

# Heart River **VOICE**

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## **THIS MONTH**

There's a new kid in town –  
Market Press Coffee Co  
opening soon!

**See page 34**

DICKINSON STATE UNIVERSITY

**Blue Hawk  
Bulletin**



*Dickinson State University's  
News • Highlights • Events*

**See pages 17-24**

SEE PAGE 30

**CALENDAR** of  
**LOCAL EVENTS**



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# Heart River VOICE

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## A note to our readers

This month is full of kudos and interesting stories about our community and its fascinating people. We are grateful to have the opportunity to share the diverse entities and interests available to our residents and visitors alike.

This month's cover is lively and commanding. We're always looking for artists to share their artwork, so send yours our way. Also, let us know if you have any ideas for future stories!

**Kelley Jilek**

*Publisher*

Cover art by Darice Taylor. For more information about the artist, see page 5.

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**Happy  
Valentine's  
Day**

from the team at

**Heart River  
VOICE**



## #BOOKWORM

## Fine free and a golden Valentine

By Cindy Thronburg

At the beginning of the year, the Dickinson Area Public Library implemented a new policy in the hopes of taking some burdens off of our patrons. In December, the Library



Board approved the Library's decision to become "fine free." Our goal with this new policy is to make borrowing materials more equitable for our patrons. We also understand that life gets crazy busy! We don't want to penalize patrons with good intentions. If you forgot to drop your book off at the library on your way home from work, you will no longer have to

worry about accruing a fine for it.

How does fine free work? This means that we will no longer be collecting fines on items that are returned late. However, this does not mean that patrons can check things out for an unlimited amount of time. We still have the same loan periods for our items (four weeks for books and some DVDs, one week for movies, etc.), and we ask that you still return items in a timely manner by their due date. If you aren't finished with your item, you can renew it up to two times, unless it has a hold on it. You will still receive notices by mail or email if your item is overdue, as a helpful reminder.

While we are now fine free, we are not necessarily fee free. Failure to return items, damages to items, or losing items will cause patrons to accumulate fees, which includes (in most instances) the cost to replace the item and a \$7.00 processing fee. It's just the late return fees that will be waived. However, we hope the new fine free policy will be

helpful for our patrons.

There is still time to participate in our Winter Reading Program. You can sign up for the program on our website. Participants have until February 28th to log their reading or activities and earn badges. Badges get you tickets to enter into drawings for some really great prizes! Kids and teens earn small prizes as well as tickets. Since there will be no All-Night Lock-In this year, teens who complete 10 badges will receive a gift card of their choosing! Coloring contest entries can be dropped off at the library until the end of the program. Winners of prizes and the coloring contest will be announced by March 5th. Have fun, and good luck!

This February we are trying a new program that we encourage all ages to participate in. During the COVID-19 pandemic, many of our elder neighbors are especially isolated, separated from their families in nursing homes. Because of this, we are collecting Valentines to distribute to Dickinson area nursing homes. Valentines can be either store-bought or handmade. We are encouraging people to get creative and make their own, and we are providing basic card-making supplies at the library for you to

do so. After you are done making your Valentines, you can bring them to the front desk of the library. The deadline to drop off Valentines is Thursday, February 11th. We are so excited to be able to spread the love this Valentine's Day!

Here are some books and movies to inspire you while you make your Valentines:

- Valensteins by Ethan Long (Children's Easy)
- Snowy Valentine by David Petersen (Children's Easy)
- Arthur's Valentine by Marc Brown (Children's Easy)
- The Complete Photo Guide to Cardmaking by Judi Watanabe (Adult Nonfiction)
- Ultimate Cardmaking: A Collection of Over 100 Techniques and 50 Inspirational Projects by Sarah Beaman (Adult Nonfiction)
- Valentine's Day (DVD)
- Cupid (DVD)
- Be My Valentine by Debbie Macomber (Adult Fiction)
- Be My Valentine, Charlie Brown (Children's DVD)
- Craft's for Valentine's Day by Kathy Ross (Children's Nonfiction) ■

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thursday  
february 4

This Month's Speakers



Terri Stevenson



Michelle Orton



Shannon Selle



Jo Marie Kadrmars

Ready  
to reserve your spot?  
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**COVER ARTIST****Darice Taylor**

Darice Taylor is an artist residing in the small town of South Heart, ND. She mostly looks to nature to paint; however, many things inspire the artist including people, color, movement or anything unique. She has created a wide variety of artwork including trees, flowers, a sailing ship, a family of elephants, and a Spanish dancer.

Darice was born and raised in Dickinson, ND. She is supported by her family, whom she calls her biggest fans: her husband, Jesse Taylor, and her two daughters Farrah (20) and Zoe (10). Aside from the required art courses in high school, she is a self-taught artist, learning many different mediums through countless hours of research, practice, and determination. She is a part of the Badlands Art Association for the past five years, and has been the chairperson for the Badlands Art Show held at the Roosevelt Hotel in Dickinson every November.

Darice likes to dabble in many different mediums. However, two techniques have become her most popular. Her pallet knife oil paintings are known for their vibrant color and movement. The pallet knife also gives the painting a thick texture, imparting a three-dimensional look to the artwork. This technique requires most of the artwork to be done while the

paint is wet and can take many hours to create depending on the subject and size of the painting. She says it is always quite an accomplishment to finish a big oil painting.

Her mixed media acrylic/marbling is unique and very time consuming. It is very tedious and takes many steps to create this style of art. The movement and different designs created by the marbling create an extremely interesting and exclusive piece of art.

The featured painting "Wild and Free" is one of her pallet knife oil paintings. It was a commissioned painting and is a huge 4 ft by 3 ft painting. She has created many elephant paintings through the years and have had a few requested commissions from customers as well. Darice describes her pallet knife oil paintings as her favorite to create. She says that they come more naturally to her, and even though they require a lot of time and patience, she loves the texture and vibrancy of color that the oil paints create.

Darice will be working on some new pieces of art through the year in preparation for this year's Badlands Art Show in November. She says she may be trying some new things and working with some new mediums, and is excited to see what will be created. ■



Darice and her family



Hope's Landing Board of Directors met to elect new officers for 2021. Pictured above from left to right are: Don Zubke, Secretary; Marsha Weiglenda; Sherri Cook, President; Cindy Taylor, Vice President; Lucy Bird, Director; Pam Roller, Ashley Gawryluk and Kayleen Wardner, Coordinator.

Hope's Landing WEM operates a Men's and a Women's Sober Living Homes in Dickinson for those seeking recovery from addictions to drugs and/or alcohol.

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## HUMANS OF DICKINSON



### Anna Friedt

By Madison Grinsteiner

Who has always wanted to help people in her career? Anna Friedt of course. Ever since she was a child she has been fascinated by what the nurses do. She is patient, tolerant, and very friendly.

Anna Friedt was born and raised in Dickinson, North Dakota. As a child she was never afraid to get shots or get blood drawn. "I was fascinated by the process," Anna says. Her grandpa was diagnosed with cancer during her childhood. Anna watched the nurses take care of him. They helped him physically and supported him mentally. She watched him get put into hospice and eventually his death.

Anna graduated from Trinity High School and continued to get a nursing degree at Dickinson State University (DSU). Her senior year she decided to major in nursing, and has never regretted it. "By the time I was in high school, I knew I wanted to help people," says Anna.

Today, Anna works at a clinic doing

primary care. This means she sees patients for routine check-ups, injuries and everything in between. She has to be very patient especially when dealing with insurance companies. A lot of the time the company will dictate which doctors a patient can see, the treatment they can get, and the medication they can use. She has to make multiple phone calls or send out multiple emails trying to convince the insurance company to approve what her patient needs. Anna likes to get to know her patients and become friends with them.

Anna thinks Dickinson is a great community to be a part of. She loves that you can go anywhere and see someone you know. If they ask about your family, they genuinely care about the answer. She loves that when you meet a stranger, you will usually find something in common with them.

Anyone you meet could become great friends with the patient, tolerant, friendly Anna Friedt. ■



### Dr. Marc Ricks

By Dawson Zubke

Have you ever wondered what the life of a pediatrician is like? Dr. Marc Ricks is a pediatrician at the Sanford clinic in Dickinson, ND. He cares for newborn babies and kids up to age 18.

Dr. Marc Ricks was born on December 24, 1979 in Jerusalem, Israel but moved to Utah as a young kid. He traveled a lot as a kid even for weeks or months at a time. He traveled to a lot of different places like Rhode Island, Florida, Israel, France, Italy, Germany, Austria, Poland, England, and Ireland. As a kid Dr. Ricks had a lot of freedom to go around the neighborhood with friends. He liked to ride his bike, play baseball, play video games with friends and play football in an empty lot. He has five other siblings and is the third oldest. He also watched TV with his brother Robert a lot. As he got older he went to college to be a doctor.

Dr. Ricks first went to Brigham Young University for four years to get his bachelor's degree. Then he went to John Hopkins University for medical school,

where he decided he wanted to be a pediatrician. He then got married to his wife, Sarah in 2002. Lastly, he went to get his residency at Cleveland Clinic for four years. He finished his pediatric training but stayed one more year to be a chief resident. He had five kids that were all boys. Once he was 33 he moved to Dickinson to be a full time pediatrician. He takes care of newborns all the way to age 18. He is trusted to make a lot of important life decisions for people Dr. Ricks is a very active community member of Dickinson as he attends a lot of community events. Dr. Ricks is very satisfied with his decision of coming to Dickinson and being a pediatrician.

Dr. Marc Ricks leads a very busy and important life. He takes care of a lot of the kids and families in the whole community of Dickinson. Every day families are counting on him to be the best he possibly can. That's why he is a very important person to our community. ■

*Students from Dickinson Middle Schools 7-8C want to thank all of the Dickinson area health care workers for continuing to keep our community safe. Thank you for everything you do, especially during this chaotic time.*

## YOUR HEALTH

## Digestive enzymes

By Steve Irsfeld

Digestive enzymes help break down the food you have just eaten making it easier to absorb. Most of us have a healthy digestive tract, but this is not the case for all. If you struggle with digestive issues, you know exactly what I'm talking about.

Our digestive tract is a fantastic system responsible for many functions. A primary one being

the breakdown of food from a macronutrient to a micronutrient. The ability to take a bite of meat and break that down into an amino acid that is absorbed through our stomach cells is an incredible transformation beginning to end.

Once our bodies break down food in our stomach, it is passed on to the duodenum and small intestine. The small intestine further breaks down the food into easily-absorbed nutrients. The pancreas excretes enzymes that support the breakdown, absorption, and utilization of macronutrients from a broad spectrum of foods including proteins, complex carbohydrates, disaccharides and sugars, lipids/fats, vegetable fibers, virtually anything that needs to be broken down into a smaller form.

Some issues that can affect the production of these digestive enzymes include:

- Age – the older we get, the less our body produces
- Stress – when we are in fight or

flight mode, our body isn't concerned about digestion and acid and enzyme production decrease

- Poor eating habits – eating too fast, poor dietary and lifestyle choices
- Certain medical conditions – pancreatitis, celiac disease

If you suffer from symptoms like

lower abdominal pain, stomach aches 2-4 hours after eating, undigested food in your stool, diarrhea, and

smelly stools, to name a few, you may be a candidate to try a digestive enzyme to help aid your digestion.

Product selection is not a one-size-fits-all and can be customized for your issue. If you are a patient who does not have a gall bladder, we will recommend products that help break down fat. You may need extra acid in your stomach to aid in digestion; we can include acid in the overall GI formula. We all have unique needs so this is why we carry so many different kinds of digestive enzymes. We even have one that breaks down gluten.

If you suffer from one of the symptoms that might require a digestive enzyme or are just curious about how they might affect your digestion, stop by for a free sample. We also have a GI quiz that is helpful in guiding us on product recommendation. Call the pharmacy @ 701-483-4858 to schedule a consultation. Visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to see archived articles in the blog section. Until next time, be vigilant about your health! ■



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## GRATITUDE

### Community Action Partnership thanks funders for COVID-19 financial support

In 2020, Community Action Partnership - Dickinson and Williston regions (CAP) received \$19,100 to help households affected by COVID-19. This funding was awarded by the North Dakota Community Foundation, United

Way of Dickinson and the Northwest North Dakota Community Foundation. These funds leveraged and supported temporary financial assistance for rental assistance, utility payments and gas cards to eligible households.

"We are grateful for the public support of these entities to help households



in western North Dakota through the financial challenges this pandemic has created," said Ervin Bren, CAP's Executive Director.

Community Action Partnership is a 501c3 tax-exempt publicly supported organization. Operations and

services are funded primarily with federal funds, a percentage of which are pass-through funds from the State of North Dakota. CAP's mission is to enhance the quality of life in our communities throughout western North Dakota through education, resources and services. ■

## COMMUNITY ACTION PARTNERSHIP Helping you cover COVID

Community Action Partnership - Dickinson and Williston offices (CAP) in western North Dakota helps people experiencing economic hardship to secure opportunities they need to obtain and maintain economic stability.

The COVID-19 pandemic has impacted families across income levels. Those individuals and families lower on the income scale have been particularly hard-hit due the business closures and job lay-offs during this critical time. CAP staff are available to provide community referrals and where appropriate financial assistance to income-eligible applicants.

Our agency has received specific CARES funding through Congressional initiatives that may help to stabilize housing and assist in situation-specific areas. In addition, CAP offers referrals and information for other

public assistance programs that may be available to help households during these difficult times. CAP works closely with area human service zones, food pantries and other non-profits to help ensure that families have information and access to available resources.

For nearly 45 years, Community Action Partnership in western North Dakota has provided much-needed services and opportunities to many low-income people and families each year, improving their quality of life and generating positive impact in the communities served. From early childhood education, weatherization and other housing stabilization services, we help low-income families improve their self-sufficiency.

Please contact our Dickinson office at (701) 227-0131 or our Williston office at (701) 572-8191 to find out more about CARES assistance and eligibility. ■

## Community Action Partnership

HELPING YOU  
COVER  
COVID

To find out more about CARES assistance and eligibility, contact:

Dickinson office  
701.227.0131

Williston office  
701.572.8191



**BENEFIT****Hope's Landing Third Annual Fundraising Event: Sober St. Patty's Day Celebration**

Hope's Landing is celebrating four years of providing safe, sober and supportive homes to men and women seeking recovery from addictions to drugs and alcohol. Our Women's Home opened in 2016 and has enabled so many to live a life free from addiction. In 2019 we opened our Men's Home which also has proved to be a mighty blessing as the number of applications have shown. As of January of 2021, both homes have been overwhelmed by the those seeking Sober Living with the hope of lifelong sobriety. Both homes are at or near capacity most of the time.

Because of COVID 19 our Third Annual Fundraising Event had to be postponed and we are now delighted to be able to again invite everyone to come celebrate with us. We are grateful to be able to serve and support those who so desperately need a safe place to recover. We rejoice with those who complete our program and go on to have their own apartments or homes, to reunite with their loved ones, to no longer live as victims, to contribute. However, with the population of our homes at full capacity, the expenses have increased greatly.

Because of the postponement, we were not able to adequately address the financial needs related to the increase in residents. Many of our clients come

with basically nothing; therefore, Hope's Landing helps with hygiene items, food, and basic needs until they can gain employment. Employment has been very difficult for many to attain. First, with the downturn in oil, there are fewer jobs. Many of our clients have felonies on their records, mostly for minor drug charges, which makes gaining employment even more difficult. Lucy, our Men's and Women's Director has worked tirelessly, as the workload has increased, to encourage and help each resident.

Our residents come from every walk of life and economic status. Almost every family has a friend, child or loved one suffering from this disease. Without the Community Support we have received, our Sober Living home would not have been available to those seeking hope and health. We are grateful to the businesses, churches and individuals who have supported us financially and with many other wonderful donations.

As we prepare for the Third Annual Fundraiser, we would like to again invite the community to join and support us in this Life-Changing Mission. Listen to The Connection 103.7 for further information and updates. Check out our Facebook page for updates and to bid on auction items. ■

**LESSONS IN BUSINESS****Overworked and overwhelmed**

By Debora Dragseth

Success! Your job is secure—the organization you work for is growing by leaps and bounds. You enjoy your job, but are feeling some work-related stress and perhaps even job burnout. The clear answer is that your company needs to hire more staff, but your boss says that she can't afford to hire any new employees right now. What can you do?

Even with, and perhaps in part of, the challenges brought on by COVID-19, being short staffed is a common occurrence in North Dakota. More customers, more orders and more activity equal

more stress on employees. In this situation, employees may feel they are rarely able to catch up on their work. They try arriving early or staying late, taking shorter—if any—lunch breaks. They arrive home wiped out, microwave a quick dinner, collapse in front of a screen and begin the cycle all over again the next day.

**Action Steps:** Consider discussing your situation with other employees. If your workload and that of your co-workers is becoming unreasonable, your first step is to convince your department head, and likely her superiors, that your department needs more staff.

First, determine how an additional employee could make the entire organization stronger. Measure and benchmark your department's response time. Are orders being filled more slowly because of your increased workload? Are emails that used to be handled in an hour now taking two to three days to answer?

Are too many callers being put on hold? Demonstrate to your supervisor how an additional employee will actually save, not cost, your company money. If possible, compute the current revenue per employee and project what the revenue per employee will be once the new person is on board. For example, your employer may be turning down business or not seeking new business because the staff is overwhelmed. Creative new projects or opportunities may not be explored because no one has the time to do anything beyond handling the most critical jobs.

As an interim solution, ask your boss to consider adding an intern to your staff. Call your local college or university. College interns are a cost-effective way to help a company or department to manage its workload. Hiring an intern is a win-win situation: Your organization will be helping a student enhance his or her education with meaningful work experience, and you will benefit by getting help with your overwhelming workload. Typically, internships are completed during a student's final year of schooling, so if the intern is bright, enthusiastic and capable, you may even be able to convince your boss to hire him or her as a full-time employee after graduation.

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



**COMMUNITY**

**Be a giving heart**

By Br. Michael Taffe

February 11th is Giving Hearts Day (GHD). How exciting is that!

What is GHD? This is a 24-hour on-line fundraiser for charities across North Dakota and western Minnesota. Nearly



500 worthy charities are participating and are listed on the Giving Hearts Day website ([www.GivingHeartsDay.org](http://www.GivingHeartsDay.org)). In 2020, almost 35,000 people gave 19.1 million dollars to help charities support those in need.

In western North Dakota, there is a group of charities working together to share the good news about GHD and the good work that each contributes to. These charities are: West River Health



Home on the Range

Services Foundation, Sunrise Foundation, St. Benedict's Health Center, Sacred Heart Benedictine Foundation, Home On The Range, Connect Medical Clinic, CHI Health at Home-Hospice, Camp ReCreation Inc., Best Friends Mentoring Program, Badlands Ministries, and Assumption Abbey.

These charities reach out and give needed support to folks from birth to



West River Health Services Foundation

death. People are helping our elderly folks with round-the-clock care; with clinics and hospitals for our rural areas that are underserved in so many ways; for our young people who need help in turning their lives around, as well as their families; for providing needed mentoring and simple friendship for our youth. Other organizations provide necessary spiritual guidance and support for all people; faith formation throughout the year in addition to offering places of peace and worship. What about those organizations who help the handicapped and give families release time and support? Finally, what about those individuals and families who need physical, spiritual, and emotional assistance during their last days?

Your help is needed and appreciated. Most of these organizations also have volunteer opportunities for folks, which can be found on the GHD website.

On February 11th, go to [www.GivingHeartsDay.org](http://www.GivingHeartsDay.org) and make the world a better place for everyone! GHD is sponsored by the Dakota Medical Foundation, the High Impact Institute, and the Alex Stern Family Foundation. ■



Sacred Heart Benedictine Foundation



Camp ReCreation Inc.

**VOICING HIS THOUGHTS**

**What advise would you give your younger self?**



**John Odermann**

Despite how irritating you may think they are right now, you will find yourself realizing just how wise your parents are very soon. Might as well start now. Oh! Save your money, don't spend it on DVDs when you get to college, it will be a dead format soon enough.



**Rob Eilts**

Dear younger Rob.... Relax! Don't rush through life but enjoy those little moments that make up your seasons. Read your bible and pray more. Hug your parents more... they do everything for you. Spend as much time with your brothers that you can. Invest in that new Apple computer and never sell. Bet on the Cubs winning the 2016 World Series (I know... trust me).



**Todd Schweitzer**

Your mom and dad are not the enemy. Next to Jesus, nobody loves you like they do. Your parents want what's best for you and asking you to clean your room, do your chores, get your homework done and be kind to your brothers and sisters is good counsel and will serve you well forever. Be virtuous, no one regrets their good deeds. Say your prayers, develop a relationship with Jesus. He will always walk with you and carry you when necessary.



**Jason Jacobs**

That's a tough ask, I remember my teenage self and I wasn't much for taking advice. My first impulse would be to say to avoid Green River parties, those Dickinson girls are too much trouble. Seriously, I would tell him to slow down. You can enjoy the moment and still take time to appreciate friends and family you have. That and buy stock in Apple.

## MISS BEA'S KITCHEN

# Don't be salty

By Laura Beth Walters



My Papa went home to be with the Lord this week. While I miss him dearly and my heart aches for one last hug, I know that he is happy and whole again after years of battling Parkinsons and dementia. I have many fond memories of my Papa and I am so grateful that, although we lived far from them growing up, my parents made a determined effort to give us plenty of opportunities to build relationships with my grandparents. My Nana is the one who passed on her cooking skills and love of music to many of her kids and grandkids, but Papa certainly had plenty to pass on to us himself. He had a quick wit, a ready smile and a love for the Lord and others that I hope I have as well. I know for sure that I inherited the ornery twinkle in my eyes from him, and I'm totally okay with that!

While my Nana is a fantastic cook, and I know Papa loved her cooking, I don't really remember what his favorite family meal was. What I do remember is waking up early at their house and Papa making a couple extra of his freezer waffles just for me. He's the one that got me hooked on them and taught me to spread a nice, thick layer of peanut butter all over the top before you put the syrup on. 000000000H Papa! He also kept his jar of fig newtons on the counter and us grandkids would sneak some every chance we got.

Although I don't remember his favorite "real" meal, I do very vividly remember

him voicing his opinions about table salt. Any time someone would reach for the salt shaker you'd hear Papa from the head of the table, "You don't need that! There's enough natural salt in that to season it!" Many would laugh him off and add the salt anyway, but he kept telling everyone who would listen about the natural salts anyway. To this day, I find myself holding back on the salt a bit when I'm cooking because I hear Papa in the back of my head talking about those natural salts, and I find it serves me pretty well.

If you're not hearing my Papa in the back of your head though and you find you've over-salted your dish, what do you do? Did you know you don't have to scrap the whole thing and start over? Well, it's true. Don't waste it - save it by using one of these easy tricks:

Dilute your dish with a bit of unsalted broth, unsalted diced tomatoes, or possibly some cream. Try not to use water, but if you absolutely HAVE to then be sure to taste and add more of your other seasonings and bring the dish back to a simmer to meld the flavors. Always make sure you're adding flavor as you dilute!

Use an acid to mask the salt and add a new flavor element. Whether you use lemon juice or a mild vinegar, remember not to go overboard.

If you're making a soup or curry of

some sort you can always drop in an entire raw potato (peel and everything) and let it simmer to absorb some of the saltiness. This won't work if you've dumped your entire shaker in there but it does help if your dish is just a pinch salty.

Making anything creamy can totally change your opinion of a dish. You can add that creamy factor to dishes by using sour cream, mashed avocado, cream cheese or heavy cream. Just pay attention to what you're making and choose according to the rest of your flavor profile. For instance, heavy cream works great in tomato sauces but avocado in your spaghetti sauce would be ridiculous.

This is by no means an exhaustive list of your options but maybe it will help. Keep in mind too that anytime you cook with cheese, "there's enough natural salt in that..." and you may not need to add much additionally. Things like olives, capers, fish sauce... all of these things will add quite a bit of salt naturally, so just pay close attention. Taste as you go and you should be just fine.

*Laura Walters is a stay-at-home wife who curates monthly menus both for her home and for sale. Her menus are perfect for busy moms, beginner home cooks, clueless bachelors or really anyone looking to switch up their usual at-home menu. Find her on Facebook, or email her at MsBeasKitchen@gmail.com* ■

## Smothered Pork Chops

- 4 bone-in pork loin chops
- 1 tsp salt
- ½ tsp black pepper
- 4 TBS veggie oil
- 1 yellow onion, sliced thin
- 2 cloves minced garlic
- 2 sprigs fresh thyme
- 4 TBS unsalted butter
- 2 TBS flour
- 2 c low sodium chicken stock
- ½ c heavy cream

Season the pork with salt and pepper on both sides and add the veggie oil to your skillet (cast iron preferred). Set the stove to medium-high heat and sear your pork chops about 5 minutes each side.

Remove your pork and add butter and onions to the pan. Let your onions caramelize for about 15-20 minutes, stirring occasionally.

Add the minced garlic and thyme and let it simmer for a minute or two until it becomes fragrant. Add in the flour and whisk until it's fully absorbed. Once the flour is integrated, add the chicken stock and heavy cream. Keep whisking.

Slide your pork chops with their juices back into the pan and reduce your heat to medium-low. Let your gravy simmer for 15-20 minutes until the pork is tender and the sauce has thickened and reduced a bit. ■



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## NOTES FROM THE BADLANDS

# Winter of the Blue Snow

By Joe Wiegand

Joe Wiegand is a resident of Medora, North Dakota, where he has been performing in character as President Theodore Roosevelt since 2012. These and future "Notes from the Badlands" appearing in this space are based on Joe's segment of the same name which appears monthly on Tom Brosseau's "Great American Folk Show" (see article at right). Wiegand and Brosseau will be featured performers in Medora in the summer of 2021.



Joe Wiegand

In the Badlands of North Dakota, we expect cold and snow, though we may have been lulled by a December just concluded in which the average high temperature was 40 degrees Fahrenheit. There will be cold days and colder nights ahead. The snow may even fall heavily and deeply. But we may never know a winter like the Winter of the Blue Snow.

The summer drought of 1886 was the second in a row where the rain-starved grass died early, much of it subsequently burnt to the roots by fires ignited by the rail road, lightning, or angry native. The temperatures plummeted and snow began to fall on November 13th, continued nearly unabated through mid-December. On Christmas day, the mercury fell to minus thirty-five degrees and the New Year began with a low of minus forty-one. It snowed throughout January and on the 28th a blizzard of unprecedented fury burst upon the region and for seventy-two hours snow and ice piled in great masses. People caught in the out of doors froze to death, while many trapped indoors were driven to madness – suicide and homicide adding to the human misery.

Cattle died, first by the hundreds, then thousands, then tens of thousands. On March 2, 1887, when the Badlands brimmed with so much snow that coolies and canyons filled to the heights of their neighboring plateaus, the snow ceased and a warm chinook wind blew in from the west. The melt that began as a trickle would soon become a roar pushing the ice dam downstream, releasing the carcasses of bovine victims with the thaw. Cowboys rode out into the plains to gather the surviving beeves,

astonished to find dead cattle suspended in the branches of cottonwood trees high above the sodden ground, the doomed beasts having climbed up snow drifts now melted in search of food among the branches.

Theodore Roosevelt would lose two thirds of his cattle and about half of his inheritance in the devastation of the winter of 1886-1887. Newly married to his second wife, Edith, in December of 1886, the combination of the devastation of the Badlands cattle and the prospect for a busy family life in the East, brought an end to TR's active ranching days. He would maintain a financial interest in his remaining herd, which he would sell just prior to his departure for Cuba in the Spanish-American War.

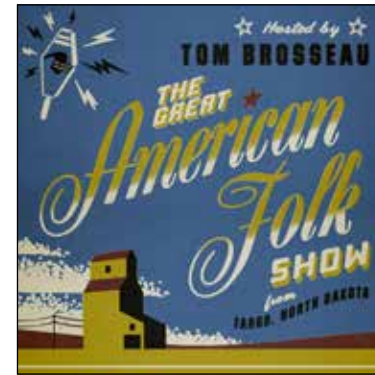
Today, the cattle ranches of the Badlands are proving true Theodore Roosevelt's belief that, given the right conditions, especially avoiding the overstocking of the grazing lands, this region would prove to the good where cattle and the families who care for them are concerned. ■

## THE GREAT AMERICAN FOLK SHOW

# Radio show focuses on traditions

Looking for something to entertain you during the long winter or pandemic isolation? Consider The Great American Folk Show. The Great American Folk Show is a little place on the radio where they commune with you to share stories, sing songs, and talk to some "good people with great voices"

(their tag line). It's an hour-long variety radio show for the whole family focusing on traditions of all sorts – storytelling, monologues, music, poetry, recipes. They



hear from all people, all cultures. The young and the young at heart. It airs once a month on the first Sunday on Prairie Public in Fargo, North Dakota. Streaming online is also available, and each show is archived. For more information, go to [news.prairiepublic.org/programs/great-american-folk-show](https://news.prairiepublic.org/programs/great-american-folk-show).

The show is written, recorded, and hosted by folksinger and songwriter Tom Brosseau, announced by Joe Wiegand, and produced by Prairie Public Broadcasting.

Episode 10 will air Sunday, February 7th at 5PM CT/4PM MT. The show's host, Tom Brosseau, will be joined by singer/songwriter Richard Buckner as he reads from his new book "Cuttings from the Tangle"; Singer-songwriters Isabella Rose & Sarah Morrau; Playwright Kemp Powers; and Atz Lee Kilcher of "Alaska: The Last Frontier." Plus, Tom will sing a duet with singer Kelly Hogan. ■



Tom Brosseau

Photo credit: Angelia Castillo

## KUDOS

# Stark County Spirit of Excellence Award

Have you ever wanted to acknowledge those unsung heroes in our communities who have gone above and beyond? A new county-wide awards program has just been established that will recognize excellence and good deeds in Stark County.

The Stark County Spirit of Excellence Award recognize the contributions of an individual or group who has demonstrated exceptional Leadership, Customer Service, Innovation, Stewardship, or Good Samaritan/Random Acts of Kindness acts within Stark County, ND. To be considered for the Stark County Spirit of Excellence Award, an individual or group must make a deliberate, obvious, and valuable



contribution through actions, demonstrated by a consistent pattern of behavior, exhibited over time.

This resident-driven awards program was organized by a Dickinson resident, Julie Obrigewitsch. "I

wanted to shed a more positive light on the good people of Stark County and the outstanding actions that they do within our area communities."

The program is endorsed by the Stark County Commission, while the Award Team consists of the Mayors of the Stark County communities of Belfield, Dickinson, Gladstone, Richardton, South Heart, and Taylor.

Nominations and the nominees will be

removed prior to the judging; therefore, the team will judge based off actions, rather than the specific person who did the act(s), providing for a fair judging process.

Stark County Spirit of Excellence Award nominations can be made by anyone and must be submitted on behalf of any member or group from Stark County, North Dakota. Nomination forms are available at [www.starkcountysheriffnd.com](http://www.starkcountysheriffnd.com) or by emailing [award@starkcountynd.gov](mailto:award@starkcountynd.gov).

The first award submission deadline will be February 15. Future award deadlines will be April 15, June 15, August 15, October 15, and/or December 15.

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

## CONVENTION AND VISITORS BUREAU Theodore Roosevelt National Park



Article and photo source: ND Tourism

It might be winter, but the Theodore Roosevelt National Park is open! Any season is a good season to enjoy the scenic wonders of North Dakota's Theodore Roosevelt National Park. Hiking is still a great option for a winter family activity on the right day.

While Painted Canyon Visitor Center is closed for the season, here are four things to see and do driving through Theodore Roosevelt National Park, remember, there is the North Unit to visit also!

### MALTESE CROSS RANCH CABIN

At Theodore Roosevelt's urging, the Maltese Cross Ranch Cabin, now at the entrance of the park, was built during the winter of 1883-84. The Maltese Cross Cabin was originally located about seven miles south of Medora in the wooded bottomland of the Little Missouri River.

### PRAIRIE DOG TOWN

While prairie dog "towns" can be found in many areas of the park, the first one encountered is along the road soon after entering the park near Skyline

Vista. Prairie dogs communicate with each other by a number of sounds called "barks" or "yelps."

### SCENIC LOOP DRIVE

A major feature of the South Unit is the paved, 36-mile Scenic Loop Drive with pullouts and interpretive signs that explain some of the park's historical and natural features. Wildlife is abundant along the route that weaves through much of the South Unit.

### ELKHORN RANCH SITE

In 1884, Theodore Roosevelt left for the Badlands following the deaths of his wife and mother on the same day. Looking for solitude, he started a second ranching site and named it the Elkhorn Ranch. Other than signage, little remains at the location.

And after a drive through the Park, stop in at Medora for a relaxing dinner or refreshment, there are great choices open, such as Little Missouri Saloon & Dining, or Medora Uncork'd, a full-service wine, beer, and Spirits Bar. ■

## KUDOS

### Employee of the Year: Holly Hirning

CHI St. Alexis Health Dickinson is pleased to announce Holly Hirning as the winner of the 2020 Employee of the Year award. Holly is an RN and our Employee Health Safety Officer. Her hard work, compassion, teamwork, and dedication shone through in a year when COVID-19 put many intense responsibilities on her shoulders. Congratulations, Holly! Thank you for your hard work and commitment to CHI St. Alexis Health Dickinson and our community! ■



Holly Hirning

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LOVE

**PIPER'S PALS****Pet Name Match**

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

- A: Grace Louise (#\_\_\_)
- B: Luna (#\_\_\_)
- C: Soloman (#\_\_\_)
- D: Gordon (#\_\_\_)
- E: Tatiana (#\_\_\_)
- F: Oliver Tolliver (#\_\_\_)

(Answers in our March issue!)

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

Last month's answers:

- |              |             |
|--------------|-------------|
| A: #2 Chuck  | D: #1 Brody |
| B: #4 Red    | E: #6 Roo   |
| C: #5 Tinsel | F: #3 Lucy  |



#1



#2



#3



#4



#5



#6

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SCHEDULED KEYNOTE SPEAKERS:  
**SENATOR RICH WARDNER**  
**MAYOR SCOTT DECKER**

WHERE BUSINESS GOES TO GROW

## WHERE BUSINESS GOES TO GROW

# Naming and registering your startup

By Stark Development Corporation

The idea for starting your own small business continues to occupy your mind and you want to move forward. Before going much further you will need to move beyond mere pondering and do some real research on your idea's market viability; that is, you have to conclude with a strong degree of confidence that there is a need for the goods or services your business will be providing.

So, what's the next step, how do you move the idea forward? This article is a continuation of 'Starting Your Own Business', answering some of those questions and providing resources to take the next steps.

One of the first steps is to name and register your business. As part of that process, it is necessary to confirm that the name you want to call your business is available and to make sure that name is not already being used by someone else. Organizations doing business in North Dakota must file with the Secretary of State. Visit the web site [www.firststop.sos.nd.gov](http://www.firststop.sos.nd.gov) to search name availability, register the new business and find other forms and information associated with

getting the new business started.

Additionally, when registering the new business, the structure will need to be identified. The most common structures are sole proprietor, partnerships, corporations and LLC. Each of these business structures has advantages and disadvantages as well as specific features intended for various situations.

Considerations for which structure you choose will include:

- How many people/entities will be involved in ownership?
- Will there be investors or shares?
- Do you have a lot of personal assets to lose?
- What is the nature of the business?

Generally speaking, the more owners involved the more complicated setting up the structure will be. Work with your local SBDC advisor to organize your thoughts, propositions and questions. Then request a consultation with an accountant and an attorney who specialize in small businesses.

A consultation of this sort is always advised in determining what the best structure for your specific situation is, as well as tax filing questions like the EIN, sales and use tax, and any license requirements. Many attorneys and accountants will provide some level of 'initial' consultation. Respect their time, be prepared and most importantly be polite. Do your research before the meeting and have as much information and a specific list of questions ready to move quickly through the initial consultation.

Registering with the North Dakota Secretary of State and deciding the



business structure are significant first steps in starting a new business. Once complete, you can move to the next steps of creating a business plan and pulling together numbers for financials.

Getting a new business up and running is more than a good idea but rather a process. Taking the time to proceed through an organized step-by-step process will make the task more

manageable and increase the likelihood of success. So what name are you hoping to call this new business?

The Small Business Development Center is prepared to assist with precisely this type of effort. In fact, one of the primary roles of SBDC is to assist entrepreneurs in achieving their goals. You can find them on-line at [ndsfdc.com](http://ndsfdc.com) or call 701-456-9044. ■



**THEN... and Now:****Early Pioneers of Dickinson: The Messersmith Family**

By Jessica Stratton



Photo of the Messersmith family. Image from the Joachim Regional Museum archive.

When researching the early History of Dickinson for my work at the Dickinson Museum Center, there are a few names that come up more often than others. I first encountered the name Messersmith when doing some research on the history of buildings in the downtown area. The Dickinson Press kept referring to a location as 'the Messersmith corner' but because it was so well known by all who lived here at the time, it took further research to discover what corner they were referencing. It was because of these references that I then began looking into who Messersmith was.

Emil Frederick Messersmith was one of the first permanent settlers

in the Dickinson area. Emil was also known around town as E.F or "Andy" Messersmith according to The Dickinson Press. Emil was born in 1845 in Germany and in 1849 the family immigrated to the United States settling in St. Louis MO. In 1957 the family moved from St. Louis MO. to St. Paul MN. In 1870 Emil married Bertha Louise Gubser. In the spring of 1871 Emil, Bertha, their baby daughter Rose, and the baby's nurse left St. Paul and headed west to Jamestown. There Emil ran a portable hotel in a circus tent for a time. The family also lived in Bismarck and were often separated when Emil began working for the Northern Pacific Railway in 1879-1880. He was in

charge of the dining car as the railroad extended into Montana.

Emil wanted to give up his position with the Northern Pacific to spend more time with his family but the railroad superintendent wanted to keep him on. So, in August 1881 Emil was put in charge of the section house and eating station at Pleasant Valley Siding. Emil was the first businessman in town. The railroad furnished some portable buildings for the business which was located west of the current depot until other arrangements could be made. Mrs. Messersmith and her five children: Rose, Caroline "Carrie", Joseph "Joe", William "Willie", and young Bertha soon arrived on a train

with the eating station. The family had accommodations upstairs in the section house. Emil also brought several milk cows with him, supposedly the first cows brought to this area. A water tank, depot and eating station along with the very basic section house 'hotel' made up the site at that time. Emil planted the first trees in Dickinson and continued to plant many more trees in the area throughout the rest of his life.

The Messersmiths liked the area so well that they sent for Bertha's sister and her family, the Moses Lenneville, to join them from St. Paul. The Lenneville family arrived September 7th and the town was then composed of four families. The settlement was renamed Dickinson by early October 1881. The first private dwelling in Dickinson was erected in late October 1881 for the Lenneville. Several other temporary buildings had also been erected by this time including a saloon and a general store which were made of lumber with canvas tops. Around this time, diphtheria was spread from traveling passengers to two of the Messersmith children, Willie age 6 and Bertha age 3. Mrs. Messersmith quickly recognized the disease and quarantined the family in their rooms so no one else was infected. By the time any doctors were able to arrive, the young children had died.

The railroad had begun work on the wood frame Northern Pacific Hotel to replace the section house and the Messersmiths moved in by Christmas 1881. The first Christmas tree was a little Badlands cedar which had been brought by a railroad worker and was the center of attention. The family invited the rest of the residents to celebrate and sing carols around their organ. It is estimated that the population by the end of 1881 was about 50 people.

Wells S. Dickinson, the man for which the town was renamed in 1881, had purchased the land around the railroad depot and platted the townsite in the summer of 1882. Sources say that the first lot in town was sold Sept. 7, 1882 to E. F. Messersmith which was on the corner of Villard and 1st Avenue West and was known for many years as 'the

*Continued, page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



February 2021

## PERSPECTIVE FROM THE PERCH: PRESIDENT EASTON REFLECTS ON 2020 AT DSU

*Written by: Steve Easton, president of Dickinson State University*



In a letter to John Hay, American Ambassador to the Court of St. James, London, on June 7, 1897, Theodore Roosevelt penned a phrase embracing the virtues of a strenuous life, where one dares mighty things in the face of adversity.

The year 2020 was the beginning of a new decade. Thus, the year dawned with hope. Soon thereafter, this hope was challenged by a worldwide pandemic. As the year progressed, the word “unpre-

cedented” was used commonly in the world as a whole and at Dickinson State University (DSU).

But DSU is indeed a place where we dare mightily in the face of adversity. It has been heartwarming to see the hard work of all involved with DSU in response to the challenges of 2020. Thank you to all, from alumni and other supporters to students, who made 2020 memorable in positive ways. Those of us who love DSU have a lot to be proud of, as our “college on the hill” has had many accomplishments this year, despite the pandemic. I’d like to share a few of them.

### INCREASING ENROLLMENT

Despite nationwide college enrollment being down by 4%, DSU fall enrollment increased by more than 90 students to its head count this fall, compared to the fall of 2019. Full-time enrolled students increased 4%, while our head count enrollment increased more than 6%. All of these figures are



the largest increases among the eleven North Dakota University System institutions.

Our recruiting team did a great job in a tough environment last spring where we were not able to meet many of our potential students in person. Other members of our staff, our coaches, our faculty, our students, and our alumni and other supporters also did great work. Thank you for your efforts and for your support of Dickinson State. We are pleased that there are so many students who will get the benefit of a DSU education.

### DUAL MISSION



*Students watch a demonstration during a CNA class.*

The dual mission committee worked with local and educational partners to bring new opportunities to Dickinson. Last year, DSU brought welding and CNA training to Dickinson. Building upon this, the first commercial truck driver training class was held this fall.

The University also expanded certificate, associate, and graduate program offerings. Beginning fall 2020, there are six new associate degree programs including elementary education, secondary education and substance abuse counseling, and five new certificate programs including banking, digital communication, digital marking, music and theatre. DSU also added a master’s degree with a focus on athletic educational leadership. The certificate, associate, and graduate offerings now available at DSU provide additional pathways for educational and professional preparation for those in our region.

Working with the Dickinson Public School system and other area schools, we also started an innovative early entry program that brought 40 students to the DSU campus this fall to start their college educations while still in high school.

*continued on next page*

**PERSPECTIVE** *continued from previous page*

We are also working with these partners on a proposed Career and Technical Education academy that will help train area high school and post-secondary students in fields like welding, truck driving, diesel mechanics, CNA and other health care careers, and possibly even robotics.

As you may have heard, the Dickinson Public School system has purchased, for \$6 million, the \$60+ million former Halliburton property, which will be the home of the CTE Center for Southwest North Dakota. We are working with Dickinson Public Schools and other area schools and businesses to provide new educational opportunities. This will be a big boost to our Dual Mission efforts.

**CLASSROOM INNOVATION**

Last spring's COVID-forced move to (almost) all remote delivery of classes happened quickly. Our students, faculty, and staff did a great job of converting, without any real notice, from face-to-face to remotely delivered courses. All who are associated with DSU should be proud that students continued to learn and faculty continued to teach, despite this change.

Over the summer and into the fall, the CARES Act provided funds for cameras and dual computer monitors in almost all of our classrooms. This allowed us to convert to a "hybrid-flex" modality this fall, where most classes were offered in three modes: face-to-face, synchronous remote delivery, and asynchronous remote delivery (for students who were not able to access classes during scheduled class times). Concerns related to COVID-19 required this change, as we needed to provide a way for students who were isolated or quarantined to keep up with their course work.

The new equipment in our classrooms and a semester of teaching in this modality provides exciting opportunities for the future. While DSU will almost certainly always be an institution that teaches the majority of its students on campus, we now are able to offer opportunities for those who cannot come to campus to pursue their college educations. As we sensed the shift to this modified teaching and learning environment, we worked with Learning Corps, LLC, a group of remote learning experts, to maximize the student learning experience in the new hybrid-flex environment. Nine of our faculty members earned Learning Corps' Master Teacher in Resilient Teaching and Learning Certificate, by working on this distinction during the fall semester. Other faculty also benefitted from Learning Corps' expertise in remote instruction.



As we look forward to the day when COVID-19 is behind us, we are excited about teaching those who cannot come to campus. We are also excited about the diversity of experiences they can bring to our traditional on-campus students. Imagine, for example, a remote adult

learner who can say, in a class discussion, "That issue came up last month at my workplace." The future is bright for both on-campus and remote access Blue Hawks!

**CAMPUS LIFE**

While many colleges and universities continued all (or mostly) online classes this fall, Dickinson State provided face-to-face classes until Thanksgiving. In addition, we were able to provide many opportunities for our students to experience campus life that, while not "normal," was closer to normal than pretty much any other college or university.



*S'mores Night took place outside May Hall at the Centennial Plaza.*

Our student life staff organized both online and in-person events, including a homecoming concert that reached nearly 2,000 people on the internet, two trips to the Medora Musical, a s'mores night at our recently completed Centennial Plaza, movies in a state-of-the-art theater purchased this year

with student fees via a Student Senate initiative (making ours one of the few campuses with its own movie theater), barbecues and backyard sports, dueling pianos, and many others.

Our theatre students presented four performances of the witty "Almost Maine," using clear face shields and strategically placed microphones. Our music faculty and students presented several choral and instrumental concerts. Our varsity esports team continues to have a strong showing at the national level. Our students are enjoying the ability to connect with one another on these platforms. Our rodeo team had a strong season and hosted the Blue Hawk Stampede this fall.

On the intercollegiate athletic competition front, we had cross-country, volleyball, and football seasons. Through a combination of hard work by coaches and student-athletes, diligent attention to health safety measures, and a bit of good luck, we played a full season of nine football games. And we won all nine of them for Coach Pete Stanton's sixth straight conference championship. Indeed, at various points in the season, DSU had the distinction of being the only 6-0, the only 7-0, the only 8-0, and the only 9-0 pro or college (at any level) football team in the country!

Bottom line: It was not a "normal" fall, as all events featured masks and social distancing, but it was a good one nonetheless.



## HIGH RANKINGS

It is important not to take college rankings too seriously, as it is not possible to factor the many features of a college or program into a ranking rubric. So take this information with the grain of salt that it deserves. But a high ranking, while never precisely correct because precision is impossible, is a sign that a program is among the best.

The past year saw various organizations noting DSU's strength in various areas. Visit [www.dickinsonstate.edu/rankings](http://www.dickinsonstate.edu/rankings) to view a complete list.

## PAYING BACK

Tough times have a way of identifying those who are willing to help others in need. Our state, our region, and our city have always been big supporters of DSU. As always, but perhaps even a bit more than usual due to the pandemic, DSU paid back this year by helping our community.

In the early days of the pandemic, when PPE for health care workers was in very short supply, our nursing department was able to send some of its supply to the Southwestern District Health Unit. Our students and staff helped with another critical health care need by sponsoring and organizing several blood drives. Our Theodore Roosevelt Honors Leadership Program scholars held a successful food drive this fall. Our Student Senate is organizing a program to deliver groceries and other needed supplies to those in isolation or quarantine.

With the annual Dickinson Community Thanksgiving Dinner event in jeopardy due to COVID-19 concerns, DSU's students, staff, and faculty immediately stepped into the breach. With the help of the DSU student

Campus Activities Board, the Dickinson Rotary Club, Blue 42 restaurant, Coca Cola bottling, and DSU's dining contractor, Sodexo, we converted the dinner to a drive-thru pickup event. At five locations on our campus and



*Volunteers pause for a photo during the Community Thanksgiving Dinner.*

one at Blue 42, our fully masked men's baseball and softball teams, other DSU students, staff, and faculty, as well as volunteers from the community, distributed Thanksgiving meals in a COVID-safe manner.

There are many other examples of DSU students stepping up to help. To take but one example among many, this fall I received an email from someone who noticed one of our football players paying the tab for a bag of groceries bought by a young, distraught, and embarrassed mother who either misplaced her wallet or did not have the funds to pay. Emails like that make it a pleasure to be DSU's president! Our students, staff, and faculty are great ambassadors for DSU.

Yes, it was a very "interesting" year. And yet, there was much for DSU and its many supporters to be proud of! Best wishes to all for a great 2021. Hawks are up! ■

## DICKINSON STATE'S FALL 2020 PRESIDENT'S AND DEAN'S LISTS RELEASED

Dickinson State University (DSU) students faced an enormous amount of change during the 2020 fall semester. "We realize that navigating student life has been challenging, but DSU is committed to our mission," said Dr. Debora Dragseth, provost and vice president for academic affairs at DSU. "We provide high quality education while focusing holistically on the well-being of our students. Student success is and always will be our anchor."

Two of DSU's metrics for academic student success are the prestigious President's and Dean's Lists. Students with a term GPA of 3.9 or above after the completion of a minimum of 12 credit hours during the semester are named to the President's List. Students named to the Dean's List have completed a minimum of 12 credit hours during the semester with a term GPA of 3.5 or above.

Outstanding academic work placed 321 students, or 23.46% of eligible undergraduates, on the Dean's or President's Lists following the fall 2020 semester.

"We are delighted that nearly one out of four DSU students met an extremely high standard of academic performance," said Dragseth. "This statistic says a lot about the resilience of our students, faculty and staff. The recognition will be noted on each student's academic transcript and will become a permanent part of his or her official academic record at Dickinson State University."

As colleges and universities strive to maintain enrollment and retention, and meet student learning outcomes, DSU has found success in these areas by supporting its students, not just as learners, but as valued individuals who have dedicated themselves to the pursuit of excellence. "Prioritizing the needs of our students is critical," said Dragseth. "Nobody signed up for the social distancing or the additional challenges of COVID-19. The compassionate option is the best option to help students to be resilient and successful learners."

View Dickinson State University's fall 2020 President's List here: [bit.ly/DSUfall2020preslist](http://bit.ly/DSUfall2020preslist)

View Dickinson State University's fall 2020 Dean's List here: [bit.ly/DSUfall2020deanslist](http://bit.ly/DSUfall2020deanslist) ■



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## DSU'S SCHOOL OF EDUCATION NAMES STUDENT TEACHER AND COOPERATING TEACHER OF THE SEMESTER



Allison Ziebarth

Amanda Rafferty

Dickinson State University's (DSU) School of Education named recent graduate Allison Ziebarth the Student Teacher of the Semester and Amanda Rafferty, a third grade teacher in Bowman, North Dakota, the

Cooperating Teacher of the Semester, both for fall 2020.

Ziebarth completed her student teaching experience at Red Trail Elementary School in Mandan, North Dakota, before she graduated from the University in fall 2020. She was recommended for the prestigious Student Teacher of the Semester award by Jackie Bolton, her university supervisor, and Amanda Hatzenbuehler, her cooperating teacher.



Ziebarth in the classroom.

Hatzenbuehler said, "From the first day she stepped into the classroom, Allison was eager to learn and help. She is a natural with classroom management, lesson planning, and

building relationships with students and staff. Allison understood from the beginning the importance of building relationships with the students before trying to teach them academics. I could not have asked for a better person to be placed in my classroom to help me navigate the beginning of this year."

For a short time, Ziebarth was unable to be in the classroom physically, so she took the initiative to teach virtually. She prerecorded lessons, taught through Zoom, and Facetimed with students in order to maintain the relationships she had built with them.

Ziebarth is currently teaching at Turtle Lake-Mercer School in North Dakota.

Amanda Rafferty, who was named the Cooperating Teacher of the Semester, is an alumna of DSU. She was recommended for the award by her student teacher Tianna Ballard.

In Ballard's nomination letter, she wrote, "Mrs. Rafferty never accepts the simple answer about a student's misbehavior and always looks for the deeper issue regarding why a student may be



Student teacher Tianna Ballard (left) and her cooperating teacher Amanda Rafferty (right).

acting out. I could not have imagined a better cooperating teacher for my experience. Mrs. Rafferty has been an incredible role model and I look forward to utilizing her as a mentor when I begin my teaching career."

Ballard noted that Rafferty gave her the freedom to make mistakes and try out any ideas or strategies. According to Dr. Joan Aus, chair of the School of Education, the latitude to allow student teachers to spread their wings in the classroom while reflecting with the student teacher after each lesson about what he or she can do to improve is the sign of an outstanding cooperating teacher. ■

## HELPING OTHERS DURING A PANDEMIC: NURSING STUDENT GRAYSON HICKEY

The COVID-19 pandemic has been hard on everyone, everywhere during the course of this past year, from families having to figure out different routines, to educational institutions having to change their primary mode of instruction, and even to businesses having to change how they operate. As we all have felt the pressure of the pandemic during the year, one group of people in particular have been working hard in order to keep people healthy and alive. This group of hard-working individuals are those who work in healthcare. These essential personnel, from doctors, to specialists, to nurses and EMTs, work around the clock to battle the pandemic that is currently ravaging the country and the world.



Some students at Dickinson State University (DSU) have had the chance to work in this ever-changing environment due to their educational pursuits as nursing majors. One student who has experienced how the healthcare sector has been impacted here in North Dakota is Grayson Hickey, a non-traditional senior nursing student from Farmington, New Mexico. He chose nursing not only because it's a stable career, but also because he gets to help nurture and steady their health. He also likes the exciting science that is behind nursing.

Hickey chose to attend DSU because of how helpful the staff and nursing department were during admission and the University accepted his credits when he transferred in from a community college. As of right now, he thinks of himself as a laid-back individual who is preoccupied with life and has enjoyed his time at the University. He has availed himself of every opportunity that DSU has provided to him and looks forward to graduating in the spring so he can more freely give his time to others.

Because his parents chose for him to be homeschooled after his freshman year of high school so he could graduate early, Hickey hasn't struggled with the transition to remote learning. As his last three years of high school were completed online, experiencing a shift to a remote delivery is already something that he is used to. He still feels that he is able to learn and interact with students and professors in a meaningful way.



*In 2018, Hickey traveled to L'viv, Ukraine, to attend the International Convention of Jehovah's Witnesses, which was attended by more than 60,000 people.*

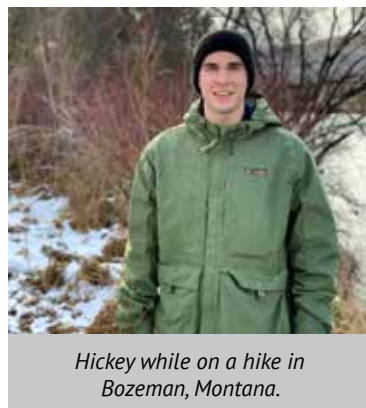
But it's not all work and class work! In his free time, Hickey enjoys helping people. As a Jehovah's Witness, he enjoys educating others about the Bible and studies the Bible with those who are interested. He spends time with people, helping them to make changes in their lives so they can enjoy not only a high quality of life, but also develop a relationship with their Creator. He also loves his family and enjoys CrossFit workouts at the local CrossFit Amicus.

Currently, Hickey is working at CHI St. Alexius here in Dickinson on the medical

surgical unit as a floor nurse, taking care of patients who have various health problems. In the past four years, he has also worked as a charge at St. Benedict's Nursing Home. COVID-19 has created quite the impact as Hickey continues to help people and make sure that they continue to be healthy, and the pandemic has shown that there will always be a need for healthcare providers throughout the world. However, the pandemic has exposed that they are needed more than ever and has created a sense of job security.

Caring for people's health is not only physical, but also mental. This includes a person's emotional, psychological, and social health. Mental health is important throughout a person's entire life, and a main concern with patients related to COVID-19 is their social and mental wellbeing. "The biggest hurdle for me is helping my residents keep a positive attitude," said Hickey. "Keeping the residents positive and happy are definitely challenges that I never expected to encounter during a pandemic." Another consequence of having to be isolated is that families are unable to see their loved ones. This can be hard and challenging for the families. However, families have been understanding about the situation. "I cannot thank families enough for their understanding attitude and helpful support through all of this," said Hickey.

Despite the trials and tribulations that the pandemic has caused, Hickey has been able to keep his residents positive and healthy. The challenges that the pandemic has thrown his way have helped him to be secure in his choice for a career in nursing and he has risen to meet the challenges. The fact that he enjoys helping others shows that he is following the right path. ■



*Hickey while on a hike in Bozeman, Montana.*

## DSU SCHOOL OF BUSINESS & ENTREPRENEURSHIP STUDENTS TOWER ABOVE AVERAGE IN NATIONAL BUSINESS EXAM

Fourteen Dickinson State University (DSU) business students recently finished in the top 10% nationally in the Peregrine exam, a nationally normed test taken by business seniors across the country.

"We are thrilled to announce the results of the 32 business seniors who took this challenging national exam this fall," said Loretta Heidt, chair of the School of Business & Entrepreneurship at DSU. "Of the 32 total, 14 scored in the top 10% nationally, including nine in the top 5% and three who finished in the top 3%."

The School of Business & Entrepreneurship at DSU offers the Peregrine business exam to all graduating seniors. According to Heidt, the exam is an assessment designed to determine how proficient students are in various business fields. Students are asked questions pertaining to 11 fields, including accounting, business ethics, finance, marketing, management and quantitative statistics.

"Students spend hours studying for the Peregrine exam and it certainly showed in their results," said Heidt. "Scoring at this level nationally is exceptional considering that our students are being compared to those in 240 other business programs. These scores demonstrate that our graduates are well equipped for their future endeavors."

The School of Business and Entrepreneurship is accredited by the International Assembly for Business Education as well as the Higher Learning Commission. Learn more about their program offerings by visiting [www.dickinsonstate.edu/sobe](http://www.dickinsonstate.edu/sobe). ■

## PATHOGENS WITH PANDEMIC POTENTIAL: DSU STUDENT AND FACULTY MEMBERS PUBLISH PAPER

After the sudden onset of the COVID-19 pandemic early last year, the scientific community has questioned what infectious agents are more likely to cause a subsequent pandemic in the future. Soil ecosystems are home to the greatest diversity of microorganisms on the planet. What if the next pandemic-causing pathogen is soil-borne? This question led Dickinson State University (DSU) student Jade Derby, a senior majoring in biology, to work with Dr. Eric Brevik, professor of geology and soils, and Dr. Joshua Steffan, associate professor of agriculture, microbiology and soil biology, to publish a paper together. The paper, titled "Soil Pathogens that may Potentially Cause Pandemics, Including Severe Acute Respiratory Syndrome (SARS) Coronaviruses," was recently published in the journal *Current Opinion in Environmental Science and Health*.



continued on next page

## PATHOGENS *continued from previous page*

Students in the Department of Natural Sciences at DSU have the opportunity to work with faculty mentors on senior research projects and/or with faculty that have research grants. Students are encouraged to publish their work when possible. The Department of Natural Sciences at DSU is unique in providing students with opportunities that are not available at all institutions, including the opportunity for undergraduate students to publish.

“As an undergraduate researcher, it is an honor to be published,” stated Derby. “The opportunity to contribute knowledge to a topic as significant as the current COVID-19 pandemic is very rewarding, as that is the goal of many in the science community. I will be forever grateful for the opportunities provided to me by faculty in the DSU [Natural Sciences] Department. DSU has gone above and beyond in preparing me to take the next step in my academic career, and for that, I will never forget my time as a Blue Hawk.”

This study was partially supported by the National Science Foundation, Established Program to Stimulate Competitive Research (EPSCoR), under Grant Number IIA-1355466 awarded to Drs. Brevik and Steffan and by an Institutional Development Award (IDeA) from the National Institute of General Medical Sciences of the National Institutes of Health under grant number P20-GM103442 awarded to Dr. Steffan. ■

## AGRICULTURE ALUMNUS WARD PRESENTS HANDMADE SADDLE AT DSU



Justin Ward '18 recently presented a handmade saddle at the Dickinson State University (DSU) Agriculture Building. He crafted the saddle with guidance from Master Dave Urlacher as part of the North Dakota Council on the Arts Folk and Traditional Arts Apprenticeship Program. The detailing on Ward's saddle was completed freehand, and he has turned his craft into a business. Ward takes custom orders for his saddles, and business is booming – he is currently booked through the month of March.

Ward is a graduate of the Department of Agriculture and Technical Studies. He participated in rodeo while at DSU and was one of the Department's nominees

for DSU's Outstanding Graduate Awards (OGA) in 2018. Ward mentioned he missed both the OGA and graduation ceremonies because of his commitment to bullfighting. His friends made sure he didn't feel excluded, though; they taped a photo of his face to a stick so he could be carried around and take part in the events! ■



## DSU'S SCHOOL OF EDUCATION CELEBRATES 18 GRADUATES DURING FALL 2020 PINNING CEREMONY

Dickinson State University's (DSU) School of Education celebrated recent graduates during a virtual pinning ceremony Thursday, Dec. 17, 2020. The fall semester of 2020 was certainly challenging, however, in true Blue Hawk fashion, 18 education majors persevered despite the pandemic and demonstrated their excellence by completing their student teaching with flying colors.



The majority of the student teachers delivered instruction through the traditional face-to-face model as well as remote teaching, thereby becoming the first crop of student teachers to be versed in Hybrid-Flex instruction, proving that committed teachers can instruct under any conditions.

The virtual pinning ceremony was attended by more than 100 students, parents, family members and faculty. According to Dr. Joan Aus, chair of the School of Education at DSU, “The enthusiastic support of these new teachers reaffirmed the importance of the students' momentous accomplishment in completing their student teaching, particularly during the pandemic.”

The School of Education graduates are as follows:

### ***Master of Arts in Teaching***

**Colin Kapelovitz**

### ***Bachelor of Science in Education***

**Alaina Berg** | Elementary Education

**Margo Binstock** | Elementary Education

**\*Tianna Ballard Brooks** | Elementary Education

**Brenda Cruz** | Mathematics Education

**Gabrielle Flaget** | Elementary Education

**\*Kennedy Hildebrand** | Elementary Education

**April Hruby** | Elementary Education

**Tucker Johnson** | Elementary Education

**\*Gresh Jones** | Physical Education

**Caitlin Meyer** | Elementary Education

**Meghan Praus Moore** | Elementary Education

**\*Tobin O'Brien** | Physical Education

**Daniel Peterson** | Elementary Education

**Jayd Rice** | Physical Education

**Kate Sabe** | Elementary Education

**\*Alison Scheetz** | Physical Education

**\*Allison Ziebarth** | Elementary Education

*\*Graduated with Distinction* ■

# STUDENT SPOTLIGHT

## ARJANA "AJ" EILERS '22

*biology major*



Dickinson State University (DSU) student-athlete Arjana Eilers goes by "AJ" most days, and for most people. She is a pre-med track biology major in her junior year at DSU who tacked on a chemistry minor to round out her studies. Eilers has genuinely enjoyed her classes and professors in the Department of Natural Sciences. "Each professor cares greatly about your success in the classroom," she said.

"They make it a fun and interesting learning environment by bringing their own unique backgrounds and experiences into the content that is being taught."

Born and raised in Brandon, Manitoba, Eilers plays big sister to younger brother, Xander, and is incredibly fond of her family's French Bulldog who is aptly named "Boomer." When asked what led her to DSU, Eilers said it all started with softball. She got in touch with Head Coach Kristen Fleury and decided to make the drive to see for herself if she was meant to be a Blue Hawk.

The Dickinson campus is a bit of a jaunt to Eilers' hometown. How far you might ask? Well, since we Midwesterners measure distance by how long it takes you to drive somewhere, it is about five and a half or six hours away. But she decided the drive was well worth it after she arrived in Dickinson. "DSU felt just like home to me when I stepped onto campus," she said. "It is not intimidating or hard to find your way around and everyone seemed very welcoming." It must have been fate as Eilers now pitches for the Blue Hawks and loves every minute of it.

During the school week, Eilers spends much of her time helping fellow students in the Tutoring Center on the second floor of May Hall. She's a tutor for biology and chemistry, a job she's grown to have an appreciation for. "I've learned how humbling and exciting it is to be able to help my fellow students figure out concepts in a difficult class and see them succeed!" Tutoring is noble work, indeed.

What else does Eilers do with her free time? As much as she can, of



AJ Eilers (right) and her little brother Xander (left).

course. On the weekends, she likes to hang out with her friends and go to athletic events to cheer on other student-athletes. "Free time is hard to come by when juggling softball practice and studying for classes," she said, "but like most other college students, I enjoy winding down at the end of the night by watching too much Netflix."



DSU softball team in Medora, North Dakota.

Eilers plans to graduate in the spring of 2022, but her life plans post-graduation are still somewhat up in the air. "My future is not exactly set of where I may end up after DSU," she said, "but I plan on continuing my education and working to be accepted into medical school or a graduate research program." We are sure her path will take her somewhere incredible, and we can't wait to see where that is.

For anyone thinking about becoming a Blue Hawk like Eilers, she encourages them to go with their gut. "It is a small campus community where everyone ensures your comfort and happiness being a part of the Blue Hawk family. The campus has many great opportunities and is an amazing place to obtain your undergraduate degree and prepare you for your future!" ■

## BLUE HAWK JACKPOTS

DSU Indoor Arena

February 14 - February 27 - March 28

### BARREL RACING

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Youth - \$30  
Peewee - \$5  
Office Fee - \$5

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BARREL RACING  
ASSOCIATION  
SANCTIONED

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Run starts at: 11:30 a.m.

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Peewee - 6 & under  
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after the barrels  
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Enter 2x

NIRA & NHSRA rules apply

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## DICKINSON STATE UNIVERSITY EVENTS

SAT, FEB 6	ACT Testing	8 a.m.	May Hall 312, 314, 316
SAT, FEB 6	ACT Testing	8 a.m.	May Hall 312, 314, 316
FRI, FEB 12	Women's Basketball vs. (24) Dakota State University	5:30 p.m.	Scott Gymnasium
FRI, FEB 12	Men's Basketball vs. Dakota State University	7:30 p.m.	Scott Gymnasium
SAT, FEB 13	DSU Rodeo Team Jackpot Events	8 a.m.	DSU Indoor Arena
SAT, FEB 13	Winter & Valentine's Day Craft & Vendor Show	9 a.m.	Biesiot Activities Center
SAT, FEB 13	Women's Basketball vs. Bellevue University	3 p.m.	Scott Gymnasium
SAT, FEB 13	Men's Basketball vs. Bellevue University	5 p.m.	Scott Gymnasium
SUN, FEB 14	DSU Rodeo Team Jackpot Events	8 a.m.	DSU Indoor Arena
TUE, FEB 16	Women's Basketball vs. Valley City State University	5:30 p.m.	Scott Gymnasium
TUE, FEB 16	Men's Basketball vs. (RV) Valley City State University	7:30 p.m.	Scott Gymnasium
FRI, FEB 26	PRCA Judging Clinic	8 a.m.	Ag Building 101/DSU Indoor Arena
FRI, FEB 26	Discover DSU Day	9 a.m.	Student Center
SAT, FEB 27	PRCA Judging Clinic	8 a.m.	Ag Building 101/DSU Indoor Arena
SAT, FEB 27	DSU Rodeo Team Jackpot Events	8 a.m.	DSU Indoor Arena

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

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

## DISCOVER DSU DAYS

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

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speak with faculty,  
and take a tour!*

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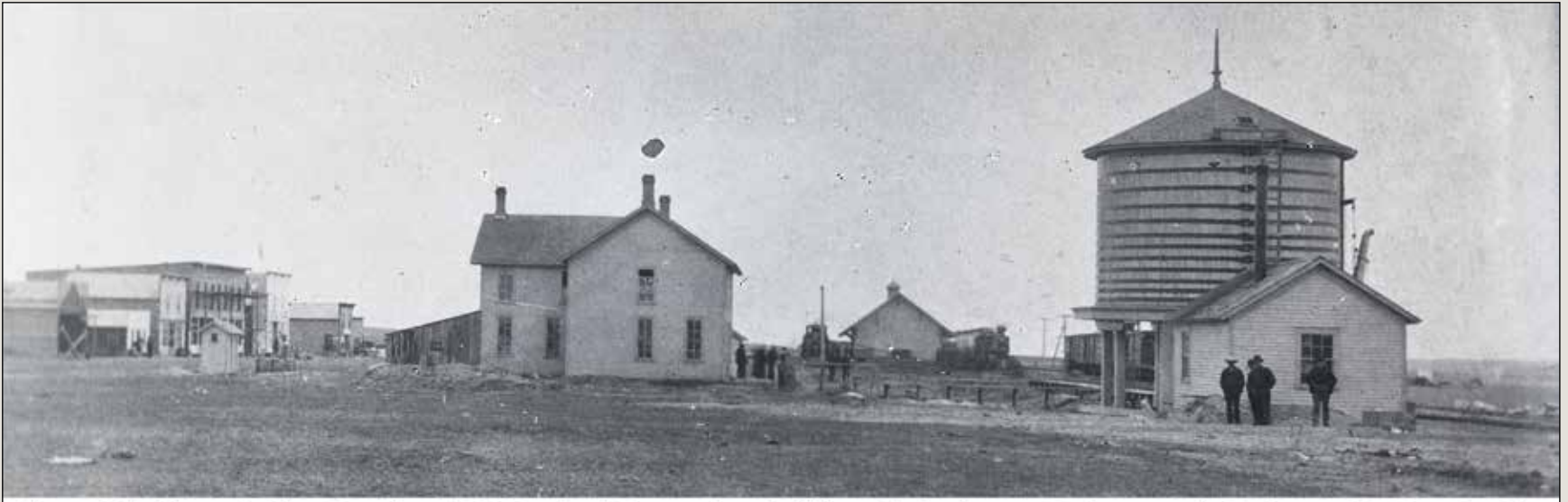
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Continued from page 16



View of Dickinson looking East circa 1882. On the left are various buildings for businesses. In the center is the 2 story Northern Pacific Hotel and eating station Emil Messersmith ran. The first depot can be seen in the background. Image from SWNDDA #18584-003.

Messersmith corner'. One estimate was that there were now almost 100 different buildings at the site in 1882.

Emil and Bertha's daughter Emmeline "Emma" Messersmith (later Mrs. H.L. Currier) was the first white child born in Dickinson in January 1883 and the year 1883 was an important time of growth for the town in general. An article from the Dickinson Press in August 23, 1884 notes, "a regular building boom struck the town in the spring of 1883, when the sound of the hammer bespoke of fast approaching prosperity. In addition to this the Northern Pacific commenced the erection of elaborate round houses and machine shops, investing \$250,000 in their various improvements. The town of Dickinson flourished as never before, and capital found its way thither in many a way. New stores loomed up everywhere and handsome private residences began to adorn the upper portion of the town. Two churches were built, a school started and families of the most intelligent class were glad to make Dickinson their home."

Emil continued in business at the hotel and eating station until dining car service was established in the spring of 1883. He soon shipped the first herd of cattle into Stark County and with squatters rights got a ranch near the Killdeer Mountains, known as the Diamond C. Ranch. He registered his brand, a square and compass, on September 26, 1883 and was the second brand registered in the area. He built a log cabin and employed a man to take care of things. While Emil was

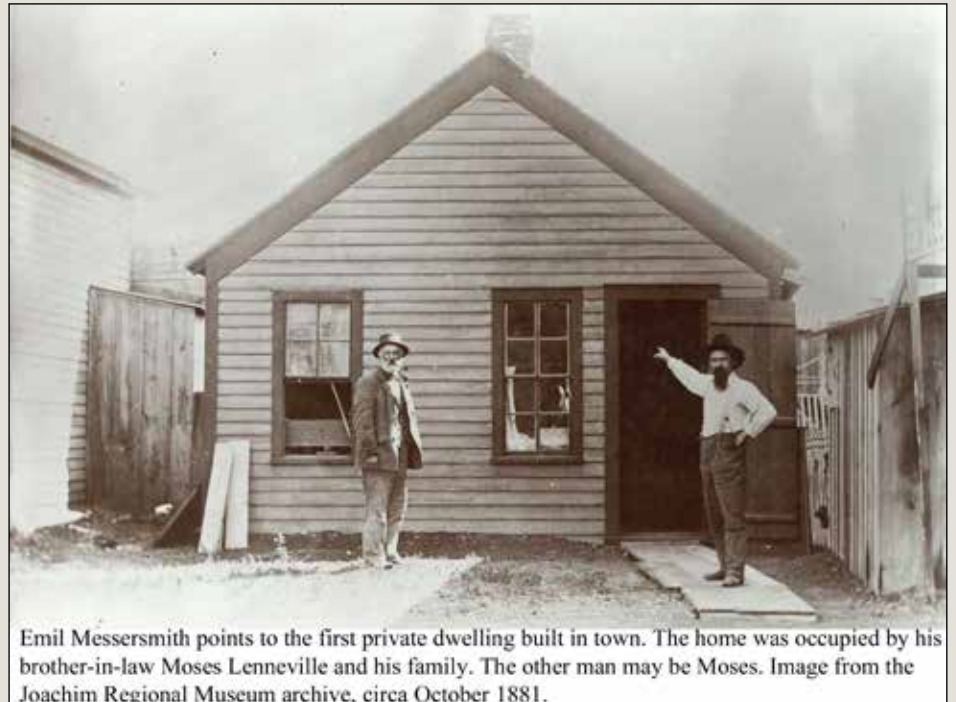
busy setting up the ranch, the rest of the Messersmith family stayed in town waiting for their new residence at 311 Second Avenue West to be completed. In the summer of 1884 the area near the Diamond C. Ranch became popular with horse and cattle thieves. In August 1884 Emil sold his ranch to the Crosby Cattle Company and relocated to Magpie Creek in Billings County, north of Medora. By October 1884, the entire Messersmith family was settled at Magpie but their Dickinson residence provided a place for them between stays in the country. While living at Magpie their daughter Jessie was born and Emil became personally acquainted with Theodore Roosevelt and the Marquis de Mores.

Emil continued in the ranching and livestock business until he sold his Magpie ranch in September 1886 to Blair & Tripp. The family then returned to live in their home in Dickinson. In November 1890 Emil engaged in the flour and feed business in Dickinson. He purchased the building on the southwest corner of Sims and 1st Street from Henry Rau which stood where the Esquire is now. The building was among the first put up and was a large two-story frame building which had housed Henry Rau's tobacco and grocery store and had also been used for meetings

and church services. Emil remained in business under the name of Dickinson Feed Store until the summer of 1899 when he disposed of the business. Emil then devoted his time to stock raising, farming, gardening, traveling, and buying and selling real estate. Additionally, Emil was a volunteer weather observer for the area in its early years and was also involved with the Dickinson Cemetery Association.

Emil died January 25, 1921 leaving

behind his widow Bertha and 4 adult daughters. Bertha died October 1937 in her home at 311 Second Avenue West at the age of 85. Next month's article will focus on the history of the two business corners that Messersmith had connections to in downtown Dickinson. If you would like to view more photos from our collection, visit the Southwestern North Dakota Digital Archive at [dmc.omeka.net](http://dmc.omeka.net) ■



Emil Messersmith points to the first private dwelling built in town. The home was occupied by his brother-in-law Moses Lenneville and his family. The other man may be Moses. Image from the Joachim Regional Museum archive, circa October 1881.

## HEART RIVER GEMS

## Debora Dragseth

By Kaylee Garling



Debora and DSU School of Business and Entrepreneurship Graduate, Chelsy Borden

Debora Dragseth's life journey is nothing short of fascinating. She calls herself an "accidental professor," though I would say she's anything but accidental. With endless energy, she carries yarn and makes little beanies during meetings. At the beginning of COVID-19, with classes going fully online, she painted pictures of DSU feathers, hawks, words of encouragement in DSU blue and gray for her students. The truck she drives is Blue Hawk Blue, not to mention the license plate gives a tip of the hat to her career. If that's not school spirit, I don't know what is.

"When I was in school in South Dakota in the early 80's, I really loved



Debora at Theodore Roosevelt National Park with her grandson, Luke

my literature classes, but it was 1980-81, I was a sophomore, junior, at that time, and the prime interest rate, which is what banks give each other, was 18%. So, if you're going to borrow money for a car, it's going to be around 25%. The economy was terrible. There was double digit unemployment. Close to double digit inflation. I thought, 'I better earn something that's marketable as a degree.' I finished my degree in English Literature, but at the same time, I picked up a business degree, graduating with honors, top 5 in both degrees, completing them in 4 years. Next, I started my master's



Debora and Ty Orton, Executive Director DSU Heritage Foundation

degree at University of South Dakota. About half-way through, I got a call from Sioux Falls College. They had a professor who just left, classes started in a week, and they wanted to know if I could teach this marketing class. I'm working at this big Fortune 200 paper company, but I remember it like it was yesterday, being on the phone and saying, 'Sure I can do that (stay in corporate America and teach), that'd be really fun.' I hung up, and was like, 'What have I done?' My plan was to break that glass ceiling for women in business, not to mention, I'd never taught a class. The marketing class was 4 hours long, with more than 30 students. I was only 26-27 at the time, all the students were older than me. But, when I went home after that first night, I greeted by my husband by saying I wanted to be a college professor. He asked me if I was kidding. I wasn't. So, I quit my job, went back to school full time, finished my masters, came up to DSU for one year to test it out, see if it's what I wanted to do for the rest of my life, and here I am. That

was in 1989, and I still love it here. I love what I do. Every summer, people ask me if I'm sad the summer is almost over, but I can't wait to get back in the classroom. Don't even give me a summer."

Over the 31 years since she joined the DSU family, there have been many changes in the world, but the University has stayed a superior choice for growth and learning because of the highly-educated, dedicated faculty of which Debora is a part. She is currently (since June) the VPAA Provost for Dickinson State University. "When President Easton got the presidential position, and the opportunity came up to be his VP, I was like, yes, I want to back the university as a whole, and definitely can work with this person who is smart, caring, funny, everything you could want in a boss." She continues, "It's the 'Cheers' theory here, where everyone knows your name. When I came to work here, I was a role model, being the only full-time woman business professor. Today, I'm not that unusual, but back then, I was teaching the Capstone Policy Class: Strategic Management. Bill Goetz hired me; he was the Dean at the time, and he put a lot of faith in me. Gave me the upper division classes and senior courses."

Debora is the kind of person who not only opens her wings, but flies over the highest of mountains. Her resume spans numerous pages of achievements dream boards are made of. Just to name a few: "I am a speaker throughout the region on topics of leadership, outmigration and Generation Y. I have trained and developed leadership curriculum for CHS, Inc., a Fortune 100 company and one of the largest cooperatives in the world. I write for several regional business magazines. In 2008 and 2011, I received first place awards for web writing and business journalism from the National Federation of Press Women, one of America's oldest and most prestigious



Some of the paintings Debora created for her students

press organizations. Recent contributor to New Geography, India Times, CNN.com and MSN.com. My research on risk takers and outmigration was cited in Forbes and Newsweek magazines."

Her motto is: 'Always advance. Never retreat.' It's something she learned from a wise old friend in her early years while playing checkers. Though it may be simple, it's something she's consistently shared. "Sometimes it can be scary for our students, approaching the end of their school career, being expected to go into the unknown of life and make something of themselves." Debora proves to her students that if you set your mind to something, you can do it.

"Last year, the football team asked me to be the honorary captain, the one who tosses the coin. I was honored to be asked. When I went to the coach and asked him if he had a coin I could practice tossing, he just looked at me and laughed. I didn't actually have to flip the coin, I just stood there, and the referees flipped the

*Continued, next page*

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Continued from page 26

coin. Out of all my years, that game day will remain one of my top 2 or 3 favorite days as a professor. I like to support all my students. I think that's kind of the secret about this school, why students want to come here, to have faculty who take an interest in them."

Debora takes an interest in each of her students. To her, it's not just a sea of faces. Each student is unique, with their own thoughts and personalities. "One of the classes I am teaching right now is Theodore Roosevelt Honors Leadership Program Course. I asked to read the essays from high school that got them into the program, because they write about their favorite book, what inspired them to do so well in school, why they wanted to be an Honors Leadership Scholar. I believe in going the extra mile because I want to make the classroom a community."

We should all be like Debora, going the extra mile to make our community a little closer. Let's break our own "glass ceilings," even if they are "accidental" rather than planned paths. Always advance. Never retreat. ■



Debora and her horse, Vayda, a Christmas gift from her family

## KUDOS

### Tammie Braun awarded the 2020 Badlands Realtor of the Year

At the November General Membership meeting of the Badlands Board of Realtors, Tammie Braun was awarded the 2020 REALTOR of the Year award. Tammie was nominated and chosen by her peers. The nominees are judged by the amount of volunteer work in their community, business accomplishments, realtor spirit, involvement on the state, local and national levels, and on the high professional standards of the National Association of Realtors. A full-time Broker Associate with the Real Estate Company, Tammie has been licensed since 2012. She is an active member in the local association and is currently serving as the President of the Badlands Board of Realtors.

Tammie is married to Barry, her husband of 22 years. They have two grown children, Brady and Sarah, and share their empty nest with their two dogs, Chica and Romeo, and a lazy fat cat named Andy. When not showing



houses, Tammie enjoys spending time with friends and family, especially in the summertime around a warm campfire. ■

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**THE ARTS**

**Student  
Spotlight:  
Marly Barnett**



My name is Marly Barnett. I am 13 years old. I love to draw, especially characters from my favorite movies, like The LEGO Ninjago Movie. My favorite animals are cats and snakes. My favorite color is black, green and purple. I hope when I grow up I will become a famous artist. Thank you so much for allowing my drawings to be in your paper. ■



**GOING  
POSTAL  
Lunar New Year**

This is the second issue of 12 stamps in the newest series of Lunar New Year stamps. As with other zodiac signs, personality traits and other attributes are often associated with people born in the year of a particular animal. Those born during the Year of the Ox may be seen as honest, diligent, and highly dependable. The Year of the Ox begins February 12, 2021 and ends on January 31, 2022. ■

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



Dickinson Area Public Library

**My Golden Valentine**

Valentines for Seniors

- ♥ Collecting Valentine's Day cards for the elderly ♥  
(Store bought or homemade)

During the COVID-19 pandemic, many of our elder neighbors are especially isolated, separated from their families in nursing homes. Use your love and creativity to uplift them!

**Important!** Please wash your hands well before beginning and work on a sanitized surface. Envelopes are not necessary, but if you do use them please do not lick the envelopes to seal them. Use a clean sponge, brush or moistened cloth.

Basic card making supplies will be available in the library.

- ♥ Help us share the love!
- ♥ You craft the cards, we deliver them!
- ♥ Drop off your cards at the Library!

All cards will be delivered to Dickinson area nursing homes.

**Deadline for cards is Thursday, February 11th.**

**NDSU EXTENSION****Succession Plan Workshop offered**

By Holly Johnson

**NDSU**EXTENSION  
STARK/BILLINGS COUNTY

Many North Dakota farmers and ranchers are approaching retirement age but are not sure how to transition their operation to the next generation. Meanwhile, beginning farmers and ranchers want to secure their future in agriculture.

In many cases, generations of farmers and ranchers are working together but have yet to take the necessary steps toward succession planning.

To help everyone involved develop a plan together, NDSU Extension is offering a three-part "Design Your Succession Plan Workshop" on February 16, 18 and 23 starting at 5:30 p.m. The workshops will be held in the Stark/Billings County Extension office at 2680 Empire Road, Door C, in Dickinson.

Design Your Succession Plan will help farm and ranch families explore what they want for their business, whether that is transferring a viable business to the next generation or deciding how to divide the farm or ranch assets. The workshop also gives the owner and identified successor generation an opportunity to begin shaping the future ownership of the family farm or ranch—the family

legacy.

Participants also will learn how to discuss the succession issue with the family, get started on developing a succession plan, and how to choose and work with legal and financial professionals who will help ensure the plan is workable. By beginning the planning process at this workshop, and continuing it at home, families could save money by being more prepared to visit with professionals.



A past Design Your Succession Plan participant is quoted saying: "It is often hard to start the conversation and through this workshop we now have the tools."

The cost to attend the workshop is \$125/person (\$50 for each additional family member). Fees cover materials and supper each evening. Contact the Extension office at 701-456-7665 for more information or to register. ■

**HISTORY****Chateau love connections**

"What happened to the family?" is definitely near the top of the FAQ list at the Chateau de Morès State Historic Site.

Chateau staff can go through the roster at the drop of a hat, providing visitors with all the usual names, dates and places. Our focus today is on Louis, the older son of the Marquis de Morès, who was engaged to Thérèse du Bourge de Bozas in 1917 while serving in the French Army. Soon, the couple was wed in France amidst lovely gowns and snappy uniforms. Paris nightlife welcomed the young couple with open arms and JAZZ. Yes, jazz in all its newness and brightness proved to be a siren song for the newly-minted duchess.

Thérèse embraced the jazz craze with every fiber of her being and left her handsome duke in the wings, allowing herself to be escorted to cafes and cabarets by 'professional dancing men.' According to period accounts, she left no dance step untried.

Louis, a decorated war hero, tired of Thérèse's antics and filed for separation following the death of his mother (Madame de Morès) in 1921.

Enter Pearl White. Yes, Hollywood's first female action hero of "The Perils of Pauline" series and more! Louis' devotion was on full display the day Pearl flew from London to Paris. When the necessary greetings from local dignitaries concluded, Louis stepped forward with a large bouquet of roses, kissed her hand and said, "Through these others, mademoiselle, France herself has welcomed you. Through me the hearts of all who know the thrill of life express happiness in your coming."



Louis, Duke de Vallombrosa



Pearl White, America's first female action movie star

The handsome couple swirled through French society. French women must have bemoaned the duke's choice of an American actress, while American men were no less unhappy with a French rival for Pearl's attention.

Though the flame burned out, you can still learn about their love. Ask us about Louis and Pearl the next time you visit the

Chateau de Morès State Historic Site in Medora!

Contact us before your visit: 701-623-4355, shschateau@nd.gov. ■

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# Heart River VOICE Events

Send your events to  
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to list your events for  
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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.

**NOW AND MOVING FORWARD THE SUNSET SENIOR CENTER** activities have resumed. Our usual card games are open to members on Tuesday, Wednesday and Thursday and Bingo on Friday. All begin at 1 P.M. Our board meets at 9 A.M. the second Monday of the month. All members are welcome and we encourage new members to join. 46 1st Ave East.

**MANY DATES IN FEBRUARY DICKINSON STATE UNIVERSITY** Various events taking place at Dickinson State University this month. See page 24 for their event schedule.

**NOW-MID-MARCH 2021 PUBLIC ICE SKATING** Friday & Saturday evenings 7:00-9:00PM. Saturday & Sunday afternoons 1:30-3:30PM. Daily Admission - \$4.00 (5 & under free). Skate Rental - \$2.00/pair. Tickets are required to be purchased in advance at dickinsonparks.org. Current schedule also available online. West River Ice Center, 1865 Empire Rd.

**WEDNESDAY FEBRUARY 3 VITALANT BLOOD DRIVE** 12-6PM Save lives - schedule your donation today! <https://bloodhero.com>. West River Community Center, 2004 Fairway St.

**SATURDAY FEBRUARY 6 SWEETHEART STROLL** 10AM-4PM Join downtown Dickinson for a day of shopping and dining. make a purchase from participating downtown businesses and register to win (2 winners - value at \$200 each). Vendors and photo booth available too! Oddfellows, 30 1st Ave West.

**ROGINA CUSIC MEMORIAL DOUBLES TENNIS TOURNAMENT** Consists of a two-game guarantee. Registration info available in the WRCC media rack and online at dickinsonparks.org. \$30/1 event, \$40/2 events.

**SUNDAY FEBRUARY 7 THE GREAT AMERICAN FOLK SHOW** Episode 10 will air at 5PM CT/4PM MT. The show's host, Tom Brosseau, will be joined by a variety of guests. Tune in for an hour of family entertainment! See page 12 for more information on the show.

**TUESDAY FEBRUARY 9 BUSINESS AFTER HOURS** 4-6PM Join the Dickinson Area Chamber of Commerce for the first Business After Hours of 2021. Drinks, door prizes, networking and more at The Rock's Corner Bar. Live music with "The" Brady Paulson! Free Samples provided by Jerome's. 113 1st St West.

**WEDNESDAY FEBRUARY 10 VIRTUAL MAKE & TAKE CRAFTS** 10:15AM. Join Parks & Rec for a fun activity. View on Facebook Live!

**THURSDAY FEBRUARY 11 GIVING HEARTS DAY A** 24-Hour online fundraising event. Be counted as a Giving Heart and make a donation to one or more of the charities involved. Every gift counts! Go to [givingheartday.org](http://givingheartday.org) to make your donation. See page 10 for more information.

**SATURDAY FEBRUARY 13 PAT FADDEN CLASSIC RACQUETBALL TOURNAMENT** Participants of all skill levels

are welcome. The tournament consists of a two game guarantee. Registration info available in the WRCC media rack and online at dickinsonparks.org. \$40/1 event, \$50/2 events.

**RONALD MCDONALD CABIN FEVER BENEFIT** Join the Dickinson Roughrider Commission for their annual fundraiser. Social, beef BBQs, dance and midnight breakfast. Music by E-Z Street. Online-only auction runs January 30 at 5PM until February 13 at 8PM. Raffle drawing after midnight. Admission tickets \$10. Advanced tickets available from Roughrider Commission members, Dickinson Eagles Club, and Cabin Fever Committee Members. Eagles Club, 31 1st Ave East.

**WRCC DATE NIGHT** 5:30-8:30PM Looking for a babysitter? Look no further than the WRCC Date Night. Drop your kids off for a fun night with us. Our staff will watch your children within the facility, while you enjoy a night out. We will provide pizza and refreshments, along with seasonal themed crafts and activities. \$20/1st Child - \$15/Additional Children.

**SATURDAY FEBRUARY 20 TRINITY BOOSTER BASH** 5-11PM Join Trinity Athletic Boosters for a night of fun! Reverse raffle, silent auction, games, food, drinks, and more! More info 701.483.6081. Trinity Catholic Schools, 810 Empire Road.

**MONDAY FEBRUARY 22 SOUTHWEST NIGHT WITH THE LEGISLATORS** 5-8PM The Dickinson Area Chamber of

Commerce Governmental Relations Committee invites you to a night of networking and dining with your legislators. This event provides a unique opportunity for area residents and employers to discuss issues important to them with those who can make a difference in our region. \$50/ticket. RSVP online at dickinsonchamber.org. Deadline to register is Friday, February 12. Held at the Ramkota in Bismarck.

**SATURDAY FEBRUARY 27 KIDS COOKING CLASS** 9AM This class is designed to teach your children how to be independent in the kitchen while learning basic cooking skills and kitchen safety. Food made in class will be able to be brought home when finished. The class is lead by Kailah Haag, RDN who will provide guid-

ance in making tasty, but also healthy, food. Ages 6-12 years. Parents are encouraged to attend with their child. Cost: \$15 More info, call 701.456.2074.

## SAVE THE DATE

**SATURDAY MARCH 13 DIVINE WINE AND DINE** Enjoy a 7-course meal along with wine pairings and evening entertainment. Benefits Trinity Catholic School's Fine Arts program.

**MARCH 14-20 SOBER ST PATTY'S DAY CELEBRATION** Online auction runs during this time. Go to [ww-32auctions.com/hlwem2021](http://ww-32auctions.com/hlwem2021). More info, contact Pam Roller 701.290.5884 or [pcroller@icloud.com](mailto:pcroller@icloud.com).



Children need encouragement

Like a plant needs water—Rudolph Dreikurs

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- 6 brain smart tools
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Five sessions. 6:00—7:30 pm

Register NOW by calling (701) 456-0007



## ADVENTURES ON A DIME

# Nifty Thrifty Date Night

By Laura Beth Walters

So, quite a while ago... I'm talking years... I saw all over social media the idea of a "Goodwill Date". The gist was that couples would go to Goodwill, purchase each other outfits, and then go out together in large groups and confuse strangers by acting like nothing was amiss. I originally saw pictures of people in adult onesies, random body braces and more and thought there was no way my future spouse would ever in a million years want to do that with me.

And yet, here we are.

I recently mentioned the idea in passing to my husband who just shook his head and laughed at me. BUT! To my surprise, a few days later he said, "Hey! We should do that thrift store thing!" I was flabbergasted, but still managed to grab my phone before he could change his mind and called one of my only friends I thought might be crazy enough to do it with us. Amber and Garrell agreed to participate amongst lots of nervous



laughing and let's just say, I think Joel is having some regrets!

We all did our shopping at thrift stores here in Dickinson and

Bismarck and found so many amazing pieces to work with! Please note, if you personally donated an item chosen, we aren't saying your item was ugly or funny but that as a whole it helped to create these catwalk-worthy ensembles and you should feel honored. Also, we thank you for participating in our date night!

Joel and I went shopping together here in Dickinson and split up in order to find our selections for each other. Once we each had an outfit chosen we showed each other just to make sure things would fit the way they needed to before purchasing. We each spent just \$10 on our outfits and it was ten bucks well spent!

Sunday night rolled around and we met Amber and Garrell at Country Kitchen,

each sporting our thrifted outfits selected by our spouses. We tried for just a second to act like everything was "business as usual" but then we had too much fun laughing at ourselves and talking about our shopping experiences and all the wonderful things we passed up to put together these outfits.

After dinner and LOTS of laughs at each other's expense we decided this needs to become an annual thing for us and even discussed doing it sooner than next January. So, if you see me in public wearing animal print adorned straw hat, just know Joel is probably behind it and act normal... ish.

We asked our waitress who she thought had the best thrifted outfit and she said Garrell - hands

down! So, good job, Amber! I'll beat you next time! (Sorry in advance, Joel, for whatever I make you wear.)

But, as a famous person once said, "Make it work!"

P.S. As much as I would have loved to do this with a group of 40 of my closest friends, I knew this maybe wasn't the time for that so we kept it small. However, if you're my friend - this is your warning. When this pandemic is under control we are doing this thing together in a BIG way! ■



1. Set a date for a night out and invite your friends.
2. Each couple goes to the thrift store before date night to do their shopping - \$10 limit per person.
3. Your spouse chooses your entire outfit on their own! You can try it on to make sure it fits, but you have no say in their ultimate purchasing decision.
4. On date night, show up at the appointed place at the appointed time... and try to act natural.



## TRINITY CATHOLIC SCHOOLS

# The blessings of the classroom

By Rachel Ebach



Rachel Ebach

The classroom. It is a place most students take for granted. If asked, "What is a classroom?" many students would simply respond that it is a place where they learn. Some might say it is a place of boredom. Since the Covid-19 shutdown of last spring, however, the definition of "classroom" has evolved to mean something more among students and teachers alike.

If one had to find a silver lining within the Covid-19 chaos, it is a renewed appreciation for the classroom. We at Trinity Junior High and High School have been blessed to be able to teach face-to-face with our students this school year. What is even more heartening is witnessing our students express their appreciation for being able to learn in their classrooms surrounded by their peers. However, this appreciation did not come without some challenges.

When schools closed statewide back in March, students (and, honestly, some teachers) were initially excited: "School's out!" And it was exciting for a while; that is, until online instruction began. It did not take long for everyone to realize that they would much rather be in the classroom. The cliché "You don't know what you've got 'til it's gone" became horribly true as we faltered without the stability of our peers. "School" was no longer school, and the truth, that the classroom was something more than just teachers and homework, began to sink in even with the students who seemed to

dislike it the most.

So what is the "something more" that makes up school? If a classroom consists merely of teachers and homework, then what was the vacancy students were feeling during distance learning? I heard some say they were bored, many lost connections with friends, some missed P.E. class, and one even said he missed school lunches. One thing, however, was overwhelmingly clear: students missed the relationships, the face-to-face human interaction that cannot be duplicated in an online setting. To quote John Donne, "No man is an island entire of itself; every man is a piece of the continent, a part of the main . . ." During those months, we felt like islands, isolated and wavering in uncertainty. For many, the "distance" in distance learning was not just physical, but emotional, and some islands drifted out farther than others. Without the return to the classroom "continent" this fall, some students may have kept drifting.

Looking back now, we can see how our Covid-19 experience changed the way we view the classroom. Returning to face-to-face instruction this fall was the most anticipated of my teaching career. On that first day of school, I witnessed the joy of my students, so grateful to be back. What does the classroom mean to us now? It is not just a place; it is a togetherness, a shared challenge, a feeling that we belong. Drudging up memories of last spring's shutdown, let us hope to never again take for granted the blessings of the classroom. ■

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## ND POTTERY

# Rosemeade Pottery

By Arley Olson, NDPCS Historian



Laura Taylor was born April 19, 1903 in Rosemeade Township, Ransom County, North Dakota. She attended the State School of Science at Wahpeton, ND and then a two-year course at the State Teachers College at Valley City, ND. While at Valley City she took special work in art and had the opportunity to study ceramics under Glen Lukens, nationally known ceramic artist. She graduated from the Standard Teachers course with a special Art Certificate in 1932. In the fall of 1932, she went to

the University of North Dakota for three years taking special courses in Art and Ceramics.

In 1936, she accepted the supervision of a Federal Ceramic Project (WPA) in Dickinson and later Mandan, North Dakota where she gave instruction in the various phases of pottery making, and designed plaques, figurines and other items.

In May 1939, she was offered an opportunity to demonstrate pottery making in the Federal Theater Building at the New York World's Fair, returning in the fall.

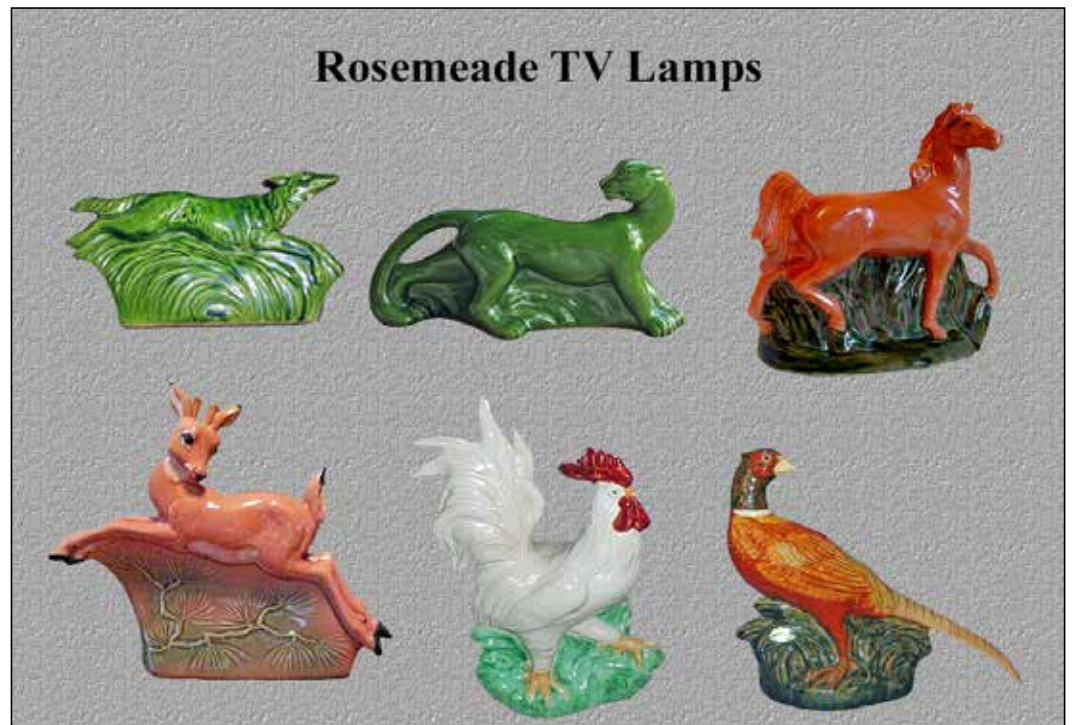
In January 1940, Robert Hughes of Wahpeton, North Dakota, and Laura Taylor organized the Wahpeton Pottery Company. Hughes was president and Laura Taylor was secretary-treasurer and designer. Hughes was proprietor of Globe-Gazette Printing Company in Wahpeton. Three years later Hughes and Taylor married.

Clay came from a deposit near Mandan, North Dakota. It was suitable for pottery making as it could be used as is for any of the different methods: throwing, casting, jiggering and pressing that was used. Soaking the clay in water and straining through a fine sieve was the only preparation needed.

They manufactured art pottery, wheel thrown vases, ceramic jewelry and items cast in molds, which was sold under the Trade name Rosemeade.

Some of the designs are wild flowers, game and song birds and wild animals found in the state including Chinese ring-necked pheasants, mallard duck, quail, skunk, jackrabbit, flickertail, and fish. Also, there are domestic fowl and animals such as ducks, chickens, pigs, dogs, cats, and horses. Laura designed specialty items for events and locations. Figurines, and salt & pepper shakers were popular and highly collectible. Television (TV) lamps was a popular item, depicting elk, deer, horse, chicken, panther, wolfhound and Ring-Necked Pheasant. The pheasant was a highly popular item used in figurines, salt & pepper shakers, spoon rests and TV lamps. Prairie roses were also very popular.

Laura Taylor Hughes died in 1959, the pottery factory closed in 1961, and the salesroom closed in 1964. ■





**BEST FRIENDS****National Day of Service draws record attendance****By Mark Billings**

More than 75 people joined in activities and service on the Dr. Martin Luther King Jr. holiday last month at the West River Community Center, setting a record and marking several firsts.

The January 18 national holiday, which is also a national day of service, is special to the Best Friends Mentoring Program (BFMP) because it is one of the few days the organization combines networking, service activities and special visitors for its mentors, mentees and family members. Called a mentor-mentee meet up, the event drew members from the Dickinson State University (DSU) men's basketball team, a dozen volunteers and nearly 50 mentor-mentee pairs and family members over the course of the four-hour event.

Participants made and donated a fleece blanket, produced dozens of handmade thank-you cards for donors, and mentees thanked their mentors for their service through a new video, said Mark Billings, BFMP's senior program coordinator.

"While we expanded our activities,

volunteers and attendance, a highlight was starting the organization's first mentor-mentee match with both individuals native to Ghana," said Billings. "We believe this is the first relationship we have facilitated like this representing this African country. It was a thrill to hear the mentor, mentee and his mom speaking in their native Twi language as well as English."

DSU's Head Basketball Coach Derek Selvig also organized his players in hosting an open gym during the event, with friendly competitions and opportunities to interact with each of the players. He also offered networking opportunities to mentees throughout the Blue Hawk's season.

"COVID has not allowed us to be as active in the community as we have wanted, and we were thrilled to be a part of the meet up," said Selvig.

Nearly two dozen participants also helped prepare and tie a new fleece blanket, which was presented and donated to a new mentee in the program mentored by DSU sophomore Madeleine Billings. AmeriCorps/VISTA member

Katelyn Nguyen and BFMP executive director Angie Rabbitt helped oversee the process as the blanket piece by piece came together throughout the afternoon and evening.

"It was exciting to see our youth and their positive role models each contributing to something we gave away at the event," said Rabbitt. "Donating this fleece blanket was a tangible way we as staff, volunteers, mentors and mentees could contribute to a service project benefiting one of our own."

Using comments recorded at the activity, BFMP is also releasing a short video recognizing the role mentors play in inspiring their mentees, said Paige Langhoff, another AmeriCorps/VISTA member working for BFMP. Staff will use the video and other pictures and images to help celebrate National Mentoring Month.

"Mentors play a very significant role in supporting and guiding their mentees, and we want to honor their commitment



The tie blanket made by mentors and mentees

and positive role-modeling," said Billings.

For 25 years, BFMP has inspired an estimated 3,000 youth by pairing them with a trained volunteer mentor. These individuals commit to meeting with their youth once per week for at least nine months. Some matches continue for consecutive years until the youth ages out of the program at the age of 18. For more information on BFMP, including sponsorships, volunteering and becoming a mentor, contact Billings at [mark@bestfriendsnd.org](mailto:mark@bestfriendsnd.org), Rabbitt at [angie@bestfriendsnd.org](mailto:angie@bestfriendsnd.org), Nguyen at [katelyn@bestfriendsnd.org](mailto:katelyn@bestfriendsnd.org) or Langhoff at [paige@bestfriendsnd.org](mailto:paige@bestfriendsnd.org). ■

**RECOGNITION****Benedictine Living Community Dickinson named a 2020-21 Best Nursing Home**

Benedictine Living Community Dickinson is among the 21% of U.S. skilled nursing facilities that have been recognized as a Best Nursing Home for 2020-21 by U.S. News & World Report. The home earned Best Nursing Homes status by achieving a rating of "High Performing," the highest possible rating, for Long-Term Care. U.S. News gives the designation of Best Nursing Home only to those homes that satisfy U.S. News's assessment of the appropriate use of key services and consistent performance in quality measures.

Executive Director, Jon Frantsvog, said, "We are honored and delighted to be continually recognized in this publication. Our associates have a taken their calling as care takers to heart. They live and breath our mission on a day to day basis through the care and support that they provide our residents."

Now in its 11th year, the U.S. News Best Nursing Homes ratings and profiles offer comprehensive information about care, safety, health inspections, staffing and more for nearly all of the nation's 15,000-plus nursing homes. The Best Nursing Homes ratings reflect U.S. News' exclusive analysis of publicly available data using a methodology defined by U.S. News that evaluates factors that it has determined most greatly impact patient and resident care, safety, and outcomes. This year,



to accompany the new ratings, nursing home profile pages were updated to include a patient safety summary that reflects COVID-19 data alongside other measurements of safety and related advice on choosing a home or facility amidst the pandemic.

"U.S. News strives to provide access to information that allows consumers to make educated decisions on all types of care," said Ben Harder, managing editor and chief of health analysis at U.S. News. "Updating

the profiles to include a patient safety summary that highlights COVID-19 data paired with other measures of care arms families, caregivers and patients with the information needed to make a decision that keeps safety at the highest priority."

The Best Nursing Home finder features ratings on both long-term and short-term care. The Long-Term Care Rating aims to provide prospective residents who need help with daily activities, and their families, with analysis and information regarding the quality of care provided by nursing homes. The rating includes data on staffing, success in preventing ER visits and pneumonia vaccination rates, among other metrics. The short-term rating incorporates measures of quality including consistency of registered nurse staffing, use of antipsychotic drugs and success in preventing falls. ■

## HEART RIVER VOICE Q & A

# Market Press Coffee Co.

By Kelley Jilek

Luke Schweitzer, Aaron Grinsteiner and Chad and Brittini Glasser are the co-owners of the new coffee shop in town. Market Press may become a local's favorite to get outstanding fresh-roasted coffee. Upon entering the front door, you will immediately be greeted by the aroma of freshly ground beans. In the seating area, you can watch as the beans are roasted on site. Once you've collected your hot or cold brew you can perch in the charming seating area and relax by the fireplace. Market Press is a quaint and charming hang out where the baristas will undoubtedly make you feel at home.

At the same time, it also has a hip and energetic vibe. HRV met with Luke Schweitzer and Aaron Grinnsteiner to ask a few questions, and we were privileged to try some of their signature drinks. Lavender White Mocha anyone?

**HRV: Coffee shop or coffee house?**

LS: We definitely say "coffee shop" when we are referring to it, although I don't think either term really captures who and what we are and are striving to

be at Market Press. We believe we have put together a rather remarkable and pleasing coffee experience. Which term our guests end up using to refer to us I will leave up to them.

**Who are the owners? Are they old friends?**

LS: Chad and Brittini Glasser and Aaron Grinsteiner are the majority owners, and I am a minority owner and manager of the store. Chad was my classmate from my first day of kindergarten at St Patrick grade school, through my Senior year at Trinity High School, all the way up to my first attempt at dropping out of college at Dickinson State University.

Aaron and I have actually sparked and stoked our friendship during the process of opening Market Press. I could only guess as to how often Aaron must wonder how he got involved with a head-in-the-clouds guy like myself, but I am truly grateful for him. He is one of the few people who has figured out how to keep my feet (mostly) planted on firm ground.

AG: Chad Glasser, Luke Schweitzer, and myself. Chad and I go way back to when I was in grade school. I

"One of the things we really desire to be at the core of who we are at Market Press is to be a business that truly, positively impacts the community in which we exist."



Luke displays some of the green beans that will soon be roasted at Market Press

remember looking up to Chad as an athlete and a person because I spent a lot of time around him since my dad was his football and basketball coach. He was always really accepting and welcoming to the annoying little kid who always wanted to hang around him. Fast forward 10 years, and Chad and I became brothers-in-law when I was lucky enough to get his sister to marry me. Around the same time that we became brothers-in-law (2015), I came to work for Chad at Venture Homes. Since then, we have spent time cultivating our personal and professional relationships, and I continue to learn so much about business and life from him.

I knew of Luke growing up since I graduated with his younger sister Mary, but I did not know Luke until about 12 months ago. Chad and I began discussing the idea of potentially opening a coffee shop at The Market, and we discussed prospective partners and a manager to run the business day-to-day if we decided to take the leap, and that's where Luke comes in. We would not have decided to pursue this had we not found the right person to lead our coffee shop. Luke was the perfect fit for a third partner in this venture and has really excelled using his culinary experience. In addition to his contributions to the business, it has really been a pleasure developing a relationship with Luke throughout this entire process. Not only are we partners, but we have become good friends during our time together.

**What inspired you to open a coffee shop?**

LS: Actually, my inspiration came through Aaron. Although it is true that coffee is a versatile and inspiring ingredient, which may have been a sufficient motivator for a culinary adventurer like myself, I think the most fascinating thing about coffee is the power it seems to have in bringing people together. Coffee culture and the people that shape it have been a deeply refreshing discovery for me, and Aaron was the first person to point this out. He understood what I think we have all come to understand: that coffee isn't just a delicious ingredient bursting with potential. Coffee is often where a new relationship begins, or an old friendship rekindles, or perhaps where a broken relationship begins to mend. Though creating delicious meals has always been an inspiration, if not a compulsion, for me (and the coffee bean is a truly compelling ingredient), forming authentic relationships and helping others do the same is my most fiery inspiration, and coffee is an incredible source of fuel.

**You'll be roasting your own coffee?**

LS: Oh, don't you know it!

**HRV: How did you come up with the name The Market Press Coffee Co.?**

AG: Chad really had a vision for what a commercial subdivision like The Market could bring to the Dickinson community. He had the foresight to know that the intersection of State & 21st Street West is a busy intersection where several businesses could really gain excellent exposure and experience



Owners of Market Press Coffee Co. (L to R): Luke Schweitzer, Aaron Grinsteiner, Chad Glasser and Brittini Glasser.

*Continued, next page*

Continued from page 34

success. This fact combined with the style of buildings he intended for the subdivision could really make The Market a destination within our community. Because of the uniqueness of this subdivision, we wanted to play off "The Market", so when people think of our coffee shop, they also think of "The Market" and vice versa.

**HRV: What will be unique about Market Press Coffee Co?**

LS: I imagine most people will, at first glance, see us roasting coffee fresh every morning, using raw coffee that we bring in from regions all over the world, and think that this is what makes us unique. And I would have to agree with that thought. Our coffee is very special. But I hope and expect that the deliciousness of our coffee will essentially pale in comparison to the way that people will feel respected, cared for, even loved by those of us waiting to serve them at Market Press. I promise I do not use any of those verbs lightly. Our aim, each day, is to become a better version of who we are, and to help people achieve this as well, or at least to help them come to believe that they are worthy of such a simple and profound aim. Perhaps that shouldn't make us unique, but I have a hunch that it may.

**HRV: What are your ambitions with roasting coffee? Every bean has a story to tell...will you bring in beans from small batch growers to share the story of the farmers who grew the beans? Will you use coffee as a medium to educate our community on the cultures around coffee?**

LS: This is a great question, because it's really a challenge masquerading as a question. I think this is what everyone sort of hopes for when they hear a new coffee roastery is starting up. The truth is that we have begun to take very close looks at our green coffee sources and look forward to continuing to look deeper. Before purchasing any of our beans, we have asked the questions necessary to ensure that our coffee is coming from places and processes that are in-line with our values. But we don't just want to buy a bag of coffee because it has a "fair trade organic" label on it. We want to come to understand what "fair trade organic" looks and feels like. We hope, if and when it becomes possible again, to push our hands into the soil next to the man or woman who depends on that coffee seed for their family's living, to develop relationships that make every roasting session, cupping, and drive thru hand-off mean more because we're connected to a person at the very beginning of the marvelous evolution of a cup of coffee.

**HRV: What will make Market Press Coffee Co stand out in the community?**

AG: One of the things we really desire to be at the core of who we are is to be a business that truly, positively impacts the community in which we exist. So from the very infancy of our coffee shop, we knew that we wanted to give back to our community in some form. Thus is born the "Cups for Kids" program. Through this program, we will donate \$0.10 of every cup of coffee we sell to a local youth organization.

At the beginning of each quarter, we will designate an organization that will be the recipient of our "Cups for Kids" proceeds for that quarter. Our hope is that this program will serve as a small way for our business and our patrons to positively impact the youth in our community.

**HRV: When will the coffee shop open?**

AG: Sometime in February! We aren't going to announce an exact date until construction is complete.

**Will you be serving food?**

LS: Yes, made from scratch daily; homemade caramel rolls and brown butter chocolate chip cookies, traditional and seasonal soups and gourmet grilled cheese sandwiches, and more delicious goodies you'll have to come see us to find out about.

For the total coffee experience as well as delicious food and atmosphere, keep an eye out for their grand opening, hopefully happening by mid-February.



State of the art roaster ready to create freshly roasted beans

Market Press Coffee Co is located at State & 21st Street. ■



Bags of green beans waiting to be roasted

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## CHI ST ALEXIUS HEALTH DICKINSON General surgeon offers patients more options, less travel

Dr. Richard Thompson is a general surgeon at CHI St. Alexius Health Dickinson who sees a number of patients with reflux and swallowing disorders in his practice. "Heartburn and other symptoms related to reflux disease are really common," he explains. "Diagnosis and treatment can get complicated if the usual medications are not working."

CHI's surgery clinic will soon have new diagnostic tools for evaluating and treating patients right here in Dickinson. CHI St. Alexius Dickinson has invested in specialized equipment including esophageal manometry and pH testing, which can help answer the question of why antacid medications don't work for some patients with reflux-type symptoms.

"Offering this technology in-house, rather than referring patients down the road to get the testing done elsewhere, will save patients time and travel. It will also allow us to provide patients comprehensive care, whether that means surgical intervention here at CHI or other therapies."

In addition to treating patients with reflux and swallowing disorders, Dr. Thompson sees patients for a number of concerns, from complex hernias

to breast biopsies to endoscopy, and minimally invasive laparoscopic operations including treatment for colon cancer.

As an active member of the American Society of Metabolic and Bariatric Surgery, he hopes to help develop a comprehensive weight loss clinic in the future.

Choosing to come to Dickinson in 2019 has allowed Dr. Thompson to build his practice with colleagues he enjoys and in a new, modern environment. "We will evaluate anybody who has a general surgical problem, period. If it's something that requires more resources than we have, then we help get the patient to where they need to go. But for most cases, we can take care of you right here. I am thrilled that Dickinson has a state-of-the-art facility and excellent surgical staff here at St. Alexius." ■



## LIVE RIGHT Protein powder basics



By Gabrielle K. Hartze, RD, LRD

Protein powder has taken the supplement category by storm. Despite its publicity, powders are not a necessity for everyone in order to reach their protein needs. Whole foods offer a larger nutritional punch as powders lack the additional nutrients found in whole foods.

One thing to keep in mind, despite the many types of powders, is quality and bioavailability – aka how easily it can be digested. The Protein Digestibility Corrected Amino Acid Score (PDCAAS) ranks proteins from zero to one. The closer the score is to one, the higher the quality and digestibility of that protein. Whey, casein, egg whites and soy are among those with a score of one.

Protein needs are based on quite a few things, which can make it rather confusing. I'd be confused too if dietetics wasn't my profession. Regardless, the general rule is 0.8 grams of protein per kilogram of body weight. A few things to consider are weight (whether to use actual, adjusted or ideal), body composition intentions (losing weight or gaining muscle), health conditions (kidney issues/disease or diabetes...just to name two) and usual dietary intake. In many cases, eating too much protein can be difficult, unless artificial forms,

like powders or bars are used.

Who needs protein powder you might ask? It depends, although it's typical for those with digestive issues, older adults, vegans/vegetarians and athletes to consider the use of protein supplements. It's important to first examine your diet. If it could be modified to consume enough protein via whole food sources, then start there. Then, and only then, after putting forth effort, should you look to supplement.

Choosing the right protein powder will greatly depend on your goals and tolerance. If dairy intolerance is an issue, egg white or vegan based sources like hemp, pea or soy may be best. The most popular protein powder is whey which is derived from cows' milk. It contains all 9 essential amino acids which the body cannot create on its own, making it a "complete" protein.

There are three varieties of whey including isolate, hydrolysate (aka hydrolyzed) and concentrate. Isolate is subjected to slightly more processing than concentrate to further increase its protein content. It is about 90% protein and contains less fat, carbs and lactose than concentrate. Hydrolyzed whey is the most expensive of the three. It's digested the fastest as it's subjected to the most amount of processing. The processing breaks down the complete proteins into smaller bits, similar to the digestive system process. This "pre-digestion" allows the body to absorb and utilize the amino acids the quickest. Whey concentrate undergoes the least amount of processing and contains only about 80% protein. It's comprised of a bit more fat, carbs and lactose, but is the least expensive.

**Bottom Line:** Labdoor.com is a great resource to use for general information on protein powder content. Those who are unable to consume enough protein via whole food sources could consider supplementing. There are numerous powders available, each slightly unique, just like you. Needs are highly personalized and visiting with a dietitian can help you find your perfect match.

Is there a topic you would like to see covered in the future? Email me at [gabrielle@nutritionu.co](mailto:gabrielle@nutritionu.co) ■

## PARKS AND RECREATION

# New year, new opportunities

By Caleb Burgard

With the past year officially behind us, we look forward to the upcoming year and all the positive opportunities that will come with it. We continue to focus on providing quality programs and events within our facilities. These programs and events may have different restrictions and guidelines, however the people attending our activities have always driven our success. With that being said, we hope we can continue accommodating our participants and members during the month of February and moving forward.

Dickinson Parks and Recreation has two tournaments taking place this time of year that will appease our adult users. Our annual Rogina Cusic Memorial Doubles Tennis Tournament is Saturday, February 6th.

On Saturday, February 13th we will have our annual Pat Fadden Classic Racquetball Tournament. We are closely monitoring the ever changing Covid-19 situation and will be adhering to all necessary guidelines for these tournaments.



We also have programs and events scheduled that will entertain youth and the entire family. Join us Wednesday, February 10th for our virtual Make & Take Crafts on Facebook Live at 10:15 am. If you are looking for a night out, look no further than our WRCC Date

Night event on Saturday, February 13th. Sign your kids up for the Kids Cooking Class on Saturday, February 27th. Our 3rd session of swim lessons begin Monday, February 22nd with

registration opening Monday, February 1st at noon. Lastly, our Sports & Fitness Mixer begins Wednesday, March 3rd.

If you have other interests, we still offer plenty of amenities within the West River Community Center or venture over to the West River Ice Center for public ice skating. Registration and more information for the programs and events listed above can be found on our website [dickinsonparks.org](http://dickinsonparks.org) or like the West River Community Center page on Facebook. We at Dickinson Parks and Recreation hope that 2021 will bring you good health and happiness. ■

## Music

By Helma Lien, Hawks Point resident, 104 years old

Through ups and downs, good times and bad  
Songs have never died.  
The popular music of our land has lived – a source of pride.  
We've sung about America from lungs filled high with praise  
We've sung of love; we've sung of war  
We've sung of bygone days.  
The sheet music; the record shops;  
The dancing marathons  
The jukebox in the ice cream shop  
And still the beat goes on.  
The bluegrass moods of country folk  
The stirring gospel songs  
The rock, the blues, the old soft-shoe  
Have sped the craze along.  
This music is America.  
Our hearts are joined to sing.  
Oh may we never lose our song.  
May freedom ever ring!

## OPPORTUNITY

# An invitation to pregnant women!

By Tara Zettel

Are you 6-16 weeks pregnant, or expect to be in February or March?

Connect Medical Clinic is a sexual health and pregnancy clinic that offers empowering, evidence-based education and sexual health services such as STI/STD testing, pregnancy testing, and decision-making services. Plus, they offer limited obstetric ultrasounds.

The early ultrasounds for pregnant women at Connect have three objectives to determine: Is the pregnancy in the uterus, what age is the baby based on size, and is there a heartbeat?

Currently, Connect has one RN/OB sonographer and is in the process of training more of their nurses.

"When our training is finished," says Executive Director, Tara Zettel, RN (and OB sonographer-in training), "We will be able to offer a woman a pregnancy test and ultrasound any time the clinic is open. It's a tremendous benefit to our patients!"

In order to complete the hands-on training, Connect needs pregnant women to volunteer as models, or to be specific, to receive an ultrasound scan for the purpose of training the sonographer.

"The scan is confidential," says Zettel. "We understand that before 12 weeks, many women haven't even shared their good news yet with extended family members. We commit to maintaining the same confidentiality for models as we do for patients."



She notes there will be a Registered Diagnostic Medical Sonographer (RDMS) from the community training their nurses at all times. One person is invited to attend the training scan with the model and Covid precautions will be in place.

"And of course, the model will go home with pictures of the baby!" she

adds.

The nurses are expecting to require 30-40 models to complete their training.

Women who are considering being a model should check with their doctor first to make sure there are no contraindications to the scan.

For more information about serving

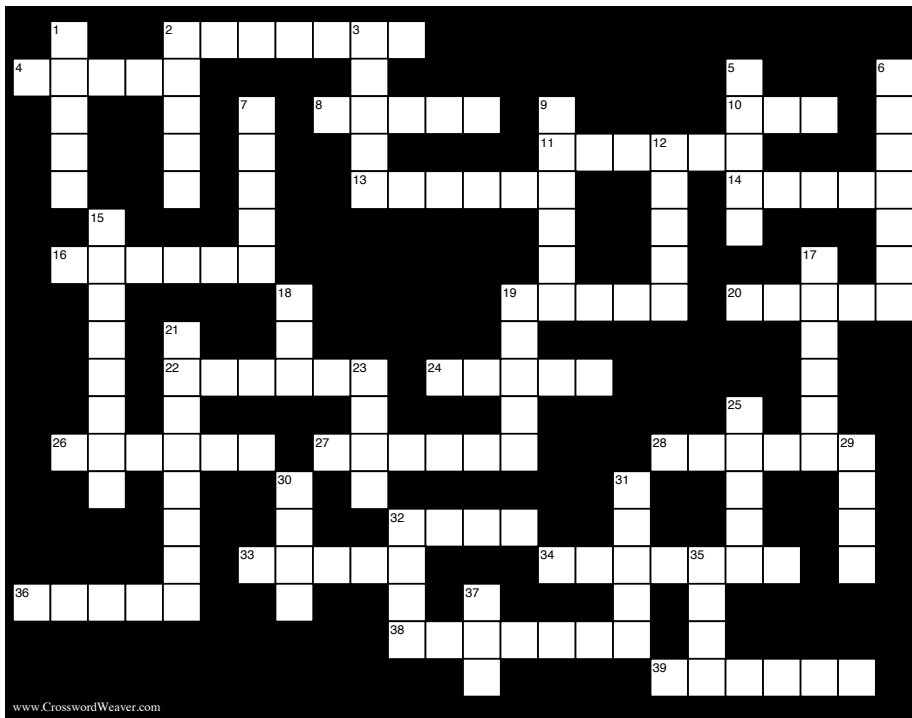


as a model for the nurses at Connect Medical Clinic, email their Executive Director at [Tara@ConnectMedicalClinic.com](mailto:Tara@ConnectMedicalClinic.com).

To help Connect Medical Clinic offer early OB ultrasounds to expecting women seeking their services, you can check them out on Giving Hearts Day, February 11th. This year, Connect is raising funds towards this endeavor, "Giving Hearts for Beating Hearts." ■

# Heart River **VOICE** PASTIMES

**CROSSWORD** ++ CHEERS ++ by Carlinka



**ACROSS**

- 1 Swedish pop quartet
- 8 Dots and dashes instrument
- 11 They may be lazy or wandering
- 13 Food, slang
- 14 Tickled pink
- 15 Empty spaces
- 19 Break up the band, in a way
- 20 Japanese beer brand
- 21 Pulitzer for one
- 22 One of the primary colors
- 23 Stinks to high heaven
- 26 Port city in Ukraine
- 27 Kindergarten basics
- 30 Contempt
- 34 Lava lamp lumps
- 36 Added even more

criticism

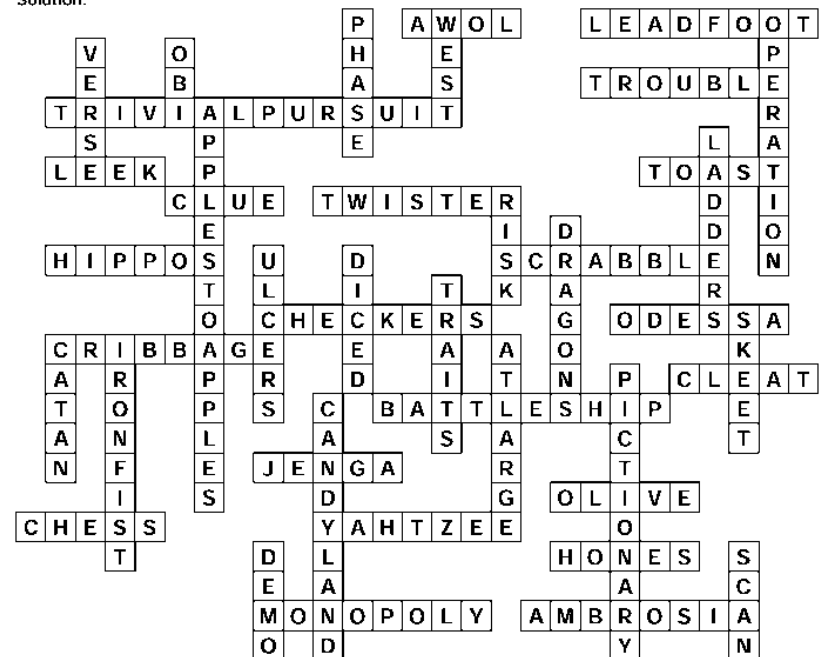
- 38 A couple of bucks
  - 39 How many apricots are sold
  - 43 High-calorie fundraiser
  - 44 "Going once, going twice..."
  - 45 \_Lampur, Malaysia
- DOWN**
- 1 Dictionary order
  - 2 George, Ringo, Paul and John
  - 3 Run away from
  - 4 Metaphorical work load
  - 5 Nile vipers
  - 6 Word on a British restroom door
  - 7 Oval office power
  - 10 One of the primary colors
  - 12 Resell unfairly, as tickets
  - 15 Tonic go-with
  - 16 Cornball

- 17 Zoom, vroom and boom
- 18 Morpheus or Prometheus
- 19 Itty-bitty biter
- 22 Dot on a sonar screen
- 23 Soup served with chopsticks
- 24 Hoax
- 25 Modern witches religion
- 28 Glenn, Don, and Joe
- 29 Start of a journal entry
- 31 Any letter in "ROY G BIV"
- 32 Barely reads
- 33 Micky, Davy, Mike and Peter
- 35 Piece of parsley
- 37 Scrabble play
- 40 Kindle selection
- 41 Capital of South Korea
- 42 Like fish in a poke

*Last month's puzzle solution*

## ++GAMES PEOPLE PLAY++

Solution:



**id·i·om**

### Butter someone up

**Meaning:** to praise or flatter someone, usually to gain a favor

**Origin:** A customary religious act in ancient India included throwing butter balls at the statues of gods to seek good fortune and favor. ■

**HOROSCOPE****FEBRUARY 2021** by Hilda De Anza**ARIES**

March 21-  
April 20  
First of February  
will find you

embroiled in an issue which is difficult to resolve. Access to money and resources is through different channels. At first, change seems impossible and suddenly structures collapse, and new circumstances arise as a result. End of month is a strong focus on relationships. Your challenge is to find a balance between your priorities and those of others.

**TAURUS**

April 21-  
May 21

Amazing changes are going to take place in your professional life. Completely new circumstances are emerging as powerful people and organizations initiate a new strategy for consolidation and growth. Mid-month, you will work closely with new authorities who work hard to bring hope at a difficult time. End of month, you have extra energy and drive. You are in tune with the future, so focus on change and new professional opportunities.

**GEMINI**

May 22-  
June 21

This is going to be a very fortunate month, particular for partnerships. This is a fantastic month for expanding your horizons through study, planning travel, and for joining with groups locally and internationally to broadcast a message of innovation, humanity and social change. Mid-February when you will reconnect with someone or some group which can mean a lot for your future. There are stresses and strains at this time, but nothing can stop you from exploring a new world of ideas, innovation and change.

**CANCER**

June 22-  
July 22

Initially in February you may find yourself battling with something or someone. Friends or children can be in a cantankerous mood, and if so best to avoid confrontation. Later the focus is on resolving and further developing some loose ends. It is a brilliant period for in-depth studies connected with psychology, science and consciousness, and as the month draws to a close there can be major insights into spiritual matters.

**LEO**

July 23-  
August 22  
What is important  
about 2021 is

that this is a much more outgoing period for you. While there has been a strong focus on work and practical matters in the past, now the focus is on relating to others. End of month, your focus shifts to something more intimate and emotional. Perhaps at this time you will need to take a break from your social calendar and focus more on one or two relationships which meant most to you.

**VIRGO**

August 23-  
September 22  
February is an  
excellent period

for accomplishing something innovative and exciting. This month includes hustle and bustle, reporting to leaders and joining forces with colleagues who you also love as friends. An excellent time for partnership and to embark on something really big. You may run into arguments with stubborn and opinionated people but trust your own intuition! The full moon in your sign at the very end of this month highlights relationships.

**LIBRA**

September 23-  
October 22

First of month, there is tremendous amount of activity connected with children, love relationships, or perhaps creative projects with groups which will have a big impact socially. A sibling or a special friend will want to share experiences and be a source of inspiration. Love in February is a little complicated. There is no problem attracting admirers, especially if you immerse yourself into different and new cultural experiences.

**SCORPIO**

October 23-  
November 21

February is a time when you need other people, and to a certain extent you have to make compromises to accommodate their needs. When it comes to love and family relationships, partners are also responding and adjusting to new times. What is important for them is what is beneficial to everyone else in the environment. End of February is a sweet spot for love and romance and also a great time for enjoying creative experiences in the world of art, music and film.

**SAGITTARIUS**

November 22-  
December 21

You start the month with a sense of optimism and the knowledge that new times are coming. There is a powerful focus on mental development. February is also a good month for relationships. The end of the month brings a slight change of focus onto developments that are going to affect home and family. There is a sweet and poignant event that tugs at the heart strings.

**CAPRICORN**

December 22-  
January 20

February heralds some fantastic developments on the financial front, and there may be several different sources of good fortune. It is a time to both save and spend, and it could be worth buying something you have always dreamed of. However, your personal values are radically changing. There is also a sense of solidarity and a feeling of responsibility towards humanity. It's important to have a feeling that your work will benefit others. Just stick to the values you believe in.

**AQUARIUS**

January 21-  
February 19

February brings developments in your life, and you can expect them to bring good fortune, a new lifestyle and a general expansion of your horizons. Your interests are characterized by a sense of solidarity and communion, with an acknowledgment that everyone is human, everyone is equal, and life is a fortunate gift. The focus is on how your personal agenda and home life mesh, and it is not going to be that easy, because your personal freedom has priority.

**PISCES**

February 20-  
March 20

You are beginning to discover just how important your inner life is. February is the perfect time for spiritual studies and involvement with people who share these kinds of interests. End of month, there are some rather pleasant developments, particularly because of the arrival of a sweet and loving person. These changes bring a huge expansion in your personal life and an awakening of a dream which will engage you both this year and next.

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**Moustalgia**

A weekly podcast dedicated to the exploration of Disney in today's society, emphasizing the theme park culture and exploring the past, present, and future endeavors of the people who have imagined Walt's happy place into existence.

**The Kitchen Sisters Present**

The Kitchen Sisters Present: stories from the b-side of history. Lost recordings, hidden worlds, people possessed by a sound, a vision, a mission. The episodes tell deeply layered stories, lush with interviews, field recordings and music.



CELEBRATE

# Valentine's

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*Daddy/Daughter  
Dinner*

Enjoy dinner with  
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for first 100  
princesses!

WEEKEND AT

**LAYERS**  
SPORTS BAR & GRILL

SUNDAY  
**FEB 14**

*Happy Valentine's  
Day!*

Shrimp Scampi • Braised Short Ribs  
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ladies!

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February 19th  
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