

# Heart River VOICE

DECEMBER 2020 | VOL. 2, NO.12 | HEARTRIVERVOICE.COM

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## THIS MONTH

Local triplets give back to those who helped save their lives

See page 12

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**WHAT'S BEING COVERED?**

- Mental Health First Aid
- Cognitive Behavior Therapy for Youth
- ND's Behavioral Health Future
- Combatting Societal Stigma
- What First Responders Face
- Trauma Informed Care
- Medication Assisted Treatment
- Housing the Hard to House
- Farm Stress
- School Interventions
- Native American Recovery
- Elderly Substance Abuse
- Alternatives to Treatment

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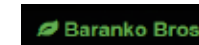
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## A note to our readers

Here we are at the end of 2020. I'm sure most people will be relieved. The silver lining of this odd year is that we all experienced growth in some way, shape or form. And regardless of our political, social, and spiritual views, we adapted, we educated, and we supported.

2020 tested us in unbelievable ways and 2021 is just around the corner. Ready to hit the reset button? We still have many changes ahead. Maybe we can all prepare this December to show up in 2021 more openhearted, more liberated, and more bountiful than ever before.

Merry Christmas to you and yours!

**Kelley Jilek**

*Publisher*

Cover art "Royals" by Ryan Schaefer. For more information about the artist, see page 5.

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# DICKINSON AREA PUBLIC LIBRARY

Angel Tree for United Way of Dickinson



**NOV. 16 - DEC. 18**



*Give the gift of reading.*

Take a tag from our Angel Tree for a boy or girl in our community who is in need of new books to read and learn.

Please return your generously donated, new, unwrapped books to the Library by Dec. 18th.

Do not feel limited to the tags on the tree, you may donate any kind of new books for ages 0-17.

Visit our website, [www.dickinsonpubliclibrary.org](http://www.dickinsonpubliclibrary.org), for more information. Baby, kid, and teen books and magazines will be available for purchase. You may buy them for donations to the Angel Tree, keep them for your personal library, or give them as gifts!

## #BOOKWORM

# It's beginning to look a lot like December in the library

By Library Staff

While we are still far from being back to how we were before we shut down this spring, we continue to gradually add aspects of normalcy back into the Library, even if it is in a different form than before. Below are some things happening this December at the Library, plus a review on a wonderful book to get cozy and read on a cold winter night.



## Grinch Craft & Treat Bags

Mr. Grinch is doing his best to stay safe and healthy at this time and won't be able to make it to the Library from Whoville. Therefore, we will be unable to host Grinchmas this year. However, since the Grinch can't be here, we have created something new! This year we will have Grinch Craft & Treat Bags that can be picked up at the Library! In each bag is a Grinch ornament craft, a few fun Grinchy surprises, and a candy cane. These bags are for ages 3 and up and are in limited supply. The date and time for pick-up is to be determined, so watch our Facebook page for that information!

## Angel Tree

We are happy to announce we will again be partnering with United Way of Dickinson for our Angel Tree! The process is simple, take a tag off the Angel Tree for a boy or girl in the community, select a book (or books),

and return your generously donated items to the Library with the tag.

Since having an in-person book fair is not ideal, we will be hosting an Online Fair with Scholastic. The great thing about the online fair is that you can shop from anywhere, ship the books to your home, and benefit the Library and community in the process! The Library will receive a percentage in Scholastic dollars on the purchases, which we use to buy more books (of course).

This year the Angel Tree will take place from November 16th-December 18th. The Online Fair will be for one week only starting November 30th and ending December 5th. Watch our Facebook for more information on the Scholastic Online Fair! Please make sure any items you are donating are brought to the Library by December 18th. This way we can get the items to United Way so they have enough time to sort and get items together for families in the area. We have a wonderful community and are so happy we can do this event again this year. As always, we are happy to answer any questions you may have.

## Old Fashioned Christmas Raffle and Silent Auction by the Dickinson Area Public Library Foundation

If you are a supporter of the Dickinson Area Public Library, there is a chance you have attended one of our annual Old Fashioned Christmas events. Usually, it is a catered event with live music, homemade treats, and a great opportunity to socialize with others that love the Library. The event is also an opportunity to raise funds for the foundation. This year, things are going to be a bit different. We want to keep library patrons and staff safe, so rather than have our usual gathering in close quarters, we have decided to take our fundraising event online! While we can't recreate the atmosphere of our event, we have gone out of our way to gather a truly fantastic array of raffle and silent auction items. We hope you will join us for our first Old Fashioned Christmas Online!

Tickets for the raffle are available at the front desk of the Library. The price is one for \$5 or five for \$20. There are no limits to how many tickets you may buy; the more tickets you buy the better chance you have to win the prize you are after!

In addition to our raffle, the Foundation will be hosting its first ever online auction.

This is to stand in for our popular Old Fashioned Christmas silent auction. There are a few big differences between our online auction and the annual silent auction. The first is that, unlike our usual silent auction, you will have the opportunity to bid on items from November 9th all the way until 11:59 P.M. on

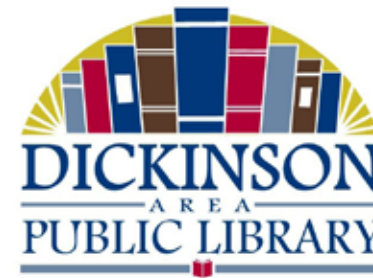
December 18th. Last is that there will be no opportunity to bid in person. To view the auction catalog and place your bids, visit our website at [www.dapl.foundation.org](http://www.dapl.foundation.org).

## Book Review of The Night Library by Renee Newton, Assistant Library Director

Matt Haig is an author of books for children and adults. His 2016 memoir, *Reasons to Stay Alive*, was the 2nd bestselling nonfiction book in 2016 (according to his website.) Newly published is a wonderful novel for adults titled *The Midnight Library*. I read an advance readers' copy of this book months ago, and found it so moving that I preordered copies of the book to give as gifts. The book is about Nora Seed, who

feels she's let everyone down, including herself. She finds herself in the Midnight Library and learns there's a chance to make things right. Before the book even begins, you read, "Between life and death there is a library." The library contains shelves and shelves of books, some large, some more of a pamphlet. The

books tell the story of Nora's life had she made different choices. With the help of her former school librarian, Mrs. Elm, Nora explores the lives she could have lived by choosing a book from the shelves. Each book is a portal that delivers Nora into another life. I do not wish to spoil the story, but hope to entice you to pick up this title. I will leave you with this quote from Sylvia Plath that Matt Haig includes at the beginning of the book: 'I can never be all the people I want and live all the lives I want. I can never train myself in all the skills I want. And why do I want? I want to live and feel all the shades, tones and variations of mental and physical experience possible in my life.' What would you do if given a chance at a different life? ■



Merry Christmas!

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**COVER ARTIST****Ryan Schaefer**

Ryan Schaefer was born and raised in Dickinson, North Dakota. He found inspiration from watching Bob Ross episodes and spray painting tutorials on YouTube and merged them into his own mixed media style.

Ryan's piece "Misty Mountains" won the People's Choice Award in the Professional Division at the Badlands Art Show in November. He also won an Honorable Mention Award for his piece "Royals" on this month's cover of Heart River Voice.

Ryan has been a tattoo artist in Dickinson for the past two years and is pursuing a career as both a tattoo artist and painter. ■



Ryan Schaefer



A sample of Ryan's tattoo artistry



Land of the Rising Moon



Ryan takes mask wearing to a whole new level



Ryan with a beer pong table he created for a friend



"Misty Mountains"

Winner of the People's Choice Award at the Badlands Art Association's 50th Anniversary Art Show



Rainbow Voyage

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## LESSONS IN BUSINESS

## The power of trust

By Debora Dragseth

When employees grumble that there is a lack of communication in their workplace, usually what they are really saying is that they feel the people in the upper levels of their organization are not telling them the truth, the whole truth, and nothing but the truth.

Encouraging an atmosphere of openness and honesty starts at the top. If upper-level management hides information, denies or manipulates the truth, it will inspire mistrust and similar responses throughout the organization. In a surprisingly short time, a lack of honesty and openness leads to a culture of dishonesty that, like a virus, pervades the entire company.

Studies show that up to 93 percent of Americans admit to lying regularly and habitually in the workplace. Why? In addition to a culture of dishonesty, oftentimes it is fear of consequences. If finger pointing, backstabbing, covering up, or blaming someone else allows employees to dodge negative repercussions, people will do it.

When lower-level employees are allowed to get away with dishonest behaviors, and indeed may even be rewarded for those behaviors with praise, raises or promotions, it won't take long for others to pick up on it, and soon the organization will have a toxic work environment; office politics will prevail, and team players will be a thing of the past.

How can you turn around a workplace that is full of distrust? The bad news is that it cannot be done quickly; it will take time and effort. The good news is that it can be done.

**Don't:**

- Say one thing and do something else
- Misrepresent situations to your benefit
- Be deceitful or misrepresent the truth to anyone—not coworkers, superiors, subordinates or customers

**Do:**

- Always engage in honest conversations
  - Follow through on your promises, or have a good reason why you didn't
  - Own your own mistakes by taking responsibility without blaming anyone else
- Managers and employees manipulate the truth because they see it as a path to power.



In reality, real power is based on the respect and admiration given to you by others.

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

## EVERLASTING HOPE

## Take the 1:8 pledge today

**About:** Everlasting Hope is the first and only nonprofit for infertility patients in North Dakota and South Dakota. Everlasting Hope's mission is to support families experiencing infertility while creating public awareness that infertility is a treatable medical condition.

**What:** The 1:8 pledge program developed by Everlasting Hope as a means to provide support to North Dakota and South Dakota families diagnosed with infertility by providing funds, resources, education, events, and support.

Since its inception in July 2019, Everlasting Hope has granted \$6000 to North Dakota families to help offset medical expenses.

**Why:** Cost is the number one barrier to infertility medical treatment as North Dakota's insurance law does not cover infertility treatment. The average cost of treatments is over \$10,000. Additionally, infertility patients will encounter highly inflated managed care pharmacy prices for medications, where patients with

coverage can pay as much as 100% more for medications compared to prices charged to self-pay patients.

A community survey found 39% of participants used credit cards to pay for their fertility procedures, while 12.6% took out loans and 4% used their home as equity, and women (25-34 years old) accrued \$30,000 of debt on average after undergoing infertility treatment.

**Goal:** Our goal is to help four families per year with medical expenses endured from infertility or cancer preservation treatment along with providing education, resources, and support to North Dakota and South Dakota families experiencing infertility.



Take the 1:8 Pledge!

1. Donate just \$18.00 to Everlasting Hope!
2. Pledge to help raise awareness on infertility.
2. Ask your friends and family to do the same.
3. Just like that, you've helped someone with infertility and cancer preservation build their family right here in North Dakota and South Dakota!

*Want to make even a bigger impact? Make a reoccurring donation of \$18.00 to further Everlasting Hope's mission. ■*

## Access to Support

Everlasting Hope has taught me that I have a big support system. I have resources. I have people that I've never met in person advocating for me. Everlasting Hope has inspired me to use my voice to speak up for change and to make sure that others know they are not alone. People struggling through infertility have a place to go with grief, questions, and hope." **Mikayla Atchison**

*Everlasting Hope provides monthly support groups with a licensed counselor. There are five different support groups located on Facebook that have grown to over 200 people in six months.*



Take the 1:8 Pledge Today!  
raisingeverlastinghope.org

Everlasting Hope



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**BEST FRIENDS****Best Friends continues community impact at 25th anniversary**

The Best Friends Mentoring Program (BFMP) is approaching a quarter-century of community service with strong leadership and programming in place.

Founded in 1995, BFMP serves under the umbrella of the Western Wellness Foundation (WWF), Inc., which began in 1994 after a group of local mental health professionals sought a mentoring program, such as Big Brothers Big Sisters of America (BBBS) to provide role

models for regional youth. A previous BBBS program had ended 10 years earlier. Since then, the organization has matched about 3,000 local youth with a trained mentor, said Kris Fehr, BFMP's executive director.

"The program's founders — including professionals from both private and public agencies in the nearby eight-county region — agreed that a youth mentoring program would provide the needed youth-adult interaction time, guidance and role modeling missing in the lives of some children," said Fehr, who has served the organization for 20 years.

Mark Billings, BFMP's senior program coordinator, added the community steps up year after year to take care of its own by supporting fundraisers and volunteering to become mentors. So far this year, the organization has added nearly 15 new mentors, including the following students from Dickinson State University: Logan Marsh, Dawson Kuylen, Natosha Sand,

Hannah LeBree, Dustin Dassinger, Hailey Enney, and Allison Preszler.

Several new student mentors from Dickinson High School also have joined the mentoring team including: Lauryn Ollerman, Gabriella Hecker, Dawson Richter, and Taya Hopfauf.

Also, several working professionals have joined, including Kelley Jilek, publisher of the Heart River Voice, as well as Constantin Abayo, a commercial truck driver.

"We have been working hard within the parameters of our state health protocols to transition as many of our matches as possible to meeting in-person again," said Billings, who has been with the organization for nearly six years. "Thanks to a generous donation from Tiffany Moore, general manager at Subway on Villard, many of our matches are meeting there for a complimentary meal and alternating every other week at the restaurant and West River Community Center."

Billings credited Caleb Burgard, the WRCC facilities manager, a former mentor and current WWF board member for providing complimentary passes to mentors and mentees.

Based in Dickinson and serving Stark County and southwest North Dakota, BFMP provides mentoring services to at-risk youth ages 6-16. For information, call (701) 483-8615 or visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org). ■

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AND  
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## GOING POSTAL Thank You Stamps

Two simple words that can mean so much. The U.S. Postal Service recognizes the importance of expressing gratitude. "An abundance of thankfulness has been shown throughout our country this year for simple acts of kindness, a job well done and heroic measures" said Postal Service chief Commerce and Business Solutions Officer Jacqueline Krage Strako, dedicating official for the stamps. "These elegant and joyful stamps will add visual appeal to notes,

cards and letters of appreciation."

There is a renewed awareness of the importance of offering thanks. The art of writing a note of thanks has been revived through popular do-it-yourself books, websites and video tutorials.

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

Source: [store.usps.com](https://store.usps.com)

## Christmas Memories

By Helma Lein, Edgewood Hawks Point resident, 104 years old

The first one I remember was a program at the church.  
We went by horse and buggy and the horses didn't lurch.

After the Christmas program there  
Was candy for each child.  
It was the best time of the year.  
My joys were multiplied.

Christmas morning we saw our stockings hanging in a row.  
Filled with nuts and candy and oranges all aglow.  
They were very special as only this time of year,  
Would stores have them available  
Then they would disappear.

A special Norwegian custom was giving the birds a treat.  
Dad would put on a post a bundle of his wheat.

Some years later Christmas was not the same,  
Cars replaced horse and buggy  
And Santa Claus acquired fame.

Our family was involved in the excitement of the season.  
There was baking and shopping for a very good reason.  
As a big turkey dinner for relatives and friends  
Brought Christmas Day to a wonderful end. ■



# 2020 YULETYME

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Grand Prize drawing at 8:15pm

Purchase not a charitable donation. Need not be present to win.

## GATE CITY BANK ONLINE AUCTION

The official YULETYME Gate City Bank Online Auction will begin December 2 with new items releasing December 4, December 7, and December 9.

View and bid on all  
auction items here!

## BADLANDS BIG STICKS SPECIAL EVENT

The Badlands Big Sticks Special Event bidding will open December 12th at 8:00am MST and will close at 8:15pm MST.



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## TRINITY CATHOLIC SCHOOLS

# Fundraising during a pandemic

By DeAnn Scheeler, Director of Mission Advancement



DeAnn Scheeler

Working for a nonprofit, and particularly a nonprofit religious school, offers unique challenges. When the time comes for us to plan ahead and budget, my team has a great responsibility to be visionary, collaborating mid-winter, and envisioning an upcoming fiscal year that begins in July. As difficult as this task can be, you can imagine that last winter as we looked at the 2020-2021 academic year, we didn't predict a global pandemic.

Even so, Trinity Catholic Schools requires just over \$4 million, annually, to operate effectively, educating nearly 700 students, preschool through twelfth grade. While there is income from tuition, this revenue accounts for about half of what it takes to effectively deliver on our mission of educating the whole student – mind, body, and soul. We are grateful for the ongoing support of the Diocese of Bismarck and the four strong Dickinson Parishes of St. Patrick, St. Wenceslaus, St. Joseph, and Queen of Peace, but there is still a substantial amount of revenue required to make ends meet.

One of the great parts of my job as a fundraiser is that every day is different. We aim to fundraise through events, raffles, and connecting with those who care, deeply, about Trinity Catholic Schools, her legacy, and her mission. Since March 13, 2020, the work of the Office of Mission Advancement has changed drastically, from increased communication workload, to the need to reinvent tradition in pursuit of health and safety. Concerts look different. Athletic contests look different. Events, well, they certainly

look different! Looking back at the fall, I am wholeheartedly grateful that we have been able to offer our students many instances that reminded us of normalcy.

We've all heard the phrase "if it isn't broken, don't fix it." 2020 has challenged the idea of what is and isn't broken. At Trinity Catholic Schools, we are here for our students. We are here for our families. We are here for this community, striving to form the next generation of community citizens, and form them with high moral character. We recognize that in order for us to keep our doors open, we have to reinvent the ways we do things, especially with regard to fundraising. We have continued to offer raffles, sponsorship opportunities, and events, although many of these items have become virtual. We seek to not only maintain, but enhance our connection

with the community, pledging that faith will help us get through this, and that there is hope for a robust legacy of Catholic education in Dickinson. Open, honest, transparent communication is more important than ever.

We are staring 2021 in the eye, trusting in God, and asking our Titan Family to help us continue the great tradition and give us grace as we aim to take on not only the challenge of educating during a pandemic, but of ensuring that Trinity Catholic Schools maintains a strong, positive presence in our community for generations to come. Trinity High School alumni continue to do incredible work in this community, and our administrative team and Office of Mission Advancement are committed to continuing this tradition of excellence, in part by engaging the Titan Family to offer time, talent, and treasure, even if it looks a bit different than before.

The Titan Family has weathered many storms. The need to effectively fundraise is different, but nonetheless critical in this challenging time. I have faith that we will make it through this storm as well. ■



## LIVE RIGHT

# The probiotic craze

By Gabrielle K. Hartze, RD, LRD

Time and time again research has shown a connection between the "good" bacteria of the digestive system and overall health. Probiotics aka "good" bacteria are live microorganisms naturally occurring in our digestive systems that promote digestive and mental health, immune function and more. An imbalance between "good" and "bad" bacteria may occur due to illness, antibiotic use or a poor diet. Antibiotics are valuable in the treatment of certain illnesses, but unfortunately kill off both helpful and harmful bacteria as it cannot differentiate between the two. Diarrhea tends to be a common side effect of antibiotic use. Many studies have suggested probiotic consumption lessens antibiotic-associated diarrhea by 42%. Dependent on the strain and dose of the probiotic administered, effectiveness will vary. Most commonly used probiotic strains to reduce diarrhea are *Lactobacillus rhamnosus* and *Lactobacillus casei*.

Promising research has also found benefits of probiotics pertaining to mental health. A 15 study review found *Bifidobacterium* and *Lactobacillus* strains supplemented for 1-2 months can improve anxiety, depression, autism, obsessive-compulsive disorder (OCD) and memory. Another study followed 70 individuals over the course of 6 weeks. Those consuming a probiotic yogurt or taking a daily probiotic capsule had beneficial effects on mental health including depression,

anxiety and stress.

Probiotics can also promote immune system health by inhibiting growth of harmful bacteria and promote production of antibodies and immune cells to help protect against infections.

While taking a probiotic supplement is beneficial, eating probiotic containing food holds even greater benefit. Consuming probiotic containing foods not only provides certain probiotic strains, but also provides a wide range of vitamins and minerals that probiotic specific supplements may not. Live probiotic cultures are found in foods like fermented dairy products (i.e. aged cheeses, yogurt and kefir) and other foods like tempeh, sauerkraut, miso, and cultured non-dairy yogurts.

When prebiotics are added into the picture, they make the perfect "dynamic duo." Think of prebiotics as the "good" bacteria promoter. Prebiotics are a type of fiber that human's cannot digest. Rather, it is a food source for the "good" bacteria. Prebiotic food sources include artichoke, onion, banana, asparagus, barley, oats, apples and flaxseed.

**Bottom Line:** Probiotics are also referred to as the "good" bacteria of the gut. Prebiotics act as a food source for the "good" bacteria. Whether from food or supplement, probiotic consumption helps to restore the digestive systems natural balance of bacteria. Pre- and probiotics work together synergistically to help create a healthier you! ■

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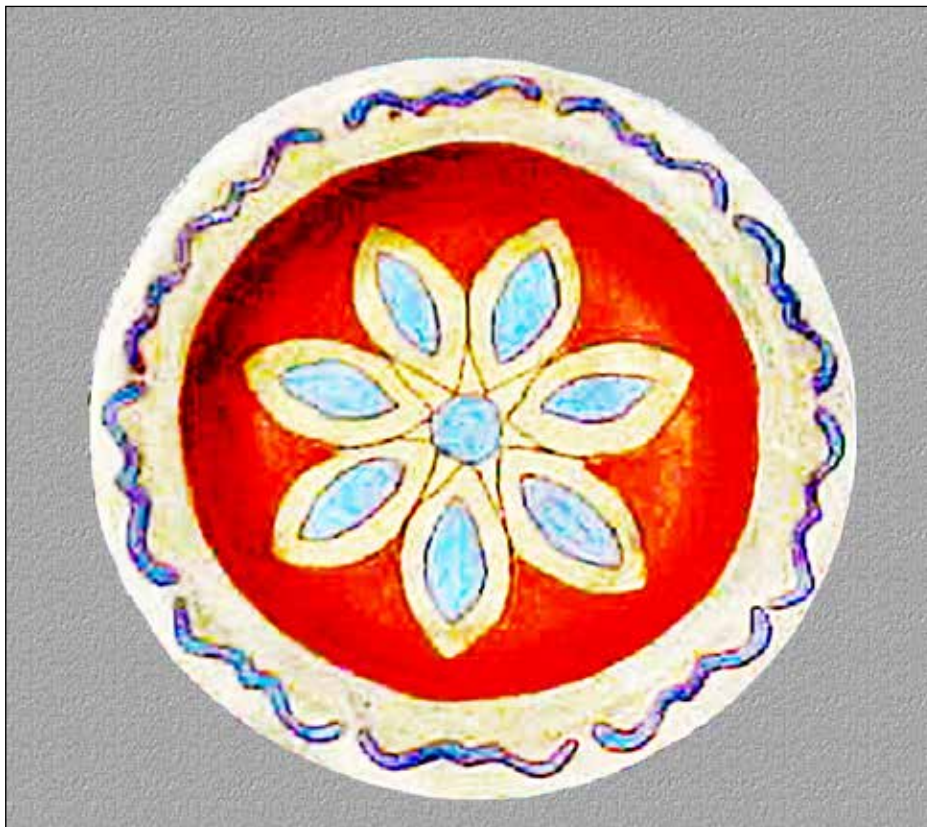
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**ND POTTERY****Turtle Mountain Indian Pottery**

By Arley Olson,  
NDPCS Historian

Indian children enrolled at the Belcourt School on the Turtle Mountain Indian Reservation were the first in the state of North Dakota to make simple pottery under a plan developed by Miss Margaret Cable. Miss Cable of UND put a course together after first hand study of how the Southwestern Indians made their world-famous pottery with only their hands, the native clay and liberal supplies of cow dung for firing. This was suitable for rural schools, high schools, camps and club projects.

Pottery was started in 1936 and discontinued about 1942. Mrs. Grant taught clay craft along with beadwork, leather craft and general art.



Most of the clay used was native clay from the reservation. The children did all of the preparing, from digging the clay, cleaning it of foreign particles, drying it to the proper stage, aging the clay, and wedging the clay for use. All of the work was done with the simplest tools and the cost of preparation was kept to the minimum.

All of the work was hand molded. They used the thumb method and the coil method to make their pieces. Two types of finishes were used, some pieces were polished (burnished) and others were glazed, before

firing. Designs were either scratched or painted on the surface. The type of clay found on the reservation and the hand molded, combined with the native Chippewa designs developed a pottery which was attractive and somewhat different from other types of pottery that was on the market at that time.

Some of the items made are plates, bowls, table top tiles, tea tiles, wall plaques, lamp bases, candle holders, ash trays, candy dishes, trinket trays and novelty paper weights. ■



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**OPPORTUNITY****Best Friends continues community impact with director search**

The Best Friends Mentoring Program (BFMP) is approaching a quarter-century of community service with a search underway for a new executive director.

Kris Fehr, the longtime executive director of BFMP and the Western Wellness Foundation (WWF), has announced her retirement at the end of this year. Plans are underway to find a replacement for Fehr, who initiated the organization's growth in 2000, culminating in the mentoring of more than 3,000 youth during her two decades with BFMP. Fehr also launched signature fundraisers, such as Family Fun Day and the Chocolate Affair – events which supported hundreds of mentor-mentee matches.

"Kris has been a tireless worker and advocate for mentoring across Southwest North Dakota," said Carter Fong, president of the WWF board of directors. "She is a wealth of information on mentoring and

is very thorough in her work. We are grateful for her leadership, especially during our pandemic, to position the organization to continue reaching at-risk youth."



Kris Fehr

Fehr said BFMP has earned a reputation as a trusted community partner as the result of a TEAM approach, or Together Everyone Accomplishes More.

"When I think back, the absolute highlight has been seeing the success of thousands of youth mentored over the years," said Fehr. "My top priority is a smooth and effortless transition for the continued success of our foundation, the program and the people I have served with for 20 years."

Based in Dickinson since 1995, BFMP provides mentoring services to at-risk youth ages 6-16,

including Stark County and across southwest North Dakota. For information, call (701) 483-8615 or visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org). ■

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## HEART RIVER VOICE FEATURE

## Local triplets give back to those who helped save their lives



Sarah



Matthew



Emelie

**By Melanie Schaper**

One evening while gathered around the supper table, the conversation drifted from the usual "Please pass the veggies!" and "How was your day at school?" to something bigger. Emelie, Sarah, and Matthew were about to turn 10, and we wanted to commemorate that milestone with something a bit different than the usual birthday parties or sleepovers. The

plan was hatched to somehow "give back." Brainstorming ensued, and ideas flowed. A fundraiser was mentioned. A bake sale perhaps! But to raise funds for whom? After some conversation, it was finally settled. The kids wanted to give back to the Sanford NICU (Neonatal Intensive Care Unit)—that vital sanctuary humming with life-saving, care-giving, hope-inspiring doctors and nurses. This was also the place where they

spent the first 10 weeks of their lives outside the womb. Matthew thought this would be important because, "They saved our lives."

The triplets were born on January 31st at MedCenter One (now Sanford) in Bismarck at only 27 weeks' gestation due to a possible infection. To say they were tiny is no exaggeration. At birth, Emelie was 2 pounds, Sarah, the smallest, was 1 pound 15 ounces, and Matthew weighed 2 pounds 3 ounces. At 2 weeks old, they were still so small that their father's wedding ring could slide all the way up their arms. There are definite risks associated with being a micro-preemie, ranging from mild to severe. Learning, emotional, and behavioral delays; kidney, lung, and brain damage; hearing and vision impairment, and cerebral palsy are all complications that micro-preemies may have to deal with.

Fortunately, with the exemplary medical care they received, many prayers, and the good Lord watching over them, these

three thrived. One by one, they began ticking off required milestones: their fused eyes opened, they gained weight, began breathing on their own, a heart murmur resolved, they learned the tricky art of coordinating suck/swallow/breathe in order to drink, mastered regulation of their own body temperature, weaned themselves off extra oxygen, etc. Of course, all this takes some time for little ones who should still be tucked away in the safety of their mother's womb. Nonetheless, it is often hoped that preemies may be ready to graduate from the NICU around their due date. This trio



Sarah, Matthew and Emelie on their May Day Due Date. A definite basket of abundant joy!



Emelie, Matthew and Sarah at 10 years old today

Continued, next page

Continued from page 12



So tiny that Daddy's wedding ring fit all the way up their arms

impressed everyone and were all able to come home on the same day—2 weeks before their May Day due date, with no extra care instructions other than to just finish their rounds of vitamins!



Matthew hits 3 pounds!

Fast forward just a few short years later and they are now happy, healthy 5th graders attending Killdeer Elementary School. They live on a ranch north of Halliday, with their



The triplets filled out nicely!

parents, Mark and Melanie, and their younger sisters, Samantha and Isabella. They love reading, writing, drawing, going on outdoor "adventures," playing with their pets, making music, and currently...baking! They decided they would bake chocolate chip cookies and pumpkin cheesecake to sell for their NICU fundraiser, which they fittingly kicked off in November - National Prematurity Awareness Month. Little did they know just how much baking they and their 9-year-old sister, Sami, would be doing!

What we all expected to be a small bake sale quickly escalated into much more. As a result, they have pretty much memorized the recipes by this point! The response they have received has been astounding. In addition to receiving dozens and dozens of orders, they have also had people send donations and donate farm fresh eggs for baking. One person even purchased an order of cookies with instructions for the kids to give them to someone in need of a "pick-me-up." They are still in discussions about who to surprise with that special order!

The kids are learning some valuable lessons during this project. Baking skills, math, time management, keeping track of orders, restocking diminishing supplies, and responsibility are obvious ones. But the real lesson in this is much larger. They are learning first-hand about the joy of giving. And that in blessing others, they themselves are blessed. "I thought it would be fun to do this fundraiser because it makes me feel good inside

to be giving back to other people and it doesn't just feel like it's another chore. I learned that it's more fun giving back than it is to get stuff yourself," explained Sarah.

It's a "lesson" we hear often, but sometimes fail to experience. We know it, but we forget to live it. When asked why she wanted to start this project, Emelie answered, "The Bible says that those who receive much are required to give back." What the NICU and its staff did for our family a decade ago cannot even begin to be repaid. This fundraiser is a mere token in comparison.

Still, Emelie is most looking forward to "seeing their faces when they see the money and to see how happy they are." We don't yet know what that total will be, but we are all so very grateful for the support everyone has given to this project and to all those precious little NICU babies who are destined for great things.

The ironic thing is that in trying to return some of that generosity to the NICU, blessings have flowed right back our way again. We have come to see first-hand that these kids are surrounded by loving family members, good friends, a supportive school, a caring church family, and an amazing community! Even more so than we ever realized! It is music to a parent's ears.

It's a great lesson to remember as we go into the holiday season. The more you choose to give to others, the more your own blessings keep multiplying! So, we urge you all to try that this Christmas season and beyond. Use those God-given gifts and talents to go forth and bless others. It might be in the form of a present, an act of service, a homemade meal, a handwritten note of thanks or praise, or a random act of kindness. Be creative! You just may be surprised at the multiplied blessings you receive in return! In the words of Matthew, "Giving makes me feel happy because I know I did something good. And those people might give back to others. Giving is a chain reaction! It keeps going and going to activate many big things!" ■



The triplets specialties are chocolate chip cookies (above) and pumpkin cheesecake (below)



Each bag is labeled with Sarah's handiwork, highlighting her math skills



Emelie carefully measures out ingredients



Younger sister, Samantha, helps with baking too!

## MISS BEA'S KITCHEN

## Time to unplug

By Laura Walters



Last month I deleted Facebook from my phone and I don't know when (or if) I'll actually install it again. It's not that I hate my family and friends or that I don't care what's going on in the world, but rather that I care a lot. I love my people. But I think sometimes we get so caught up in "keeping up with the Joneses" or jumping from one bandwagon to the next that we forget to live and think for ourselves. We are living in some not-so-nice times, surrounded by people loudly shouting opinions, and it's easy to get sucked into the vortex of society if we're not actively distancing ourselves from the persistent emotional barrage of it all. I think we can all agree that it's hard to think and process information and emotions when someone is screaming at you. Well, society is screaming at all of us and social media is its loudest megaphone.

I know not everyone uses Facebook and there are many who don't even use social media, but don't turn the page just yet. Stay with me. Now more than ever I believe it is important for us to unplug - from technology, from bad habits, from toxic people, from so many things that suck our time and steal our joy. Now is a great time to really connect with those people we WANT in our lives and focus on our homes and families like never before. Sure, we will all miss the gigantic holiday parties and white elephant gift exchanges but maybe that's what we truly need. We need to declutter our minds from the excess stress and expectations and make room for the things that matter most.

This list is one I came across while

researching the idea of living unplugged and I liked the bones of it - the meat I'll share is my spin on their concept. The original list of nine came from the travel blog "ytravel" and I've narrowed it down a little for this article

**Ways to Unplug from the Chaos****1. Start the day with yourself.**

Usually I will have about an hour while my husband gets ready for work and then, once he's gone, I will sit down and have my quiet time. I'll drink my coffee, read a bit and maybe do some coloring (Yes, I'm 33 and enjoy coloring. It's relaxing. You should try it.). Maybe coffee isn't your thing. That's okay! Try mixing up some Chai Tea (see recipe) and just cuddle the hot mug while the world wakes up around you.

**2. Turn off the news.**

Honestly. Just turn it off. Stop watching it for a week or so and then try watching again. Pay attention to how it makes you feel. Then decide for yourself if it's worth it.

**3. Explore a new part of your neighborhood or the one next door.**

I love this. Seriously. Get out and explore a new part of town or even a town nearby. Christmas is a great time to do this on any given evening because you'll get to see everyone's Christmas lights! EEK! I love Christmas. In the blog they also recommended trying some new foods, learning to dance, or tackling a new language when you can't actually travel overseas. How fun would that be for an at-home date night?!

**4. Journal.**

If you simply HAVE to say it, journal it.

Public Service Announcement: Facebook rants DO NOT count as journal entries.

**5. Watch something you love.**

I love cheesy Hallmark movies, and my husband loves cooking and home renovation shows. We compromise and take turns picking. But seriously, if you're not watching corny Christmas movies this month why are you even watching tv?

**6. Set clear boundaries with your time and communication.**

Oh man. I need to work on this one. I have such a hard time saying no to people that I care about - well, people in general. But Caz (the author of the blog) had a good point. She said, "You can train people how to treat you." Wow. Yes.

Maybe you don't need to socially distance from social media or society in general, but what are some ways you can clear your mind and life from the clutter of stress, negativity, and comparison? Whatever those ways are for you, do them. It doesn't have to be forever but maybe set a timeframe of a week, a month, or whatever works for you.

I'm looking forward to being more 'unplugged' from the drama and more connected to the meaningful stuff in 2021. What about you? Let's all sit back and enjoy a nice cup of Chai Tea. This recipe is one I have used over the years as a gift and for myself. It's easily made and stored in mason jars for Christmas gifts or hidden away in the back of the cupboard, so your kids and husband don't drink it all. Just tell them it's for "womanly problems" and they'll leave it alone! ■

## Chai Tea

**Ingredients:**

- 2 tsp cinnamon
- ¾ tsp cloves
- ¾ tsp cardamom
- 1 tsp allspice
- 1 tsp nutmeg
- ½ tsp black pepper
- 1 ½ c unsweetened instant tea
- 1 ½ c sugar
- 1 c nonfat dry milk powder
- 1 c powdered nondairy creamer
- 1 c French Vanilla flavored powdered nondairy creamer

1. Combine everything in a food processor or blender. Blend 1-2 minutes or until you have a very fine powder (the finer the powder, the more quickly and easily it will dissolve).
2. Store in an airtight container.

**FOR SERVING:** Stir 2 heaping tablespoons into a mug of hot milk or boiling water. ■



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**WHERE BUSINESS GOES TO GROW****Thank you for shopping local**

The holiday season for everyone this year will be a little different. We have all had to undergo some sort of disruption in our normal lives to accommodate the effects of COVID. For some it has been mere lifestyle changes but for many others their livelihoods have been drastically altered.

When the news first broke about the virus moving across the US, the reaction was to hunker down and wait in the hopes of it passing. As a community, we witnessed an outpouring of support for the retail and hospitality industry who were forced to put their livelihoods on the line in the interest of public safety.

Healthcare systems braced for the additional volume of patients. Healthcare workers were publicly commended for their efforts and keeping us safe. Donations of supplies, food and goodies were common. Yet in those early days the numbers were not that bad and the reality had not settled in.

We are at war with a virus that is a tenacious enemy. We are battered, bruised and we have taken some extremely difficult casualties as a result. We have experienced divisions amongst the ranks and have had varied reactions on strategies moving forward. Divisiveness is as contagious as the virus and emotions run high.

Yet as a whole we are resilient, determined and have a focused mindset on success and beating this new opponent. During this holiday season we need to refocus our attention on the real people and the faces that make our community the home we love.

These essential workers are taking every day in stride and stepping out of their

comfort zone to provide for our needs as a community. Every one of them has someone they care deeply about back home and are the reason they are working to serve our needs. There is additional stress imposed daily as the uncertainty of the day unfolds.

Most importantly, show gratitude towards them and be patient. It really doesn't matter if they are a nurse, cashier, server, public servant, attendant, small business owner or teacher - as a community we need to recognize their efforts.

Small business and local services rely on your support. Oftentimes they will be the most resilient, and their investment in the community is much deeper than a pure financial decision. Buying local not only keeps these businesses open to serve our needs but also recirculates your investment in the community. Data shows that local retailers return 52 percent of their revenue back into the local economy, compared to just 14 percent for national chain retailers. Next time look at the sponsors at any local fundraiser or event and see how many of them are your local businesses versus the national chains!

We are pleased to once again offer our Stark Strong - Buy Local & Win Campaign during this holiday season. Not only can you do your part by supporting local purchasing but you can enter your receipts for a chance to win. The campaign will hold 4 weekly drawings starting on Black Friday through the Saturday after Christmas. For official rules or to enter please visit starknd.com.

Be kind, be thankful and enjoy the holidays! ■

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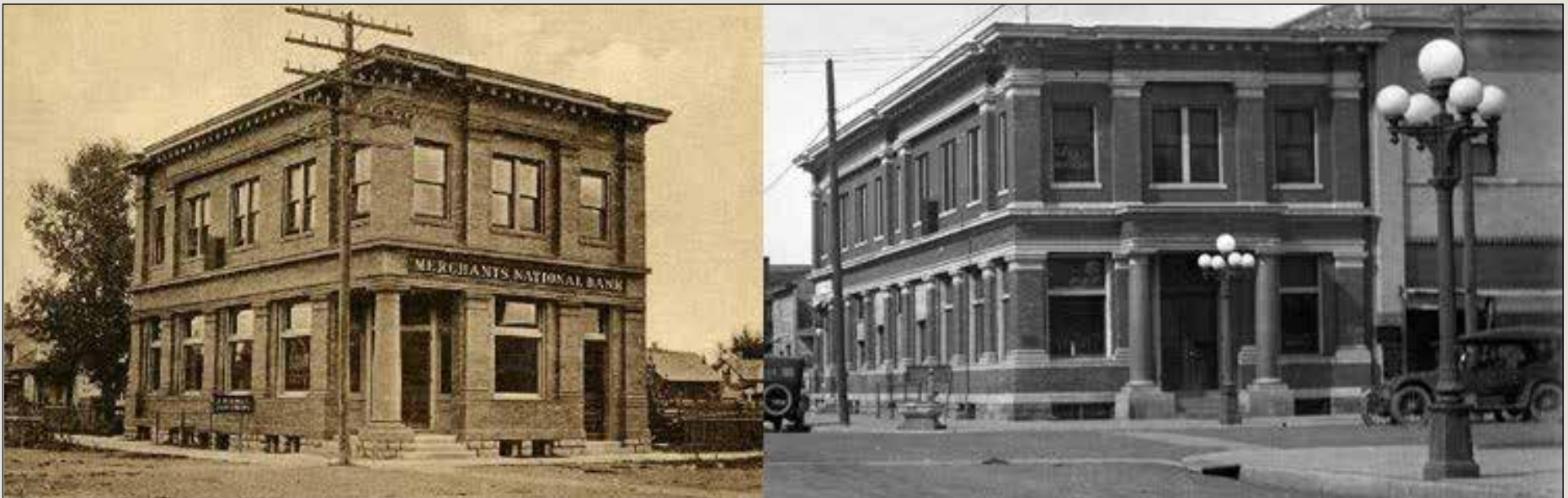
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**Merchants National Bank. Left, as built with 'canted' corner entrance; Right, post-1915 view with center entrance and Reed Bros. store adjacent.**

## **THEN... and NOW: Merchant's National Bank (soon to be) Dickinson's next City Hall**

By Bob Fuhman

In 1905 Dickinson was home to two banks, the First National Bank of Dickinson and the Dakota State Bank. The former, which began as the Stark County Bank, opened in 1886 and was associated with early business and political leaders. In 1905 its assets total \$824,284.21 (\$24.3+M

today). The Dakota State Bank, opened in 1900, the majority of its directors being ranchers and stockmen. By 1905 its assets amounted to \$151,821.82 (\$4.5M today).

Towards the end of 1905 the first inklings of a new banking venture started to appear, though initially with no hint of

something financially-related being in the offing. On November 25th the Dickinson Press carried an item stating J.H. Daly had purchased the 'old Frank Lish corner' – the northeast corner of the intersection of Oakes (1st St. W) and Barnes (1st Ave. W) – a three lot parcel for \$6000. While \$6000 'seems like a big price to pay' it was noted that it was a fine piece of real estate in the business district. The report ends by saying Daly (local Roadmaster for the Northern Pacific and a cattle and sheep rancher) would 'excavate at once' on the southwest corner of the parcel for a two-story brick business block.

Excavation work started shortly thereafter as reported in the December 2nd Press which stated that Daly had conveyed the west 30' frontage of the property (facing Oakes St.) for the Merchants National Bank of Dickinson. This is the first actual mention of the proposed bank and the report goes on to say that six of the city's "leading citizens, men who have large real estate holdings and who have been identified with the up-building of the city for a considerable length of time" had secured from the Comptroller of Currency the right to organize the bank with capital

of \$50,000. While never naming the six men in the article it is mentioned that "third bank talk has been in the air for a year or two" and that recently 'outside' parties had visited the city to investigate the possibilities of starting their own banking house, it being inferred that the six locals were spurred on to create their own, it being "better to have such an institution entirely in the hands of home people."

Despite the December time-frame the excavation for the basement was complete in one week; Sandy Stewart in charge of the digging, his work immediately followed by master mason Charles Bakke who was responsible for the footings and foundation. Dickinson Fire & Pressed Brick Co. delivered 75,000 common brick to the site in mid-January 1906. Progress seemed to indicate a mild enough winter for continual work on the structure, the foundation wall completed before mid-March and the first-floor joists laid just after mid-April.

Somewhat uncommon in this era when Dickinson saw rapid growth of its downtown, no architect or general contractor for the building is identified in newspaper reports, however, the



**Hobbies, Crafts Books, Etc. Store**  
North Dakota Cultural Resources Survey, April 1983  
Originally built as the new home of  
Parker & Co. (grocery/meat market) in 1911.

*Continued, page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



December 2020/January 2021

## A NEW “LEASE” ON LIFE: RENOVATIONS ON PULVER HALL

*Written by: Kayden Heckaman, DSU Student Intern*

What usually happens to buildings that fall out of use? One possibility is that they are abandoned, decay, or become condemned. Another is that they are remodeled and given a new life. One such building at Dickinson State University (DSU) is getting a second chance at bringing life and purpose to the campus and community, and that building is Pulver Hall. This building is located northwest of DeLong Hall on the University’s main campus. Before the Vietnam War, Pulver Hall’s main purpose was to be a six-floor residence hall and was considered the “twin” to DeLong Hall. However, when the war ended and college enrollments diminished across the United States, it was no longer needed for use as a residence hall.

Due to a growing demand for office space in the Dickinson area, it was converted to rental space for several different entities that included the Badlands Human Services Center and Roosevelt-Custer Regional Council. Though Pulver Hall is located within the boundaries of DSU’s campus, the University was technically only a landlord for the Hall until recent legislative funding provided the University an opportunity to reclaim and repurpose the campus building to benefit not only the DSU campus community but also the Dickinson community as a whole.

After being given \$4 million from the North Dakota Legislature to bring Pulver Hall back into the campus fold, the University has begun the process of renovating the space. The first and main reason that Pulver Hall is being given a makeover is to provide the University’s Theodore Roosevelt Center (TRC) a permanent place to call home. The TRC is dedicated to preserving the legacy of America’s 26th president and has created a digital index of Roosevelt-related documents. Renovating Pulver Hall will not only provide the TRC with a physical location to conduct this important work, but it will also provide them with meeting and exhibit space, as well as a large research library.



The first floor will be decorated to reflect the historical period in which Roosevelt lived and will be based on rooms in his own past residence. The public will be able to enjoy Roosevelt-related artifacts in the exhibit space on the first floor and the University hopes that it will be a “must-see” space for those who are visiting the area. This exhibit space will help to give guests a glimpse into the life of Theodore Roosevelt and his connection to and love of western North Dakota. After all, DSU is an academic institution, so any opportunity to teach not only students but also visitors about the former president is a welcomed one.

The second floor will include offices for TRC staff and the fourth floor will feature individual offices for students and visiting Theodore Roosevelt scholars, as well as a small apartment that can be used to house scholars or speakers visiting the DSU campus.

The second reason for the renovation is to provide classroom space and a conference room for the University. In addition to being used for DSU classes and meetings, the third floor space will also have a recording and broadcasting studio that students, faculty, and staff can use to produce podcasts, record lectures, and to appear on internet and television shows.

“The recording studio will be a big boon to our students, faculty, and staff, who can use it to produce programming that, we hope, will be widely distributed,” said DSU President Steve Easton.

The final reason for the renovation highlights the original purpose of Pulver Hall as an on-campus residence hall. This part of the renovation will occupy the top two floors and will provide premium residence hall rooms for the University’s Theodore Roosevelt Honors Leadership Program scholars. “It will definitely be a benefit for students,” said Chelsea Clark of JLG Architects in Fargo, North Dakota. This resi-

dence hall will be designed similar to apartment-style living. Each room will house one student with a shared central living space and kitchen area. “It’s always great to have new residence hall space for our students,” said President Easton. “We expect the Pulver Hall residences to be in high demand, as it will be great

*continued on next page*

## PULVER HALL *continued from previous page*

living space for our students.”

When the renovations to Pulver Hall are complete, it will be not only a great benefit to the DSU campus community but also the Dickinson community as a whole. “We are excited to bring Pulver Hall ‘back’ into our campus community,” shared President Easton. “There will be benefits for students, staff, faculty, and community members!” The University hopes to have the renovations to Pulver Hall finished by June 2021.



## INTERNSHIP TURNED SCHOLARSHIP: FIVE DSU STUDENTS REWARDED BY TRMF FOR HARD WORK, DEDICATION

*Written by: Kayden Heckaman, DSU Student Intern*

How they're going to pay for a college education is usually one of the first questions students ask themselves when deciding to pursue a degree. They often seek out scholarships and grant funding in order to lessen their financial load rather than taking on additional debt, and one organization in Western North Dakota is helping several Dickinson State University (DSU) students do just that. The Theodore Roosevelt Medora Foundation (TRMF) has awarded scholarships to five DSU students who interned for them during the summer season and demonstrated hard work and dedication.

This year, DSU and the TRMF worked closely to offer students several unique internship opportunities. “It was a wonderful partnership with some really great students that enriched the work culture of Medora,” said Kaelee Knoell, TRMF’s marketing and communications specialist. “Often, when we have an idea that requires a partner for support we look to DSU as a first option since they are a close community partner.”

This summer, the TRMF welcomed several DSU students as interns to Medora to work and live. Because of the COVID-19 pandemic, the borders closed and the TRMF was not able to welcome as many international seasonal staff as they have in years past, so having DSU students supplement

these efforts was beneficial for all involved.

While interning for the TRMF, students had the opportunity to work with and learn from industry leaders who provided a diverse perspective on different aspects of professional life. These opportunities ranged from large venue and theater management to lodging and hospitality, and even retail. This gave students a vast pool of experience that they could draw from. While working for the TRMF, students had a chance to not only work alongside more than 700 volunteers throughout the summer, but also with other students and employees from across the nation and from around the globe.

Every year, the TRMF awards up to 25 scholarships to student employees for “outstanding job performance, leadership skills, and the ability to positively affect co-workers and visitors to Medora.” Also taken into account is how well each student embodies the values and vision of the TRMF which include showing respect for people and place; delivering excellence in hospitality; working with creativity and integrity; valuing family; and connecting people to Medora for positive, life-changing experiences.

As a way to remember the TRMF’s former Chief Executive Officer, Rod Tjaden, a scholarship was created. Since his passing, the TRMF holds the yearly Tjaden Golf Tournament at the Bully Pulpit Golf Course and all proceeds raised go toward the Tjaden Scholarship Endowment. Donors and friends of Medora have also set up endowments for other specific and special scholarships that are offered by TRMF. These endowments ensure that students who work for TRMF will continue to be awarded scholarships far into the future.

Managers, executive team staff, and full-time employees are able to nominate students for these scholarships. To be eligible, students must work during the summer season and complete 480 hours over a four month period. Students must also be, within 13 months, attending a post-secondary school and must inform the TRMF of where and what they are studying.

DSU students who received TRMF scholarships this year include:



**ANDY SOLOVIOV**  
Kyiv, Ukraine  
*computer science*



**KIRSTYN BOHN**  
Vermillion, SD  
*psychology and music*



**MEDINAT JOLAYEMI**  
Lagos, Nigeria  
*mathematics*



**NAOMI UWAGBAI**  
Lagos, Nigeria  
*nursing*



**TAYLOR LUDWIG**  
Laurel, MT  
*business administration*

These students were chosen because they met all of the requirements and embodied the values and the vision that the TRMF holds. Here, these five students share about their experiences as interns with the TRMF and how they felt about receiving these scholarships:

***How do you feel about having received a TRMF scholarship?***

**Andy:** I am very honored and excited to say the least! The fact that my manager nominated me is motivating and makes me feel like my work at the TRMF was indeed valued.

**Kirstyn:** I feel extremely grateful and blessed. I loved working in Medora this summer, so receiving tuition assistance to support another thing I love has lifted a huge financial burden off my shoulders.

**Medinat:** Truthfully, I feel so grateful and happy for receiving this scholarship. I was shocked and at the same time joyful when I was informed I was one of the candidates that won the scholarship because I wasn't expecting that I would receive this scholarship.

**Naomi:** I feel so happy! I'm happy they recognized the effort I put into my job at the Foundation every day.

**Taylor:** Extremely grateful. Student debt adds up quickly; so any additional aid helps out so much.

***How will this scholarship help you as you continue your education at DSU?***

**Andy:** Every scholarship I receive helps me to think less about my tuition fee and focus more on my education.

**Kirstyn:** This scholarship has given me the opportunity to focus more on my education. Last year, I had three jobs, which resulted in my life being purely dedicated to only school and work. With this scholarship, I was able to reduce my number of jobs to just my work-study. Additionally, I have been able to participate more in extracurricular activities with my friends. I finally feel like I am getting to have a true college experience instead of working non-stop, and that has brought a lot of happiness into my life.

**Medinat:** This scholarship will help me to achieve my educational and career goals. It is an accomplishment for me as a student because it will enhance my resume.

**Naomi:** It's been a really strange and tough year with everything that has been going on. The scholarship really helps me with the continuation of my education here at Dickinson State, because it puts less of a strain on my parents and helps relieve them of a little stress. So, I'm really grateful for that.

**Taylor:** This scholarship will help me reach my goal of graduating this May!

***Was working with the TRMF a positive experience for you?***

**Andy:** Absolutely! Working for an actual IT department gave me knowledge and experience that I simply would not get at school. Another positive note here was the people. The TRMF, and Medora in general, has an extremely close and friendly community and it was easy to fit in, even for an introvert like me.

**Kirstyn:** Absolutely. The amount I grew in leadership and customer service is immeasurable. Medora rewards hard workers by growing their skills and giving recognition for hard work in various ways. I felt very cared about at the TRMF and that is something rare among many employment opportuni-

ties. It was amazing being immersed in all the history, beauty, and culture Medora has to offer in the hidden western corner of North Dakota.

**Medinat:** Working with the TRMF [was] a positive experience for me. I was able to meet new people who bring out potential I never thought I had in me.

**Naomi:** Working at the TRMF was a really positive experience. Not only did I get to work with a bunch of supportive and great people, but I also made some amazing new friends, some of whom also go to Dickinson State. I also got to see the Medora Musical multiple times, as well as eat at the pitchfork fondue. If given the chance, I will definitely go back and work for the TRMF again.

**Taylor:** I [cannot] say enough good things about the TRMF! I had such a great summer and learned so many things that will help me in future careers.

***How do you feel about DSU collaborating with the TRMF to give opportunities to DSU students?***

**Andy:** I think it will come out great since there is a variety of available jobs and a lot of students of different majors who are willing to work over there. As I mentioned before, this is a nice community for college students and their work is highly appreciated there. Plus, Dickinson and Medora are only 30 minutes away from each other, so this is not a very hectic relocation.

**Kirstyn:** I think the TRMF gives DSU students wonderful opportunities already that more students ought to take advantage of, so I am all for increasing these opportunities for us!

**Medinat:** This will be a great opportunity for DSU students. This will be an opportunity for them to learn more and acquire new knowledge.

**Naomi:** I think that will be an amazing opportunity! It will give DSU students the ability to experience the Badlands like they never have before. It is beautiful to hike and bike, especially during sunrise and sunset, and you not only get to meet amazing people from around the country, but also from around the world.

**Taylor:** I love the idea of DSU collaborating with the TRMF. The TRMF offers many jobs, internships, and scholarships that benefit DSU students.

With all the financial commitments that accompany pursuing a degree, DSU students are grateful to receive these scholarships from the TRMF. Working for the TRMF provides DSU students an experience of a lifetime and as time goes by, the TRMF and DSU plan to continue to grow their partnership to invite even more students to experience the enchantment of Medora. ■

# BLOOD DRIVE

FRIDAY, DECEMBER 4, 2020

11 a.m. – 6 p.m.

Biesiot Activities Center

Please schedule your appointment online with sponsor code DSU at [www.vitalant.org](http://www.vitalant.org)



## BLUE HAWK 101: FROM FIRST DATE TO FIRST DAY

Searching for the right college or university is hard. You have to find one that offers the program you want to study, is the right distance from home, is affordable and accredited... and that's all before you even consider if you'll be happy there.

If you think about it, your college search is a little like dating. Hear us out.

You find each other somehow, maybe online or through a friend. You chat to get to know each other a little bit and see what they have to offer. Maybe you meet up once or twice to explore what a relationship could be like. Things seem to be going really well. It's time to take the next step and make this relationship "official!"

We didn't major in matchmaking, but we are experts in making your college search and admission process simple. Let us hold your hand, or rather, let us help you get from our first date to your first day on campus a little easier.

### THE FIRST DATE: GET TO KNOW DICKINSON STATE



What is the best way to know if someone is a good match for you? Go on a first date! The same goes when it comes to your college search. A little shy? No worries – meet Dickinson State University (DSU) online! Explore the 75+ programs you could choose from, see what clubs and organizations you could be a part of, and take a look at the services that are available to you as a Blue Hawk. It's all on our website: [dickinsonstate.edu](http://dickinsonstate.edu)!

So, what do you do if you want to get to know us a little better? Ask questions! Connect with one of our enrollment recruiters to get the answers you are looking for.

Pro tip: **visit the campus!** Visiting your future college campus is highly recommended, no matter where you are in your college search! We offer a few different visit options for you to choose from based on what you are interested in learning or seeing. These range from one-on-one visits to Discover DSU Days, where you'll meet other Blue Hawks and their families. During any type of visit, you will get the chance to take a campus tour and talk with our enrollment recruiters. You also have the option of taking a virtual tour, which you can access anytime from anywhere!

### APPLY FOR ADMISSION

Okay, the first date went pretty well. You'd like to take the next step. So, what is that next step? Ask us out! Or, apply for admission! Get started by creating your VIP account. You will be taken to your own personal VIP page, where you can tell us what you are interested in studying and what you want to be a part of at DSU. You will have the option to start your application, and you will get a personalized checklist to make your admission process a breeze!

### SEND IN YOUR DOCUMENTS

You took a brave step by asking us out, and now we have to think it over. You want us to say 'yes,' right? Prove you will be a good partner and submit your documents! You will need to send in a few things to complete your application to DSU, and these will vary depending on the type of student you will be. They range from high school and college transcripts to immu-

nization records. Everything you need to send in will be listed on your VIP page's handy checklist!

### GET ACCEPTED

After a few anxious moments of waiting for a reply, we said "yes!" We will give you a moment to do your victory dance. Smack that beautiful acceptance letter up on your fridge for everyone to see. You did it!



Pro tip: **read that acceptance letter carefully!**

For certain programs, you will have to apply for acceptance in addition to your normal DSU admission application. Take nursing for example. If you mentioned that you'd like to study nursing when you applied to DSU, your acceptance letter will include instructions on how to get started on your nursing application. It will also mention important deadlines to watch out for!

### APPLY FOR FINANCIAL AID

Give us a moment... we are still reeling from the good news! We are so excited for you and our budding relationship!

Now that we are officially together, we have to get ready for the next time we see each other. The following steps are all about getting you ready for our first day together: your first day as a Blue Hawk at DSU's New Student Orientation!

Let's talk about money. Have you thought about paying for school? Your FAFSA is a great place to start! 'FAFSA' stands for Free Application for Federal Student Aid. This is a form you have to fill out every year if you want to be considered to receive financial aid from the United States. This step might seem pretty scary, but don't worry! We have a group of knowledgeable professionals (really smart people) to help you out. Get started on your FAFSA application for the 2021-2022 school year online, and get in touch with our Financial Aid office if you get stuck.

Pro tip: on your FAFSA form, you can say that you are going to DSU and it will make everything easier. Trust us! **Use our code when you apply: 002989.**

### APPLY FOR SCHOLARSHIPS

What's better than free money?

Trick question. There's nothing better than free money.

We've made it super easy for you to find a lot of scholarships that you can apply for to help lower the cost of your education. We definitely recommend applying for a scholarship through the DSU Heritage Foundation. You'll apply just one time per academic year, and the Foundation will help you find the scholarships that are right for you! Easy peasy.

### APPLY TO LIVE ON CAMPUS

Moving into your residence hall room and meeting your roommate is one of the coolest experiences you'll have! But, before you go shopping for mini-fridges and desk lamps, you have to actually apply to live on campus. You can get started on your housing application after you have been accepted to DSU. Take a look at the rooms in DeLong, Selke,



and Woods Halls and decide which one best suits you!

Pro tip: take a look at your future residence hall room and **make a list of what you think you'll need before you go shopping!** We've compiled a list of our top recommendations to help you get started!

### JOIN THE FLOCK

If you haven't already done so, now is a great time to get connected with your classmates, future roommate, and other members of the Blue Hawk community! You can follow Dickinson State on Instagram, Facebook and Twitter. Just search @dickinsonstate. Stay in the know about student activities by following Dickinson State Students on Facebook! If you have applied to live on campus, you might be assigned a roommate, and it's good to connect with them now to make sure you don't both bring a mini-fridge or television!



### ATTEND NEW STUDENT REGISTRATION

Okay, now this is getting real. You have done so much already, and those first-day-of-school jitters are starting to set in. Just remember to breathe!

Let's start making plans for our future together. Okay, that sounds a little scary, but that just means it is time to pick your classes! First, you should sign up for New Student Registration. During this event, you will get the chance to iron out the details of your financial aid and your on-campus living arrangements, get your student ID card and parking pass, order your books, meet other new Blue Hawks, and of course, sign up for classes! It's finally happening!

### THE FIRST DAY: NEW STUDENT ORIENTATION

It's here.

The day we've all been waiting for.

The day you've worked so hard to reach.

Your first day on campus!

You've packed the car with pillows and blankets, a microwave, and clothes... the works. You and your family climb in the car and make the drive to campus. You arrive at your residence hall and meet your new RA (This is your Resident Assistant, who's in charge of your floor. He or she may be your best friend or worst enemy – tread carefully.). They hand you the keys to the castle and your family starts to unload the car. You all jump on the elevator



and take it up to the third floor. You step off and the air is electric. You walk down the hallway, hearing "Hawks are up!" and "Hey, how's it going?" left and right. You stop. There it is: your room for this first, amazing, glorious year. The door is halfway open. You knock, and your new roomie welcomes you and the fam in.

After you've dropped all your stuff off, you and your family say your 'good-byes' and 'see-you-soons.' There may be a tear shed, but we promise we won't tell. You and your new roomie take a look at your move-in packet to see what's coming up tonight and during the rest of New Student Orientation. There's a whole bunch planned: movies, pizza parties, flag football... You talk it over and pick a couple events to check out. You grab your keys and head out the door into the great beyond: your new college campus.

You breathe a sigh of relief. It looks like this relationship with DSU is going to be an incredible one! ■

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### ON THE ROAD AGAIN: CDL COURSE AT DICKINSON STATE UNIVERSITY TAKES OFF

*Written by: Kayden Heckaman, DSU Student Intern*

When 2020 started, who knew it would end up being such a hectic year for not just North Dakota, but also the whole world? Here in western North Dakota, we have not only had to deal with the ongoing COVID-19 pandemic but also severe economic conditions in the energy and agriculture related sectors. We have seen sharp declines in oil prices this year, and crop and livestock prices have also been dwindling. These economic hits have caused the displacement of hundreds of North Dakota workers. However, not all is lost! Dickinson State University's (DSU) designation as a dual mission institution has given the University the opportunity to be responsive and relevant in meeting the educational needs of the citizens in our region.



In 2018, Dickinson State University was approved by the North Dakota State Board of Higher Education as the first dual mission institution in the state. This designation expands course offerings beyond the bachelor's degree and now includes continuing education, certification, associate degrees, and graduate degrees. This designation allows DSU to serve our area by offering needed programs to prepare a workforce for our growing region.

A survey conducted of the regional business community and energy companies brought forward several interest areas in which workers are needed. One of the interests presented was a growing need in southwestern North Dakota for preparation for testing and obtaining a Class A Commercial Driver's License (CDL). In order to bring this training to the Dickinson area, DSU has collaborated with TrainND Northwest, a division of Williston State College. TrainND Northwest currently offers this training to northwestern North Dakota and in its partnership with DSU has begun to provide a similar service to the southwestern portion of the state.

The CDL training program is a three-week, 120-hour course that consists of both an in-class component and behind-the-wheel training on and around the DSU campus. The first three and a half days focus primarily on intense classroom training. As for the remaining days in the course, they are split between a short classroom period for updates and logbook maintenance and operating or observing tractor operation. In-class portions of the course cover topics ranging from driver qualifications, and wellness and fatigue, to pre-trip inspections. The hands-on portion covers topics such as vehicle inspections, basic controls, hazard perception, and defensive driving skills. After successfully complet-

*continued on next page*

## CDL COURSE *continued from previous page*

ing the course, participants receive a certificate, and are prepared to take the State of North Dakota CDL driving test.

The first classes, which began in mid-October, were “fantastic,” according to Dr. Chip Poland, DSU’s chair of the Department of Agriculture and Technical Studies and professor of agriculture. “Kenley Nebeker, the regional director of technical programs and training at TrainND Northwest, was very meticulous to ensure the curriculum was set up and ready for delivery,” said Poland. “And Casey Anderson, the on-site instructor and TrainND Northwest’s safety trainer, is very experienced and accomplished and made the initiation of our inaugural class a huge success.”

“In addition to the support from TrainND Northwest, another key player in making this program a success is Mary Urlacher, Dickinson’s workforce center manager for Job Service North Dakota,” said Poland. “Job Service North Dakota, who provides workforce and unemployment services across the state, made a substantial contribution to this program by providing funding assistance to eligible participants to help offset the cost of this training.”

During their first week, three participants completed three days of intensive in-class instruction before starting their hands-on training. Their next weeks were full of learning, and we are happy to report they have since passed their CDL driving tests and are ready to hit the road!

The next three-week span of classes will begin Monday, Nov. 30, and will conclude with a driving test the week of Dec. 21. This course is anticipated to be offered roughly every other month. For more information such as prerequisites and requirements, and details regarding cost and funding opportunities, please visit [www.dickinsonstate.edu/cdl](http://www.dickinsonstate.edu/cdl). ■

## *The campus is bustling at Dickinson State!*



*S'mores Night*



*Fall Band Concert*



*Football vs. Waldorf*



*Homecoming Take and Paint*



*2020 Convocation*

## DICKINSON STATE AWARDED GEER FUNDING FOR THREE INITIATIVES

North Dakota Governor Doug Burgum announced Tuesday, Nov. 3, that Dickinson State University received three grants totaling \$192,150. The grants were awarded under the Governor’s Emergency Education Relief Fund (GEER Fund) created by the federal Coronavirus Aid, Relief, and Economic Security Act (CARES Act).

In competitive grant applications due earlier this fall, North Dakota higher education institutions were asked to demonstrate the concept of accelerated learning opportunities with an emphasis on a rapid response to transition and student support.

“We are pleased to have been awarded these generous grants that will help DSU respond to varied and critical educational needs throughout western North Dakota,” said DSU President Steve Easton. “I applaud the commitment of our faculty and staff as they have responded and transitioned to changing educational needs. These grants will support innovation and partnerships as we continue to serve our students and our community.”

DSU received grants for the following initiatives:

### **1. Supporting health care systems by providing CNA training to fill employment gaps – \$45,000.**

As part of its dual mission designation, DSU works closely with Job Service North Dakota to identify workforce needs in Dickinson and its surrounding communities. Due to the COVID-19 pandemic, health care facilities, including nursing homes, in western North Dakota are experiencing critical shortages of nursing staff, particularly Certified Nursing Assistants (CNAs). This GEER grant will support the offering of additional CNA training courses.

### **2. Partnering to retrain displaced workers – \$70,000.**

DSU is partnering with local and regional entities to support retraining workers in western North Dakota who have lost their jobs due to the severe economic conditions in the energy and agriculture related sectors. The portion of the full grant application that was approved will allow DSU to purchase state-of-the-art welding bays.

### **3. Creating an active learning classroom – \$77,150.**

An active learning classroom will be developed to allow both face-to-face and distance students to learn together in one classroom. COVID-19 has changed the landscape of higher education, creating a necessity to offer classes in more than one format so that students can receive the best education possible while at the same time, maintaining safe health practices such as social distancing. Dickinson State University’s programs offer solid content knowledge as well critical and creative thinking skills. These skills are best taught in an interactive environment where there is the opportunity for rich interaction between the instructor and the students.

“The COVID-19 pandemic has expanded the need for flexible educational modalities,” said Dr. Debora Dragseth, DSU’s provost and vice president for academic affairs. “This state-of-the-art classroom on our campus will support interactive discussions, group-based assignments, problem-solving sessions, and peer group interactions in the challenging environment educational entities are facing today.” ■

# STUDENT SPOTLIGHT

## COLTER HICKOK '21 composite social science education major



### **Tell us a little about your life before you came to Dickinson State University (DSU)?**

I'm from Bridger, Montana, but I graduated from Laurel High School in Laurel, which is about 30 miles away from Bridger. I have two sisters, one older and one younger. If you are a middle child, you know the struggle.

### **What made you decide on DSU?**

I really never thought I would be here in Dickinson when I graduated high school. I thought I would have gone on to Montana

State in Bozeman. I didn't have the best senior football season in high school after getting hurt. I somehow still managed to get college offers to play football. During the summer, I would go to different camps and noticed a lot of DSU coaches there. I met some of them, but I didn't think it would lead to anything. I got a text one day from Coach Jace Schillinger saying that I had an offer to be an offensive lineman for the Blue Hawks, and the rest is history.

### **What are you studying and when do you plan to graduate?**

I have always wanted to be a teacher. My mom is a teacher, my grandpa was a teacher, so I am kind of going into the family business. I am composite social science education major with a coaching minor. So, hopefully, wherever I end up, I can be a teacher and a football coach. I plan on graduating in 2021.

### **How have things been going for you this semester? How are you adjusting?**

This semester is different, to say the least. I actually had COVID-19 in the middle of the semester, and it wasn't a huge transition going online rather than in person. DSU has done a pretty remarkable job about making sure the students are safe. I think I am just going with the flow and trying not to rock the boat.

### **Are you a part of any clubs or organizations on campus?**

On campus, I try to be involved in a little bit of everything. Right now, I am a student assistant for the Blue Hawk football team, a senator on Student Senate, a student worker for the DSU Heritage Foundation, a member of the History Society and a member of the Teacher Education Association. I can't forget about Hawk Talk.



### **We have to admit that we are a little starstruck. How do you like hosting Hawk Talk? How did you get involved in the first place?**

Oh stop, I am just a regular down-to-earth person! But, I usually tell people if they recognize me from Hawk Talk, don't worry about the paparazzi, as they will usually go away. They hardly ever laugh, but I think I am kind of funny. I have always been interested in broadcasting, either on radio or on TV. I have even been told I have a face for radio.

To say that I love co-hosting Hawk Talk is an understatement. I was able to get involved with this show last year when Seth Moerkerke and Suzanna Moberg were graduating. The Foundation tweeted about how they were looking for new co-hosts and I thought, if I am never going to be interviewed on the show, I want to be the one asking the questions. So, I sent in my application thinking that the worst they can do is say "no." But, to my surprise, I was picked to be a co-host with Ellie Hanser. When Ellie graduated with her LPN in nursing, I took over the head host position. When I needed to find another host, I thought about a few people, but it was Gunnar Farstveit and Kenzie Grubbs that made it through the rigorous interview process. I asked them and they said "maybe," which I took as a "yes."



Kenzie was voted by the fans to be the next co-host and the rest is history. The other day, we interviewed Nate Easton, the co-creator of Hawk Talk, and to get his praise about Hawk Talk meant the world to Kenzie and me. Whenever I leave my mark on DSU, I feel like this show has helped me do it.

### **That's awesome! So, how do you like to spend the little free time you have?**

Well, I am a huge movie fan. I can quote National Lampoon's Animal House start to finish, which I think might be one of my biggest accomplishments. I also really like to cook and bake. My mom and grandma made sure I knew how to do those things. You name it, and I can more than likely cook it. Or, I hope I can at least do my best representation. I'm also a big fan of boating. My family goes on vacation in Montana and we always bring our boat.

### **What do you want to do after graduation?**

If I can go back to Montana and be a teacher, great. If I can stay here in North Dakota and be a teacher, great. I am just going with the flow, and wherever I end up, I am sure it'll be a good time!

### **Do you have any advice for future Blue Hawks you'd like to share?**

My advice for future Blue Hawks is to get out and get involved in the community of Dickinson. I have met so many great people during my tenure at DSU. I want to quote Nate Easton from his Hawk Talk interview, "Dickinson State: where anyone can be someone." This place is truly a family, and future Hawks will get to meet some of the greatest people they will ever meet.

### **Lightning round: three fun facts about you. GO!**

1. I have never had a pet, so I'm looking for a woman that will want a lot of dogs.
2. I have a mullet, but I am also balding so you might need sunglasses if you see me five years down the road.
3. If teaching doesn't work out for me, I want to be a standup comic. Always have a backup plan. ■

**DUE TO CHANGES RELATED TO COVID-19, EVENT DETAILS ARE UPDATED REGULARLY.**  
 To view the most up-to-date events calendar, please visit [www.dickinsonstate.edu/events](http://www.dickinsonstate.edu/events).

## DICKINSON STATE UNIVERSITY EVENTS

Dec. 04	12:30 p.m.	Blood Drive	Student Center Ballroom
Dec. 05	8 a.m.	Praxis Computer Testing	May Hall room 1
Dec. 05	10 a.m.	DSU Music and Theater Audition Day	May Hall, Dorothy Stickney Auditorium
Dec. 07	9 a.m.	Discover DSU Day	Student Center
Dec. 11	9 a.m.	Virtual New Student Registration	online
Dec. 11	5:30 p.m.	Women's Basketball vs. Mayville State University	Scott Gymnasium
Dec. 11	7:30 p.m.	Men's Basketball vs. Mayville State University	Scott Gymnasium
Dec. 12	8 a.m.	ACT Testing	May Hall 312, 314, 316
Dec. 12	3 p.m.	Women's Basketball vs. Presentation College	Scott Gymnasium
Dec. 12	5 p.m.	Men's Basketball vs. Presentation College	Scott Gymnasium
Dec. 12	7 p.m.	DSU Holiday Concert	May Hall, Dorothy Stickney Auditorium
Dec. 17	4:30 p.m.	Fall 2020 Teacher Education Pinning Ceremony	via Zoom
Dec. 19	5 p.m.	Men's Basketball vs. Valley City State University	Scott Gymnasium
Jan. 04	5:30 p.m.	Women's Basketball vs. Yellowstone Christian College	Scott Gymnasium
Jan. 04	7:30 p.m.	Men's Basketball vs. Yellowstone Christian College	Scott Gymnasium
Jan. 08	9 a.m.	New Student Registration	May Hall, Dorothy Stickney Auditorium
Jan. 15	5:30 p.m.	Women's Basketball vs. Viterbo University	Scott Gymnasium
Jan. 15	7:30 p.m.	Men's Basketball vs. Viterbo University	Scott Gymnasium
Jan. 16	3 p.m.	Women's Basketball vs. Waldorf University	Scott Gymnasium
Jan. 16	5 p.m.	Men's Basketball vs. Waldorf University	Scott Gymnasium
Jan. 23	9 a.m.	DSU Wrestling Quad Duals	Wienbergen Gymnasium
Jan. 30	3 p.m.	Women's Basketball vs. Valley City State University	Scott Gymnasium

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

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

### DISCOVER DSU DAYS

**Monday, Dec. 7**  
**Friday, Feb. 26**  
**Monday, Apr. 19**

*Visit campus,  
 speak with faculty,  
 and take a tour!*



AT EACH DISCOVER DSU DAY,  
 THERE WILL BE A DRAWING FOR A  
**\$500 SCHOLARSHIP!**  
*You must be present to win.*

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

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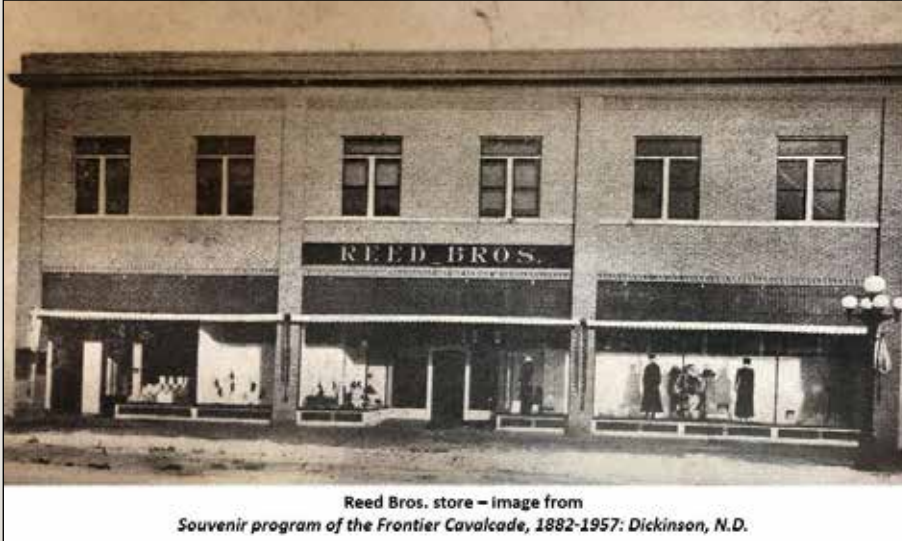
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Continued from page 16



Reed Bros. store – image from  
Souvenir program of the Frontier Cavalcade, 1882-1957: Dickinson, N.D.

announcement that John F. Davis of Walton & Davis would be the bank's president leads one to believe his firm may have served as general contractor and that the design might have come out of their office. Regardless, work continued apace with the safe and bank fixtures arriving in mid-July and speculation advanced for a September 1st opening.

Again, unlike many other major business projects of this time, there is no detailed Press article on the completion or opening of the new bank building, simply a short piece about how popular the new safety deposit boxes were with patrons at the September 4th opening and mention that the Comptroller of Currency visited that day to review statements, which showed deposits totaling \$21,169.32, "not a bad showing for the beginning day."

Going strictly by the coverage in the Dickinson Press, Merchants National seems to have gotten along successfully but quietly; by close of business on November 12, 1906 deposits had grown to \$67,278.55, loans to the amount of \$31,984.70 had been made and "not a dollar of overdrafts appear in this statement." The next month it was reported that the American Bank Protection Co. would be supplying the bank with its "electric steel vault linings," which were to make Merchants' vault "absolutely burglar proof" though no details of how this system worked were offered, even then it being understood that security was best served if left a mystery to the uninitiated. Also announced before the end of December was the first meeting of the Dickinson Commercial Club (forerunner to the Chamber of Commerce) in its new home on the second floor of the new bank.

In January 1907 comes the first mention (in the Dickinson Press at least) of the full

board of the Merchants National Bank following their stockholder's meeting:

President John F. Davis – Walton & Davis Lumber

Vice-President Welton McDonald - McDonald & Pomroy Drug Store

John H. Daly – NPRR Roadmaster/Rancher

M.L. Ayers – Publisher, Dickinson Press

George Senour – formerly of Senour & Langley Hardware

John C.F. Parker – Groceries & Meats

Albert H. Arnett – Stockman

That same issue announced that J.P. Tingle, former pressman for the newspaper, would be striking out on his own, setting up a job printing business in the basement of the bank on whose board his former boss sat.

Growth continued to smile on the new financial institution, it being reported that after six months' operation deposits totaled \$117,391.72. It is also curious to note that in this report are contained the first details of the new building to show up in the Press, publisher Ayers possibly having been too ethically-minded to trumpet praises of the building in his own newspaper six months earlier.

It is a fine two-story building constructed of Dickinson brown flashed pressed brick, and cost \$10,000. The banking rooms on the lower level are beautifully finished in oak and marble and the furnishings are all of fine material and exquisite workmanship.

This article also noted the unused land remaining from the original parcel and that the bank had purchased more land adjacent to its north side along Barnes Street although no plans were then announced, however, the article did mention that Merchants National Bank of Dickinson was the first bank in the city to loan money

at less than 12%, its then current rate of 10% undoubtedly attractive to prospective borrowers.

In February 1915 it was finally announced that the bank would put its excess land to use to enlarge the bank forty feet to the north for more office space and also change its corner entrance door to a centered door on the building's south face. Also, the bank's lobby would be switched from the west to the east side of the building to provide employees more light. Three months after this announcement it was reported that the bank's original directors had formed a stock corporation for the purpose of erecting a retail building directly to the east of the bank, Walton & Davis (who were also performing the bank expansion) being engaged to build a large store for Reed Brothers (originally planned as a single story but increased to two), J.W. & F. G. Reed signing a five year lease with a ten year extension option.

Progress on the new structure and expansion proceeded smoothly, it being noted in September that 60,000 lbs. of structural iron had been installed and that Bakke's masons were rapidly putting up brickwork. The new entrance's marble columns were nearly ready for installation and there would be financial statements and copies of the Dickinson Press placed

in a closed pocket under the right-hand column for posterity. By December 1915 the work was almost complete, basically delivering a structure that was very much as it remains today.

The Merchants National Bank of Dickinson liquidated operations in 1927, the Dickinson Building & Loan Association moving into the building in the 1930s before exchanging buildings with Liberty National Bank in 1945, Liberty occupying the old Merchants site until the 1960s. In 1941 Reed Brothers closed and the S & L Store replaced it, that operation eventually closing in the 1970s to be replaced by a fabric store. Both the old Merchants Bank and Reed Bros. buildings were eventually acquired by American Bank. Along with these structures American also acquired the brick retail building just east of the Reed Bros./S & L structure, which was completed in 1911 as the Parker & Co. grocery/meat market. This building, which later was home to Stevenson's Ladies Ready Wear, a hobby and craft store and then Faith Expressions bookstore is now set to change hands, along with the Merchants Bank and Reed Bros. buildings, to become Dickinson's next City Hall when the new American Bank Center moves into its new downtown headquarters one block north of its current location. ■

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## HEART RIVER GEMS

# Jim and Sonja Ozbun—An amazing team

By Kaylee Garling

Jim L. Ozbun was born and raised on a farm in Flasher, North Dakota. “I attended a one-room schoolhouse, with the same teacher for the first eight grades and then a small high school. It was a challenge to move to North Dakota State University, with a big community, people from everywhere, none of them that I knew. Quite a change, going from living on a small farm, to living at a big university. But I survived it.” He obtained his BS and MS degrees from NDSU, and his PhD in Soils and Plant Physiology from North Carolina State University in Raleigh, North Carolina.

“After Sonja and I were married, we decided to go to North Carolina for my doctorate degree. We had 1 ½ children [Sonja was pregnant at the time], an old beat up car, and an old beat up trailer behind the old beat up car. We headed off to North Carolina, never really having been out of the state before. We spent the first couple nights at her parents’ house in Starbuck, Minnesota, and I think her mother was concerned she’d never see us again as we pulled out of the yard in that old car with the old trailer. We got to North Carolina and had a unit there but no furniture. So, we slept at a friend’s we knew from NDSU the first night. The second night, we stayed in our unit, sleeping on the floor. With Sonja six to seven months pregnant, it wasn’t easy.”

Jim served on the faculty and in various leadership positions at Cornell University, the University of Minnesota, Kansas State University, Washington State University, and as President of North Dakota State University. He retired as President Emeritus from NDSU in 1995 and purchased a small cattle ranch just north of Dickinson where he raised registered Hereford cattle and registered Quarter Horses. In 2010, he and his wife, Sonja, sold the ranch and moved into Hawks Point, Dickinson State University’s retirement community. “One of the reasons we sold the cattle ranch was because we felt the need to visit our kids more often. We had grandchildren graduating, going to college, getting married, and it was always right around calving season. We decided attending those events were more important than raising cattle.”

In August of 2015, Jim was appointed Interim President of DSU, which he held until January of 2016. He then became Interim Executive Director of Hawks Point until October 2016. His research and teaching were primarily related to physiology

and nutrition of crop plants. He advised numerous graduate students including ten PhD dissertations. Jim has won many awards including those for philanthropy research and volunteering. He has more than fifty scientific journal publications and extensive international experience and consulting, including time in China, Morocco, Jordan, the Sudan, and Colombia.

“We’ve done a lot of traveling, and Sonja’s been able to travel with me almost every time we’ve gone out of the country. Been to China three times, to see the agriculture there, all with the university I was working with. The first trip in 1979, everyone rode bicycles, and before you went too far down the street, there would be someone standing beside you, wanting to learn English. After my first visit, I estimated they’d be a major world power within 10-15 years. It took a little longer, but they were aggressive, hardworking, and wanted to learn. The next trip, they were using automobiles a little more. We were picked up at the airport and driven into Beijing. It was at night and we couldn’t understand why our driver wasn’t using his head lights, but later found out it was because everyone else was on bicycles, and the lights would blind them. The third time we visited around 1990, there were tremendous changes. Everyone was wearing western clothes, had a car, much like NYC with honking horns.”

Jim and Sonja were married in 1959. They have two married children, six grandchildren, and eight great grandchildren. “We’ve been married for 61 years. Throughout that time, everywhere we’ve gone, we’ve functioned as a team. Sonja primarily raised the kids, but we worked together as a team to make our careers successful. I think that’s a lesson everyone should think about. There’s a role each can play to make things good for all of us. Your spouse is someone you’re going to be with for the rest of your life, so find someone you can be happy with and who will be happy with you.”

They are both actively involved in community affairs. Jim explained, “The primary project I’ve been involved with for ten years now is marking the Great Western Cattle Trail. It’s a trail from Texas to Canada, and it passes right through this area. When I was the District Governor for Rotary International, Sonja I were able to go to Nebraska to work with some people down there, and get the effort brought this way. Seven million head of cattle and horses



Jim and Sonja Ozbun

came up that trail out of Texas and Mexico in the late 1800’s. Some ended up in Medora. My grandfather helped bring some of them up to Medora when he was about 15 years old.”

There’s personal history behind his efforts, which makes it extra special. “We established the Heritage Foundation when I was Interim President at DSU, and I’ve been on the board ever since. When I retired, I had more time to get involved in things I didn’t have time for before. Since I grew up in Western North Dakota, I appreciated it out here, and love getting involved in the all the different organizations and committees;

it has given me the opportunity to promote Dickinson.”

With Jim’s experience and love for the area, there’s no better advocate of this wonderful place we call home. We’re grateful Jim and Sonja decided to continue growing their roots within the great state of North Dakota. We look forward to many more years of their expertise. At 84, Jim said, “I feel like I have an obligation to do things because I have the experience and background to be able to help people. I’m running out of time, so I have to do things and do them fast.” ■

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**PIPER'S PALS****Cat + patio = Catio**

Many people living within city limits do not realize that allowing your pets to roam at large is against city ordinances. All pets are required to be on the premises of the owner, or on a leash or lead and that also includes cats. So how do we keep our kitties who love to explore and enjoy the outdoors safe and happy? We build them a catio! Not only do catios provide outdoor stimulation they also keep your neighbors happy, protect the bird and wildlife population (domestic cats can destroy up to 2.4 million birds every year) and keep your kitty safe and secure. Thousands and thousands of cats are impounded each year and often never claimed by owners. The numbers of kitties looking for homes has exploded due to overpopulation which is also another benefit of a catio!



There are endless designs for catios and can even include a space for owners to enjoy outdoor time with their kitties. If you don't feel handy there are a number of companies who sell ready-made catios or provide building ideas.

Pictured is Shadow enjoying her newly erected catio. Shadow can access her new outdoor space by just walking through a window opening from the home. Catios keep cats happy! ■

*Welcome*

**Dr. Samantha Kiedrowski**

Family Medicine & Obstetrics Physician



**For Scheduling:  
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*Have a very  
Merry Christmas  
from the team at*

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VOICE**



## YOUR HEALTH

## Pre Auto-Immunity



By Steve Irsfeld

Much of the information that I present in this column is directly related to auto-immune (AI) diseases, making it seem like I am sometimes speaking in circles. The reason being is that so many factors go into the AI conversation including stress, gut health, emotional health, sleep, inflammation, exercise, diet, and water consumption.

Do you know of any other grouping of medical conditions having over 120 unique variations other than auto-immune? I think not. Recent evidence is pointing back to the gut and the microbiome and its effect on overall health.

One common condition we do hear about quite often is Pre-Diabetes. The body is slowly moving towards not being able to handle the glucose load present in the body. Pre-diabetes is usually caused by excess weight and inflammation, and the process is slow and not typically detectable unless monitoring is involved. The problem with pre-diabetes and most conditions that slowly progress over time is the silence that accompanies it. Silence in that you may not feel the slightly elevated blood glucose level or the A1c that inches higher every year. The process of pre-diabetes is something I feel can be carried over into the world of auto-immunity. Patients diagnosed with an AI disorder have had the condition for about seven years before they are diagnosed. Considering that AI's can be reversed by fixing the underlying causes, it would seem possible that if we could address the issue in its infancy, a person might have a better chance at halting the process before it becomes a full-blown, out of control condition.

Three big things present will aid the onset of AI; being female, poor gut health, and stress. Females bear the brunt of this disease in a 2:1 ratio vs. men, and being female is not something that can be changed. The next two items, poor gut health and stress, are areas of change that a person can directly impact and gain control. I recently attended a virtual conference, and one of the speakers challenged the

attendees to help patients in the pre-AI phase of the disease. The tools discussed included ideas to heal the gut, take supplements to address stress, stress reduction techniques, and use an old drug with a new benefit called low dose naltrexone (LDN). Working on the gut and managing stress are potential fixes. LDN is a band-aid, but a good and safe one, has few side effects, and it is cost-effective compared to the biological medications. Biologic medications cost in the neighborhood of \$25-50,000 per person per year. All you have to do is watch one of the big four networks for an evening along with the commercials, and you will see these drugs paraded across the screen. Did you know that a 30-second national TV ad costs in the neighborhood of \$100,000? With over 26 million people watching prime time television on the big four networks, it would seem plausible that two people see an ad, talk to their provider about trying a drug, get put on a biologic medication for \$50,000 per year, and cover the cost of the ad.

Auto-immune disease caught in its infancy can save the system billions of dollars. Before it gets a foothold, halting the disease process would seem like a possible solution to what is happening. There is not much talk of this being a treatment option or even something to consider because money talks, and a fix would potentially jeopardize this multi-billion-dollar industry. If we took the \$25-50,000 per year and funneled it toward prevention, good quality food, supplements, and exercise, we would have a considerable excess of money in the end and a possible fix. We need more fixes and fewer band-aids.

We have temporarily returned to curbside delivery only during the recent increase of COVID positive testing in the state and county. For more information on ways to combat AI naturally, call the pharmacy @ 701-483-4858. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) more articles in the blog section. Until next time, be vigilant about your health! ■

## UNITED WAY

## A season of gratitude

By Nichole De Leon, Executive Director

A turkey roasted golden brown. Yams topped with candied pecans. Grandma's spiced pumpkin pie. Family and friends gathered around the table for a traditional Thanksgiving feast. For many this is only a dream. During this season of Thanksgiving, United Way of Dickinson is grateful for individuals, businesses and organizations who continue to help shape lives and communities by making dreams come true, one piece at a time.

We are listening and learning from community conversations held across our three-county service area that poverty is the over-arching "big issue" that affects, in some way, everyone who lives here. Poverty continues to be a significant challenge with 1 out of every 6 people living in poverty.

We want people to lead the best life possible with the ability and attitude to

accomplish anything. Children are our future, so it begins with them. We need to help children reach their full potential, so

they can accomplish more and succeed in school, business and life.

What our community needs is you- join us in a community-wide effort to help families and children lift themselves out of poverty and thrive. The moment is now. Your donation to the United

Way of Dickinson has a tremendous impact on thousands of individuals who are your friends and neighbors.

United Way changes lives one piece at a time. You have the power to be a part of that change - it's the power of your dollar. Tax-deductible contributions can be sent to United Way of Dickinson, PO Box 501, Dickinson, ND 58602; website [dickinsonunitedway.com](http://dickinsonunitedway.com); Facebook [facebook.com/unitedwayofdickinson](https://facebook.com/unitedwayofdickinson), Instagram [united\\_way\\_of\\_dickinson](https://instagram.com/united_way_of_dickinson); or call 701-483-1233. Best Wishes! ■



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**NDSU EXTENSION****Tips to reduce worry and stress**

By Holly Johnson

**NDSU**EXTENSION  
STARK/BILLINGS COUNTY

The world we live in today seems so out of control. We are working in a different way; today's students are learning in a different way. Loved ones are more isolated than ever with restrictions of in-person visits to long-term care facilities. Our nation is in a state of extreme unrest. The uncertainty and unfamiliarity of our daily lives greatly impacts our mental health. Everyone is worn down and tired: emotionally, mentally, physically, etc.

You may find comfort in knowing you are not alone in your time of stress and fatigue. I am tired too; I needed to find a way to recharge and refresh. NDSU Extension has great information on stress management during tough times. During this pandemic, I continue to find ways to reduce my worries and stress. It is an ongoing process! It is my hope to offer you some coping tools and strategies to improve your mental health.

**Tip #1:** Find or continue a hobby! I love quilting, creating with my hands is so soothing and fun. It is something I can do without staring at a screen. I can make things for myself or for a loved one. I encourage you to find your

creative outlet or any pastime that brings you joy to take your mind off of the "here and now".

**Tip #2:** It is okay to say no! In this virtual world we have found ourselves in, we have more opportunities to attend meetings, conferences, and other online events because we are not bound by distance. In ways, this has been a blessing. However, I am practically fried after a day of Zoom and Skype meetings. Spreading yourself so thin is stressful, exhausting, and unnecessary. I have found that attending only the mandatory meetings and just a few of the optional ones has cut down on my Zoom fatigue.

**Tip #3:** Call a loved one! We have instant messaging and emailing at our fingertips, but I can not tell you how amazing it is to hear the voice of someone you love. We can not visit family/friends who are in nursing homes or assisted living facilities, but we can call them. Video chatting is another great option. It is how I stay in touch with my fiancé, siblings, parents, and close friends.

**Tip #4:** Find ways to unplug! Don't get me wrong, the news and social media have their place, but there are appropriate times to shut them off. Listen to some good music, read a book, or start listening to a podcast that interests you. I never thought I would be a podcast person; talk radio tends to bore me. However, I discovered a quilting podcast that I LOVE. It gives me background noise that isn't the television, and it feeds my hobby. Win-win!

NDSU Extension has many more strategies for reducing stress and improving overall well-being. These are just a few that have helped me and hopefully can help you too. Take care of yourself! ■

**id·i·om****Bottoms up!**

**Meaning:** Express friendly feelings towards one's companions before drinking.

**Origin:** During the 18th and 19th centuries, English Navy recruiters would coerce London drinkers in dockside pubs to join the service. Accepting the "King's shilling" was proof that an agreement had been made to join the service. Dishonest recruiters would slip a shilling into the pint of a drunken man who wouldn't notice until he had finished his beverage. The victim would then be dragged away and wake up on board a ship far out to sea, unaware of what had happened to him the night before.

When drinkers and pubs became aware of the scam, they introduced tankards with transparent bases. Customers were reminded to lift the pint up and check the bottom for illicit shillings before they began drinking. ■

**CONGRATULATIONS TO THE LEMONADE DAY CHAMPION!**

Leila Gregoire was the Chamber of Commerce's 2020 Lemonade Day Champion! She received a bike courtesy of Lemonade Day PLUS a scholarship from our friends at the DSU Heritage Foundation. Go Hawks!

Congratulations to all participants of the 2020 Lemonade Day!

Stay tuned! Lemonade Day 2021 planning is starting soon, and we hope you will join us!

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# Heart River VOICE Events

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

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

Many things taking place at Dickinson State University this month. See page 24 for their event schedule.

**NOVEMBER 1-DECEMBER 14 TOY & FOOD DRIVE** Help the needy in Southwest ND. Bring in a new unwrapped toy, food or household items, and your name will be entered in a drawing for a new iPad or a \$50 Visa Card! Drawing on December 14. Details: consolidatednd.com or call 701.483.4000. Sponsored by Consolidated and Cornerstone Bank.

**WEEKENDS IN DECEMBER VISIT SANTA** Come to Prairie Hills Mall and meet Santa! Times vary by date (weekends in December). Please contact Prairie Hills Mall with any questions. 701.227.0462.

**NOW-DECEMBER 18 GIFT CARDS FOR PRETEENS AND TEENS** Serendipity and United Way of Dickinson are partnering together this holiday season to ensure that local children between the ages of 12 and 17 are not forgotten. When you stop by Serendipity donate a teen-appropriate gift or gift card from Serendipity or somewhere else. Help make a local preteen or teen's Christmas dreams come true!

**The West River Ice Center will be closed and all activities canceled until 12-13-2020.**

**NOW-DECEMBER 18 ANGEL TREE DONATIONS** Take a tag from the Angel Tree for a boy or a girl in our community. Return your generously donated, new, unwrapped books to the Library by December 18th. Do not feel limited to the tags on the tree, you may donate any kind of new books for ages 0-17.

**WEDNESDAY DECEMBER 2 THE DEVELOPMENT OF PREJUDICE AND STEREOTYPING FROM A PSYCHOLOGICAL PERSPECTIVE: CHALLENGES AND POTENTIAL SOLUTIONS** 12PM CST Professor of Psychology, Dr. May Ling Halim argues that we have gained a large body of psychological research that can inform us about the challenges human nature presents in facilitating prejudice and stereotyping and about possible solutions to reduce it. Tune in for Dr. Halim's presentation and conversation with the audience. The event is provided free of charge by the Northern Plains Ethics Institute; the NDSU College of Arts, Humanities, and Social Sciences; the YWCA Cass Clay; Humanities ND; and the NDSU Department of Anthropology and Sociology. Register at HumanitiesND.org

**FRIDAY DECEMBER 4 CHRISTMAS OPEN HOUSE** Free admission all day. Due to Covid there will be no refreshments or live music this year. Come and view art work from the DHS and our Christmas display. Dickinson Museum Center

**DECEMBER 4-5 HOLIDAY FOOD & SUPPLY DRIVE** 5-9PM Donate goods at Bible Baptist Church to benefit Domestic Violence & Rape Crisis Center. For more information and a list of needed items, see www.bbcdickinson.com/fooddrive

**DECEMBER 4-6 MEDORA'S 25TH ANNUAL OLD-FASHIONED COWBOY CHRISTMAS** Join us for a weekend filled with many fun events. For more information or a complete schedule of events, 701-690-5639, medorachamber@gmail.com or visit Medora Chamber of Commerce on Facebook.

**SATURDAY DECEMBER 5 PARENTS FOREVER PARENTING CLASS** 9AM-1PM Parents Forever is a research-based educational program that helps parents who are divorcing or separating to minimize stress for themselves and their children. Participants learn how to make informed, child-supportive decisions so children will come through separation or divorce having a positive relationship with both parents. Call NDSU Extension at 456-7665 for pricing and registration information.

**OLD-FASHIONED CHRISTMAS STROLL** 12-5PM Come downtown for family fun and shopping. See ad, page 5 for more detailed information.

**FRIDAY DECEMBER 11 SANTA RUN 2020: KATHRINE SWITZER** 7-8 PM CST An iconic athlete, author, Emmy-award winning broadcaster and advocate for sports and social causes, Kathrine Switzer was the first woman to officially register and run the Boston Marathon in 1967. Join her online Friday evening for the RADD (Runners Against Destructive Decisions) Santa Run Program. Register for free at HumanitiesND.org

**SATURDAY DECEMBER 12 YULETYME 2020** Join Dickinson State University's Heritage Foundation for an evening of great drinks, delectable food, rare auction items, and fun conversation at our gracious host homes as we celebrate. This event is possible across the world as it is being done virtually through host homes and online silent and live auctions. For more information, see ad, page 8.

**SUNDAY DECEMBER 13 ONE BOOK ONE ND WITH**

**Holiday Food & Supply Drive**

December 4th & 5th  
Benefitting Domestic Violence & Rape Crisis Center

Drop off times: 5pm - 9pm Daily

**Bible Baptist Church**  
105 7th Ave W, Dickinson, ND 701-483-8389

[www.BBCDickinson.com/FoodDrive](http://www.BBCDickinson.com/FoodDrive)

**TERRY SHOPTAUGH** 4-5:30PM CST Join author Terry Shoptaugh for a reading and interview about his newest book Sons of the Wild Jackass: The Nonpartisan League in North Dakota. An historical account of how the Nonpartisan League (NPL) came into existence, became a force in politics and government on the Great Plains, and influenced the nation's agricultural policies throughout the 20th century. Register for free at HumanitiesND.org

## SAVE THE DATE

**MONDAY JANUARY 18 PARENTING TWEEN AND TEENS WITH LOVE & LOGIC** 6 week series begins January 18. Preregistration required. Call 701.456.0007 or online parentresource@dpsnd.org

**JANUARY 29-20 2ND ANNUAL WINTERFEST** Fun for the whole family! Prairie Hills Mall.

## COMMUNITY

## A gift of presence

By Tara Zettel, RN

*Gift (n).* a thing given willingly to someone; a present. See also Donation. Legacy. Tribute.

In this Christmas season like none other, we find ourselves navigating the season with extraordinary peculiarity. For me, instead of presents under the tree, it's presents wrapped in bubble wrap and sent to those abstaining from gathering. What I have been feeling, and I would expect many of you are feeling too, is that the gift of presence is what tops my wish list this year. If the situation was reversed and I could get together with all my family without concern, but was denied the opportunity to exchange gifts, I would gladly make that trade.

The gift of presence is the heartbeat of the mission of Connect Medical Clinic. We meet needs connected to sexual health: unplanned pregnancy, unexpected infection, uninformed about fertility, unprepared to parent. These are the circumstances our patients find themselves in, and it is no small thing for a person to acknowledge a sexual health need, make an appointment with another human, and trust that person to hold space for them without judgment.

This year has brought many changes to how we provide care in the midst of a pandemic. What hasn't changed is our purpose: to provide compassionate and respectful care, empowering education and community resources to support and uphold the patient at their point of need.

We give this gift of presence because we have been gifted with presents. We are a donor-supported, non-profit organization, meaning that there are countless area individuals and

businesses who have contributed their means to us so we can be there for our patients. In the five years CMC has been open for business, we have performed hundreds of pregnancy tests, limited obstetrical ultrasounds and STI/STD testing panels - over \$320,000 worth of healthcare services - entirely accomplished because of donations!

Our community of support knows young people under the age of 26 have the highest rate of uninsurance or underinsurance and STDs affect 15-24 year olds more so than any other age group. They know that statistically there is 1 birth to a teen mom a day in North Dakota and 9 births a day to an unmarried woman. They realize that nearly 1 out of every 2 expectant mothers in North Dakota did not intend to become pregnant. They understand cases of STDs are on the rise and many who are infected have no symptoms - and that untreated STDs are a leading cause of infertility. Our community of support is moved by the need, and so they give.

Our donors allow us to give the gift of presence, sponsoring one patient at a time:

- One pregnancy test at \$30.
- One ultrasound at \$400
- One STD panel and treatment at \$40
- One education session at \$40

Even with social distancing and mask mandates, we still see people who need pregnancy and STD testing. It doesn't matter who won the election, what season it is outside, or if the country is in lockdown, we will continue to provide care as we are able, because of those who need our services. It is a privilege and an honor to be entrusted with the most vulnerable of needs, and we thank our community of support for ensuring and energizing this life-changing mission. ■



Dickinson's Second Annual  
*Light Fight*  
Christmas Lights Contest

To enter your home visit [secondchancesvolunteers.org](http://secondchancesvolunteers.org)

Deadline to enter is December 4th

A map of entries will be available online! Print copies may be picked up at the Chamber of Commerce.

Spectators can vote to help determine who moves to the final round

Official voting begins December 5th

Follow *Second Chances* and *Dickinson's Light Fight* on Facebook for updates and voting info

Top ranked homes win \$50 & move to finals!

GRAND PRIZE \$200 CASH!

This community event is a fundraiser for Second Chances, a 501(c3) non-profit helping local cats and dogs in need.

Questions? Email [secondchancesvolunteers@gmail.com](mailto:secondchancesvolunteers@gmail.com)

Thank you to our generous sponsors!

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## THE ARTS

## 50th Annual Badlands Art Show



The Badlands Art Association is proud to announce the 2020 division winners from the 50th Annual Fall Art Show. Judges for the art show were Peggy Holm Anderson, co-owner of Dickinson's JP FrameShop and Western Edge Gallery, and Codi Miller of Bismarck's The Capital Gallery.

Award winners in the Professional acrylic painting division: 1st place Donovan Slag "Black Butte", 2nd place Cherie Roshau "Kael (Donkey)", 3rd place Helen Campbell "Clouds Over Canal", honorable mention ribbons were awarded to: Mary Huether "Iris & Monarch", Marcia Sickler "Wine & Fruit", and Helen Campbell "Whispering

Part 7", Kirk Peterson "Mother Theresa", and Francisco Knopik "Graphite Rose".

Award winners in the Professional mixed media division were: 1st place Cameron Brown "Wild Mustangs", 2nd place Cherie Roshau "Pray for Tay", 3rd place Heather Adam "Protect", honorable mention; Kirk Peterson "Repairman Trying", Gretchen Peterson "Copper Skull", Ryan Schaefer "Royals", and Heather Adam "Two Old Friends".

In the Professional oil painting division awards were given to: 1st place Daphne Clark "T.R. Wild Horses #2", 2nd place Larry Maslowski "Spring Creek Road", 3rd place David Barbere "The Barn", honorable mention: Heather Adam "Transformation", Carol Retterath "Cactus Blossoms", Darice Taylor "Wild & Free", Sharon Haag "Abandoned", and Daphne Clark "Waiting For Work".

In the Professional pastel painting division awards were given to 1st place Barbara Nechiporenko "Badlands Trio",



Bay".

In the Professional dimensional division awards were given to 1st place Twig Zahn "Wood Urn", 2nd place Robin Reynolds "Sunflower Vessel", 3rd place Julie Schuster "Chip & Dip", honorable mention: Matt Ramsey "Brownie Eating a Brownie", and Gretchen Peterson "Mums".

In the Professional drawing division: 1st place Heather Adam "Midday Report", 2nd place Daphne Clark "Future", 3rd place Tina Schloss "Good Morning", honorable mention: Cameron Brown "American Girl

2nd place Marcia Sickler "Lavender Still Life", honorable mention: Mary Huether "Lily Blossom", and Marcia Sickler "Autumn Ritual".

Award winners in the Professional photography division were: 1st place Carla Leland "Living the Brand", 2nd place Jess Johnson "Great Mothers", 3rd place Sabrina Dolezal "American Summer", honorable mention awards: Jess Johnson "Snow Pony", Jason Galonski "New Yorker in New England", Robin Reynolds "I 94: Exit 70", Austin Stockert "Mitch Malloy".



In the Professional watercolor painting division awards were given to 1st place Barbara Feldman "Power of a Wave", 2nd place Mary Huether "Octopus & Crab", 3rd place Heather Adam "Effervescence", honorable mention; Marcia Sickler "Autumn Sunflower".

Award winners in Amateur painting/mixed media division: 1st place Nancy Brannan "Tablescape", 2nd place Kent Van Ells "Bay Fence", 3rd place Evan Chase "Princess Elsa", honorable mention: Danielle Yon "Waves", Mark Ries "Mica is the Medium", Carla Rustad "Quiet", Nancy Brannan "Portrait of my Guardian Angel", Victoria Pregonzer "Botanical Study", Mary Helfrich "Mystic", Kristen Porter "Oden "Better than Diamonds", and Jessica Dukart

"Splash".

In Amateur drawing/pastel painting division: 1st place Evan Chase "Debra Paget", 2nd place Evan Chase "Audrey Hepburn", 3rd place Evan Chase "Sleeping Sunrise", honorable mention: Danielle Yon "Abstract #1".

Award winners in Amateur photography division: 1st place Arnette Arth "Sweet Dreams", 2nd place Amanda Wright "View Through the Fence", 3rd place Ruth Heley "Timmy", honorable mention: Amanda Wright "Soaring Low", Amy Olson "Better Days, Amanda Wright "Portrait of a Tree", Amy Olson "Long View", Ruth Heley "Stepping Through the Wardrobe", and Shawn Dziuk "the Aermotor".

2020's Most Innovative awards, which



Continued, next page



Continued from page 32



are chosen by a separate set judges, were in the Amateur division Mark Ries for "Bring the Beats Musically", and in the Professional division; Kirk Peterson for "Repairman Trying to Put a Fix on the Handle of Reality".

The 50th Tribute Award which was in honor of The Badlands Art Association's 50th Anniversary and chosen by the viewing public was given to Julie Schuster's "50 Piece Chattered Dinnerware Set".

The People's Choice award which is

voted on by the viewing public and considered to be a very special award by all artists was awarded to, in the Profession division: Ryan Schaefer for "Misty Mountains" and in the Amateur division: Evan Chase for "Debra Paget".

Badlands Art Association 50th Anniversary Show winners Student Division  
Preschool through Third Grade Division  
1st place Ella Wing, St. Anne's Elementary, Painting, Baby Snow Leopards



2nd place Emerson Sickler, St. Wenceslaus Elementary, Painting, Buffalo  
3rd place Zoey Brown, Beulah Elementary, Painting, My Bob Ross Mountains

Honorable Mention:

Brier Arndt, Killdeer Elementary, Macey Boltz, Killdeer Elementary, Ella Brown, Beulah Elementary, Abby Cook, Killdeer Elementary, Ira Haag, Seeds 2 Harvest School, Keturah Haag, Seeds 2 Harvest School, Addison Hauck, Killdeer Elementary, Donica Hagerott, Berg Elementary, Journie Visger, Jefferson Elementary, Morgan Ragan, Killdeer Elementary, Ella Wing, St. Anne's Elementary, Thaer Hussein, Jefferson Elementary, and Thuett Kleevers, Killdeer

2nd Place Burkley Luchi, Dickinson High School, Drawing, Untitled

(Judge's Choice, Best of Show and People's Choice Burkley Luchi, Dickinson High School, Drawing, Untitled)

3rd Place Kevin Dziuk, Glen Ullin Elementary, Photography, Buffalo

Honorable Mention: Zophia Dostal, Beulah Elementary, Hannah Hoff, South Heart Elementary, Ashlyn Deguzgan, Dickinson Middle School, Jordyn Wanner, Dickinson High School, Sterling Tooz, Trinity High School, Melissa Zach, Trinity High School, and Samara Younker, Killdeer High School.

Tenth through Twelfth Grade Division

1st Place Nicole Ferebee, Beulah High School, Painting, We Are Beautiful



Elementary.

Fourth through Sixth Grade Division

1st Place Zach Herold, Jefferson Elementary, Mixed Media, Untitled

2nd Place Talitha Haag, Seeds 2 Harvest, Sculpture, Honest Times

3rd Place Navi Blauer, Lincoln Elementary, Photography, Autumn Glow

Honorable Mention: Devlin Upchurch, Lincoln Elementary, Dominic Dukart, Killdeer Elementary, Logan Hardersen, Killdeer Elementary, Amelia Kuntz, Jefferson Elementary, Kylee Rose Sickler, St. Wenceslaus Elementary, Navi Blauer, Lincoln Elementary, Alea Paluck, Jefferson Elementary, and Winter Knopik, Prairie Rose Elementary.

Seventh through Ninth Grade Division

1st Place Sadie Kuntz, Dickinson Middle School, Craft, Dovetail Bracelet

2nd Place Madison BeeBee, South Heart High School, Drawing, Mixed Media

3rd Place Abby Lange, Dickinson High School, Drawing, Link's Favorite Things: Shield Surfing

Honorable Mention: Shaylyn Gunsch, Beulah High School, Sahra Henriquez, South Heart High School, Seth Herner, Trinity High School, Sophia Jilek, Trinity High School, Caton Percy, Dickinson High School, Taylor Polensky, South Heart High School, Hannah Strommen, Dickinson High School, Sarah Tonole, South Heart High School, Samara Younker, Killdeer High School, Abby Lange, Dickinson High School, and Sophia Walla, Tioga High School. Most Innovated Award went to Caton Percy, Dickinson High School. ■

## ADVENTURE ON A DIME

## Adventure at home

By Laura Walters



Too often we imagine adventure is what lies outside the usual boundaries of our daily lives. We plan family trips to Disney World or travel overseas to experience a culture or scenery, all the while focusing on the destination and forgetting the journey. Yes, trips overseas are incredible, and if you want to bring me along to Disney World next time just let me know - I've got my pink sequined Minnie ears ready to go. But is the destination really the goal? Is getting 'the perfect shot' for social media the goal? Shouldn't our goal be spending time with those we love doing things we enjoy? You see, enjoying the journey comes down to

who we are traveling with and how we choose to interact with the experience - not simply logging how long it took us to get from point A to point B. That's where the stress comes in.

If the destination isn't the goal as much as the experience is, why do we have to travel long distances to create memories? As much as my husband and I love road trips and even just day trips, life is kind of loopy right now - for all of us. Between things being shut down, hunting season, and the craziness of the holidays fast approaching, we really haven't had time to get out of town since our trip to Rapid City in October. So,

we decided to create a themed date night (yes, he was in on it!) and spend the evening here at home - just the two of us.

We decided on an Italian theme (because that's always where my husband's mind goes when he thinks of a romantic dinner), so I made Sausage Tortellini Soup in the Instant Pot and earlier in the day I had made some bread for us using



the bread machine. Super simple and easy cleanup! We enjoyed dinner by candlelight (the soup was AMAZING btw) while listening to romantic dinner music and then pulled out the paints, brushes and canvases we had stored away. For my birthday this year, my husband bought me a bunch of crafting supplies and things we could do together (so sweet!) so we had a few small canvases on hand. He got them at WalMart and they usually come in packs of 3, so they are super affordable and really, really fun. To go with the Italian theme, I searched for an easy Tuscan landscape on Google Images and selected one I thought we might be able to handle. Even though neither of us is really an artist (you will never see our paintings), it was so relaxing and so much fun to spend the evening together talking and laughing and simply enjoying each other's company.

When was the last time you stayed in for a date night instead of going out? Maybe you're not a 'chef' - that's okay! You should check out my Miss Bea's Kitchen column for some fun, really attainable recipes. I'll also be sharing the soup recipe from date night on my Facebook page, so be sure to give me

a follow. Maybe you're not an artist or your guy wouldn't be caught dead painting - that's totally cool too. You know WalMart sells little wood burning kits, calligraphy sets, painting supplies and so much more. If you look, I promise you there will be something you and your person can do together that won't cost an arm and a leg and the life of your firstborn child. Remember, you don't have to be good at any of it to enjoy the experience.

A character in one of my favorite animated movies said, "You will always be my greatest adventure." (Disney's, UP) I love that. It's easy to romanticize the destination and forget about the journey and its companions along the way. But if we can't let the journey and its companions be the best part of our biggest adventure, then maybe we should reevaluate some of our priorities.

*Laura Walters lives in Dickinson with her husband, Joel, and their Corgi-Red Heeler mix fur baby, Bogie. She teaches private music lessons from their home and is the owner of Miss Bea's Kitchen. Follow her on Facebook by searching @MsBeasKitchen ■*

## BENEDICT COURT Home for the holidays? Look for signs in aging friends or loved ones who may need help

The holidays are a wonderful time to gather and celebrate with friends, neighbors and family. For adult children who live in a different city than Mom, Dad, or a loved one coming home for the holidays is a great opportunity to observe changes in mood, behavior or wellness that may be of concern.

Following are signs, that may indicate Mom or Dad may be ready for assistance:

- Inadequate meals, poor nutrition, or spoiled food or groceries past their expiration date
- Weight loss, or decreased energy or physical fitness
- Abnormally untidy house and clutter
- Poor hygiene, soiled clothing and unkempt personal appearance
- Unopened mail and past-due bills
- Forgetting to take medication, taking the wrong doses, stockpiling medications with the possibility of mixing medicines by mistake with adverse results, or expired medications
- Frequent memory lapses, confusion or forgetfulness, such as missing medical appointments
- Increasingly unorganized or unable to problem solve
- Lack of interest in activities, hobbies or things that were formerly enjoyed
- Changes in mood
- Frequent falls
- Unsafe driving

If the points above are raising questions or concerns, they may signal that changes are needed, such as implementing additional help in the home or considering a move to a senior living community.

As the number of elderly adults has increased, so has the variety of living choices available to seniors. Assistance at home such as Benedict Court's onsite provider, an in home care service provider, helps seniors stay as independent as possible in

the familiarity of their own surroundings. "Continuum of care" offerings, also provided at Benedictine Living Community Dickinson, provide a range of services that encourages independence longer and adapts to meet seniors' changing needs, beginning with assisted living, and later to short-term care/rehabilitation or long-term skilled nursing care as needed. Residents and their families have better peace of mind knowing that they are receiving the right level of care at the right time, with a plan in place should their needs change over time.

When is it the right time to determine the need?

Aging parents, family members and a personal physician can work together as a team to determine normal aging versus a concerning decline or illness, and implement assistance as

needed.

Selected services to help with the activities of daily living, meal services, medication assistance, health and wellness, rehab, socialization, and managing transportation, for example, can make the difference in Mom or Dad returning to a safe and satisfying lifestyle while reducing the worries of family members.

Make it your New Year's resolution to talk with aging parents about the options available and the type of living environment that may be best for them later in life. You have a golden opportunity to make their transition, when needed, a positive experience by including your parents in discussions and helping them understand the choices available while listening to any concerns.

Too often, families wait to have such discussions until after a parent has had an unexpected medical or health issue, such as a fall or accident, and is no longer able to take care of themselves. The urgency at this time can cause increased stress and uncertainty when the clock is ticking and significant decisions have to be made quickly.

Considering a major life change, such as moving a parent from their home to a senior community, is an important decision. Individual preferences can vary, so taking time to do the research, asking good questions and understanding all of the options available can help make the process easier. Contacting the Benedictine Living Community of Dickinson at 701-456-7313 is a great place to start in determining the best choice for you, your parents and your family. Here's to a happy holiday season for you and your loved ones. ■



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# HEART RIVER VOICE

## Community Bulletin Board

### Baker Boy Drivers Earn 8th Consecutive Great West Safety Award

West Safety Award for the eighth consecutive year! “The amount of effort and pride our team puts into safety is second to none, and it shows in the numbers,” said Bob Stanley, Baker Boy transportation and shipping manager.

As a fleet, Baker Boy logged 686,254 accident-free miles in 2019 with a recordable accident frequency rate of zero.

“This is an achievement some fleets can only dream of accomplishing,” Baker Boy President Guy Moos said. “Congratulations to our outstanding and dedicated Transportation and Shipping Team.”

The Great West Safety Award is annually presented by the North Dakota Motor Carriers Association in cooperation with the American Trucking Associations and the Great West Casualty Company.

Headquartered in Dickinson, N.D., Baker Boy is a manufacturer of premium bakery products for foodservice, bakery, supermarket, convenience store and private label customers. Baker Boy employs more than 225 people and is the proud home of the brands The Donut Hole®, Magic Ring® Donuts and Prairie Pantry®. To learn more about Baker Boy and its products, visit [www.bakerboy.com](http://www.bakerboy.com).

### NDCF Joins Nationwide Celebration to Recognize Local Impact of Community Foundations

The North Dakota Community Foundation (NDCF) will join in a nationwide celebration, November 12-18, 2020, to recognize the increasingly important role these philanthropic organizations play in fostering local collaboration and improving the quality of life

for residents in their area.

“Community foundations are often just that – the foundation of a community,” said Kevin Dvorak, President and CEO of NDCF. “They provide a consistent financial resource for the projects and programs that make a community a great place to live. And they connect donors who want to give back with organizations in their area that need help.”

NDCF currently administers community endowment funds for 67 local community foundations in North Dakota, as well as a variety of other types of charitable funds including scholarships, donor-advised funds, and organizational endowment funds, which support specific charities in the state.

Community foundations at NDCF in this part of the state include

- the Golden Valley County Community Foundation, established in 2008,
- the Killdeer Area Community Foundation, established in 2012,
- the New England Community Foundation, established in 2012,
- the Mott-Regent Community Foundation, established in 2012,
- the Bowman & Slope County Community Foundation, established in 2014,
- the Adams County Community Foundation, established in 2015, and
- the Dickinson Area Community Foundation, established in 2016.

As community foundations find solutions for communities large and small, urban and rural – it is the collective work of these organizations that will have the most profound impact. This was most evident amid this year’s coronavirus pandemic where over \$1 billion was distributed by community foundations in response to the crisis. NDCF awarded over \$697,000 in three different grant rounds to

organizations in the state trying to respond to the COVID-19 pandemic and its impacts.

NDCF has already made over 1,000 grants totaling over \$7 million in 2020 through its various funds. These grants are used in a variety of ways to improve the quality of life for North Dakota residents. Some examples of 2020 grants include:

- A \$4,500 grant from the Tioga Community Foundation to the Tioga Park Board for picnic tables
- A \$2,286 grant from the Mott-Regent Area Community Foundation to the Maercklein Conservation & Charitable Corporation for Phase Two of the Cannonball River Restoration Project.
- A \$2,500 grant from the Garrison Area Community Foundation to the Little Lunches Backpack Program.
- A \$3,000 grant from the BisMan Community Foundation to the Morton County Council on the Aging to support their nutrition program for the elderly.
- A \$20,000 grant from the Milnor Area Community Foundation to the Milnor School District for a playground upgrade.
- Three grants of \$1,300 each from the Galesburg Area Foundation to local cemeteries to assist with maintenance.

“These grants help fund important programs and projects in these areas,” said Dvorak. “By building their local fund, communities create a reliable source of grant dollars for themselves, instead of depending on outside foundations and assistance.”

Each community foundation at NDCF has an advisory committee made up of community residents that recommend grant awards to the projects and programs they believe will make the most significant impact in their area. They also lead fundraising efforts to help grow their funds for the future.

The State of North Dakota encourages donors to direct their philanthropic dollars toward qualified North Dakota endowment funds such as the community foundations at NDCF by offering a 40% State Tax Credit on certain gifts.

Community Foundation Week, created in 1989 by former president George H.W. Bush, recognizes the work of community foundations throughout America and their collaborative approach to working with the public, private, and nonprofit sectors to address community problems.

For more information or to inquire about establishing a community foundation for your hometown, go to [www.NDCF.net](http://www.NDCF.net) or contact the North Dakota Community Foundation at 701-222-8349.

### ND Department of Commerce Announces Hospitality ERG Program

The North Dakota Department of Commerce has announced the second round of the Economic Resiliency Grant (ERG) also known as the Hospitality ERG. Due to the continuing need of assistance, the second round of the ERG will focus on reimbursing hospitality businesses that were directly impacted by Executive Order 2020-06. This includes all restaurants, bars, breweries, cafes, and similar on-site dining establishments.

Additionally, the Hospitality ERG will also focus on businesses affected by the closures such as theaters, music and entertainment venues, and professional production companies that support major venue meetings and events. “The hospitality industry has been one of our hardest-hit economic sectors from a national to local level,” Gov. Doug Burgum said. “We’re grateful to the

Emergency Commission and the Legislature’s Budget Section for approving this much-needed relief for these businesses – which are vital for employment, tourism and the quality of life for our residents – as they do their part to slow the spread of COVID-19.”

Commerce was approved by the Emergency Commission to use the remaining ERG funds estimated to be approximately \$25 million and an additional \$29 million for the Hospitality ERG to support more than 3,000 food service, drinking establishment, entertainment venues and professional production companies operating in North Dakota.

“Many hospitality and supporting businesses continue to experience dramatic declines in revenue,” Interim Commerce Commissioner Shawn Kessel said. “We hope that the second round of ERG will help businesses survive and stay-open in the midst of the pandemic.” Hospitality ERG funds will be used to reimburse eligible entities for costs in operations, such as payroll, rent, utilities, personal protective equipment (PPE), technology; and other expenses that comply with federal guidelines.

Applicants may receive up to \$25,000 and eligible entities with multiple locations may receive up to \$75,000. A max of \$25,000 will be allowed per location. Grant recipients are required to comply with ND Smart Restart protocols. Applications opened the week of Nov. 16 and are considered on a first-come, first-served basis. Funding will be approved if the application meets all criteria and funding is available. Additional information available at [belegendary.link/ERG](http://belegendary.link/ERG). ■

## M'S MENTAL MOMENTS

## Home sweet home



By Melissa Gjermundson

I have several things I want to write about this month, and I'm torn about what it should be. I have prayed, and if I am feeling like this, I wonder if I am alone or if others feel the same? Worldly, we are handling so many different stressors that we have never seen before! And all have strong opinions and feelings attached to them. The dangers of COVID-19, the possible corruption of our election (no matter what side you are on, it is right to investigate the allegations to find truth), small businesses struggling, the mask debate, and how far is too far with our government overreaching are just a few things that swirl around. Navigating during this time to find the truth can be draining. Worried about stating

your position with others can be draining. Wondering what will happen next can be draining. And how much can we control? What are our roles right now? Do we cultivate conversations with family and friends? Can we talk without damaging relationships? Or do we stay quiet to see how the chips fall? I wonder how many people know more than what the media is reporting? The media that continues to skew facts. Maybe nobody else feels our freedom and liberty slipping away? Maybe nobody else feels that removing God from our country will cause America to fall? Maybe people haven't learned what I just learned this last month that the United States of America has a hedge of protection around it until we turn our back on God?

Will we be able to return? When we are afraid to speak up and speak truth about our Savior, can we find the courage to share any truth? Will there be enough open-mindedness to hear the truth? And when did we start following our emotions instead of logic and facts.

I am but one person feeling this way. During a time when this article should be about peace, love, joy and kindness....all I can write are these questions that keep coming. Can others see this, too? What can I do? I am learning to take that step back to release the worldly stressors. I pray. I speak. I ask questions. I continue to learn. I teach my children about our Lord and about our amazing country. I trust our God. I believe that truth always prevails. I pray for wisdom and discernment. I pray for protection. I know that everything that happens to me and my family, God will use for good. And this Christmas season, as my family hunkers down, we will focus on what really matters and enjoy each other. Laugh. Yell (you know it's not perfect). Watch movies. Cook. Bake. Talk about how the world prepared for the birth of Jesus. And celebrate the liberty of all the questions we have – because as of right now, we are still land of the free, home of the brave because God blesses America! Our home sweet home. In God we trust. ■



## Home Sweet Home

Benedict Court's new Short Stay Program is perfect for:

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## FAMILY FUN

## Pitter Patter Club at Winterfest

Winterfest is hosting its 2nd Annual Family Fun Event at the Prairie Hills Mall in the old

White Drug building. This year Winterfest has a special class in store for young families. We will be hosting a music class taught by Andreea Everson of Pitter Patter Club. Andreea immigrated here from Romania and married a US citizen from

Wisconsin. She recently became a US Citizen! She has a passion for music and decided to help get Pitter Patter Club in North Dakota to offer Music Together®, an early childhood music and movement program for children ages birth



to 5 and the grownups who love them. Just as children learn to speak and walk, they have

the ability from birth to learn music. At Pitter Patter Club, families discover fun ways to play with music.

At Winterfest, she will lead children 5 and under as well as adults in some fun music activities like dancing, singing,

and acting silly. She will teach the children how to make their own instruments. Space is limited and social distancing guidelines will be taken. Sign up today to join the class at <https://www.winterfestnd.com/classes>. ■

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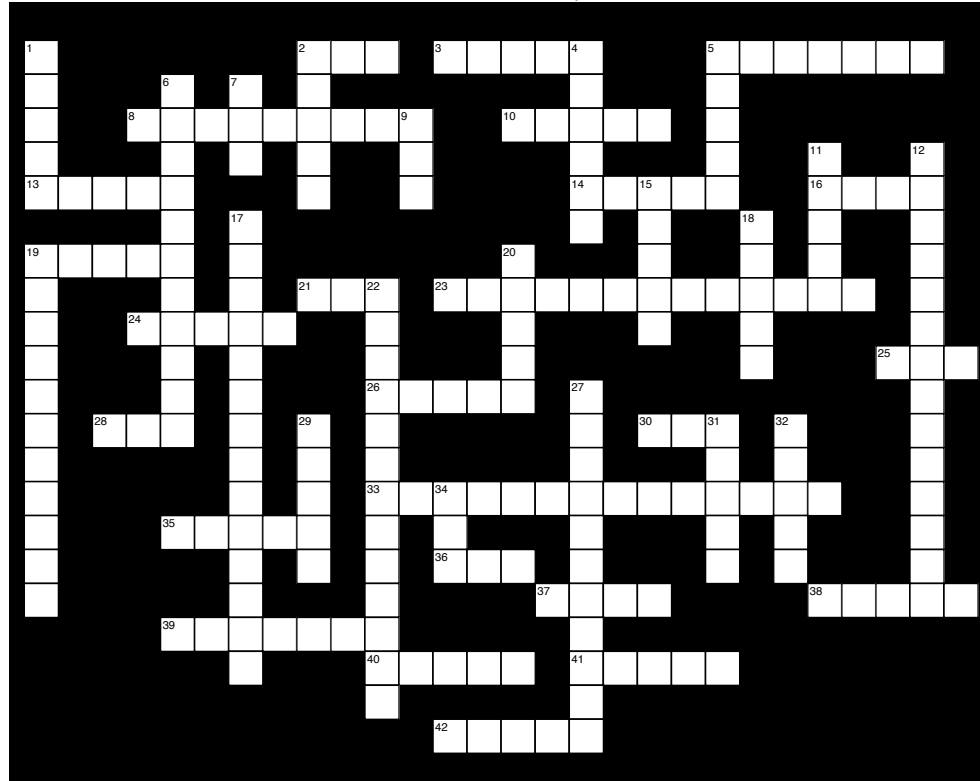
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# Heart River VOICE PASTIMES

CROSSWORD

I'll Take Alex Trebek by Carlinka



**ACROSS**

- 2 Top part of a mushroom
- 3 What the mute button affects
- 5 Lousy experiences
- 8 +1st round category
- 10 Ridges on a guitar
- 13 Sleep disturber
- 14 Play ground?
- 16 Ready to eat
- 19 "Eat! Eat!"
- 21 "Mayday!"
- 23 +Final Jeopardy
- 24 Sing like a Swiss mountaineer
- 25 Product of a sugar maple
- 26 Flannel shirt pattern
- 28 Toy gun pellets
- 30 Little lie

33 +Double

- Jeopardy round
- 35 Old enough
- 36 Tai\_
- 37 Something built with logs and twigs
- 38 +Double jeopardy round
- 39 So-so
- 40 Like cutting your own hair
- 41 Struck with amazement
- 42 Really talks (up)

**DOWN**

- 1 Nick at night?
- 2 Cluster
- 4 Port city in Ukraine
- 5 Watch episode after episode
- 6 +1st round category

- 7 Speed limit abbr.
- 9 Charged particle
- 11 Tiny food for the largest mouth
- 12 +Double jeopardy round
- 15 Pond gunk
- 17 +1st round category
- 18 Protest that doesn't go anywhere
- 19 +Answer worth twice as much
- 20 "The Ego and Id" author
- 22 +1st round category
- 27 +Final jeopardy
- 29 High temperature
- 31 Seventh heaven
- 32 Bisected
- 34 Behavioral quirk

Last month's puzzle solution

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**HOROSCOPE****DECEMBER 2020** by Hilda De Anza**ARIES**  
March 21-  
April 20

There is an amazing sense of everything being in transition. Rules, regulations, and authorities which stood in your way over the last few months no longer constitute a problem. New realities dawn, which are going to affect your social life and group memberships for years to come. There is a sense of freedom and enlightenment. The friends and groups of which you are a part of now are more interested in solidarity and unity.

**TAURUS**  
April 21-  
May 21

A period of intense study or intellectual struggle draws to a close. You can now assimilate an immense body of knowledge and experience. By Christmas major plans for a career transition are in place. New leadership arrives bringing a more enlightened approach. The period between Christmas and New Year highlights the new times that are on their way. You will be in the vanguard of changes creating structures in the way you choose to live your life.

**GEMINI**  
May 22-  
June 21

Emotional pressures dissipate, and new hope springs forth. You have a powerful urge to expand your understanding. A new epoch begins when you connect with enlightened intellectual authorities. End of the month is a more intense and serious time, as you explore your inner life and emotions. It is a great time for psychological and spiritual growth.

**CANCER**  
June 22-  
July 22

December is an excellent month for work and career, as many obstacles which have hindered progress are removed. This is a time to think big and be dynamic. Professional associates are now able to work perfectly in tandem with you. A new era is beginning, which has a major effect on your relationship to society and organizations of power. It is a great time to seek and get considerable financial or other backing.

**LEO**  
July 23-  
August 22

Early to mid-December is a romantic period, but if you indulge too much you can easily get disoriented and confused. Nevertheless, this is a good time to start a romance, or get involved with a creative project. Your energy peaks and you have confidence and a winner mentality. End December a new outgoing period begins in your life. This is a major transition which will have lasting effects, something that provokes hope.

**VIRGO**  
August 23-  
September 22

There is a change of emphasis in your life. You are now focused on family matters and a desire to stimulate more hope and vision for the future. The future is coming, and you are going to be instrumental in making it happen. Christmas period is focused on children or affairs of the heart. You will be merging your energy with someone you look up to, and together you will enjoy an extremely inventive time.

**LIBRA**  
September 23-  
October 22

Mid-December, your ruler Venus moves into Sagittarius, signaling a transition to a wonderfully optimistic period. This is a time when you get out and about and you meet new people. It is an expansive period with new mental interests and increased involvement locally. This optimism only grows and there is a whole new scenario developing. This is connected with a desire to be more creative and express yourself.

**SCORPIO**  
October 23-  
November 21

Things cool off in December. Nobody is offering any resistance, so avoid obsessive and over compensatory activity. By mid-December there are extremely positive developments, especially when it comes to being appreciated and well-paid. New horizons open economically, and strong leaders will support you. End December the focus shifts to a sense of satisfaction and accomplishment. This is when major structural changes take place in your home and family life.

**SAGITTARIUS**  
November 22-  
December 21

The monumental struggles are behind you. On December 21st, Jupiter and Saturn simultaneously move into Aquarius and for you this is like escaping from a dungeon and coming into the limelight. December is a turning point when you regain confidence and your sense of adventure. Now is the time to take a risk or two and believe in the future. You are going to get a lot of new friends.

**CAPRICORN**  
December 22-  
January 20

Things are only going to get better as Jupiter and Saturn move into Aquarius, signaling the beginning of an important new epoch. This is very much connected with work and money. Not just materialism but also social solidarity. Of great significance is how society, work and payment is in the process of radically changing and you may be at the forefront of these changes, working with large groups to make things happen. Partners and friends are on your side and happy to do your bidding.

**AQUARIUS**  
January 21-  
February 19

In December there is an epoch-making conjunction of Jupiter and Saturn in your sign, the 1st time in 800 years. A whole new world starts to open. At last things go your way, and what you start now will have an effect for many years. Expect solid finances and a clear pathway to a great future. New contacts appear in your life with dynamic ideas and a can-do approach. It's exhilarating and mind-expanding.

**PISCES**  
February 20-  
March 20

A work plan starts to form which brings more peace of mind. Associates are optimistic about expansion and increased earnings and there is a strong likelihood that money comes your way. A new epoch is beginning for you when you seek meaning and satisfaction in your inner life. You long for peace and quiet, where you can develop spiritually in the company of people who are motivated by humanitarian ideas and principles of solidarity.

**Zedge**

Zedge is one of the most popular ringtone and notification tone apps. It features a huge number of ringtones from across a variety of genres and types. You can also search specifically for notification tones or ringtones and alarm tones. The notification tones tend to be shorter so they don't get annoying if you get a lot of notifications at once. The app also includes wallpapers, although the quality can vary greatly. It's a great app for ringtones or notification tones, though. The app is completely free with ads.

**Rev**

Transcribing is awful, especially listening to your own voice. Rev offers a low-cost and reliable transcription service that's handled by humans, but it also has a recording app. You can trim the recording as well as email and save it in Dropbox, Evernote, and Google Drive. The app can record in the background, which is especially handy. For those who use Rev's transcription services, the best feature is that you can press the Transcribe button to submit your file.

**Decoder Ring**

If you're an overly curious person who loves the idea of listening to someone answer all of the random questions you find yourself pondering in the shower, this is the podcast for you. In each episode of Decoder Ring, Slate's TV critic Willa Paskin examines the history of a different cultural conundrum, habit, or object. It's a genuinely fun, and often interesting, way to pass the time.

**Short Wave**

New discoveries, everyday mysteries, and the science behind the headlines — all in about 10 minutes, every weekday. It's science for everyone, using a lot of creativity and a little humor. Join host Maddie Sofia for science on a different wavelength. Sometimes it'll be a good story, a smart conversation, or a fun explainer, but it'll always be interesting and easy to understand. It's a break from the relentless news cycle, but you'll still come away with a better understanding of the world around you.



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**DAILY SPECIALS**

**MON** **WHISKEY AND WINGS**  
\$5 Crown Royal & Jack Daniels  
\$10 Boneless or Traditional Wings

**TUE** **KIDS EAT FREE**  
One FREE kid's meal for every adult entrée purchased

**WED** **TACO-RITA WEDNESDAY**  
\$2 Street Tacos (beef or chicken)  
\$3 Margaritas

**THU** **TROPICAL THURSDAY**  
\$5 Fishbowls, Tall Ace Cider, Big Wave, Mango Cart, Beach Bum

**SAT** **BLOODY MARY BRUNCH 10AM-3PM**  
\$5 Build-Your-Own Bloody Mary/Caesar  
\$4 PBR Hard Coffee

**SUN** **BLOODY MARY BRUNCH 10AM-3PM**  
\$5 Build-Your-Own Bloody Mary/Caesar  
\$4 PBR Hard Coffee  
\$2.50 Tall 22oz Domestic Draft Beers  
**PRIME RIB DINNER**  
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16oz Prime Rib Dinner served with mashed potatoes & gravy and our seasonal vegetable for only \$20



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