares
- D: #2 Aspen
- E: #4 Bella
- F: #3 Honeydew

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

Email [kelley@thejileks.com](mailto:kelley@thejileks.com)



#1



#2



#3



#4



#5



#6

## HEART RIVER GEMS Dickinson Youth Commission

By Kaylee Garling

Several new things are happening in Dickinson, and we are excited to introduce a committee that has recently been put together which enables the voices of our youth to be heard. Reilly Meyer, the President of the Youth Committee, generously took the time to answer my questions via email this month to create an overview of what the Youth Committee is all about. She said, "The Dickinson Youth Commission was established this past year by the Dickinson City Commission. Since our first meeting in September, we have worked to provide youth in Dickinson a strong voice. We meet once or twice a month and devote a lot of our personal time to making the efforts of the commission a success! I enjoy the discussion within meetings and the support we are able to offer youth in our community. The committee is made up of students aged sophomore-senior from Dickinson High School and Trinity High School. This diversity allows for many perspectives and a lot of learning. Participating in the commission also provides paths to new leadership positions and committees. A challenging aspect of being a youth commissioner is



Reilly Meyer

our age. Due to our young ages, we are not always taken seriously. I believe the tremendous efforts displayed by the commission have quickly worked to change this perception."

"Due to the efforts of the commission, we were able to host a Snow Daze event at the West River Ice Center. There, we offered free skating, cookie decorating, card games and music. Over 150 youth were able to attend, and each was eligible for a door prize drawing at the end of the night. Another fun event was our Spring Fling, a semi-formal night of dancing and



Members of the Dickinson Youth Commission take their seats in the Commission Room at Dickinson City Hall

Heart River Gems is proudly sponsored by

music. Upcoming events have not yet been scheduled, but we are hoping to host a summer kickoff when school lets out. After that, we have discussed inviting youth to participate in a community talent show, a water activities day, and a powderpuff tournament."

These events are great for youth looking to get involved in the community and meet new people. Reilly said, "We work to support fellow youth by offering a strong voice. This common goal allows

*Continued next page*

Join us for an  
**Easter Egg Hunt!**

AGE GROUPS:  
Little kids (walking to age 3)  
Big kids (age 4-12)

Find a ticket inside an egg to win a prize!  
Prizes provided by Stark Co. Sheriff's Dept and participating mall merchants!  
Redeem tickets at location of participating mall merchants. Stark Co. Sheriff's prizes will be inside PHM Events Center.

Take your own photos with the Easter Bunny!  
Suggested donation \$5  
All proceeds will be donated to the Domestic Violence and Rape Crisis Center.

Starting at 11am  
in the PHM Events Center (formerly Herbergers)

Complimentary snacks and lunches provided by Angel 37 Kitchen!

STARK COUNTY SHERIFF  
PRAIRIE HILLS MALL  
ANGEL 37 KITCHEN

Continued from page 34



Dickinson Youth Commission with the Dickinson City Commission

our commission to put aside differing opinions and ego, instead focusing on what projects and events would best serve the youth of Dickinson." Which they are obviously doing by creating activities that youth can enjoy.

She continued, "I have enjoyed playing a bigger role within my city. Dickinson Youth Commission owes its existence and development to the kind individuals who sit on the City Commission, as well as City Administrator Brian Winningham. Each of these people have been more than willing to help us network. The selflessness they display is one factor that allows the City of Dickinson to be one of the best places to live in the nation. Our members include Truman Hamburger, Tierney Yoder, Dante Domine, Brielyn Erhart, Will O'Shields, Brooklyn Berger, Gus Zettel, Emily Hirschfeld, Abby Linker, and myself. I serve as president, Dante as vice president, Tierney as treasurer, and Emily as secretary."

Reilly explained how she became involved. "I was urged to apply by a school counselor. The application process included writing a few essays in which students were to write on topics that they hold close to their heart and that would better the community."

Anyone within the community can

donate to support the events they put together, which is an excellent and uplifting way to bring youth together.

"The community is able to listen in on any meetings, or even offer suggestions to the commission during the public

comment portion. Several businesses have also offered monetary support, which is greatly appreciated. I would urge any sophomore, junior, or senior to take part in the application process as well."

The Youth Committee is an excellent way to have youth in our community excel in leadership roles, planning, budgeting and government. It is well-rounded responsibility that creates future leaders and responsible citizens. When introducing herself, Reilly already sounded like an incredible future leader who had set goals to achieve her dreams.

She said, "We moved to Dickinson from Bismarck so that my mother could open her own dental practice. An added bonus of moving to this great city is that a large majority of my extended family lives in Dickinson and the surrounding areas. I attended Trinity Catholic Schools and am graduating this year. My five younger siblings are also students in the Dickinson Catholic School system. I plan to attend University of Mary for Political Science and English, which will help me to pursue a career in law."

As with any new program, spreading the word is important so that the community can become more actively involved. This committee is a wonderful place for youth, and we hope you will encourage those you know to participate in the events the Youth Committee hosts or become involved within the committee by applying. ■



Dickinson Youth Commission



## GOING POSTAL Mountain Flora

These four new stamps celebrate the beauty of mountain flowers. Each Mountain Flora stamp features a different flower: a purple pasqueflower, an orange-red wood lily, a bright yellow alpine buttercup and a dark pink Woods' rose.

The artist's hand-drawn illustrations, refined digitally, create a block-print aesthetic. The stamps will be issued in booklets of 20 and coils of 3,000 and 10,000. Art director Ethel Kessler designed the stamps with original art by Lili Arnold.

Customers may purchase stamps and other philatelic products through the Postal Store at [usps.com/shopstamps](https://usps.com/shopstamps) or at their local Post Office. ■



Source: The US Postal Service



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### or-i-gin Cut to the chase

**Meaning:** Get to the point

**Origin:** In the early days of silent film, the most interesting parts were often the depiction of some sort of chase, whether on foot, horseback or in a stagecoach. "Cut to the chase" became a phrase filmmakers would use when

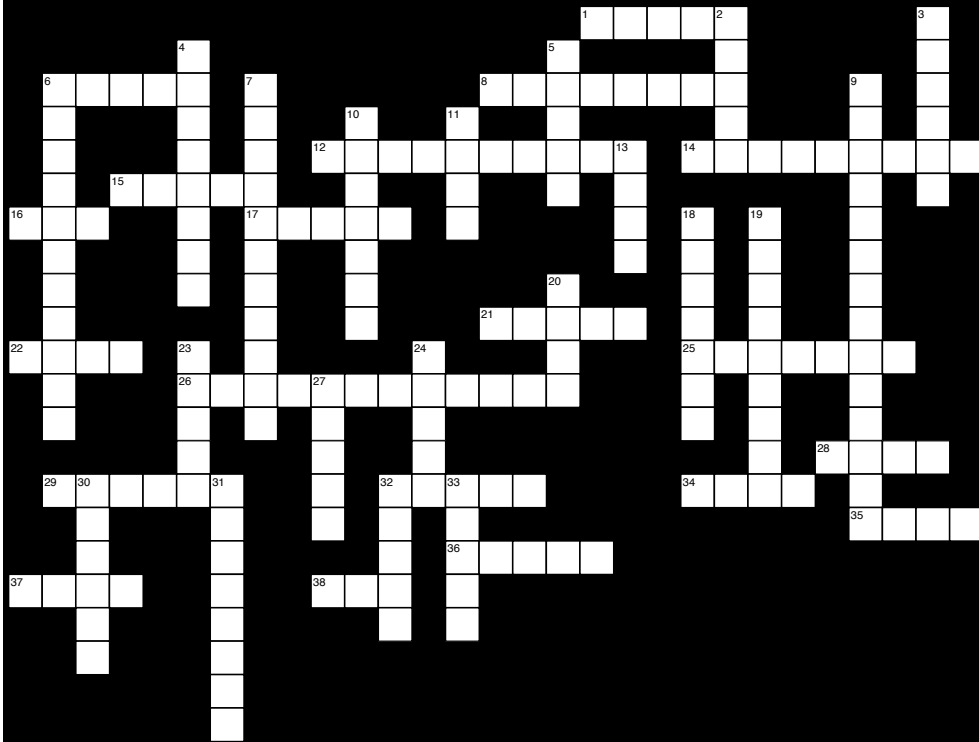
Above: Charlie Chaplin and Edna Purvance in "A Jitney Elopement." The film, a simple boy-gets-girl story, was shot in Golden Gate Park and along the Great Highway in California and features one of the first car chase scenes in film history.

they wanted to see or hear about the more interesting parts of the film. ■

CROSSWORD

PUNCTUATE by Carlinka

PUNCTUATE



ACROSS

- 1 Taboos
- 6 Borders
- 8 +
- 12 \$
- 14 ;
- 15 Freight-carrying boat
- 16 Small battery size
- 17 Gets exactly right
- 21 /
- 22 What flat soda lacks
- 25 %
- 26 ?
- 28 Medical imaging procedure
- 29 Trendy new word game
- 32 Grant money?
- 34 Work on software
- 35 Mediocre
- 36 Removes the wrinkles from
- 37 #
- 38 Candy with a dispenser

DOWN

- 2 Burn lightly
- 3 .
- 4 \*
- 5 I.R.S. inspection
- 6 !
- 7 ()
- 9 " "
- 10 Tuft of hair that refuses to be combed
- 11 Mother Earth
- 13 Big Apple address letters
- 18 Where relief pitchers warm up
- 19 &
- 20 Give a big tug
- 23 =
- 24 Eel, on a sushi menu
- 27 Coin toss call
- 30 Port city in Ukraine
- 31 ...
- 32 Like some slippers and memories
- 33 Rock used to start a fire

Last month's puzzle solution

++MY LOVE++



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# HOROSCOPE

**APRIL 2022** by Hilda De Anza



**ARIES**  
March 21-  
April 20  
April suggests  
that you will

be involved in some tough negotiations with organizations and groups that prize solidarity and rules that protect the majority. Mid-month heralds a period when your ability to affect things is rather limited. This is a good time for spiritual and creative pursuits alone. Collective feelings of compassion and empathy awaken, so you will find yourself more involved with efforts to alleviate the suffering in the world.



**TAURUS**  
April 21-  
May 21  
Early April shows

a change in emphasis from a focus on career developments to an idealistic social agenda. April is a big month for expressing your feelings about social and political events that awaken your conscience and your desire to help. This astrological influence is very connected with the power of the imagination, both creatively and socially. April is characterized by a deep involvement in friendships and groups that call upon your love and kindness.



**GEMINI**  
May 22-  
June 21  
As April begins,  
focus is on

organizations and people who you feel linked to as in a brotherhood, rather than friends closer to home. Mid-April is a wonderful time for inventive ideas, and it is also a good time for compassionate acts with people whose values you share. The main theme is a focus on a magical vision which somehow breaks down normal barriers and brings an emotional connection with a universal theme that motivates people around shared values.



**CANCER**  
June 22-  
July 22  
April starts with  
your desire to

take the lead and make progress in your professional life. Mid-April you may reach a crisis point either connected with family or career. There continue to be major developments socially and intellectually. There may be loved ones abroad who you feel a strong connection with, and you will want to get more involved in social movements that implement strong ideals of solidarity.



**LEO**  
July 23-  
August 22  
April is a  
powerful and

optimistic period for you. You may find yourself in the company of a friend or group who is equally enthusiastic about the possibilities that lie ahead. The focus is on pioneering initiatives that go beyond local limitations. End of month, there is a greater emphasis on consolidation, particularly in your professional life. You can be very fortunate in this respect, and that there can be considerable money flow in your direction.



**VIRGO**  
August 23-  
September 22  
April evokes an  
urge for you to

speak your mind and fight for what you think is right, both intimately and in connection with work. Mid-April, some of the emotional tension dissipates, as you focus on new perspectives for expanding your horizons. You will have the benefit of kind people who will give you unconditional support in getting your ideas and views across. End of month, larger than life characters with big dreams will play an important role in expanding your consciousness.



**LIBRA**  
September 23-  
October 22  
This month, you  
will be deeply

involved trying to alleviate the pain and suffering of others. On a more spiritual level, this is a time of cooperation with people who have revolutionary ideas about how to live a healthy and meaningful life. April is a key time for personal relationships. For the single Libra, romance may be found in connection with projects in the workplace, especially with people who share your ideals of helping people in an unselfish way.



**SCORPIO**  
October 23-  
November 21  
As April begins,  
there is a powerful

commitment to build a strong foundation in your life. Mid-April, there is a radical change of focus on how best to express yourself, especially on a creative level. This could be in the field of the arts, film etc. or more personally with loved ones. Throughout the month, your dreams and fantasies are activated. On a creative level, this is an excellent period to work with imaginative people on an idealistic project.



**SAGITTARIUS**  
November 22-  
December 21  
Caring for others,  
especially in the

home environment, is what April is all about for you, so this will be a month when the floodgates of empathy are opened, and you will be actively engaged in helping people in every way possible. There is a sense of being universally connected, and a feeling that you are at one with humanity. An excellent month for work - partnerships flourish, and kindness and compassion are the dominant emotions.



**CAPRICORN**  
December 22-  
January 20  
First of April  
highlights love and

relationships as well as economic initiatives and partnership. Commitments are made, and there is an iron will to achieve something in connection with a group. Brand new initiatives at home and in the family are launched, and whatever is started now has a great chance of success. Influence is felt strongly as a desire to dive into creative projects, and there is also a strong wish to help alleviate suffering on a local level.



**AQUARIUS**  
January 21-  
February 19  
As April begins,  
you are motivated

and clear about your goals and the purpose of your life. This is also a good time for relationships. Finances are a very fluid area of your life. In fact, there may be developments in April when new resources stream in. Mid-month, you want to be generous and giving, so the money that comes in may also go out to help people. April is a month of mental development, communication and travel. Partnerships thrive.



**PISCES**  
February 20-  
March 20  
April suggests that  
a lot of people will

be entering your space, and that you will be extremely active. This is a wonderful time for creativity, especially connected with music and film, and it is also an excellent time for love. The last week of April is a deeply emotional and loving period, when you will be actively showing you care. If you have a dream, then this is the time to set it in motion. Talented people will want to help, and family or partners will come to your assistance with brilliant and inventive ideas.



## Yarn

Every Yarn story is told as a short text message conversation, as if you are watching someone else's text messages. Whether it be hypothetical conversations between two of your favorite celebs, a frantic group chat after accidentally liking an ex's photo on Instagram, or those suspenseful mysteries you just can't get enough of, Yarn lets you tap through it all!



## Creative Bug

Creativebug offers thousands of video classes in drawing, painting, sewing, quilting, knitting, jewelry making, and much more. Creativebug is the perfect creative companion for those who like to mix imagination with straightforward DIY instruction. Taught by the world's top artists, designers and crafters, Creativebug classes provide project ideas, expert guidance and a healthy dose of creative inspiration for all levels.



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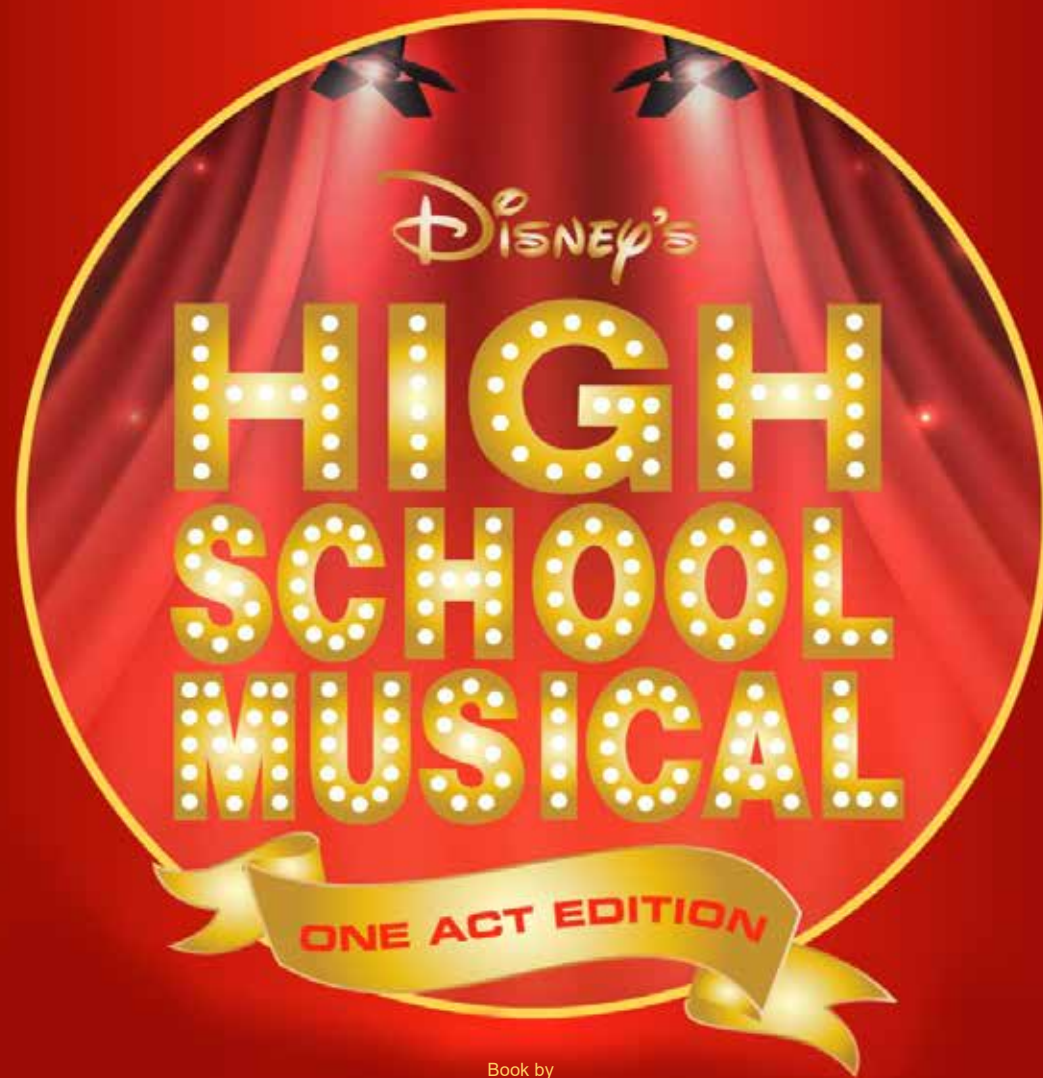


## You're Wrong About

You're Wrong About sheds new light on subjects you think you already know. With the speed at which news and culture move in 2022, it's so easy for things to get oversimplified. Luckily, the hosts of YWA use their journalistic skills to look into how our collective understandings may be mistaken. Some episodes are one-offs, and some are installment in series.



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