

Heart River VOICE

FREE | TAKE ONE

SEE PAGE 30
CALENDAR of LOCAL EVENTS

JUNE 2022 | VOL. 4, NO. 6 | HEARTRIVERVOICE.COM



Is your home network ready for summer?

- Consolidated Internet
- + Managed Router
- + Consolidated MyNetwork app
- = *the perfect summer combination!*

PLUS: For even more security, add the *Network Security* and *Parental Control* features **FREE for 3 months!**

Call Today!

Consolidated
MyNetwork



My life, made easy

consolidatednd.com • 701.483.4000

Lumenis Optima IPL

Relief from dry, itchy eyes caused by skin and eyelid inflammation*



701-225-7886



EYEWEAR CONCEPTS
Lighten Eyes. Lighten Eyes.

Call us for a consultation to see if Lumenis Optima IPL is for you!
Dr. Melanie Miller O.D. and Dr. Nate Shilman O.D.

EST. 1991
Charity GOLF SPORTS CLASSIC

Celebrity **GOLF TOURNAMENT**

Saturday, July 9, 2022
Heart River Golf Course, Dickinson, ND

Submit your sponsorship or registration online!

CHI St. Alexius Health
Dickinson

DAN PORTER MOTORS

HONDA
TOYOTA

YOUR VOLUME LEADER
WE WANT YOUR BUSINESS!
WE MAKE BUYING OR SERVICING YOUR CAR OR TRUCK HASSLE FREE!

*FREE CAR WASHES FOR LIFE
*FREE ALIGNMENT CHECKS
*WITH YOUR CAR OR TRUCK PURCHASE

701.227.1272 DANP@DPMOTORS.COM
2391 1-94 BUSINESS LOOP EAST, DICKINSON ND 58601
ALSO CHECK US OUT AT GATEWAYFLT.COM

Heart River VOICE

Publisher

Heart River Voice, Inc.

Advisory Board

Tammie Braun
Cheri Ehlis
Kaylee Garling
Amy Graves
Laura Walters

Advertising Sales

Kelley Jilek
kelley@thejileks.com
(701) 290-2063

Web Developer

Ben Hapip

Graphic Designer

Sophia Jilek

Photographers/ Feature Writers

Our Community

Astrologer

Hilda De Anza

Crossword Czar

Carlinka

Published Monthly by Heart River Voice, Inc.

PO Box 2117
Dickinson, ND 58602

© Copyright 2022 Heart River
Voice, Inc. All rights reserved.
For usage and submission infor-
mation, contact us at
kelley@thejileks.com

A note to our readers

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

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

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

Kelley Jilek
Publisher

Cover art, "Goldfinch in Summer," a watercolor by Laureen Evans. For more information about the artist, see page 5.

**YOUR BEST FRIEND
ON THE OPEN ROAD**

Whether you cruise with the pack or ride solo, the open road is most enjoyable when you (and your wallet) are protected from the unexpected. Plus, you could save big when you bundle your motorcycle coverage with other American Family policies.

Contact me today for your personalized quote!



Todd Schweitzer, Agent

Todd Schweitzer Agency Inc
1021 3rd Ave W
Dickinson, ND 58601
(701) 483-6228



American Family Mutual Insurance Company, S.I. & its Operating Companies
6000 American Parkway, Madison, WI 53783 ©2015 005923 - Rev. 4/20 - 16215173



TAMMIE BRAUN
Realtor



701.483.0111
353 19th St W.
Dickinson, ND 58601
www.tammiebraun.com



Tammie Braun
Broker Associate

701.590.1091
tammiebraun@gmail.com

#BOOKWORM

Board members needed!

By Library Staff

Do you love the Library? Do you want to help the Library continue to provide great service? If your answer to these questions is "yes," please consider volunteering to join the Library Foundation or Friends of the Library Board. Both of these institutions are invaluable partners to the Library. If you are unfamiliar with these organizations, here are some of the important details regarding each one.

The Friends of the Library assist the Library by providing fundraising, volunteering, and grant acquisition services. They accomplish these goals in several ways, the first of which is through sales made at the Friends of the Library Bookstore, Twice Sold Tales. Funds raised here support both Friends of the Library functions and Library programs. Another popular fundraising event is the Friends biannual book sale. This is hosted twice per year in the Library community room and allows patrons to purchase an entire bag of books for just \$5. Friends members also provide volunteer services to the Library during particularly busy programs, such as the summer kick off carnival and Grinchmas. Last and certainly not least, the Friends of the Library board pursues grants and other such opportunities to raise funds on the Library's behalf. A great example of this is our ongoing Family Fare/SpartanNash grant which helps raise funds for the Library Maker Space and S.T.E.A.M. programs. If helping in any of these ways sounds appealing to you, reach out to the Friends of the Library by visiting the Twice Sold Tales bookstore or calling the Library for more information.

The Library Foundation is an organization dedicated to accomplishing long term and large-scale projects for the Library. These include the purchase of the Arc Aid building for the future library expansion, the purchase of new displays for the children's section, and the initial license purchase of Medici TV for library patrons. These are just a small number of things that the Library foundation has done in the last few years. The Library

Foundation is looking for board members and there are also officer positions in need of filling. If you are interested in joining the Library Foundation board, please visit any of the following websites and fill out a citizen's interest form: daplfoundation.org, dickinsongov.com, or dickinsonlibrary.org.

There are tons of events happening this summer for our Summer Reading Program, and June is no exception. However, I want to highlight some special performers and guests that will be visiting to celebrate our Summer Reading Program, the theme of which is Oceans of Possibilities.

On Saturday, June 4th at 10:00am, Jeff Quinn will be performing his magic show. This is a comedic magic show that's fun for anyone! All ages are welcome, and it will be about 45 minutes long.

On Wednesday, June 8th at 3:00pm, Traveling Lantern will be performing their show called "Camp Ocean." All ages are welcome to join in this interactive show full of fish facts and fun at the bottom of the sea!

The Badlands Dinosaur Museum will be joining us on Monday, June 13th at 3:00pm for "Diving in the Dakota Seaway." This presentation is a look into the American West's prehistoric past and the oceanic life that lived here. This will be presented by the Museum's Education Coordinator, Amanda Hendrix, and it is open to all ages.

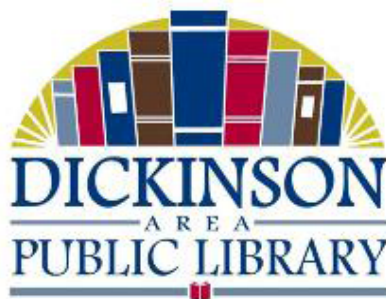
Patrons will have two opportunities to see Will Stuck's show called "20,000 Laughs Under the Sea:" Tuesday, June 28th at 6:00pm and Wednesday, June 29th at 10:00am. Will brings his M.E.S.S. (Music, Education, Stories, and Science) to the Library for some high seas

hilarity and nautical nonsense! This show will last about 1 hour and is open to all ages. Will Stuck will also be doing a Cartoon Drawing session for ages 10-17 on Tuesday, June 28th at 3:00pm. Participants will learn a few helpful tips and tricks for drawing cartoons. All supplies will be provided.

This summer, teens ages 13+ have access to SYNC, a program that offers select audiobook

titles for free through the Sora by Overdrive app. Two thematically-paired titles are released each week, and during that week, users can download them and they will stay on their Sora account indefinitely. Audiobooks must be downloaded on their featured week. Visit <https://www.audiofilemagazine.com/sync/> for more information and for a list of titles. Click the FAQs link on the right side of the screen for information on how to sign up.

Be sure to check our Facebook page, our website, and our printed calendar of events for all of the fun things going on this summer! ■



SUMMER READING PROGRAM 2022

Oceans of Possibilities

June 1st - July 31st



Kickoff Carnival
May 28th
10am-2pm



Free and open to all ages,
birth - adult!

Participate in Summer Reading Program events!

Win prizes for reading!



Dickinson Area Public Library
139 3rd St W 701-456-7700

Sign up for the Reading Program at: <https://dickinsonlibrary.beanstack.org>

COVER ARTIST **Laureen Evans**

My art is often influenced by the places I have lived. I grew up in the Dakotas and raised my children in Hawaii and South Dakota. I have lived in states from Hawaii to the East Coast, and when I look back at my art I remember where I was, the time of day and season. My landscapes show the viewer where I live and the beauty in nature. As I travel, something captures my eye and the creativity begins. I love to visit and paint National and State Parks.

I paint in watercolor and oil both in the studio and on location. My subject matter is varied, including landscape, floral, still life, portrait, and abstracted realism. Over the years I have exhibited my art in many one-woman shows and juried exhibits. I am proud to have my art in many private collections. My paintings have been on the cover of the South Dakota Magazine four times. I created and painted the background stage sets for the annual Rapid City Shrine of Democracy Barber Shopper's show three years in a row in the 1980's. I designed the hand-cancel stamp for the Geddes, SD, post office to dedicate the home of Governor Peter Norbeck. He was known for his influence in the building of Mt. Rushmore in South Dakota.

After attending college at age fifty-three, I found that I loved the process of pottery, hand sculpture, and printmaking. I have a BA degree in Art and Spanish. One of my life goals was to



Laureen Evans self-portrait

teach at the university level, and after graduating, I taught two semesters of art appreciation at Dickinson State University. I love to teach art and have taught many classes for adult education and children's programs in the many places I have lived.

I now live in Dickinson, ND, and enjoy living close to where my grandparents and parents lived. Being close to State and National Parks is an influence on my artwork as well as my flowers and the local birds. I belong to the Badlands Art Association and have participated in their annual art shows. ■

Don't have a green thumb? We have an easy way to get your fruits and vegetables!

Daily drink with the antioxidant power of 20+ servings of fruits and vegetables. Available in 9 delicious flavors!

June Special
20% OFF

NutriDyn Fruits & Greens product



IRSFELD
Pharmacy *More than just prescriptions.*
PC
Compounding - Nutrition - Alternative Health

Located at Sanford Health East Dickinson Clinic
www.irsfeldpharmacy.com

Advertise with us!

CONTACT KELLEY JILEK

AT 701-290-2063 OR EMAIL

KELLEY@HEARTRIVERVOICE.COM



ADVANCED COLLISION
C E N T E R , I N C

Heart River
VOICE



CONVENTION AND VISITORS BUREAU Top picks here and there

Let the sun shine, and the grass grow, it's summer! The vacation days can be made into longer weekends for some people, and for others, it's the "let's go for two weeks!" Which ever you do, there is plenty right here, and around us, that will make your gas tank stretch a lot further, and your checkbook a lot happier.

Okay, you always say you will. You say you are going to get over to Initial Rock, or over to the Ice Caves, but you don't. Here is your summer to enjoy the acres of badlands, the variety of beautiful prairie flowers, the winding solitude of trails and great primitive



campgrounds. Can't you just smell the sage? It's time to get the evening campfire going. But be sure to check the burn bans!

No hiking interest? You can take the drive up to the Cartwright Tunnel, or the Fairview Bridge and take a shorter walk on the trail into the 1,320 ft. long tunnel built in 1912 and 1913. The bridge lift was only raised once in 1914. It's still spanning across ND and MT, and the walkway is very cool.

Have kids, and they like dinosaurs? Then take them to the Dickinson Museum Center to see the Badlands Dinosaur Museum and all of the recent fossil finds. They will



Photo credit: ND Tourism

CAREER OPPORTUNITIES

We are the ones who make a difference!

**Positions Available.
Excellent Wages.
Flexible Schedule.**

- Nursing
- Culinary Services
- Environmental Services
- Activities
- Social Services
- Administration
- Home Care Services
- Assisted Living
- Business Office
- Spiritual Care



TO APPLY: Complete a company application found under the Careers tab:
www.benedictineliving.org/dickinson-nd/



start listing all of their favorite dinosaurs and tell you all about them. And some like the sparkling minerals and all of the different seashells that are on display.

So take a local vacation. There is a lot

more to see and do, and we can help you out with more ideas. Just checkout our website at VisitDickinson.com, call 701-483-4988 or stop by the Visitor's Center at 72 E. Museum Dr. ■



Libby Matthews
605-641-0840
Dickinson, ND

*Homemade
Desserts & More*
Keto, Low-carb
Gluten / Sugar free

libssweetketobakery
email: libenski73@yahoo.com

KUDOS**Melanie Steffan**

"I get by with a little help from my friends" The Beatles

Remember high school? All the normal things you did with your friends. Things like going out for lunch, sneaking away to the convenience store for snacks, going to school dances and going on field trips. Our list of memories is unique to each of us. Melanie Steffan hadn't been out of high school all that long when she returned to DHS to teach in the Special Education program. Coming back to her home high school she was reminded of all of those normal and fun things that she did with her friends. It didn't take long for her to recognize these weren't happening for her students. They were missing out on a huge aspect of high school life. She didn't like it. She wanted her students to have normal high school experiences with their friends like she did. She didn't want them to miss out on their high school experience.

Sometimes the catalyst for change begins by asking the simple question "how can I change that"? Melanie saw her students needed to build skills to

have those experiences and then sustain them throughout their adulthood. A Masters in Special Education with a thesis on transitioning to adulthood along with experience as a transition coordinator informed Dickinson High School's confidence to hire Melanie to teach the Peer to Peer class. Melanie was allowed creative freedom as she and other special education teachers rolled out the program. As she tells it there was a lot to learn! She started by training with the folks at the Peer to Peer program at Century High School in Bismarck then adapted it to the needs at DHS. She worked with school Administration, her teaching team and parents to build trust as they adapted to try so many new normal experiences for her students. Melanie believes her students can do most anything; they just need practice to prepare and sometimes coaching on appropriate behavior.

What Melanie found was not only a pathway for her students, but also for the mentors. The Peer to Peer class provides a place of belonging for the mentors and the mentees. They are all part of something bigger, something special and unique, and something



Melanie Steffan, above left

that helps them all grow as they work through the normal challenges of being a teenager. While she started the program to benefit her students, she found that the mentors grew in ways she had not anticipated. Being a mentor is an eye opening experience. Mentors develop skills of patience and responsibility in terms of care needed for some of the mentees. An example is recognizing anxiety in a mentee about going to new places and the mentor taking baby steps to make the mentee more comfortable. Both mentors and mentees learn about ways to approach situations or reword thoughts to make it make sense for someone, how to avoid trigger responses or how to recognize behavioral patterns. And, they learn what it means to be a true friend.

Melanie credits her parents for giving her a base where living side by side with people with disabilities is normal and she gravitated to them. In college she studied human rights in Norway for a summer and interned at an agency in Arizona where she took people with disabilities to the capital to advocate for their rights. Her commitment to creating equal opportunities for people with disabilities is evident! As she dreams about the possibilities for her students and the Peer to Peer class she listens to what the students want. She is

committed to preparing them for their individual opportunities based on what they want to experience. Melanie, the special education teachers and mentors all pull together to make things happen. Melanie plans to travel to Washington DC next year with a student who wants to participate in Close Up. Another student starts a job next semester with the help of two mentors who will work side by side with them until they are ready to do the job on their own. The question in Melanie's mind is not if we can do it but rather "how" can we do it.

I am so thankful for women like Melanie in our community. Women who see change is needed and make it happen. Women who see that life can be better and take the steps to lead us there.

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

Flexible Payment Plans For Auto Parts & Service



**Contact Sax
Motor Co.
for Details!**

701-483-4411 or www.saxmotor.com



Ask your Service Advisor
for financing details.



Powered By
sunbit

AWARENESS

Coping with epilepsy

By Fortune Majada

"Being different gives the world color"
~Nelsan Ehlis

Whether it is what you like to do in your free time, what music you enjoy, how you look, or how you behave, being different gives the world flavor. Some of the things that allow us to be different we are fortunate enough to choose, others we are not. Oftentimes people are either born or develop disabilities, disorders, and conditions that are beyond their control. An example of this occurrence is epilepsy. According to the Center of Disease Control and Prevention (CDC), "In 2015, 1.2% of the US population had active epilepsy. This is about 3.4 million people with epilepsy nationwide: 3 million adults and 470,000 children."

Even though epilepsy has become more common, there are still many misconceptions about this condition. For this reason, I have interviewed Abby Scheeler, a senior at Trinity High School, who has epilepsy.

Q: When were you first diagnosed with this condition?

Abby: I was first diagnosed when I had my first seizure when I was 4 years old. My first seizure took place in a bathroom stall. (The type of seizure was tonic clonic, which is basically when you collapse to the ground and start shaking. You are unconscious and stop breathing. They didn't know what to do so they called 911. I was rushed to the hospital.

No one knew if I would wake up so they decided to do some different monitoring on my brain activity. After some testing, they diagnosed me with epilepsy.

Q: Is epilepsy a condition that one develops over time or is it something you are born with?

Abby: I think that it is different for multiple people because I heard that some people are diagnosed at six years old and others are just born with it. For me, I haven't heard anyone in my family lineage having epilepsy because we just haven't been able to trace it back.

Q: Since having epilepsy, has there been anything you have had to do and if so what?

Abby: There are some occasional appointments with Mayo Clinic, but I first started at a children's hospital in Minnesota. My first doctor and I would have visits almost every few weeks but then slowed down to a yearly occasion. Now when I have seizures in class, I am still aware of what is happening around me but lose the ability to speak and my arms will lock into place. Those will last about five seconds usually.

Q: What are misconceptions that you have heard about epilepsy?

Abby: Definitely that all epileptics are affected by bright lights would be one of them. It is a very common symptom that some have, but many like myself are not affected by light. Another misconception that people have is that epileptics need more help because of their seizures. For the most part, we are normal people too. It does not mess with our brains to the scale that people may think.

Q: Are there any known treatments or medicines you can take to help

better control the seizures?

Abby: Yes, there are prescription medications and also more general over the counter medicine. I personally have been prescribed several medications. Sometimes they can be detrimental to your health. For example, when I was prescribed different meds during the quarantine time period, I would lose around 25lbs. This happened because Zonisamide has a side effect that causes loss of appetite. Penasotide would also cause fatigue which makes me feel sleepy.

It is important that epilepsy awareness is spread to people to eliminate some of the misconceptions it has accumulated over the years.

Abby shared some final thoughts: While it is true it can be difficult when the seizures occur, it is ok to rest for a bit and allow my mind to relax. Doing so is a great way to recover and return to work, just as it is for anyone else. It has been an arduous journey to live with epilepsy, however, I have not allowed epilepsy to hinder my path to success. ■



Vicky Steiner
Realtor



Cell.: (701) 290-1376
Bus.: (701) 483-6789
Fax: (701) 483-6770



269 16th Street West Suite A
Dickinson, ND 58601
www.homeandlandcompany.com
vsteiner@homeandlandcompany.com

THE COFFEE CRUISE
Contest

Saturday, June 4th

From Mandan to Medora.
Held in conjunction with the
Old Red Old Ten Rummage Sale.

GARAGE SALE

VisitDickinson.com/CoffeeCruise

NDSU EXTENSION 4-H Communication Arts Contest



By Holly Tuhy

On Monday, May 16, 2022 eight 4-H'ers from Stark/Billings County participated in the District 4-H Communication Arts Contest in New England, ND. Communication Arts is a public speaking event for 4-H youth ages 5 to 18. Youth can give readings, speeches, demonstrations, electronic presentations, and more. The event gives students the opportunity to present in front of an audience – strengthening their public speaking skills while building their confidence. The judges provided constructive feedback through one-on-one conversations after each presentation – explaining what each 4-H'er did well and where there was room for improvement.

All the youth who participated from Stark/Billings County should be

very proud of their hard work and accomplishments! Some youth attended weekly practices held at the Extension office prior to the contest. All students' results are as follows:

Receiving first place medals were Sawyer Wolf, Layne Melchior, Michaela Mitchell, Kyron Schrum, and Phaden Schrum. Sawyer presented her entrepreneurship by presenting her business: Sawyer's Barkery where she makes and sells homemade dog treats. Layne gave a speech on Kamikaze attacks during WWII. Michaela Mitchell gave two presentations. One a humorous reading regarding a titled "Even fewer people like vegetables" and the other a dramatic presentation titled "Ronald Reagan's eulogy". Kyron presented a reading titled "If you give a boy a baseball". Finally, Phaden did a demonstration titled "How to make sock snowmen".

Receiving an honorable mention ribbon was Desmond Cain with his interpretive reading titled "Barbers".

Kenya Kilwein competed in the junior division and gave a demonstration on how to make pancake art. Madigan Schrum participated as a Cloverbud. Cloverbuds are students ages 5 to 7 who participate in 4-H events but are not quite old enough to compete. Reciting the



From Left to Right
Back Row: Sawyer Wolf, Layne Melchior, Michaela Mitchell, Desmond Cain, Phaden Schrum
Front Row: Kyron Schrum and Kenya Kilwein
Not Pictured: Madigan Schrum

Pledge of Allegiance or the 4-H Pledge are common presentations for Cloverbuds, but they are welcome to give more in-depth presentations if they wish. Madigan read a poem titled "I love gymnastics". Any opportunity to have young people speak publicly is of immeasurable value, no matter the age.

Youth who received first place medals

have the opportunity to advance to the State 4-H Communication Arts Contest on Sunday, July 24, 2022 at the North Dakota State Fair in Minot, ND. For any senior division youth who were awarded a first-place medal or an honorable mention ribbon, they receive a full scholarship to the 2022 Extension Youth Conference in June at the NDSU Campus in Fargo, ND. ■

JUNE 9, 2022 | 8-9 AM | STARK COUNTY VETERANS PAVILION

EVENTS OFFER OPPORTUNITIES FOR CURRENT AND ASPIRING ENTREPRENEURS AND OUR AREA'S ENTREPRENEURIAL RESOURCES TO COME TOGETHER TO NETWORK.



LUKE STEINER



SHANE WEBER

Luke Steiner and Shane Weber are proud owners of Elite PT in Dickinson, ND. Luke a graduate from Trinity High School (2006) and Shane a graduate from Dickinson High School (1999) are Doctorates of Physical Therapy. They both believe therapy is highly specific and individualized to the patient and focus treating the whole person. Come and hear about their journey into the world of operating a successful PT practice!

EVENT BROUGHT TO YOU BY



CONNECT MEDICAL CLINIC**From the Midwest to West Coast to Great plains, Renicker shines a light on community needs****By Mark Billings**

Growing up in northwestern Ohio, Maria Renicker had no idea her life would traverse 2,400 miles to the West Coast

woman's pregnancy, the tiny baby may live or die.

Renicker chose compassionate care, no matter what the patient's background.



and ultimately to Dickinson, where she would establish roots in family, business, the community and more.

Armed with an Associate's Degree (ADN) in Nursing, Renicker was ready to take on the world in Labor and Delivery and pursued her dream in Modesto, CA, where she moved in 2006 after marrying her husband, Chad Renicker. While she enjoyed helping women and welcoming newborns in hospitals there, she said there were bittersweet moments. It wasn't uncommon to discover a patient had previously agreed to terminate a pregnancy or several pregnancies, or because of an underlying health condition, chose to become prematurely induced. Depending on the length of the

"We saw the worst and best in Labor and Delivery," she said. "I was young at the time and my view of life and all its aspects grew and matured from these experiences."

Adding to Renicker's perspective was her new husband and his family, which was rooted in Modesto and had supported the nonprofit Modesto Pregnancy Clinic for years going to fundraising banquets and lending their carpentry skills. "I married a giver," declared Renicker.

When the housing crisis hit California, Maria and Chad along with their daughter Sydney, now aged 10, moved to Dickinson in 2012 to re-establish themselves. It wasn't too long afterward that Maria found herself seated in a Bible study

with other women who began discussing the possibility of opening a nonprofit pregnancy center. Those early dream sessions led to the seed of the Connect Medical Clinic at a former donated space.

"I remember being there with Dave and Lyndell Bauer and painting the steps there," recalled Renicker. "It has been really cool to see how the clinic has grown since then, and I've always felt God's hand has been on it. Connect is needed here in Dickinson and the surrounding area more than we realize."

Renicker said even with her medical background, she is challenged in keeping



30th Annual

Missouri River Bluegrass Festival

Cross Ranch State Park
June 17 & 18, 2022

Friday, 6:30-10:30 p.m.
Saturday, 10 a.m. 10:30 p.m.

WoodPicks
Minnesota
Playing Friday & Saturday

The Waddington Bros.
North Dakota
Playing Friday & Saturday

Cotton Wood
North Dakota
Playing Friday & Saturday

Monroe Doctrine
North Dakota
Playing Saturday

Eric Andrus & Kasey Moore
Tennessee
Playing Saturday

The Bluestems
North Dakota
Playing Friday & Saturday

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

Arts Midwest

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

Admission

Friday \$15 - Saturday \$20
Friday & Saturday \$30
(16 & under FREE)

Bring your lawn chair and bug spray.

Music workshops Saturday

1-3 p.m. 'learn a bluegrass song' 'FREE' in the park shop with our guest bands.

An annual vehicle or daily vehicle pass is required

up with the latest developments and trends in nonprofit pregnancy medical clinics but is excited to support Connect now as its newest board member. She said her goals are to continue supporting women's health and life while doing anything she can to see Connect flourish.

"I want it to be the best it can be while seeing it grow in its prominence in the community," she said.

The Renickers' own and manage Heart

River Properties and since moving to Dickinson have added two more children to their family including Fiona, aged 8 and Skye, age 6. Located on State Avenue just south of Fairway, Connect provides low- to no-cost sexual health and pregnancy services to men and women, regardless of age. For more information, visit connectmedicalclinic.com or call (701) 483-9353. ■

NEW CLIENTS WELCOMED!

- + Haircuts +
- + Colors +
- + Hair Styles +
- + Makeup +
- + Wedding +
- + Hair Loss Therapy +



PEACH PARLOUR
HAIR + MAKEUP + STYLE

Contact
Cassandra

Instagram or Facebook
@peachparlour

509.768.4414

By appointment only

FINANCIAL FOCUS

New limits expand 401(k), IRA opportunities

You could spend two, or even three, decades in retirement. So, to pay for all those years, you'll probably need to take full advantage of your retirement accounts. And in 2022, you may have expanded opportunities to deduct retirement plan contributions on your tax return.

Before looking at what's changed this year, let's review the key benefits of these accounts:

- Traditional IRA – You typically contribute pretax (deductible) dollars to a traditional IRA, and your earnings can grow tax-deferred.
- Roth IRA – You invest after-tax dollars in a Roth IRA, so your contributions won't lower your taxable income, but your earnings can grow tax free, provided you've had your account at least five years and you're 59½ or older when you begin taking withdrawals.
- 401(k) – A 401(k) or similar plan (such as a 457(b) for state and local government employees or a 403(b) for employees of public schools or nonprofit groups) is generally funded with pretax dollars and provides tax-deferred earnings. Some employers offer a Roth 401(k), in which employees contribute after tax-dollars and can take tax-free withdrawals if they meet

the same age and length-of-ownership requirements as the Roth IRA.

So, what's different about these plans in 2022? First, consider the traditional IRA. If you – and your spouse, if you're married – don't have a 401(k) or similar plan, you can always deduct the full amount of your contribution on your tax return, no matter what you earn. But if one or both of you are covered by an employer-sponsored plan, then your deductions could be reduced or eliminated based on your income.

Single taxpayers can claim the full deduction if your modified adjusted gross income (MAGI) is \$68,000 or less (\$109,000 for married filing jointly), with deductibility decreasing at higher income levels and phasing out entirely at \$78,000 (\$129,000 for married filing jointly). But here's the key point: Compared to 2021, these ranges are \$2,000 higher for single filers and \$4,000 higher for those who are married and filing jointly – which means that this year, you might have more opportunities to make deductible contributions.

And a similar type of increase applies to Roth IRA eligibility. In 2022, if you're a single filer, you can put in up to \$6,000 (\$7,000 if you are 50 or older) in a Roth IRA if your modified adjusted gross

income (MAGI) is less than \$129,000 – up from \$125,000 in 2021. Allowable contributions are reduced at higher income levels and phased out if your MAGI is \$144,000 or more, up from \$140,000 in 2021. If you're married and file jointly, the respective ranges are \$204,000–\$214,000, up from \$198,000–\$208,000 in 2021. Again, higher ranges may mean more opportunities for you. (Consult your tax advisor to determine your eligibility to contribute to a Roth IRA or make deductible contributions to a traditional IRA.)

And finally, the annual contribution limit for 401(k), 457(b) and 403(b)

plans is \$20,500 – up \$1,000 from 2021. If you're 50 or older, you can put in an extra \$6,500 this year, for a total of \$27,000.

These changes may not seem monumental, but when you're saving for retirement, any opportunities to invest and potentially reduce taxes, of whatever size, can be valuable. So, review your options to determine how you can help yourself move closer to your retirement goals.

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



Marlene Bradbury

Financial Advisor

1166 3rd Ave West
Dickinson, ND 58601
701-225-1077

Edward Jones[®]
MAKING SENSE OF INVESTING
edwardjones.com

AWARDS

Dickinson Rotary Club receives coveted service awards at Rotary district conference

Dickinson Rotarians Mark Billings and Dawn Pruitt received distinguished service awards and the Dickinson Rotary Club received the International Service Award for Clubs over 60 members at the annual Rotary District 5580 conference. The District includes more than 60 Rotary Clubs spanning three states and one Canadian province.

Under Mark's leadership, the Dickinson Rotary Club was awarded in excess of \$4,000 in matching grants to support service projects in partnership with clubs in other countries: With the Aracatuba, Brazil Rotary Club, Dickinson Rotary is helping to equip a Welcome Center in a homeless shelter mainly for



Dawn Pruitt

the time difference. Club President Mark Billings refused to be daunted by the pandemic or geographic and time differences, overcoming several obstacles when spearheading the club's international service efforts. Mark received the district's top International Service Award.

For the second year in a row Dawn Pruitt received the district's top Community Service award for finding overlooked community needs that the Dickinson Rotary Club can help meet each month. Those efforts have included collecting cash for the After Prom Party, crayons for the Hagen Pantry, menstrual supplies for Connect Medical Clinic, children's books and candy for Leadership Dickinson's book drive, an etiquette dinner for teens, canned food for the St. Vincent de Paul Society's clients, and candy and a super hero photo booth for Trick or Trunk, among several other monthly initiatives.

The Dickinson Rotary Club also received a Certificate of Appreciation for its longtime support of worldwide polio eradication, this year at \$6,000, mainly through the community Pancake Carnival held in the fall. The contribution makes the Dickinson Club one of the highest contributors in the District to the polio eradication effort. ■



Mark Billings

the HIV/AIDS population in a rural area. The club is also assisting the Santa Ana de los Rios Cuenca, Ecuador Rotary Club in the highlands of Ecuador to provide a computer center with internet for a nearby rural school in an area of extreme poverty.

Mark and the Rotary Club is taking its international commitment a step farther by building Rotary friendships by zooming with the clubs, despite

For One Night and One Night *Only!*

BIGGEST SHOW of '22

JUNE Friday 17
4 to 10 PM

10th annual Bakken BBQ

West River Ice Center
PARKING LOT DICKINSON, ND
Admission: \$20 FOR ADULTS, \$10 CHILDREN 8-15, 8 AND UNDER ARE FREE!

BAKKEN BBQ
big n' boy a cause! ★ Est. 2013

celebrate 10 YEARS of Bakken BBQ

BENEFITING LOCAL AREA CHARITIES & MAKE-A-WISH NORTH DAKOTA®

LIVE Auction **KIDDY** Inflatables, Games & More **Beverages PROVIDED BY MAVERICKS** **THIS IS GOING TO BE good**

visit **BAKKENBBQ.ORG**

The Bakken BBQ was created in 2013 by Co-Founders Jackie Jenkin & Tiffany Steiner to bring together the community by creating a family-friendly BBQ event, while raising money to help make a difference in our community.

The Bakken BBQ is a BBQ cook-off with local companies competing for the best BBQ. The locals can enjoy an all-you-can-eat BBQ, cold beverages, live entertainment and auction, kiddy corner and a variety of prizes raffled off with purchase of ticket(s).

Since founded, the BBQ has raised over \$600,000 for Relay-For-Life, Make-A-Wish North Dakota, and other local area charities.

For more information, please contact bakkenbbq@hotmail.com or visit us www.bakkenbbq.org

CULTURE

Preserving culture

By Brooklyn Berger

The French West Indian Psychiatrist, Frantz Fanon, once said, "To speak a language is to take on a world, a culture." Communication is one of the greatest gifts of life. Not only does it allow us to share our thoughts, feelings, and ideas, but it creates culture.

Fortune Majada, a senior at Trinity High School, can testify to the importance of language. In addition to English, he is fluent in 4 other languages. English was not his first language however; in 2016, Fortune's family moved to the United States from South Africa. He was born in Zimbabwe and moved to South Africa when he was four years old. Growing

up in a tight-knit community, Majada was exposed to dozens of languages. Shona was the first language he learned to speak after spending time with his grandparents. Since he has lived in the United States, Majada has become fluent in English while still practicing his native language.

In addition to speaking these languages, Majada's family strives to keep their cultural traditions alive while living in the United States. A strong respect for elders, taking shoes off when entering someone's home, and spending time with family more often than friends are notable qualities of life in Africa that the Majada family lives out in the United States. "Bigger traditions that my family continues to practice are cultural festivals." Majada has three younger siblings; only his brother and himself

were born in Africa. Since his sisters were born in the United States, Majada sees it as his mission to educate them on their family heritage.

Looking ahead, Majada plans to continue to speak his native languages and spread culture to other people around him. He has experience sharing about his culture at Global Table, a monthly event at Dickinson State University which seeks to promote cross-cultural understanding. Though life in the United States is much different than Africa, Majada sees the beauty in preserving his culture and learning about other traditions. "I think it's good to have cultural differences because it's what makes society more unique." Majada encourages everyone to learn a foreign-language and to grow in appreciation for heritage. ■



Fortune Majada speaking in various languages to the Trinity Catholic Schools 7th graders

COMMUNITY

Rise Above

Home On The Range is putting together an evening of family-friendly fun and ministry in Dickinson and Bismarck, North Dakota.

This special night is called "Rise Above," and includes food, Stunt Dudes BMX riders, Christian artist and singer Cade Thompson, and the highly motivating and inspirational speaker, Josh Brewer.

Home On The Range's vision, mission and passion is to help children and families, not only while the child is placed at Home On The Range, but also once they are discharged from Home On The Range and return to their communities. Home On The Range is working with schools, community leaders, and local churches to host events in communities that focuses on lifestyles that are healthy, sober, drug-free and Christian-based. All youth and their families are welcome to come to the events and experience the positive energy. The children will be introduced to adults and groups that will have a positive impact on them and keep them connected spiritually.

At each event, there will also be food, games, prizes and

Chapel services - all free of charge. HOTR believes strongly in working together with other organizations to minister to children and families in pain; to make a difference in their lives, offer healing and hope, and help to form positive, loving relationships.

Home On The Range invites everyone to come to "Rise Above" and help youth rise above the pain and anguish they may be experiencing, help them become happy and healthy young adults, and give them a life experience they will never forget and always live by.

June 21, 2022 - Dickinson
Location - West River Ice Center
(2004 Fairway Street)

June 22, 2022 - Bismarck
Location - Bismarck High School
(800 North 8th Street)

Schedule of events:
5:30 p.m. Meal
6:30 p.m. Stunt Dudes BMX riders

7:00 p.m. Cade Thompson concert & Josh Brewer

Home On The Range is located in southwestern North Dakota and is licensed to care for boys and girls, ages 12-18, who have experienced trauma, neglect or abuse. For more information and details of events contact Home On The Range at 701-872-3745 or visit their Face Book page. ■



HEALTH

Pre-Diabetes



By Steve Irsfeld

Diabetes is a word that, for past generations, instilled a great deal of fear because of the diagnosis that didn't leave a lot of hope. If you have a diabetes diagnosis, there is the possibility of losing your eyesight, kidney function, and possibly your legs due to the progression of the illness. Pre-diabetes is the time before diabetes becomes full blown, a time of action to hopefully reverse the course of the disease.

Let's look at how our bodies handle the glucose in our blood. We have a fantastic peptide hormone produced by the pancreas called insulin. The role of insulin is to take glucose from the blood and get it into cells. Once in the cell, glucose produces energy: glucose spikes or increases in your blood after a meal or food intake. Insulin follows glucose and increases to compensate for the rise in glucose. Eventually, both blood glucose and insulin return to normal after a couple of hours in healthy patients.

Excessive amounts of blood glucose over long periods create the problem where your insulin becomes less effective in responding to elevated glucose. Your body must produce more insulin to compensate for the increased glucose, eventually leading to the overproduction of insulin. Ultimately the receptors on the cells shut down or down-regulate, not allowing glucose into the cells no matter how much insulin is available to help the process. At this point, your body's insulin will not do the job-creating insulin resistance.

If glucose continues to be excessive and your body is not responding to the insulin produced, your pancreas starts to give up and eventually burns out and stops producing insulin. It is at this point when Type 2 diabetes occurs.

The best way to determine if you are prediabetic or on your way toward insulin resistance is to have your fasting insulin checked. The most common

markers tested to check for diabetes are fasting blood glucose and hemoglobin A1c. It is never too late to fight to get your health under control but having access to fasting insulin to show that you are going down a wrong path 1 or 2 years before your blood glucose becomes elevated seems like a good idea.

Dr. Pat Luce, the author of the 7 Systems Plan, uses the pinch test to see if you have elevated insulin. If you pinch the fat on your stomach and you can pinch more than 2 inches, you more than likely have an elevated fasting insulin level. This way of testing is like looking at risk factors, i.e., weight gain, as a precursor to insulin resistance.

How do you halt the progression of diabetes? The core areas include diet, exercise, supplementation, and medication.

Let's begin with your body. Are you overweight? Do you have inflammation? I ask these questions because they are necessary to find out where you are at with your physical structure. What kind of diet do you have? Keep it simple; you need to eat fresh fruits and vegetables and lean proteins, nuts, and seeds. Do you exercise? Aerobic exercise burns blood glucose when you are doing it, and you should incorporate it as part of your daily routine.

When considering dietary supplements, I like to start with Vitamin D. Studies show that Vitamin D can act in the brain to decrease body weight, fat mass, and food intake, factors in blood glucose control. The second nutrient I recommend is omega 3 fatty acids. The research doesn't specifically indicate that omega 3 fatty acids will help treat elevated blood glucose levels, but if we look at its effect on inflammation and know that diabetes is associated with increased weight and elevated CRP, both are indicators of inflammation.

Magnesium supplementation can help



to restore serum levels, improving insulin sensitivity and metabolic control in type 2 diabetic patients with decreased serum magnesium levels.

Please stop in or call the pharmacy for help with insulin resistance and options

on how to take back your health. You can access this and other articles on our website at irsfeldpharmacy.com. Until next time, be vigilant about your health! ■

the real estate co.
real estate made simple.
701.483.0111 fax: 701.483.0112
353 19th st w | dickinson, nd 58601
Lenee Bookhardt
cell: 701.690.5867
email: LeneeBookhardt@gmail.com
www.therealestateco.co

HEALTH

Hypertension: Know your numbers and lower your risk

By Nolan Kleinjan, MD

Hypertension or high blood pressure is a disease that is caused by increased pressure in the blood vessels in our body. High blood pressure is a blood pressure greater than 130/90. For most adults I recommend a blood pressure of 120s/80s. From data that we have in 2017, approximately 28% - or almost 1 and 3 adults in North Dakota - have high blood pressure. Below are some facts you should know about high blood pressure/hypertension:

- Having hypertension puts you at risk for heart disease and stroke, which are leading causes of death in the United States.
- In 2019, more than half a million deaths in the United States had hypertension as a primary or contributing cause.
- Nearly half of adults in the United States (47%, or 116 million) have

hypertension, defined as a systolic blood pressure (top number) greater than 130 mmHg or a diastolic blood pressure (bottom number) greater than 80 mmHg or are taking medication for hypertension.

- Only about 1 in 4 adults (24%) with hypertension have their condition under control.
 - About half of adults (45%) with uncontrolled hypertension have a blood pressure of 140/90 mmHg or higher. This includes 37 million U.S. adults.
 - About 34 million adults who are recommended to take medication may need it to be prescribed and to start taking it. Almost two out of three of this group (19 million) have a blood pressure of 140/90 mmHg or higher.
 - High blood pressure was a primary or contributing cause of death for 516,955 people in the United States in 2019.
 - High blood pressure costs the United States about \$131 billion each year, averaged over 12 years from 2003 to 2014.
- Most people find it difficult to want to treat their blood pressure as most the time we are asymptomatic, which means we do not feel symptoms with high blood pressure. It is mostly a risk over

time. The best time to check your blood pressure is during the morning before you do any activity. Buy a blood pressure cuff and take two blood pressures and either take the average or lowest number. Write these down and bring them to your doctor to have further discussion if any treatment with medications or lifestyle changes are needed.

Dr. Nolan Kleinjan practices Internal Medicine at CHI St. Alexius Health Dickinson Medical Clinic. To reach Dr. Kleinjan or to schedule an appointment, call 701-456-4200. ■



Nolan Kleinjan



GO WITH
AGILITY.

— ◆ —
Brian Dukart
AG BANKER

(701) 225-1200
410 West Villard, Dickinson



dacotahbank.com

Member FDIC Insurance and Trust not FDIC insured.

COMMUNITY

Juneteenth Jubilation

Please join us for a public Juneteenth celebration June 18, at King Pavilion, DSU Campus from 10 am to 2 pm. This public event will include a variety of entertainment including live music, displays, children's games and activities, and food. We hope this event will help remember the struggles of the past, rejoice in its successes and renew our desire to celebrate change in the present and future. We invite all our neighbors to experience the beautiful diversity of our community!



"Juneteenth may mark just one moment in the struggle for emancipation, but the holiday gives us an occasion to reflect on the profound contributions of enslaved Black Americans to the cause of human freedom. It gives us another way to recognize the central place of slavery and its demise in our national story...that our experiment in liberty owes as much

to the men and women who toiled in bondage as it does to anyone else in our nation's history." - Jamelle Bouie

One warm day in June of 1865, roughly two years after President Abraham Lincoln signed the Emancipation, chattel slavery finally ended in America. The date of June 19, would come to be known as Juneteenth, the most celebrated patriotic holiday within American Black communities. This was the date that Union soldiers marched into Galveston, Texas, notifying the final enslaved southerners that they were free, nearly two months after General Lee signed surrender at Appomattox! The celebration of slaves on that day created a legacy of Juneteenth celebrations around the nation.

Last year, in June of 2021 Juneteenth officially became a federal holiday. We invite you to bring your families to check out this new addition to Rough Rider Days as we celebrate the legacy they have in our nation's past development and future promise. ■

ADVERTISE WITH US



Give us a ring!

Heart River
VOICE

Contact
Kelley Jilek
701.290.2063
kelley@thejileks.com
heartrivervoices.com

DICKINSON MUSEUM CENTER

Charting a Course Against Cruelty – Part 2: The Arrest of William Blake

By Bob Furhman



Martha & Kourt Scheiding standing outside the 'Blake Receiving Home' in Jamestown, ND c.1910/1911. Scheidling Family collection on Ancestry.com.

These two (of 8) Scheiding children from Medina were placed temporarily in the Blake home in Jamestown after their mother Franziska died in 1910. By 1915 they were back with their father Carl. There is no known photo of William Blake; his house was located at 815 6th Avenue N in Jamestown, ND (this street is now 2nd Avenue NW). The photo probably was taken by Blake.

In his less than three years on the job, North Dakota's State Humane Officer William Blake appeared 127 times in those state newspapers now digitally preserved by the Library of Congress. Stories chronicling his efforts to bring malefactors to heel for animal and child or spousal abuse abound, some with serious charges, others of a lesser nature but all wanting for justice.

However, in the summer of 1910 Blake found the shoe on the other foot in Grand Forks. Seeing a Norman Furniture Co. delivery driver with his horse's head held up by a checkrein Blake demanded the

driver uncheck the rein to allow the horse to drink from a trough. Initially refusing, the driver relented though it apparently came out that the horse had been watered just a short time before. In the course of the dispute Blake apparently got carried away with his verbal persuasion and was arrested on a charge of using obscene language on complaint of Mr. Norman, owner of the furniture store. It turns out Blake had called out Norman's brother a few days earlier, also on a horse watering matter, an altercation that (allegedly) earned Blake an earful of abuse, this arrest and then an \$8 fine.

According to newspaper articles the State Humane Officer was not paid a salary, there only being a \$500 appropriation for expenses (was the \$8 fine considered an expense?). An examination of state biennial budgets from this period failed to contradict this, the 1911 and 1912 Treasurer's reports only show reimbursements for his expenses. We do know from the docket of Dickinson Justice of the Peace A.P. Folsom that criminal cases Blake brought to a sheriff's attention via a complaint virtually assured that Blake would be called as a witness, the typical witness fee at the time in Dickinson being \$2.10 (almost \$64 today). Other income streams derived from his duties may also have existed (a percentage of fines, perhaps? - certainly magistrates were known to receive additional remuneration thusly).

We do know that Blake's work ran up expenses, especially in child cases. Numerous reports of Blake removing children from dangerous or squalid homes contain mention of Blake providing his young charges with clothes and food, sometimes taking them home to Jamestown for temporary shelter until their disposition was settled by the courts.

The decision of a child's fate often consisted of the court following a recommendation from Blake to 'adopt out' the children, the news spreading quickly that Blake was always on the lookout for good homes, though no specifics of how placements were legally handled are reported, save that Blake would often obtain the signatures of neglectful parents on papers surrendering their parental rights (again, no details - were these a standard court forms, properly witnessed and documented?). In today's world where we expect 'red tape' and complex documents to attend even the simplest legal transaction, the ease and speed with which Blake seemed to work are astounding.

Blake's propensity to quickly resolve issues of both animal and child cruelty is likely, in part, due to the many calls for help that found their way to him. The telegraph lines along the various railways must have

Continued, page 25

DICKINSON STATE UNIVERSITY

Blue Hawk Bulletin



June 2022

DSU AWARDS HONORARY BACHELOR'S DEGREE TO LOCAL PHILANTHROPIST AND ENTREPRENEUR



Dickinson State University (DSU) awarded an Honorary Bachelor of Arts degree to Sandi Lang Frenzel during the 2022 Commencement ceremony Saturday, May 14, 2022. Frenzel is an area philanthropist and entrepreneur, and well known for her business savvy and love for her community.

DSU President Steve Easton shared, "At Dickinson State, we have only awarded honorary degrees a few times in our over 100 years of existence. Ms. Sandi Frenzel is worthy of this rare honor. She has been a model of service to our community and state."

Sandi Lang Frenzel was born in Bismarck, North Dakota and raised on a farm-ranch about 1 ½ miles north of Sterling. She attended Sterling grade school and graduated from Bismarck High School. In 1975, she moved to Dickinson and became a licensed real estate agent and a real estate broker in 1977. Shortly after, she married Joe Frenzel. They purchased Everett Real Estate in the mid-1980s after Sandi Frenzel had worked there for several years. They started the Wendy's restaurant in Dickinson and owned it from 1983 to 2003.

Sandi Frenzel has been very active in the Dickinson and greater-North Dakota communities. She has served as president of the North Dakota Association of Realtors and as a member of the State Gaming Commission and the ND Optometry Board. She also served as a lay member of the State Bar Association of North Dakota Disciplinary Board. In all these uncompensated positions, Sandi Frenzel has volunteered her time and her considerable talent and judgment for the good of North Dakota's citizens.

"Dickinson State is very important to me and also to the community and surrounding region."

On the local level, Sandi Frenzel is known as a "go to" volunteer and organizer. When something needs to be done in southwestern North Dakota, organizations often turn to her.

Ty Orton, executive director of the DSU Heritage Foundation, said, "Sandi is extremely hardworking. She has always placed 100% into everything she has a passion for. Building businesses and ranches, she has worked very hard to create a successful life and to share her success with others." At Dickinson State alone, Sandi Frenzel has served on the DSU Heritage Foundation board, Yuletime committee, Rodeo Council, and the Cowboys and Candlelight committee.

Sharon Kilzer, project manager at the DSU Theodore Roosevelt Center, shared her experiences working with Sandi Frenzel throughout the years. Kilzer stated, "Sandi's contributions through community leadership and financial support, and her ongoing desire to learn and grow, exemplify the qualities of lifelong learning and service that we desire Dickinson State University graduates to emulate."

In true selfless leadership form, Sandi Frenzel was humbled when she was notified of the news. "I was certainly surprised and pleased when I was told of the honor DSU was be-

stowing on me. Having a degree has been a life goal—a bucket list item that I wanted to achieve before I

left this earth," she shared. "Dickinson State is very important to me and also to the community and surrounding region. When I moved here 47 years ago, one of the main reasons I chose Dickinson was because of the presence of a university. A university helps to keep a community vibrant." ■



Joe and Sandi Frenzel

FAHY AND UWAGBAI NAMED DSU'S 2022 OUTSTANDING GRADUATES



Left to right: Heather Fahy, DSU President Steven D. Easton, and Osamudiamen Naomi Uwagbai

Heather Fahy and Osamudiamen Naomi Uwagbai were named Dickinson State University's (DSU) 2022 Outstanding Graduates during the Outstanding Graduate awards ceremony held Friday, May 13, in the DSU Student Center Ballroom.

The Outstanding Graduate Award is the highest honor bestowed on graduating seniors by the university. Fahy and Uwagbai were nominated along with 17 other students by faculty in their academic school or department for exceptional performance in their field of study.

Heather Fahy, daughter of Myron and Kristine Hintz, graduated from Dickinson State University with a Bachelor of Science in Nursing and a minor in leadership studies. The Dickinson, North Dakota, native's primary goal is to make a difference for her patients and her community.

Fahy was a member of the Theodore Roosevelt Honors Leadership Program (TRHLP), the Theodore Roosevelt Executive Committee, the DSU Nursing Student Association, the Nursing Pinning Ceremony Committee, and the Nursing Department Scholarship Selection Committee as the senior nursing student representative. Outside of Dickinson State, Fahy has been involved with Sherry's Wishes 5K Walk/Run, serving as a volunteer race coordinator from 2015 to 2020.

As a second-year nursing student, Fahy was awarded the Highest Grade Point Average for the Licensed Practical Nursing Program, and she was named Student Nurse of the Year in 2020. In the spring of 2021, she was recognized for her writing skills, having earned the Outstanding Writing in the Department of Nursing award.

While serving on the Theodore Roosevelt Executive Committee, Fahy helped organize community events, including a volunteer opportunity in which she and her fellow TRHLP scholars were able to paint at the House of Manna, a Dickinson nonprofit organization assisting those in poverty. In her leadership role as Student Nurse of the Year, her most important accomplishment was organizing a bowling event, Strike Out Burnout. She organized this event to provide a self-care opportunity and bring awareness to nurse burnout, an issue plaguing the profession

in the current pandemic. Finally, she served as a nursing peer tutor. In this role, she mentored several of her fellow nursing students, helping them find success in the classroom and clinical settings.

Fahy works as a licensed practical nurse at CHI St. Alexius Health in Dickinson on the medical-surgical unit. During the height of the pandemic, she provided nursing care to critically ill COVID-19 patients.

After graduation, Fahy plans to continue working at CHI St. Alexius Health in Dickinson as a registered nurse. She wants to continue giving back to the community that has supported her on her journey to becoming a nurse. After gaining some experience, she would like to continue her nursing education by attending graduate school to become a women's health nurse practitioner or a nurse educator.

Osamudiamen Naomi Uwagbai, daughter of Osameke and Josephine Uwagbai of Lagos, Nigeria, graduated with a Bachelor of Science in Information Analytics, a Bachelor of Science in Mathematics, and a minor in leadership studies. Her time at DSU helped her grow into a confident leader who is unafraid to tell the truth, fights for the underdog, serves her community, and lends help whenever needed.

Uwagbai was a member of the Theodore Roosevelt Honors Leadership Program, the Theodore Roosevelt Executive Committee, the Multicultural Committee, Phi Beta Lambda, Dickinson State University Chorale, and the International Club.

In 2018, Uwagbai served as a New Student Orientation Leader, helping incoming freshman get acquainted with and settled in at Dickinson State University. As a TRHLP scholar, she worked with the DSU campus and Dickinson communities through such initiatives as the Backpack program and Brave the Shave and with other organizations like the House of Mana.

During the summers of 2020 and 2021, Uwagbai worked for the Theodore Roosevelt Medora Foundation, during which she made lifelong friends.

After graduating, Uwagbai would like to be a data scientist or a data analyst in a biology lab because she has an interest in rare genetic conditions and what causes them. She would also like to get a master's or doctoral degree in biostatistics after one or two years of working. ■

A vertical graphic advertisement for Dickinson State University's Master's Degree program. On the left is a blue graduation cap with a tassel, positioned above a vertical bar with red and white segments, resembling a thermometer. At the bottom of the bar is a white circle containing a blue 'D'. To the right of the cap, the text 'get one degree HOTTIER' is written in a blue script font, with 'HOTTIER' in large, bold, red capital letters. Below this, the text 'START YOUR MASTER'S DEGREE TODAY' is written in white, bold, sans-serif capital letters. At the bottom, the website 'dickinsonstate.edu/apply' is written in white, bold, sans-serif font.

DSU ENDOWED CHAIR OF THEODORE ROOSEVELT STUDIES PRESENTS AT WHITE HOUSE HISTORICAL ASSOCIATION



Biannually, the White House Historical Association (WHHA) hosts a Presidential Sites Summit on the preservation White House history. Founded in 1961 by First Lady Jacqueline Kennedy, the WHHA's mission is educational. The Summit attracts presidential families, former White House staff, historians, and presidential enthusiasts.

Dickinson State University's former Johnson Endowed Chair of Theodore Roosevelt Studies, Stacy Cordery, was asked to speak on a panel about the history of the First Ladies of the United States, an area of study in which she is well-known. The other members of the panel were Diana Carlin, Saint Louis University Professor Emerita of Communications and Catherine Allgor, President of the Massachusetts Historical Society. Barbra Perry, Director of Presidential Studies at the University of Virginia, served as moderator. "I was in extraordinary company," Cordery noted. "The audience was engaged, and we received a lot of great questions."

Cordery discussed her research at the event, with a special focus on Edith Roosevelt. "The panel was evidence of the skyrocketing interest in the important role of First Ladies, who were not formally studied until 1982," shared Cordery. "I took the nation's first university course on that topic, which solidified an interest born in my youth."

The highlight of the event for Cordery was meeting her girlhood hero, First Daughter Susan Ford. Ford's column for Seventeen magazine ignited Cordery's fascination with the White House and its occupants. "Susan Ford's column described both the glamor and the humorous complications of being a presidential child. I don't think I ever considered the lives of presidential families until then. I became mesmerized by Ford's life as First Daughter, and I internalized her messages about the importance of civic duty. Meeting her in person was unexpected and wonderful!" Cordery would go on to write the definitive biography of an earlier First Daughter, Alice Roosevelt Longworth.

For more information on the White House Historical Association's Presidential Sites Summit, please visit www.whitehousehistory.org/presidential-sites-summit. ■



From the Hawks' Nest

When I first had the opportunity to teach, in a law school, my father, one of the many Dickinson State graduates in our family, gave me one piece of advice. Dad had been in higher education for nearly his entire career, including serving as the president of several community colleges. His advice? "Whenever possible, put students first."

To read the full article, visit: bit.ly/DSUHawksNest



JUNDONG CHEN PROMOTED TO IEEE SENIOR MEMBER



Jundong Chen, DSU associate professor of computer science, was elevated to the prestigious grade of IEEE Senior Member. IEEE and its members inspire a global community to innovate for a better tomorrow through highly cited publications, conferences, technology standards, and professional and educational activities. IEEE is the trusted voice for engineering, computing, and technology information around the globe.

To be eligible for this honor, candidates must: be engineers, scientists, educators, technical executives, or originators in IEEE-designated fields; have experience reflecting professional maturity; have been in professional practice for at least ten years; and show significant performance over a period of at least five of their years in professional practice. ■

DSU ENDOWED CHAIR OF THEODORE ROOSEVELT STUDIES PRESENTS AT WHITE HOUSE HISTORICAL ASSOCIATION



Dickinson State University (DSU) Phi Beta Lambda (PBL) members attended the ND PBL State Leadership Conference in Mandan Friday and Saturday, April 8-9, 2022. During this conference, students attended workshops, competed in up to three career skills competitions, and networked with other college students and business professionals.

Several DSU students earned top placements in their individual and team competitions. These students will have the opportunity to move on to the next level of competition at the PBL National Leadership Conference in Chicago in June.

Accounting for Professionals

Second Place: Hugues Niyimbona

Third Place: Natasha Baranko

Business Ethics

Third Place: Anna Kazimierska

Entrepreneurship Concepts

Second Place: Braxton Selle

Financial Concepts

First Place: Anthony Campbell

Second Place: Braxton Selle

Third Place: Hugues Niyimbona

Information Management

First Place: Natasha Baranko

Job Interview

Third Place: Madison Pearson

Management Concepts

Third Place: Anthony Campbell

Marketing Concepts

Second Place: Madison Pearson

Microeconomics

Second Place: Anna Kazimierska

Organizational Behavior & Leadership

First Place: Anna Kazimierska

Retail Management

First Place: Anthony Campbell

All PBL members are eligible to receive a “Who’s Who” award that is presented to deserving individuals in recognition of their outstanding service to PBL, either at the chapter or state level. Several DSU PBL members earned this recognition for the 2021-22 academic year.

Who’s Who Award (chapter level)

Anna Kazimierska

Natasha Baranko

Braxton Selle

Kazimierska served as the ND Vice President of Member Development during the 2021-22 year and was instrumental in the planning and operation of the ND State Leadership Conference. During the conference, Kazimierska was elected as the President of the North Dakota PBL for the 2022-23 year. We look forward to the leadership she will provide to the North Dakota PBL.



Left to right: Braxton Selle, Natasha Baranko, and Anna Kazimierska

DSU’s chapter also won the award for **Largest Local Chapter Membership**.



“This group of PBL members has never had the opportunity to attend a leadership conference in person due to the COVID-19 restrictions in place the past two years, so it was fun to finally get to attend an in-person conference with them,” said Amy Kass, chapter advisor and assistant professor of accounting at DSU. “I am proud of how DSU’s members participated in and showed enthusiasm for the sessions and workshops offered throughout the conference, and I am especially proud of how well they did in their competitions. I look forward to seeing them participate in the PBL National Leadership Conference in Chicago in June!”

Congratulations PBL students on your excellent work, and good luck at the National Conference! ■

2021-2022 OUTSTANDING FACULTY AND STAFF AWARDS

DISTINGUISHED EDUCATOR OF THE YEAR



LORETTA HEIDT

Assistant Professor of Business and Chair
School of Business and Entrepreneurship

ADJUNCT FACULTY RECOGNITION AWARD



HAYLEE (CRIPE) CULVER

Adjunct Faculty
School of Business and Entrepreneurship

EXCELLENCE IN TEACHING AWARD



DR. DEBORAH SECORD

Associate Professor of Education
School of Education

PROFESSIONAL STAFF SERVICE AWARD



CHRISTOPHER MEEK

Director
Office of Financial Aid

PROFESSIONAL CONTRIBUTIONS AWARD



DR. BRITTANY HIRTH

Assistant Professor of English
Department of Arts and Letters

PROFESSIONAL STAFF SERVICE AWARD



KATHY MEYER

Registrar/Director
Office of Academic Records

ADJUNCT FACULTY RECOGNITION AWARD



WALLACE "GENE" MILLER

Adjunct Faculty
Department of Agriculture and Technical Studies

ADMINISTRATIVE STAFF SERVICE AWARD



CINDY SPLICHAL

Information Specialist
Office of Academic Records and Office of Financial Aid

OVER 50 DSU STUDENTS PRESENT RESEARCH AT 2022 CELEBRATION OF SCHOLARS



Fifty-eight Dickinson State University (DSU) students presented their achievements in research, humanities, and the arts during the 2022 Celebration of Scholars event Saturday, April 30, at the Biesiot Activities Center and DSU Agriculture Building on the DSU campus. Students presented their scholarly work to an audience of peers, faculty, and community members through either an oral or poster presentation.

Jeremy Wohletz, chair of the Department of Arts and Letters and associate professor of music, is one of the committee members who helped put on the Celebration of Scholars. "Celebration of Scholars is

a wonderful event which promotes and showcases both the research and hard work of the DSU students from a number of disciplines. While it's great to do the research, it is even better when you have a platform to show what you are doing."

Nathan Zent, DSU English major – creative writing track, presented his research project from one of his communication classes. "I enjoyed the opportunity to present my research on Hoosiers to a broader audience beyond my Understanding Film and Television class. Celebration of Scholars also gave me the opportunity to answer impromptu questions in a friendly environment. I also enjoyed listening to the keynote speaker and thought he was very motivational, and he reinforced the benefits of scholarly work."

This year's event also hosted Simon Cordery, chair of the History Department at Iowa State University, as keynote speaker, who presented on "Why Scholarship is Good for You!" The founding editor of the Midwest Journal of Undergraduate Research, he is the author of three books in modern transatlantic history. His books span the nineteenth and twentieth centuries, covering British friendly societies, the American labor leader Mother Jones, and the railroad industry in Illinois. He is currently working on a biography of Albert Benton Pullman, a serial entrepreneur and co-founder of the railroad company bearing the family name. At Iowa State, Cordery teaches courses in modern European history, sports history, and historical methods. A long-time advocate of integrating undergraduate scholarship into the curriculum, he regularly supervises student research projects.

To view photos from the event, visit our Flickr page at [flickr.com/dickinsonstateuniversity](https://www.flickr.com/photos/dickinsonstateuniversity/). ■

NEW STUDENT REGISTRATION DAYS

VIRTUAL
via Zoom
June 17

IN-PERSON
May Hall
July 8

VIRTUAL
via Zoom
July 22

IN-PERSON
May Hall
August 5

IN-PERSON
May Hall
August 19



www.dickinsonstate.edu/events

STUDENT SPOTLIGHT

MIKAYLA COLLINS '23

nursing major



Mikayla Collins, from Ashland, Montana, is a Native American mother of three and a full-time DSU nursing student. Learn about her interesting journey and her thoughts on being a Blue Hawk in our interview.

Can you tell us about your life before you came to Dickinson State?

I am Native American, enrolled in the Crow tribe in Montana. I grew up on the Northern Cheyenne reservation. I am very proud of my heritage and where I came from because, back home, it's an honor to be able to "make it" off the reservation and further your education because a lot

do not have that opportunity due to poverty, addiction, and generational trauma. It has been my dream to become a nurse since I was a little girl. I have had to overcome a lot of statistics and setbacks to get here. It was not easy, but DSU has helped me achieve my dream of becoming a nurse.

What led you to choose DSU?

I first started at a large university for nursing and was told my 3.6 GPA was not high enough to get into their nursing program, so I packed up my two kids and moved to Bismarck, North Dakota, to enroll in another nursing program. Halfway through the semester, the nursing program shut down because the nursing faculty had walked out. I knew that I did not work this hard to let my dream of becoming a nurse fail. I looked into DSU nursing and applied two days later. When I was accepted, I was excited to start this new journey, and after coming I always say it was fate that led me to DSU, and I would not change anything.

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

I earned my associate degree in nursing in 2021 and am now pursuing my bachelor's degree in nursing. I will graduate in May 2023.

Have any professors made a significant impact on you?

All the nursing faculty have made a significant impact on my life; they are all so wonderful and strive to see their students succeed. It's been

an honor being able to learn from each and every one of the nursing instructors.

Do you have a job, on or off campus?

I do not have a job as of now. I am focusing on my degree and being a mom to my three children. Nursing school is not easy! (haha)

What do you like to do with your free time?

Being Native American, we are very family oriented, so spending time with family and making memories is one of my favorite things to do, whether it's fishing, camping, exploring, or even just watching a movie. It's the simple things in life.

What are your plans after you graduate?

I want to become an OB/labor and delivery nurse, and after gaining experience, my goal is to become a certified nurse midwife.

What would you tell someone who's thinking about becoming a Blue Hawk like yourself?

I encourage students to come to DSU, especially to apply for the nursing program because we need nurses. DSU is not a big college, so the faculty to student ratio creates a family-oriented environment.

Is there something we haven't asked that you'd like to share?

I hope this story will show that not only Native Americans but minorities can make it and that dreams can come true with determination and perseverance.

Thank you for sharing your story, Mikayla; we're so happy your journey brought you to DSU! ■



2022 SPRING COMMENCEMENT



FOLLOW US

 www.dickinsonstate.edu/news  www.facebook.com/dickinsonstate  www.twitter.com/dickinsonstate  www.instagram.com/dickinsonstate

The Blue Hawk Bulletin is a publication created by the Office of University Relations at Dickinson State University. dsu.communications@dickinsonstate.edu 701.483.2514

DSU does not discriminate on the basis of race, color, national origin, sex, disability, or age in its programs, activities, or employment.
Contact the Affirmative Action Officer/Title IX Coordinator for questions (May Hall, Room 309-A; 701-483-2370; dsu.titleix@dickinsonstate.edu)

**The Blue Hawk Bulletin will be transitioning to a quarterly publication in the newly resigned DSUHF magazine.
To request a copy of the DSUHF magazine, please contact the DSUHF at (701)-483-2486.**

Continued from page 16

hummed for William Blake's attention, reports of abuse finding him as he traveled throughout the state (on free rail passes supplied for his work by the major roads, though, curiously, not the Northern Pacific). Not surprisingly, the volume of work quickly burned through the \$500 appropriation for expenses and Blake eventually filed a reimbursement request for an additional \$780 for costs incurred by the end of 1910. A hands-on kind of guy, Blake lobbied in the hallways of the capital during the 1911 legislative session for the payment and reportedly received several direct donations from legislators to support his good work, though there was an initial reluctance to reimburse the expense claim as many legislators worried the practice would set a bad precedence. Eventually the request was granted and an annual appropriation of \$2800 was approved.

Also, during this legislative session there appeared some editorializing in the Fargo Forum on Blake's work having 'branched out' from strictly animal welfare work into 'the children business and invading the field heretofore occupied by the North Dakota Children's

Home, the St. John's Catholic Orphanage and other elementary institutions.' Bill 106 was introduced with the support of the Superintendent of the Children's Home Frank D. Hall who was against increasing the duties of the State Humane Officer and dividing the responsibilities of such child welfare work as had been previously the responsibility of other established institutions (note, the North Dakota Children's Home received no state funding at this time). Despite the hue and cry, Bill 106 was defeated and Blake continued with his dual mandate.

Fortified with more financial and moral support Blake returned to the fray, the stories of his interventions on behalf of abused children coming thick and fast, some with lurid headlines: "Humane Officer Blake Finds Horrible State of Affairs In N.D. - Marmarth is Location of Fiends in Human Shape"; "Blake Raids Marmarth Rescuing Young Girls"; "Humane Officer Deluged with Work"; "Notorious Case Ends in Wedding" (Blake cited as arranging the wedding "at the request of neighbors... to straighten out a domestic situation that was becoming notorious" - living as man and wife without the benefit of clergy). Prominent among the newspaper stories were cases of incest, prostitution, runaways, abused children, an unfaithful wife and, yes, some animal cases too (no spurs allowed for Wild West shows preforming in North Dakota, for instance).

Missing from the newspapers through the rest of 1911 are editorials like that Fargo Forum piece questioning the propriety of Blake's work on behalf of children, although that past criticism may have been on some people's minds. On October 30th, seemingly out of nowhere (at least as far as the papers are concerned) the Grand Forks Evening Times announced in addition to his job as State Humane Officer Blake had been appointed Juvenile Probation Officer for the Sixth Judicial District by Judge Winchester. Two days later the Evening Times reported that Blake had also been appointed the same position in the 1st, 2nd and 10th districts (the last including Stark County, the four districts encompassing 17 counties total). With these additional appointments it would seem Blake's work was given greater legitimacy. In an article noting he had

found homes for 285 children he was quoted thusly: "It is a great work and I love it and I feel that when the public comes to know about what I am doing I will be supported."

Into 1912 Blake's work continued apace, several cases noted Blake removing children from neglectful homes and then temporarily housing them at his Jamestown residence which was good naturedly referred to as the 'Blake Receiving Home.' A detailed report for his January activities showed the utility of the 'Receiving Home' as he handled 59 child welfare and related cases, including 26 children placed in 'good homes,' many of whom likely stayed at the Blake residence for a time.

Into spring 1912 Blake maintained a busy pace with little of note hitting the newspapers until late May when just after midnight on the 22nd Blake arrived at Dickinson in company of a Mrs. Wilson and her two children from Bismarck and Dora Joslyn, "nearly 18, from near Steele in Kidder County." Proceeding a short distance from the depot to the Kihm Hotel Blake engaged two rooms, one for Mrs. Wilson and children and another for himself and his 'wife,' young Dora Joslyn. Escorting the party to the second-floor, night clerk Dan Murray put Mrs. Wilson and children into room 5 and Blake and his 'wife' into room 4 where Blake's 'grip' (suitcase) was deposited. Blake then obtained water for both rooms and left the hotel for the depot where he visited with his friend, Railway Watchman Fred Schwader who then shared a glass of beer with Blake in his freight house quarters.

In Blake's absence a group of eight Dickinson men (who had, in the words of The Press) "became suspicious that things were not as they should be" arrived at the hotel and sent Frank Roquette (a County Commissioner) and Jerry Dryer (a Sheriff's Deputy) upstairs to investigate. Knocking at room 5 Mrs. Wilson said she knew nothing about the girl in Blake's room and that 'everything was alright so far as she knew.' When Dora Joslyn answered her door she 'had already retired and was...expecting Blake back,' intimating that she was his wife but then admitting she was not. Several of the men from downstairs then visited the room and found Blake's grip and a bottle of beer, Dora testifying she did not know the beer was there.



Edward Hughes, one of the party that suspected William Blake was up to no good at the Kihm hotel.

Portrait by Osborn dated c.1928-9

SwND Digital Archive, Osborn Studio, 79-002.

Shortly thereafter Blake returned to the hotel having been accosted as he and Schwader returned to the depot by a fellow who told him some men had been to Dora's room. Blake then ran "through rain and mud" and up to the room where Dora, still awake, told him what had transpired. Taking his revolver from his grip he went to the lobby where he found a crowd of men of whom he asked, "What's the trouble, boys?" to which someone answered "There seems to be plenty of trouble." Complaining witness Ed Hughes testified that Blake answered one of the men, saying the girl was his wife to which Liveryman Simon Carroll reacted by pulling Blake around by the shoulder saying, "Do you mean to say that the girl in the room is your wife?" to which Blake made no attempt to answer or explain.

Next Month

Charting a Course Against Cruelty - Part 3 ■



Jerry Dryer, one of the deputies that took William Blake into custody in the early morning hours of May 22, 1912. Portrait by Osborn dated c.1920
SwND Digital Archive, Osborn Studio, 0194-003.

COMMUNITY

Volunteers rejuvenate children's park in Medora

By Tim Olson

For Charles Cullen, spending an afternoon in Medora raking rubber mulch meant coming full circle.

"My wife and I were here 21 years ago helping build this," the 87-year-old said of the Medora Children's Park. "It's been well used over the years. I'm just thankful that my physical condition is such that I can still do this."

Cullen was one of about 75 volunteers who spent Saturday, May 14th breathing new life into the Medora Children's Park – which was built by volunteers over the course of five days in 2001.

Bob Holzer was there in 2001, too. This time, he said, "I feel older! But it's a happy feeling."

The wooden playground received a fresh coat of stain and about 70 tons of recycled rubber mulch – a softer, safer material underfoot for kids using the park. The volunteer crew, which included the President of the Theodore Roosevelt Medora Foundation, Randy Hatzenbuhler, applied plenty of elbow grease to get the work done in a day.

"We were joking about the amount of ibuprofen we'd need after that!" Hatzenbuhler said. "But not one person seemed to complain about any of it. In fact, the coordinator of the project, Peggy Gunther, said they're all asking, 'What's the next project?' Every organization should be able to experience that – when people care that much."

"You don't get to experience this kind of goodwill every day," Gunther said. She serves the TR Medora Foundation as



Director of Volunteer Activities.

Bravera Bank brought a team of about a dozen employees out for the volunteer event. The bank made a generous contribution to TRMF to make the renovation project possible. "We're bankers, right? So we don't usually work with our hands much!" said David Ehli, the President and CEO of Bravera, who also cut the ribbon on the park at a grand reopening ceremony. "It's great to be able

to help the community."

Gunther says events like this — and the hundreds of people who volunteer their time and energy to help the TR Medora Foundation operate during busy summers — inspire her. "This is what humankind is really all about. You work

side by side, you have fun, you treat each other with kindness and goodness, and you make it happen."

The Medora Children's Park is located in downtown Medora, and is free and open to the public every day from sunrise to sunset. ■



COMMUNITY

DPS Foundation offers scholarships

The Dickinson Public Schools Foundation serves the educational community in many ways. Along with teacher grant programs, scholarships, and special events, the Foundation also manages several scholarships and continues to support more every year.

The Jack L. Carlson Memorial Scholarship is an annual scholarship established by his family to continue his legacy "of making a difference in the lives of young kids." The 2021-22 recipient is yet to be announced.

The Michael Callahan Memorial Hockey Scholarship was established by the Callahan family in honor of their son, Michael. The scholarship is awarded annually to a Dickinson High School

male or female hockey player who is furthering his education. The 2021-22 recipient is Evan Groll.

The Ruth Lenz Memorial Music Scholarship is an annual scholarship established by her family to continue Ruth's love of music. The scholarship is awarded to a Dickinson High School music participant who will be furthering their education at a college or university and pursuing a career in the music field. The 2021-22 recipient is yet to be announced.

The Rewarding Kindness scholarship was established by a former Dickinson High School student who wanted to "give back" to a Dickinson High School graduating senior by recognizing students who are "good kids." The 2021-22 recipients are Lukas Mavity, Jaycob Dube and Grant Bittner.

The Fong Family Trust Scholarship was established by Lola Fong and her family. The scholarship is intended to help a DHS senior that is going to school for automotive or a related field (tech or



Left to right: Lukas Mavity; Cherie Mack, DHS counselor, holding the certificate for Grant Bittner (not pictured); Jaycob Dube

trade school, certification, or licensure program). The 2021-22 recipient is yet to be announced.

To find out more information, contact Karen Heidt at kheidt@dpsnd.org ■

COMMUNITY

Mike Kelley honored for generosity

Mike Kelley was recently honored with the Stark County Spirit of Excellence Award for his Good Samaritan/Random Acts of Kindness. His incredible service with McDonald's, the Ronald McDonald House Charities, and the Cabin Fever Benefit made him an excellent candidate for the award.

Surrounded by family, friends, colleagues, local dignitaries, and other special guests, Mike was honored at a surprise celebration at the Dickinson McDonald's on April 21. Kelley was showered with many donated gifts from Stark County businesses and individuals. Presenting the award to Mike was Dickinson Mayor Scott Decker.

As described in the nomination for Mike Kelley, "If you go in McDonald's in Dickinson at any given time, especially during the busy lunch rush or when a bus rolls in, you can find Mike doing many different positions throughout the business. It is not uncommon to see him working the deep fryer or

delivering food for the mobile order section. Throughout all this he is always incredibly thankful for his team. He often comes to the front counter after a busy lunch hour and yells out, "Excellent work everyone! Thank you!" to his team."

Throughout the years, Mike has been noted for his giving. He is incredibly generous with his McDonald's business. He has donated to countless events, activities, Eagle Scout Projects, and individuals throughout our community. Mike has also been very involved with the Ronald McDonald House Charities and Cabin Fever benefit in our area.

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

All submitted nominations who were not selected will be carried over to the following quarterly awards and will be considered for up to twelve months.

To receive more information on the award program or to nominate, go to www.starkcountysheriffnd.com or call 701-290-1640. ■



BADLANDS DINOSAUR MUSEUM

@Dickinson Museum Center
188 Museum Dr. E
Dickinson, ND
dickinsonmuseumcenter.com
(701) 456-6225



Monday-Saturday,
9 to 5
Summer
Sundays,
Noon-5
(Memorial Day to Labor Day)



WHERE BUSINESS GOES TO GROW

A new competitive edge

By Matt Ellerkamp, Business Advisor, Small Business Development Center

This article is based off a recent live Zoom Webinar, The Experience Economy, presented by author Joe Pine and sponsored by the Small Business Administration.

Businesses are continually competing against their direct and in-direct competitors to be primary in the mind of the consumer and for their hard-earned dollars. There is a very good reason why businesses spend money on marketing and advertising to make more money. Most companies compete on service, quality, and price.

phone! Everyday more people go online to find goods and services they need. They're doing their research to receive their first experience as potential place to do business. Will the company's goods or service save time and money? What does the physical space and people look like? Does the business feel friendly? Is it safe? People are literally asking themselves, "Am I going to have a good experience?"

If a potential customer can't find you online (Google) or their website looks like it's from 2002 and not mobile friendly, likely the potential customer is already



What happens when most of the competition is relatively equal? Distinguishing factors emerge. Does a product/service save money or time, is there value in what is purchased? What is this new "demand" businesses are competing for? The culture usually decides what it needs, wants, and values. Figuring out what a culture is valuing helps avoid competing on price alone. The dominate cultural value is time. Consumers want their money and time to be well spent on "experiences" they can enjoy, creating positive memories.

Companies continue to compete on quality and service, but the competitive edge is competing on creating experiences. Not only will a customer enjoy quality and be treated well, but they will receive an experience which "transformed" them, creating a lasting memory, an impression in the brain.

"Experiences" are part of the reason why coffee shops have become a hit and can charge exorbitant prices for a cup of coffee you can make at home for pennies. The coffee shop creates an experience where people are comfortable, can relax, take in the smells and be rejuvenated. The best coffee shops are stimulating all your senses: touch, taste, sight, sound, and smell.

With the focus on experience, where is your customers first point of contact in today? The answer is easy, their smart

not having a good experience and moves on to the next option.

It is essential for a company to be online, even if a company is online, it may be time review the experience being presented. Sales in a variety of business are going digital. Companies need to be thinking of ways present a positive experience online to increase sales or bring customers to their physical location. The SBDC encourages small businesses to make a digital investment into their company's online presence and engaging the customer for a positive in-store visit.

Once a customer is captured through an online experience, they need to be met with the "Theater of Business" and everyone has a roll to play! What is a business and employees offering for engagement for their audience? Every employee has a role to play and there is no role for the silent type or wallflower. Don't be ingenuine to who a person is but give a reason for customers to come back. No customer should ever walk in the door and be ignored, everyone deserves to be acknowledged, treated with dignity and given a smile, it goes a long way. When everyone plays their role, patrons feel welcomed and apart something and leave happy. The customer has a "GREAT EXPERIENCE" leaving an impression on the brain, a positive experience to share with their friends and family. ■

COMMUNITY

Medora Musical welcomes new co-host

Three New Burning Hills Singers, Three North Dakotans, And Some Star-Studded Returners Make-Up This Year's Medora Musical Cast!

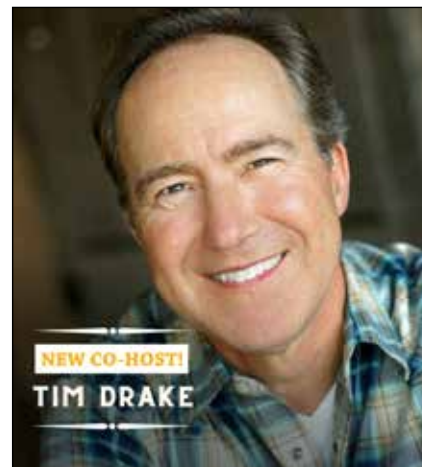
The Theodore Roosevelt Medora Foundation, alongside StageWest Entertainment, is excited to announce the 2022 Medora Musical cast lineup.

This year, visitors can expect to see quite a few of their favorites, along with three new Burning Hills Singers and a new co-host!

Annie Freres, a fan favorite entertainer, is back to co-host the Medora Musical. This is Annie's third year coming to us from Memphis, Tennessee.



Tim Drake is a new co-host to the Medora Musical from Mayville, Wisconsin. He'll perform alongside "Calamity" Annie as "Dusty" Drake. This is Tim's first year in the Medora Musical yet he is no stranger to Medora, performing in Ring of Fire at the Old Town Hall Theater this past fall.



2022 Medora Musical Burning Hills Singers:

North Dakotans:

Taylor Leet is a North Dakota native coming from Bismarck. Taylor first appeared in the Medora Musical in 2016 and is back for her seventh season.

Damon Fitcher is back from Dickinson. This will be Damon's sixth time appearing in the Medora Musical between 2014 and now.

Jeanna Zenz returns for her third year as a Burning Hills Singer originally from just down the road in Watford City, North Dakota.

Jessica Bradish is from Des Moines, Iowa, and has appeared as a vocal powerhouse in the Medora Musical for the past seven years.

Rachael Endrizzi from Columbus, Ohio, returns to the Medora Musical for her third year.

NEW, Priscilla Greco is coming from Mexico City, Mexico, to make her debut as a Burning Hills Singer.

NEW, Anneliese Wolfanger joins the Medora Musical cast by way of Rochester, New York.

Ken Quiricone comes to Medora from Stratford, Connecticut. This will be Ken's eleventh year as a Burning Hills Singer. Ken is also featured as Theodore Roosevelt in this year's show.

Kevin Korczynski is from Bel Air, Maryland. He has appeared in the Medora Musical for ten seasons.

Gerry Williams is from Durham, North Carolina. He first appeared in the show in 2013 and 2014 and has returned to the Medora Musical for the past three years.

Aaron Atkinson comes from Fort Lauderdale, Florida. This is Aaron's second season as a Burning Hills Singer.

NEW, Nathan Gilanyi joins the 2022 Medora Musical cast from Burlington, Wisconsin.

This star-studded cast from around the nation has arrived in Medora to begin rehearsing for the 2022 Medora Musical season.

The Medora Musical is produced and directed by Curt Wollan and StageWest Entertainment from Minneapolis, Minnesota. ■

Heart River VOICE

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

Find Heart River Voice at the following fine establishments:

DICKINSON

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

The Hub
Fluffy Fields
Dickinson Area Public Library
Ace Hardware
Dickinson State University
Ukrainian Cultural Institute
Heritage Hills
Market Press Coffee Co.

SOUTH HEART

I Don't Know Bar
Heart Country Gas Station

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy

TAYLOR

Taylor Nursery

BELFIELD

Trappers Kettle
City Hall

MEDORA

Chateau de Mores
Roughriders Hotel
AmericInn

BISMARCK

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



Collin Grage, a senior at Richardton Taylor High School, received a \$1,000 Vocational Scholarship from the Dickinson Rotary Club and presented by Rotarian Jon Hodnefield, right. Collin will attend a summer lineman course at Bismarck State College then work for Denny's Electric in Dickinson. In the fall he will return to his training at BSC so he can help keep the lights and heat on!

KOC Family of the Month

Knights of Columbus Council 6308 gives special recognition to the family of Bob and Bonnie Twogood as the April 2022 family of the month. Bob and Bonnie met at a social and were married June 15, 1987 at St. Marys church in South Heart, ND. They have three children, and five grand children. They are long-time members of St. Joseph's Church, where Bob has served as an usher for 35 years! Bob retired as manager of Cross Country Courier. We congratulate Bob and Bonnie!



HEART RIVER VOICE | JUNE 2022

Calendar

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

DICKINSON AREA PUBLIC LIBRARY Ongoing activities and events at the library. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups. See article, page 4, for more detail on certain events.

WELLNESS WEDNESDAY WALKING GROUP 8AM
 Open to anyone wanting to get some steps in and connect with the community! Every Wednesday (weather permitting) outside the main/south-facing entrance (Fairway Street) at CHI St. Alexis Health Dickinson. Walkers meet and walk the block. Come in after your walk and enter your name into a monthly drawing.

HISTORY ALIVE
 Every weekend Memorial Day-Labor Day. Saturdays at 10:30am, 1:30pm, & 3:30pm, Sundays at 1:30 & 3:30pm, MST. Free. Hear eyewitness accounts of adventures experienced by Medora's founding family and their friends! Join us on the porch of the Chateau as local actors bring history alive every weekend this summer. Special

Performance this month: On Friday, June 10 at 1:30 and 3:30, we will offer extra stories from a new character! All performances are free. Donations encouraged. More info, 701.623.4355. Chateau de Mores State Historic Site, Medora.

WAGON RIDES Select weekends Memorial Day-Labor Day. Hop aboard our wagon for a horse-drawn adventure through the pristine bottomlands of the Chateau de Morès. Rides begin and end at the Interpretive Center parking lot. Route follows part of the original road from the town of Medora to the Chateau, and winds through trees and grasses virtually untouched since 1886. More info, 701.623.4355. Chateau de Mores, Medora.

JUNE 3-5
BADLANDS BIG STICKS HOME BASEBALL GAMES 6:20PM (Sunday at 4:20PM) Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 35 for full schedule.

FRIDAY JUNE 3
FAMILY MOVIE: LILO & STITCH 10-11:30AM All ages are welcome for the free family movie. One bag of free popcorn per movie attendee! Bring your own beverage if desired! Dickinson Area Public Library - Community Room.

SATURDAY JUNE 4
COPS & BOBBERS 8AM-12PM Come join the Dickinson Police Department for our annual COPS AND BOBBERS during FREE FISHING WEEKEND! Bring your fishing poles and tackle. DPD will also have some poles and tackle on hand to loan out during the event. There will be DPD officers

and staff there to help out with the fishing! Dickinson Dike

BELFIELD BOOKS & BREW 9AM Deacon King Kong - This event is for ages 14 and older. Each month we will discuss a book while enjoying a coffee or tea. We will meet one Saturday a month at Cup & Cake in Belfield. Copies of the book will be available to checkout at Cup & Cake. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. *Beverages at the event are not provided by the library.

ADULT CRAFT CLUB: WIND CHIMES 2-3PM Crafty people unite! Advanced and beginners are welcome. Craft supplies provided or bring your own current project. For ages 18 and over only! Dickinson Public Library - Community Room

MONDAY JUNE 6
FAMILY MOVIE: JURASSIC PARK 5:30-7:45PM Free family movie. Jurassic Park is rated PG-13 with a 127 min running time. One bag of free popcorn per movie attendee! Bring your own beverage if desired! Dickinson Public Library - Community Room.

TUESDAY JUNE 7
BOOKS & BREW 7PM A book club for 21+ will be hosted at DePorres Lounge. Books & Brew books are available at the Main Level Circulation Desk at the Dickinson Area Public Library. *Beverages at the event are not provided by the library.

JUNE 7-9
BADLANDS BIG STICKS HOME BASEBALL GAMES 6:20PM Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark,



look your best.

Pants starching now available

Drive-thru service window available!

Paradise
 DRY CLEANING & LAUNDRY

701.483.6655
www.paradisedrycleaner.com

Located behind the Prairie Hills Mall on 6th Ave W

PLANET FRIENDLY

240 2nd St SE. See page 35 for full schedule.

WEDNESDAY JUNE 8
TRAVELING LANTERN
CAMP OCEAN SHOW 10AM
All ages are welcome to join in this interactive show full of fish-facts and fun at the bottom of the sea! Free event! Phil Patterson Memorial Bandshell.

TRAVELING LANTERN
CAMP OCEAN SHOW 3PM
All ages are welcome to join in this interactive show full of fish-facts and fun at the bottom of the sea! Community Room, Dickinson Public Library.

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

SATURDAY JUNE 11
RESCUED & RECLAIMED
VINTAGE MARKET 9AM-3PM Some of the finest Rusty, Chippy, Repurposed, Primitive, Vintage & Fine Antiques along with Handmade Jewelry & Clothing you will ever see. Tickets can be purchased at the door for \$5.00. Children 14 and under are free. West River Ice Center.

STOCK CAR RACES 6PM
Southwest Speedway, 47th St SW.

MONDAY JUNE 13
ADULT CRAFT CLUB: SEA
GLASS MOSAIC POTS 6PM
Crafty people unite! Advanced and beginners are welcome. Craft supplies provided or bring your own current project. For ages 18 and over only! Dickinson Area Public Library - Community Room

FRIDAY JUNE 17
10TH ANNUAL BAKKEN
BBQ 4-10PM You don't want to miss this famous community event that benefits local charities and Make-a-Wish

ND! See ad, page 12, for more information.

JUNE 17 AND 18
MISSOURI RIVER BLUE-
GRASS FESTIVAL Held at Cross Ranch State Park. See ad, page 10, for more information.

SATURDAY JUNE 18
DICKINSON YOUTH RO-
DEO 9AM Western fun for all ages! Kids ages 0 - 13 participate in events such as stick horse racing, boot racing, dummy roping, goat tail untying, flag racing, sheep riding, barrel racing, pole bending and breakaway roping. Event is FREE! Stark County Fairgrounds.

JUNETEENTH JUBILATION
10AM Gathering of community, friends and family in celebration. Live musical entertainment, game, and other activities. DSU King Pavilion. See article, page 15, for more information.

JUNE 18-23
BADLANDS BIG STICKS
HOME BASEBALL GAMES
6:20PM (Sunday at 4:20PM)
Come cheer on our local expedition league baseball team. Tons of family fun! Food and drink concessions available. Dakota Community Bank & Trust Ballpark, 240 2nd St SE. See page 35 for full schedule.

TUESDAY JUNE 21
RISE ABOVE 5:30PM Join Home On The Range for an evening of family-friendly fun and ministry. This special night includes food, Stunt Dudes BMX riders, Christian artist and singer Cade Thompson, and the highly motivating and inspirational speaker, Josh Brewer. There will also be food, games, prizes and Chapel services - all free of charge! West River Ice Center (2004 Fairway Street). See article, page 26, for more information.

SPORTS PHYSICALS
CHI ST. ALEXIUS
HEALTH DICKINSON

- June 7-10, 2022
9-12p & 2-5p
- Saturday, June 11, 2022
9-12p
- August 8-10, 2022
9-12p & 2-5p
- Saturday, August 13th
9-12p

Those who schedule a Sports Physical only on these BLITZ DAYS will receive a CHI goodie bag!

\$50

CHI St. Alexius Health

Bring your child's own completed Sports Physical Form to their exam
Call 701-456-4200 to schedule

JUNE 22-26
ROUGH RIDER DAYS CAR-
NIVAL Wednesday - Friday 5-10PM; Saturday Noon-10PM; Sunday 1-5PM. Wristbands \$30 at Carnival Gates Only! Ride the thrills of the carnival. Kids of all ages will enjoy the games and cotton candy. Wristbands and individual tickets will be available for carnival rides. Stark County Fairgrounds.

THURSDAY JUNE 23
FIRST ON FIRST DICK-
INSON SUMMER NIGHTS
5PM Bands: Raynes/Boys of Summer Opener: 6:30pm, Headliner: 9:00pm. Free to Public. Wristbands: \$5/\$5 Beer and Wine on street. Food/Clothing Vendors. Kids Area: Bounce houses and giveaways. Come to downtown Dickinson for a rockin' good time!

JUNE 24-25
PRCA RODEO Grand Entry 6:45PM/Rodeo 7PM Tickets: \$18 for adults (\$15 advanced

until June 24th), kids 12 and under FREE. Stark County Fairgrounds

SATURDAY JUNE 25
BADLANDS CLASSIC CAR
SHOW 10AM If you attended the Badlands Classic 2020, you'll remember cars were parked throughout Medora, located at different businesses in town. This time around, we're going to set the stage at Chimney Park just outside the entrance of Theodore Roosevelt National Park's South Unit, Medora.

8TH ANNUAL GENE HART-
MAN MEMORIAL TOY
RUN 11AM Registration at Bernie's Esquire/12PM Kickstands up. Bring a new unwrapped toy to be given to local children in need at Christmas. Everyone is welcome!

Movie Night
in the Park!

Consolidated's 2022 Summer Series!

- July 27th – Scranton Murray Park
Disney's "Luca"
- August 3rd – Killdeer Saddle Club Complex
Disney's "Encanto"
- August 10th – Mott Legion Park
Illumination's "Sing 2"

Consolidated 701.483.4000
Reach the World, from here.

For details: consolidatednd.com/movies

SATURDAY JUNE 25
STOCK CAR RACES
 6PM Southwest Speedway, 47th St SW.

SUNDAY JUNE 26
PRCA RODEO MILITARY APPRECIATION DAY Grand Entry 3:45PM/Rodeo 4PM
 Tickets: \$18 for adults (\$15 advanced until June 24th), kids 12 and under FREE. Stark County Fairgrounds

MONDAY JUNE 27
ADULT CRAFT CLUB: CRAFT TBA 6PM Crafty people unite! Advanced and beginners are welcome. Craft supplies provided or bring your own current project. For ages 18 and over only! Dickinson Area Public Library - Community Room

TUESDAY JUNE 28
WILL STUCK SHOW: 20,000 LAUGHS UN-

DER THE SEA 6PM (all ages) There's something fishy going on as Will brings his M.E.S.S. (Music, Education, Stories and Science) to the library for some high seas hilarity and nautical nonsense. Community Room, Dickinson Public Library.

THURSDAY JUNE 30
FIRST ON FIRST DICKINSON SUMMER NIGHTS 5PM Bands: Devon Worley Band/Unleashed! Opener: 6:30pm, Headliner: 9:00pm. Free to Public. Wristbands: \$5/\$5 Beer and Wine on street. Food/Clothing Vendors. Kids Area: Bounce houses and giveaways. Come to downtown Dickinson for a rockin' good time!

JUNE 30 & JULY 1
UKRAINIAN MEAL
 11AM-1PM Come enjoy a Ukrainian meal! Cost

for a meal is \$14.00/adult and \$6.00/child under 12 years of age. Ukrainian Cultural Institute, 1221 West Villard.

SAVE THE DATE

SATURDAY JULY 9
31ST ANNUAL GOLF SPORTS CLASSIC 9AM Benefiting the CHI St. Alexius Health Dickinson Foundation. To register or sponsor, go online to: www.chistalexiushealth.org/dickinson-foundation/golf-sports-classic. Heart River Golf Course.

TUESDAY JULY 12
HOEDOWN FOR HOSPICE 11:30-1:30PM
 Prairie Hills Mall

PAWSITIVELY POPPY

Poppy's favorite summer treat

By Miranda Kuhn

As the days begin to get warmer, Poppy starts to spend more and more time outdoors. Whether she's in the yard rolling in the grass or taking a walk with me around town, I pay attention to her hydration more over these warmer months. When we go for our walks, I carry a backpack with treats, potty bags, toys, and a collapsible water dish for her. We frequently stop for a sip and when we get home, she likes a cool hydrating treat. She loves ice cubes, or frozen veggies like peas or green beans. Most of all, she LOVES watermelon. When I settle down with a bowl, I have to fight her off every time I take a bite.

To satisfy her craving for a cool sweet treat, I've started making her this delicious frozen watermelon whip. Its super easy with only a few ingredients, and you can freeze extra fruit and keep in a freezer bag until ready to use. A similar treat could be made with other fruits like blueberries, banana, cantaloupe, or mango. Please note that grapes and cherries are considered poisonous for dogs, keep them well away from your furry friends this summer. Stay cool and say "hi" to your pooch for me!



Frozen Watermelon Whip

1 cup seedless watermelon
 1 cup strawberries
 ½ cup unsweetened oat milk (or rice milk, or water)
 Carob chips (optional for garnish)

Cut watermelon into cubes, being sure to check for stray seeds as you go. Wash and cut strawberries in half. Place all fruit onto a lined sheet pan and freeze. Put frozen fruit into blender, and add milk or water in very small increments. Blend until smooth and thick like soft serve ice cream. Spoon into dish and top with carob chips if desired. ■



CONNECT WITH YOUR COMMUNITY

Heart River
VOICE

WWW.HEARTRIVERVOICE.COM

PIPER'S PALS Ask Alfie

Dear Alfie,
My cat keeps sucking on a corner of the blanket on our bed. Why does he do that and do I need to make him stop?

Sincerely, Blanky

Dear Blanky,

Do you know how babies have something called a "pacifier," or how small children sometimes suck their thumbs? Children do this to soothe themselves, as the action reminds them of the comforting action of nursing. Well, this is exactly the same for cats! When cats do it, it's typically referred to as "wool-sucking" as they usually find a soft piece of fabric, such as a blanket or an article of clothing.

Most of the time, cats who exhibit this behavior do so because they were separated from their mother at too young an age. Sucking on a soft blanket comforts them and makes them feel like they are safe. Often times, this behavior is accompanied by purring and kneading.

Some cats outgrow this behavior as

they get older, but many will continue to do this well into adulthood. Pay attention to when your cat does it, as it could be an indication that he is stressed or anxious. Most of the time, however, he'll probably do the wool-sucking when he is sleepy and content, as a way to wind down before a nap.

You do not need to be concerned about breaking your cat's habit, as it is virtually harmless. The only thing to be aware of, however, is whether or not the fabric he is sucking on has loose fibers or threads. These could cause gastrointestinal issues.

If at any point you notice that your cat is practicing wool-sucking significantly more often than before, this could be a warning sign of pain or distress. Get to know your cat's regular behaviors so that you will be aware if they later change. A significant increase in wool-sucking could be an indication that it's time to contact a veterinary professional.

In the meantime, give your kitty affection and reassurance and rest assured that his behavior is not only harmless, but undeniably precious.

Sincerely, Alfie

Dear Alfie,

My wife and I recently decided to move our cat's litter box to another room, to avoid the mess. Do you think it's okay to do this?

Sincerely, Litter Movers

Dear Litter Movers,

It is of course okay to move your cat's litter box from one room to another, but you'll want to be mindful that she is able to figure out where it is. Changes in routine can sometimes cause stress to a cat, and you will not want to risk creating an issue of inappropriate urination.

The best way to complete this process is place a second litter box in the new location. If possible, physically bring your cat to the new box and place her inside or nearby, so that she can recognize it is there. Once she begins using it, allow her to enjoy both boxes for a transition period of several days. Then, you will be safe to remove the other box from its original location.

If at any point your cat stops using the new box, you will want to start over by placing the old box back in its original location. Cats are creatures of habit, after all!



Another option would be to gradually move her box closer and closer to the new location each day, so that she has time to slowly adjust.

The good news is that most cats do not have problems adjusting to a new potty location, provided you are patient with them throughout the process.

Sincerely, Alfie ■

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

Pet Name Match

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

A: Griffey (#___)

B: Anya (#___)

C: Lola (#___)

D: Raven (#___)

E: Daisy (#___)

F: Nellie (#___)

(Answers in our next issue!)

Last month's answers:

A: #2 Oatley

B: #3 Little E

C: #1 Lewis

D: #5 Paisley

E: #6 Logan

F: #4 Rosalina

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

Email kelley@thejileks.com



HEART RIVER GEMS Joel Walters

By Kaylee Garling



Joel Walters

This month, we are ushering in the warmer weather with an active volunteer and community promoter, Joel Walters. He is the husband of our very own, Laura Walters, who also writes for Heart River Voice. He is a long-time resident of Dickinson, and absolutely loves this town we call home. He said, "My dad is a pastor of Bible Baptist Church. 25 years ago, we moved out here when he started the church. My parents are still

here, which is really nice. I have a sister who lives in Minnesota, and a brother who lives in Arizona. As a young person growing up, sometimes it seemed like it took a while to get integrated into the community because they hold their own so close. It takes a while for them to accept you, but once they do, they're very good to you. That's something I've been very grateful for with getting married and bringing my wife here. People have been very receptive of her. Very warm and open.

"I did my undergrad here at DSU, with degrees in music and communications. Then went to NDSU, for my Masters in music. I am a pianist and have been teaching in higher education for over 12 years now. I continue to do that and work at the visitor's center. The CVB was actually my first job right out of high school, and I loved it. I still love it." Joel works full-time at the CVB and teaches at DSU in the evenings. As if that doesn't already keep him busy enough, he volunteers on a number of different levels, from President, to board member, to administration liaison, to organizer and promoter, you name it, he does it, so we will dig right into that.

"For 6-7 years I was a volunteer on the museum board (SW Museum Foundation and the Stark County Historical Society Board). We work very closely with them here at the CVB. The museum is doing a great job! I always love to give them a plug, in terms of what they are doing and



Joel and his wife, Laura

Heart River Gems is proudly sponsored by



promoting. There's a lot of cool historical information that is housed at the museum center, both physically and digitally now. Lots of it is available online through dickinsonmuseumcenter.com. Then they have the photo archives that you can just dig through. Incredible pictures from a number of different collections that date back to the turn of the century.

"I am the president of the Dickinson Area Concert Association. That's my most heavy arts involvement right now. We start in the fall and run through the end of spring, hosting 4-5 concerts. We work with Allied Concerts out of Minnesota and contract musicians from around the country, and outside of the country too. Lots of world class stuff we get to bring right here to Dickinson.

"I also work with "If Music Be the Food" as an administration liaison-not sure of what the title would be there. We've been doing that now for 6 or 7 years. I can't remember the exact number, but we put it on bi-annually. That live concert benefits the Amen Food Pantry-where people are encouraged to bring a donation in lieu of admission-which then goes to the food pantry.

"One of the things that I started for our church is the holiday food and supply drive for the domestic violence center. We do lots of promotion for that in the Christmas season, but I think we are going to change that up this next year and do it more in the summer just because they get a lot of donations in the winter. Being able to give back there a little bit is huge.

"I am on the board for the Badlands Opera Project, it's a non-profit that's just getting off the ground. It's a fledgling organization there, but we are going to be bringing in different guest artists and put on at least one full scale production every year, then a gala in the spring. So, a couple events throughout the year, but again, we want to bring in arts to the

community and get local artists involved. "We've talked about doing something as an option for an after-school program for kids in the arts, which we're missing in this community. You need an organization to facilitate that. It would be entirely volunteer, but something that would be valuable in our community. Out East, and when I worked at NDSU and went to school there, there were ties to some strong after-school programs. These kids come in with a substantial music and arts background, which makes them even more skilled and capable when they get to college, which is fantastic for the university programs.

"I suppose church work is volunteer work as well, so my wife and I do a lot with the music at our church, Bible Baptist. I am also a piano tuner of the side. There is nobody doing it in this area, so there's a huge demand for it."

After all these hours of service, I asked Joel how he found balance in his life. He said, "I try to keep my 8-5, then at the end of the day, Laura and I both have a little bit different of a teaching schedule, which we try to work out so we can be together as much as we can. The weekends are where we go do things. We're big rummage salers. We love coffee. One of the things that's coming up is the Coffee Cruise Contest, which features all the unique coffee shops along the old by-way from Mandan to Medora. It is June 4th, held the same day as The Old Red Trail Rummage Sale. We are working with that committee to host a contest where people stop at these communities, drink coffee, eat food, take pictures, post it on social media (Facebook), and then they're entered into the drawing for the contest. It's really fun event."

If you haven't stopped by, take a few minutes and pull into the Convention and Visitor's Bureau and visit with

Continued next page

Continued from page 34



Joel and Barron Ryan, guest pianist for DACA

Joel. The CVB has several ideas for attractions and locations to visit. They also have a comprehensive list of events on their website: visitdickinson.com. One of my favorite things Joel said was that no matter who you are, it is great to get involved. Most organizations are looking for volunteers. He said, "I think people are better people when they are actively involved in something. Have a passion for something. Be interested in something. Whether that's at the church level, the community level, or wherever it may be." Get involved today. Your impact is much larger than you realize. ■



Joel at the piano

 A promotional poster for 'BADLANDS BIG STICKS 2022 HOME SCHEDULE'. The background is a photograph of a baseball field. The text 'BADLANDS BIG STICKS' is in large blue letters, and '2022 HOME SCHEDULE' is in red. On the right side, the text 'NEVER MISS GAME DAY' is written vertically in large white letters, with 'AGAIN!' at the bottom. The poster features several team logos and their home game dates:

- SPEARFISH SASQUATCH**: MAY 24-26
- HORSEHEADS**: JUNE 3-5
- PIONEERS**: JUNE 7-9
- PLAINSMEN**: JUNE 18-20
- Spruds**: JUNE 21-23
- Spruds**: JULY 1-3
- MOJ**: JULY 8-12
- G**: JULY 13-14
- PIONEERS**: JULY 21-25

GOING POSTAL George Morrison

The U.S. Postal Service honors George Morrison (1919-2000), one of the nation's greatest modernist artists and founding figure of Native American modernism, with a set of five stamps showcasing his work.

George Morrison challenged prevailing ideas of what Native American art should be, arguing that an artist's identity can exist independently from the nature of the art he creates. He is best known for his abstract landscape paintings and monumental wood collages, which draw on childhood memory and reflect a deep and abiding connection with the natural world.

Customers can purchase these stamps and other philatelic products at their local Post Office. ■



Heart River VOICE

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

www.HeartRiverVoice.com



STARK

DEVELOPMENT CORPORATION

Your Economic Development Office for Stark County, Dickinson and the Surrounding Area

LOOKING TO GROW YOUR BUSINESS?

- Business Start-up/Expansion Assistance & Incentives
- Community Development Programs
- Local Infrastructure Information
- Monthly Area Economy at a Glance Updates



www.starkdev.com • team@starkdev.com • (701) 225-5997 • 103 1st Ave West, Suite 101 • Dickinson, ND 58601

WHERE BUSINESS GOES TO GROW

Thank you to our advertisers!

Tammie Braun - The Real Estate Co. Consolidated	Paradise Dry Cleaning & Laundry
Todd Schweitzer - American Family Insurance	Eyewear Concepts
Dan Porter Motors	Dacotah Bank
High Plains Dental	Advanced Collision Center, Inc.
CHI St. Alexius Health Dickinson	Vicky Steiner - Home and Land Company
Stark Development Corporation	Benedictine Living Community
Dickinson Area Public Library	Bakken BBQ
ConocoPhillips	Marlene Bradbury - Edward Jones
Irsfeld Pharmacy	Dickinson State University
Peach Parlour	103.7 The Connection
Lenee Bookhardt - The Real Estate Co.	Sweet-O-Keto Bakery & More
Steffan Saw & Bike	Badlands Big Sticks
Bluegrass Association of North Dakota	First on First/Odd Fellows
	Dickinson Museum Center



Thank you to all our advertisers for supporting us and our community!



President Cheryl Evenson (3rd from left) and Shirley Herbel (3rd from right) presented poppies to the City Commission. Mayor Decker read, Commission voted on, and a Proclamation for Poppy Day (which is May 27th) was issued. Cheryl and Shirley are proud members of Matthew Brew Post 3, American Legion Auxiliary.

Spring into summer with a new Serfas E-Bike



STEFFAN SAW & BIKE
701.225.5075
121 3RD AVE E, DICKINSON, ND

BIRDEES Boutique

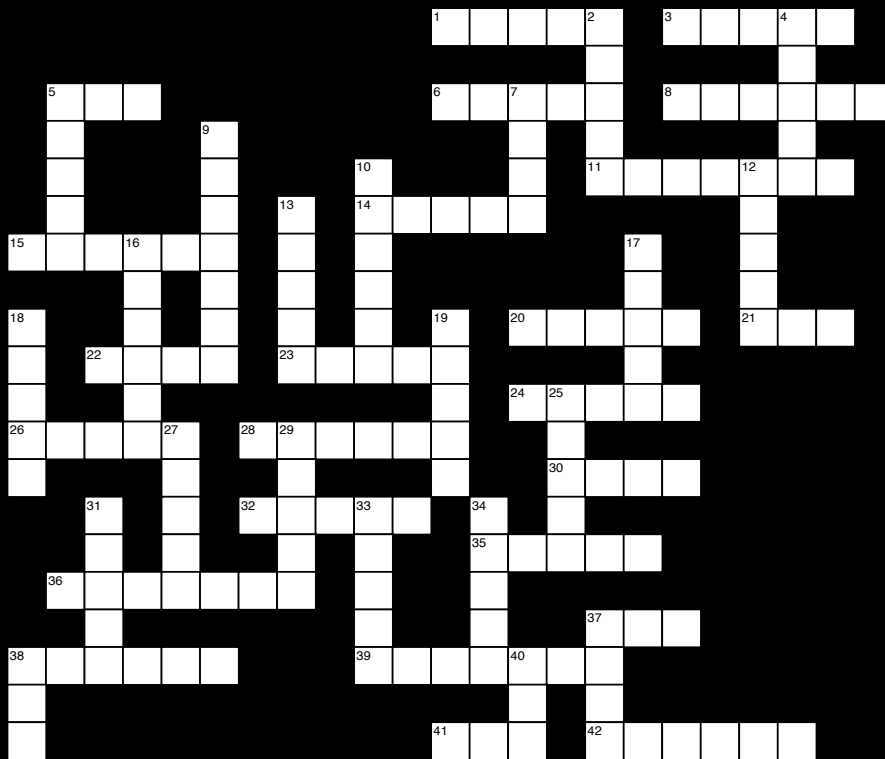
Shop Online
BirdeesBoutique.com
 Follow us on Facebook
 @ShopBirdeesBoutique and
 Instagram @BirdeesBoutique



CROSSWORD

NICKNAMES by Carlinka

++NICKNAMES++



www.CrosswordWeaver.com

ACROSS

- 1 Fortune teller's deck
- 3 Greek sandwiches
- 5 +Florence
- 6 Trail behind a snail
- 8 +Amelia
- 11 Long, angry rants
- 14 +Tabitha
- 15 +Letitia
- 20 Awards show host
- 21 Piece of corn
- 22 +Ezekiel
- 23 Spitting__
- 24 Heart rate
- 26 Mothers of cousins
- 28 Port city in Ukraine
- 30 Desktop symbol
- 32 +Emanuel
- 35 "Old Macdonald" refrain
- 36 Salty fish in a tin
- 37 +Arthur
- 38 Done up, as hair
- 39 Globe's dividing line
- 41 Tally up
- 42 +Archibald

DOWN

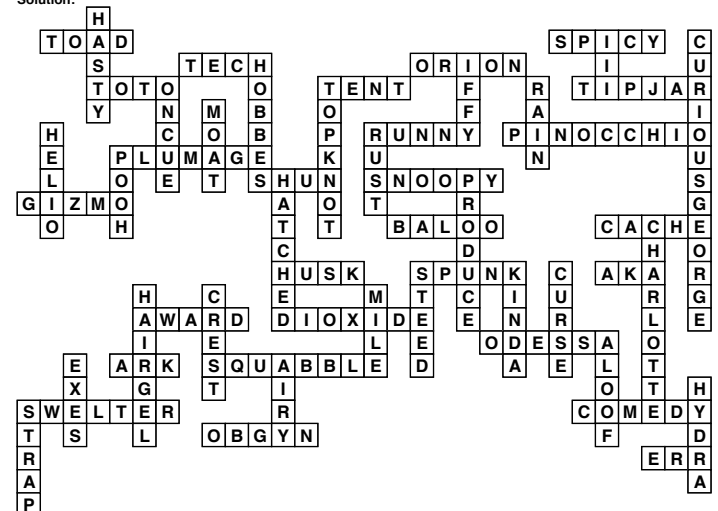
- 2 Pick up the tab
- 4 +Oliver
- 5 Story with a moral
- 7 +Ignatius
- 9 Light-colored beer
- 10 +Estelle
- 12 Hang loosely
- 13 Prickly plants
- 16 Natural ability
- 17 Cake levels
- 18 Night vision
- 19 Chill out
- 25 Bring together as one
- 27 Stow away secretly
- 29 Personal journal
- 31 +Penelope
- 33 Chutzpah
- 34 +Isabella
- 37 Opera solo
- 38 +Sylvester
- 40 +Theodore



Last month's puzzle solution

++BEST BUDS++

Solution:



701-483-GRIN (4746)

669 12th St. W | Dickinson, ND
www.highplainsdentalpc.com

HOROSCOPE**JUNE 2022** by Hilda De Anza**ARIES**
March 21-
April 20

You'll be in an extremely competitive frame of mind, with a single goal in mind that you are determined to reach. Economic transformation is likely, perhaps there are some toxic assets you need to drop, and some productive assets you need to focus on. This month promises to be successful in almost any area you choose to channel your energy into. Communication projects that have been delayed will give excellent results in mid-June.

**TAURUS**
April 21-
May 21

Around the 12th, you can expect surprising developments connected with career, a relationship, or involvement with a group of people who are geared towards change and the future. Mid-June is a time when you attend to your own agenda without compromise, and no one is going to be able to tell you what to do. Towards the end of June, the focus turns towards money-making ideas. This is a time when financial alliances are made.

**GEMINI**
May 22-
June 21

You start the month with your sign ruler Mercury retrograde, and this indicates that you are in a transition period. From mid-June onwards things really go your way, and the full moon in Sagittarius on the 14th is extremely favorable for partnership, friendships, and group projects. A bond that was forged back in early May can be re-established because someone you want to connect with is now in a much freer situation and eager to take dynamic action.

**CANCER**
June 22-
July 22

Extremely dynamic trends are at play during the month of June, and it is a time for leadership initiatives. Creative professional ventures thrive right now. There are perhaps more challenging developments on the social scene. The last week of June is an extremely dynamic and perhaps rather fraught period, if you forge ahead without humility you can end up misjudging the situation.

**LEO**
July 23-
August 22

June is an extremely positive and upbeat period for you. The adventurer comes out in you, and you'll want to spread your wings and explore the world. It's a great month for friendships and having fun in general, especially mid month, which is a time when dreams and fantasies raise high hopes. During the last week of June you'll want to get away from it all, be less involved in social arrangements, and perhaps start traveling.

**VIRGO**
August 23-
September 22

Early June you may be working on resolving some tough communication issues affecting work or studies. By mid month, you'll be ready to pick up where you left off in your career and forge dynamic and successful business relationships. There are high hopes in your career, and in your family life too. End of June there is a major change of emphasis, with economic benefits and strong professional connections bringing dynamic change.

**LIBRA**
September 23-
October 22

As June begins, you will be engaged with dynamic partners, who treasure their independence, are willing to take risks and have adventures, and who generally open new horizons for you. At the same time, you extricate yourself from too much dependency and guard your own values, resources, and autonomy. End of June, you emerge from your self-protective cocoon and are ready to explore new horizons. This is very favorable for partnership and especially for travel.

**SCORPIO**
October 23-
November 21

You are tremendously energized in June, and very conscious about health and fitness. This energy is also channeled into your working life, and you can expect considerable expansion and a much greater demand on your leadership abilities. By the end of June, things lighten up and there is a lot more flexibility and openness to excitement and adventure in your relationships. This is a month of deep psychological insights when secrets are uncovered.

**SAGITTARIUS**
November 22-
December 21

This is a high-octane time when you race around looking for stimulating experiences. As far as romance, you are ready to tango, and it can hardly happen fast enough. This is in fact a very favorable month for relationships, and for the single Sagittarian a tentative bond made last month can prove to be the spark that starts a longer-term relationship. Someone who was lost from view appears on the horizon again, and an extremely fruitful relationship can begin.

**CAPRICORN**
December 22-
January 20

This is a time to dig in, and you will want to economize. This is an extremely dynamic period for family life, and a hectic atmosphere prevails at home. June promises to be a successful and productive time for work and partnership, and new colleagues are full of excellent ideas which promote communication, marketing, and general outreach to others. Everyone seems to be functioning optimally, and this is going to be good for finances.

**AQUARIUS**
January 21-
February 19

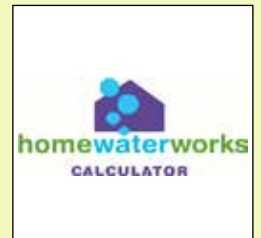
This month, people in your life are at their best, and everyone seems to be experiencing benefits all round. You've achieved a lot, and what you need now is not to strive more, but to look back over what you have achieved, adjusting things here and there. June is a great time for relationships, and the full moon on the 14th signals a fruitful time for both love and friendship. This is a good time to socialize and to expand your circle of friends.

**PISCES**
February 20-
March 20

This is an extremely dynamic time for you, and you seem to have unlimited energy. You are in a competitive frame of mind, and willing to take financial risks to start pioneering ventures. June promises to be an excellent month for relationships. The difference is that your situation has changed, so that you now can embark on alliances which you could not make earlier. You've changed from a lazy fish into a swordfish, and you are willing to chase away the competition.

**The Water Calculator**

This app estimates household water use, and compares your home to both a typical household and an efficient household in your zip/postal code. The calculator also estimates your carbon footprint from hot water consumption, and helps identify specific strategies for improving overall household water efficiency.

**13:20:Sync (Mayan Calendar)**

Natural time is measured in cycles. The Ancient Mayan People have described the cycles of both the universe and nature around us and created a harmonic calendar that is synchronized to all those cycles. This app clarifies key aspects of the Law of Time and provides a simple way to sync along the cosmic cycles.

**A Bit of a Stretch**

Three-time Bafta-nominated filmmaker Chris Atkins spent nine months at HMP Wandsworth for tax fraud. You assume that prison isn't going to be much of a laugh, but the true extent of the boredom, banality, casual violence, overcrowding and underfunding was the center of Atkin's memoir of the same, and the spin-off podcast adds the voices of other former prisoners to explore the day-to-day of life inside.

**Get Sleepy**

Can't drop off? This meditative, deeply reassuring podcast will soothe you, even if you're in a deep rut of agitated nocturnal fretting. Think of these half-hour stories as fairytales for adults, with New Age soundscapes and mindfulness techniques thrown in, which gently draw you into drowsiness. It's like going to a spa, but it's free!



BROUGHT TO YOU BY

PRESTIGEWORLDWIDE

I.O.O.F.



Odd Fellows
Frontier Lodge #27

the Rock



Dickinson
Summer Nights

06.23.22
RAYNES
BOYS OF SUMMER

06.30.22
DEVON
WORLEY BAND
UNLEASHED!

2022

Complete 2022 schedule
will be in the July issue
of the Heart River Voice!

@firstonfirstdickinson

LOOKING FORWARD
TO A GREAT SEASON!

