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A note to our readers

There's something special about the month of October — there's a homey, cozy feeling that permeates the air. Normally, the last day of October presents us with "trick or treat" but all of us can agree that the most this year has offered is "trick or trick."

While October may look different for us this year than it has before, don't let that stop you from noticing its presence and blanket of warmth. Find tranquility where you are and within you.

Kelley Jilek

Publisher

Cover art "Zander, the Rooster with an Attitude" by Cherie Roshau. For more information about the artist, see page 5.

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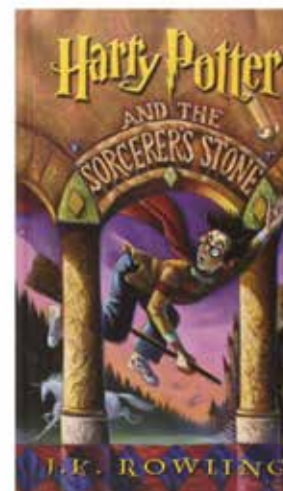
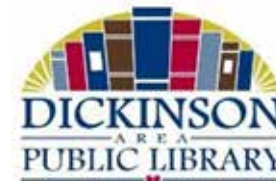
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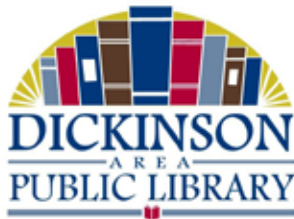
#BOOKWORM

How to be a library during a pandemic

By Cindy Thronburg

How do you be a library when your patrons cannot come in the building? How do you provide services to people when you cannot see them? Libraries everywhere regularly work hard to make library materials accessible to everyone, including those who need to access materials remotely. Lately, libraries have been struggling with how to best serve its patrons when the majority are now accessing materials remotely. At the Dickinson Area Public Library, we have been working hard to continue to serve all of our patrons. We have implemented several new things that allow patrons to continue to be engaged in programs and to be able to access materials.

We have recently added Hoopla to our collection of digital media resources. Similar to Overdrive and RB Digital, it allows patrons to check out audiobooks, eBooks, Audiobooks. Graphic Novels. Movies. Music. TV. Instantly with



visit the Online Resources page on our website.

We have also increased virtual programming through Facebook and Zoom. Besides doing the regular Tiny Tots and Pre-School Storytimes on Facebook, we have also added a new Bedtime Storytime, geared for ages 0-5. Children will enjoy two bedtime stories during

this storytime, as well as a new beginning and ending song. We have also added weekly trivia videos for teens and adults to test their knowledge on a variety of subjects. In October, trivia themes will be Harry Potter, Candy, and Horror/Halloween. On Facebook, you will also find instructional videos for crafts for the adult, teen, and pre-school age groups. In October, expect to see crafts like spider hand art for the pre-schoolers and easy ombré painting for the adults. Teens will

at 2:00pm to view the movie, but if you can't make that time, the video will still be available on our Facebook page.

Books and Brew and Podcast Brunch Club will continue to meet virtually through Zoom. Sign-up can be done through our website. On Thursday, October 1st, Books and Brew will meet to discuss Kate Atkinson's "Life after Life". On Wednesday, October 28th, Podcast Brunch Club will meet to discuss podcasts from a listening list based on a different theme each month. The theme for October had not yet been announced at the time this went to publication, but listening lists can be found on podcastbrunchclub.com when they are released. Registration for both events can be done on our website.

We are also increasing our number of reading challenges. For the month of

October we will be having a Spooktacular Mini-Challenge. There are four different age groups: Early Literacy (ages 0-5), Kids (ages 6-11), Teens (ages 12-17), and Adults (ages 18+). Participants will complete activity badges to earn tickets towards a grand prize. The Early Literacy, Kids, and Teens will earn small prizes as they complete badges. You can register for the challenge through Beanstack, the link for which is found on our website.

For those of you who like to visit the library the old-fashioned way, we are open 9:00am - 4:45pm, Monday through Friday. If you would like, you can call ahead to request materials, or place holds for them online, and we will pull your materials and get them ready for you to pick up. You can always call us at 701-456-7700 for assistance. As always, we look forward to seeing you. ■

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get to do crafts like a Take & Make zombie scratch art project.

We have also begun doing weekly watch parties on Facebook featuring old Hollywood films. Every Saturday we will stream a different movie on Facebook. So far, we have shown films like "His Girl Friday," "Royal Wedding," and "My Man Godfrey." Join us every Saturday

COVER ARTIST

Cherie Roshau

Cherie Roshau was born and raised in rural Montana, rooted in the heart of rolling prairies. She relocated to Dickinson, ND to study art and education. She lived most of her adult life embracing the mysterious Badlands, which Theodore Roosevelt referred to as his healing place.

Her artistic inspiration is rooted in the environment, and its visual stimulation and diversity of the people who call North Dakota home. The culture is fascinating, romantic, rustic and a place of serenity and spiritual rest. Like Pablo Picasso,



Cheri and her husband, Ken, with their three children.

Cherie experienced several unique artistic periods in her life. She began with graphite and oil painting and evolved into acrylic, graphite pencil, watercolor, and colored pencil. Cherie enthusiastically experiments with glazing and layering with her acrylic paintings. She studied art at Dickinson State University. Cherie also studied under nationally known artists through workshops and art retreats. Cherie received 'people's choice' as well as 'judge's choice' awards in several art shows in Montana and North Dakota. Recently, her photography was featured in several national news stories (NBC, ABC, CBS, Good Morning America etc.) featuring her photos of bison in rut in the summer of 2019.

It is Cherie's hope that you hear her voice through her art. Her art is fostered within her heart and soul. She has a deep appreciation for the rich texture in nature and the colors embedded in the earth. The daily experiences that surround her life, whether it is human interaction, animals, or Mother Nature, emphasize the essence of her focus as she studies



Cherie Roshau

the blank canvas. Cherie's art is her voice, creating ideas and feelings for the viewers.

Cherie and her husband, Ken, have three grown children and seven grandchildren. She and Ken have recently retired and are excited for all the artistic adventures that lie ahead.



"Michael, the Handsome Buck Posing for the Camera"

The cover art and the goat above are acrylics and the first in the series, "E-I-E-I-O" which represent the various farm animals one might find on a family farm in North Dakota. The series paintings are being named after Cherie's grandchildren, who may or may not appreciate their representational animal! ■



Cherie's grandchildren

PIECE BY PIECE
Facing quilting fears

By Suzy Rummel

October is a spooktacular and bootiful month. I love Halloween but it also reminds me of fears. Quilters also have many fears; FOC (Fear of Cutting), FOB

need too. Do the best job you can and make it as close to perfect as you can but ultimately, you are your own worst critic, and we need humility blocks to keep us humble.

Let's look on Fear of Wasting Fabric. First thing to do is plan your quilt but give yourself a time limit. Second, use a fabric and color combination you know you like. Third, take your time when cutting. My construction husband says measure twice, cut once. It is true with boards,



(Fear of Binding), FOP (Fear of Piecing), FOA (Fear of Applicating), FOWF (Fear of Wasting Fabric) and FOQ (Fear of Quilting). Yes, as strange as that is, some quilters even fear quilting.

The first step to overcome a fear is to figure out what it is or identifying it. I talk it over with a sister or a friend or write it down. That helps me to recognize what the problem actually is.

Second step is to start working. Set a deadline and just dive in. Realize that if you need to, you can start over.

Step three is to understand how minor the fear really is. It isn't permanent and you can fix it or start over if you really

and it is true with fabric. Fourth, make a test block to make sure you like it and the measurements are correct. Fifth, forgive yourself for making a mistake and try to utilize it. If you cut a 2" strip instead of a 3" strip, perhaps you can make the quilt smaller or use those strips in another quilt. There will always be new quilts in your future!

One of my sisters bought me a plaque that says "Done is better than perfect" and that is so true. You are not bringing joy to anyone, including yourself, by not beginning and sticking your project in a drawer to finish later. Have a wonderful Fear-Free month. ■



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BENEDICTINE LIVING COMMUNITY Free "Community Connections" program now available to local seniors

COVID - 19 has many seniors living in isolation and struggling with worry and stress in these uncertain times. In light of the pandemic and recognizing the impact it has had on the senior community in Dickinson and the surrounding areas, Benedict Court Assisted Living is implementing a new "Community Connections" program as a free service for local seniors and their families. There is no cost to participate. It is simply a way to have another personal connection, like those you might have with a neighbor or friend.

The "Community Connections" program will offer friendship during a time when it's difficult to socialize. Once a month, Tayler Chock, Housing Manager at Benedict Court Assisted Living, will call the senior to have a friendly 10 - 20-minute phone conversation. The conversation topics, while not a clinical or medical assessment, would be focused on the social and mental well-being of the senior.

"It's a great time to launch our program as we approach the Fall and Winter seasons. Often, due to the weather, these can be times when people tend to feel most secluded and cooped up," Chock explained. "There are so many older adults who have felt alone due to being isolated in their homes during this pandemic. We're excited to be able to

reach out and continue to take care of our community by letting seniors know we care and they're not forgotten."

The program has no end date, and any senior from Dickinson and the surrounding area can sign up at any time. If you have questions or would like to sign up yourself or a family member for the new "Community Connections" program, call 701-456-7320 or visit www.benedictinedickinson.org.



[benedictinedickinson.org](http://www.benedictinedickinson.org).

About Benedict Court

Benedict Court Assisted Living is part of a full continuum of care offered by Benedictine Living Community-Dickinson (formerly known as St. Benedict's Health Center), which has provided services to older adults in the Dickinson area for over 30 years. Benedictine Living Community-Dickinson has the highest nursing facility ranking (5 Stars) from the Centers for Medicare and Medicaid Services as well as recognition in US News World Report's "Best Nursing Homes" report. The faith-based, nonprofit senior care community offers compassionate and quality care through assisted living, short-term care and rehabilitation, long-term skilled nursing care, inpatient rehabilitation therapy, Alzheimer's and dementia care, respite care, in-home care, end-of-life care and other services. For more information, visit www.benedictinedickinson.org. ■

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BEST FRIENDS**DSU students Langhoff, Erickson become BFMP interns**

By Mark Billings

The Best Friends Mentoring Program (BFMP) is working with two Dickinson State University (DSU) students as part-time interns.

Paige Langhoff, a DSU senior majoring in Composite Social Science with a focus in Criminal Justice, started with the mentoring program in August. She plans to graduate in December of 2020.

President of the Gaming Club and part of the Esports department at DSU, Langhoff also plays flute in the Jazz Band.

"I have really enjoyed getting to know the basics of office work and working with the community on special projects such as the Chocolate Affair, DSU's Clubs and Organization Fair and an on-campus student networking event," she said. "I hope to continue these and also gain



BEST FRIENDS
MENTORING PROGRAM

SINCE 1995

some mentoring experience during my internship."

Langhoff works two jobs while also interning for BFMP and attending school fulltime. Originally from Bowman, she has three siblings ages 18, 16, and 5.

Megan Erickson started in June as a BFMP intern. She is also a DSU senior majoring in Psychology. Originally from Belgrade, Montana, she has lived in Dickinson since 2012 and graduated from Dickinson High School in 2017. Throughout the years, Erickson has participated in cross country, track and field and basketball, and in her free time loves to play with her two dogs, Champ and Kirby, spend time with her family and friends and take adventures.

In addition to her internship, Erickson works at a daycare. "Throughout the internship, I look forward to interacting with youth, building a relationship with the program and eventually becoming a mentor myself while helping with fundraisers, supervising matches and sitting in on meetings with mentors and mentees," she said.

During the summer, Erickson helped with BFMP's Family Fun Day Road Race, and at various other summer events, including the organization's featured night at the Badlands Big Sticks game, the Chocolate Affair at Phat

Fish Brewing and at training sessions with new mentors. "We are delighted to work with Megan and Paige and for their help as we continue our 25th consecutive year of mentoring services," said BFMP Executive Director Kris Fehr. "DSU has always been an important partner to us, and having student interns deepens this relationship even further."

BFMP received a grant from the National Mentoring Resource Center to revamp its delivery services this fall in the wake of COVID-19. Virtual mentoring, community in-person meetings and a hybrid of the two are available to existing and new mentor-mentee pairs.

To reach Langhoff or Erickson, call BFMP at (701) 483-8615 or send them an email at megan@bestfriendsnd.org or paige@bestfriendsnd.org. ■



Paige Langhoff



Megan Erickson

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THE ARTS

Badlands Art Association founders

In 1970 three local artists, Jan Plott, Jackie Church, and Den Navrat, got together and decided to create an art association thereby forming The Badlands Art Association. They held their first open show in the basement of Community First National Bank (now Bank of the West) that November. They were quickly joined in the following years by David & Mary Huether, Cherie

Roshau, Beverly Haas, Kathy Foster, Jack Stewart, Eleanor Summers and Michael Dunn.

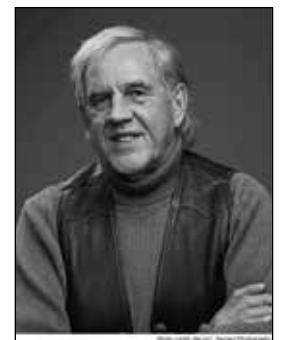
In honor of these early artists, BAA will have a special display of their art works on exhibit during the 50th Annual Fall Extravaganza of Art Show. The Show will be held at The Roosevelt Grand Dakota Hotel, November 13th—15th, 2020. ■



Jackie Church



Jan Plott



Den Navrat

Something new for the BAA Preview

The Badlands Art Association is trying a new format for its 50th Annual BAA Fall Art Show Preview on Friday November 13th from 6:00 to 9:00 pm. Instead of the usual wine and cheese that has been served during the preview, BAA will be giving free tickets for door prizes that will be announced during the preview. Door prizes with be varied, ranging from fine wines and specialty beers, fun gifts, articles of clothing, and donated art. There will even be door prizes for students who are viewing the student art on display during the preview. These prizes may range from paints and pencils to coloring sets and books.



All who attend the Preview will be the first to view the newly judged art works and listen to wonderful music

by Michael Stevenson. There will also be a silent auction on items that are to be announced. During the Preview everyone will be able to vote on the piece of art that the individual thinks is the Best of the Show. The Preview will be a fun evening for people of all ages to enjoy art, music and prizes. ■

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TRINITY CATHOLIC SCHOOLS

Problems of Democracy

By DeAnn Scheeler, Director of Mission Advancement

With Trinity High School back to in-person classes, one particular class has had many seniors thinking more in depth about politics and the American government. Problems of Democracy, a class taught by Miss Amy Grinsteiner, focuses on the basics of the United States Government, from the Constitution and the federal government to state and local governments.

Problems of Democracy teaches students both about the founding principles of government (with a particular focus on American government) and about how those principles are lived out today. Students analyze the government created by the Founding Fathers, against the reality of that government today, and then



before, or just don't understand how the system works," said Kessel. "It gives people a new perspective on the history of each party and how every vote counts in the election."

There are three tasks that each student will complete with this project. They are charged with providing an unbiased blog post, allowing voters to read and decide for themselves based upon the facts at hand, rather than anecdotal or one-sided viewpoints. The second task gives each student a different role on the project, including the creation of the election website, presidential debate vlog creator, weekly poll graphics, social media manager, and interviewer. The students are conducting interviews



Amy Grinsteiner's Problems of Democracy class dressed in "Tacky Tuesday" attire during Spirit Week.

evaluate the current system.

Arguably, this course is particularly interesting in an election year such as this one. Project-based learning is buzz-worthy in education, so the class of 2021 will be challenged with the exciting task of providing an unbiased view of this year's presidential candidates, as well as a review of important issues and how they impact the 2020 Election. According to senior Katie Kessel, students are working to create a website that provides up-to-date information on election polls, debate coverage, and more.

"This project is cool and really helpful for people who haven't voted

with various individuals, including students, teachers, priests, and family members. Finally, the students will write an Op-ed piece on a relevant issue, that will be published on the election website, in which the students take what they've learned and share their opinion on a particular topic or issue.

Traditionally, Trinity Junior High and High School holds their own mock election, allowing students to vote for their chosen candidates in both state and national contests. The Problems of Democracy class, along with high school student council, will help facilitate this process in November. ■



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THE ARTS

Badlands Art Association announces this year's judges

One of the judges for the 2020 Badlands Art Association's 50th Annual Fall Art Show is Peggy Holm Anderson, from JP Frame Shop which she has been privileged to co-own and operate

majoring in Psychology, Biology, and Art. Over the course of the years Peggy and Jeff have framed many types of Art; from sketches, photographs, prints, to original watercolors, acrylics, and oils. They have

museums, historic sites, and artworks around the world. They appreciate the opportunity to travel and learn traditions and culture that differ from ours. Peggy believes that traveling has also made us better framers and shop owners. They have seen many trends and adaptations within the art industry over the course of their store years, but one thing has remained constant, Art is a necessity for a well-rounded life. Even though Peggy is not a participating artist, she sees art everywhere, in her workplace and in their life and she appreciates it

The other Judge for the 50th Annual Art show is Codi Miller. Codi is an Amidon ND native, who has experience in event planning, art & design, and art & retail marketing. Miller has designed exhibition spaces and worked with artists from all over the world. In her first year as Communications Director for The Capital Gallery, the gallery hit over a quarter million dollars in sales. Since 2013, Miller has also operated a small outdoor portrait photography business. She is a self-taught artist who sold her first commissioned painting in 2015. Since then, her work has been featured in two magazines and galleries. Her goal currently is to publish and illustrate



Codi Miller

a children's book. Entry forms for the 50th Annual BAA Art Show, November 13-15 can be downloaded from The BAA Website www.badlandsarts.com or contact show chairman Darice Taylor at taylordarice@yahoo.com or phone 701-290-5028 or Dawn Brose-Jerome at jeromes@ndsupernet.com. Entry forms can also be picked up at the Dickinson Public Library and JP Frame Shop. Student entries are organized through the schools, for entry information go to <http://badlandsarts.com/annual-show/>. Deadline for all entries is October 26, 2020. ■



Peggy Holm Anderson (left)

in Dickinson, North Dakota for over 35 years. She co-owns the business with her husband Jeff and their children Sara and Daniel. Jeff and Peggy met during college while she attended Concordia College in Moorhead, Minnesota where she

had the opportunity to frame thousands of pieces taking extreme care with each item. They also have had the good fortune of being able to travel extensively with Art being one of their motivations for travel. They have seen firsthand wonderful

UKRAINIAN CULTURAL INSTITUTE Sign renovation complete

In conjunction with the Ukrainian Cultural Institute's 40th anniversary celebration in 2020, UCI's sign at 1221 West Villard Street has been completely renovated. Working with local sign company Signarama of Dickinson, the outdated electrical wiring has been converted to energy efficient LED technology with a brighter, whiter glow. The sign faces have also been updated with a material that will retain its brightness for many years. The words "Museum" and "Gifts" have been added to let the traveling public know what they can find inside. The sign is equipped with a timer that can be set to allow for lighting during evening hours. In addition, UCI's logo is prominently displayed on the upper section of the sign. The sign post also received a fresh coat of paint recently, and the message board has been replaced.

The UCI Board of Directors would like to thank our wonderful members for their generous donations to go toward the sign renovation. We also gratefully acknowledge grants received from Consolidated Telcom of Dickinson and the Walmart Foundation, in addition to a grant for matching funds from the Stark Development Corporation.

With the completion of the sign project, the Ukrainian Cultural Institute is committed to the preservation of the Ukrainian heritage in honor of our proud ancestors who chose to settle in North Dakota. ■



New sign



Old sign

MASKUPND

COVID-19 is still here and making an impact on our community and state. Remember, a simple mask can make a big difference. Wearing a mask drastically reduces the chance of spreading COVID-19 to those around you, thus helping keep our communities safe—not only in healthcare settings, but also in public settings where we interact with others outside of our households. It's important to wear a mask even if you don't feel sick because you may be an asymptomatic carrier (someone who has COVID-19 but is not showing symptoms). We continue to encourage our community to join our state's #MaskUpND campaign.



HEART RIVER VOICE

Community Bulletin Board

North Dakota Community Foundation Awards \$572,000 in Scholarships

The North Dakota Community Foundation (NDCF) awarded \$572,000 in over 370 scholarships to North Dakota students in 2020. The organization currently manages over 150 scholarship funds supported by North Dakotans, former residents and those interested in helping North Dakota students succeed.

"Thanks to generous donors, these students will be able to continue their education despite the rising costs of college tuition," said Kevin Dvorak, President and CEO of NDCF. "We wish them much success as they start the next chapter of their lives."

Approximately 60 students from our area were awarded scholarships. In most cases, a local advisory committee recommends the grant recipient. Congratulations to the NDCF Class of 2020!

Coats for Kids Collection to Benefit Local Children

Local Agencies and The Salvation Army Team Up to Serve Low-Income Families

Beginning September 1, The Salvation Army of Stark County will collect winter coats and related items for families who are in need of cold weather necessities.

"Each year The Salvation Army receives an increase in the number of requests for assistance," said Nancy Hoff, Client Representative of the Stark County Salvation Army Volunteer Service Unit. "There are significant costs associated with winter approaching. We are hoping for continued generosity from area residents to take some of that burden off of mom and dad so they can help make winter a safer and more enjoyable experience for their kids."

Donations can be dropped off at Sax Motor Company, 52

21st Street East, and Paradise Dry Cleaning and Laundry, 1867 6th Ave West through September 30. Items will be laundered and cleaned again this year by Paradise Dry Cleaning and Laundry before distribution. Coats and donated items will be available on a first come, first serve basis. Preschool age items will be distributed by Community Action Partnership and inquires can be made by calling 701-227-0131, extension 1028. All other youth and adult size coats will be given out at no cost by the House of Manna, 1100 E. Villard Street. For information and hours, call 701-483-5733 or visit homnd.org for information and COVID shopping guidelines.

Those wishing to make a financial gift to purchase coats may mail a check to The Salvation Army, 2445 Prior Ave, Roseville, MN 55113 or online at SalvationArmyNorth.org. Designate Coats for Kids on your gift.

Christian Artist Jordan Feliz to Share Hope with Dickinson

Award-winning Christian artist Jordan Feliz will be in concert in Dickinson on Tuesday, October 20, 7 pm at Evangelical Bible Church (2891 5th Ave. W).

Feliz won the GMA Dove Award for New Artist of the Year in 2016. His debut single "The River" spent 12 weeks at number one and earned Gold certification. Each of his five subsequent radio singles has landed in the Top 10 with "Witness" notching a second number one for the singer.

When his highly-anticipated sophomore project, "Future," released in 2018, it debuted at the top of the Billboard Christian Albums chart. Looking back, it's hard to believe that just six years ago, Feliz was valeting cars in downtown Nashville.

Feliz's latest single "Glorify" is the first release from his upcoming third project, due in 2021. Already climbing up the charts, its message is simple as it lays out our sole purpose here on earth—the kind of purpose Feliz is now singularly focused on. "I feel like God has really revealed a lot to me in this season, and I think He's gearing me and my team up for something special. I'm really honored to be a part of the ride right now, and I just want God to be honored through it," Feliz shares. "I'm going to be the most vulnerable, God-loving, Jesus-focused person I can be. I want to show people who I am."

The concert is presented by 103.7 The Connection, Dickinson's Christian radio station. The station began broadcasting in a Contemporary Christian format in March 2018. The Connection is non-commercial, which allows for more music. The operating budget comes from donations and fundraisers. This concert is a fundraiser towards that operating budget.

Aside from the fundraiser, The Connection also wants to bring hope and encouragement to the community during a tough year.

Tickets are \$35 advance VIP, \$20 advance general admission, and \$25 general admission at the door. The VIP ticket includes early entrance as well as a Q&A session with Jordan Feliz and band, but only available in advance. Tickets are available online at 1037theconnection.com as well as Faith Expressions Christian Store in downtown Dickinson.

Sponsorship opportunities are available for individuals and businesses. For more information on sponsorship or general questions regarding the concert, contact the station at (701) 483-1037 or

events@1037theconnection.com.

Humanities North Dakota October Events

Sunday October 11th — A Brave Conversation about Picking the President 2 PM CDT. Join UND Professor of History Eric Burin for a Brave Conversation about the Electoral College. Explore why it was created, how it has changed over time, and how it functions today. Register for free at HumanitiesND.org.

Sunday October 25th — One Book One ND 4 PM CDT. This month we'll be joined by Patrice Tanaka as she discusses her book *Becoming Ginger Rogers*. Part memoir, part journalistic glimpse into competitive ballroom dancing, part business book; this uplifting journey of achieving unimaginable joy through dance will warm your heart before the snow starts falling. One Book One ND is a monthly online event. Visit HumanitiesND.org to register and to see the other authors we're bringing to your screen!

Behavioral Health Summit in Energy Country

Vision West ND is sponsoring the Summit on Behavioral Health in Energy Country in partnership with USDA-Rural Development. Like most conferences today, this will be a virtual event held over three days, November 30 through December 2. "Today many in local government, private business and within families must deal with behavioral health issues – addiction, stress, depression, etc. The energy growth in western North Dakota brought the issue to the forefront, and the concern has become even greater with the effects of the COVID-19 pandemic," states Deb Nelson with Vision West ND.

Two Pre-Conference

Workshops will be held on November 30th

- Mental Health First Aid for all citizens in all walks of life
- Cognitive Behavior Therapy for Children, Youth, and Young Adults for all who work with youth

An outstanding selection of presenters and topics are represented at this conference. Conference workshops December 1-2 will cover topics such as:

- The "big" behavioral health picture
- Societal stigma
- First responders - Law enforcement, ER, and EMS
- Rural school mental health
- Medication assisted treatment
- Small group discussion topics – school interventions, Native American programs, alternatives to traditional recovery programs, substance abuse among the elderly and funding for prevention
- Farm Stress
- Trauma Informed Care
- Housing the hard to house

Daniel Kelly, committee chair, urges all North Dakota agencies, organizations, schools, businesses, health care providers, and local government to sign up for this workshop. This conference is the first of its kind to be held in Western North Dakota. In addition, Kelly urges businesses and communities in Western North Dakota to consider being one of the many sponsors needed to cover the cost of this event.

Anyone interested in registering or becoming a sponsor can go to <https://www.visionwestnd.com/> and click on the Summit icon on the immediate right hand corner of the page.

If you would like more information about this topic, please call Dan Kelly (701-842-3000; dkelly@mchs.org) or Deb Nelson (701-483-2801; dnelson@dlnconsulting.com) ■

DICKINSON PUBLIC SCHOOLS

Dickinson Public Schools finds new ways of learning

Although the 2020/2021 school year looks different due to the COVID-19 pandemic, teachers, staff and students are embracing changes to their typical routines with innovative thinking and new ways of learning. The school year started off in the Level 2 Hybrid Learning model, which means students attend school on alternate days, so some students are learning part-time in school and some students are learning part-time at home. Students with A-K last names attend school on Mondays/Wednesdays, and every other Friday. Students with L-Z last names attend school on Tuesdays/Thursdays and every other Friday.



accommodates, or spacing each other apart appropriately to follow guidelines from the local health department, the staff and students at Dickinson Public Schools are doing a fantastic job making this the best experience possible.

We don't know what the future may bring, but the District is grateful and very appreciative of the positive attitude from staff, parents, students and the community, and new ideas brought forth to make the start of school a success. Together, we can effectively continue to ensure safe and healthy learning environments for all of our children with new and exciting ways of learning during this challenging time. ■



We know this is challenging for parents, staff and students, and are proud of the way everyone is responding to this hybrid schedule. To help accommodate schedules, the District implemented a full-day RASP program available to students K-5. Students participate in



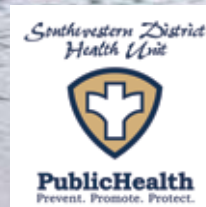
RASP on the days they are not scheduled to attend face-to-face classes. The District is using this challenge to create a quality and meaningful learning experience for our students, while also making sure we maintain a safe learning environment for all.

Whether it's inventing new ways of learning, such as band class outside and socially distanced, wearing masks when learning in close proximity so students can still do partner assignments, taking gym class outdoors when the weather



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KUDOS

Peggy Rixen-Kuntz – A traveler’s best friend

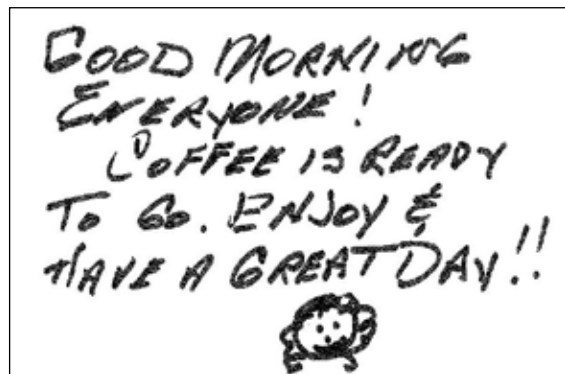
In 2000, the Dickinson Convention & Visitors Bureau moved to a new building at 72 E. Museum Dr., next to

when visitors walk through the door. “Welcome to the CVB, and how may I help you?” is the standard greeting

everyone receives with a smile on her face. She expounds on the opportunities available starting with the Museum Center next door, other Dickinson attractions, and then onto restaurant and lodging information.

The surrounding attractions in nearby communities are mentioned next. She tells the story of the Enchanted Highway and all the hard work that Gary Greff has done to create the huge metal sculptures. She

being worked on to drive over to see the TR National Park. She has also connected people to other services they needed as they were traveling on their vacation. Stocking the literature racks, cleaning bathrooms, wiping the front glass on the lobby doors, and filling convention packets, she has been the familiar face of dedication, welcoming, and knowledge for 20 years. Comment cards in the entry way are filled with praises of her helpfulness and grace. In 2012, Peggy was nominated and given the Front-line Tourism Employee award during the ND Travel Conference by then Governor Jack Dalrymple. Front-line Tourism Employee is an individual who provides outstanding customer service to tourists and visitors on a daily



Just one way Peggy adds sunshine to her co-workers' days

the Dickinson Museum Center. With the new facility came new opportunities, including summer staff to meet and greet the visitors, such as tourists, hunters, and potential new residents. The first person hired for a summer position was Peggy Rixen-Kuntz, a local resident who possessed a lot of knowledge of Dickinson and southwest North Dakota, and had a great personality to welcome visitors. Peggy has worked evenings, weekends, and most lately summer afternoons for the Convention & Visitors Bureau.

The lobby office comes alive



Peggy highlights areas of interest for customers



Peggy offers area brochures to a traveler

moves onto the Theodore Roosevelt National Park, pointing out that the buffalo may be standing in the road, but don't get out to pet them! Possibilities in Medora are discussed, and she tells about the Medora Musical and the Pitchfork Fondue, making sure they have their tickets in order before they leave. Beyond Medora, adventures in our surrounding area are shared, and she concludes her talk with “And is there anything else I can do for you?”

During the twenty years of working for the CVB, Peggy has assisted many people with more than just information and questions. She has welcomed a woman traveler to set up her tent in her backyard when the local campgrounds were full. She loaned her vehicle to several people when their vehicle was

basis. This was a most deserving award for Peggy.



Peggy Rixen-Kuntz

During the off season, she stops by the CVB office with warm lemon bars for the staff and mailman as he drops off the morning mail. The stories and knowledge she shares with us are cornerstones of common sense in life; that you should always do the right thing. She tells of Dickinson's past, the businesses, and all the people who brought forth the city so many years ago.

This past September, Peggy turned 90 years young. She is kind, wise, dependable, knowledgeable, and independent. Her job is secure until she is 102, unless we catch her on a ladder in the office. Then she is fired!

Thank you, Peggy, for your 20 years of making Dickinson a warm, welcoming place for travelers and all of us. See you next summer Peggy! ■

Comments or Suggestions:

PEGGY WAS EXTREMELY INFORMATIVE HELPFUL & FRIENDLY. THE INFO RECEIVED GIVES ME MUCH TO BUILD & RESEARCH IN MY QUEST FOR STEADY WORK.

Thank you for your time!

One of many comments the CVB office receives about Peggy

WHERE BUSINESS GOES TO GROW

Starting your own business



STARK
DEVELOPMENT CORPORATION

There is no better feeling than hanging your 'OPEN' sign or collecting that first dollar bill at a business you created and built on your own. We will be starting a series of educational articles directed towards entrepreneurs looking to start up a business in Dickinson and southwest North Dakota.

First off, the word 'entrepreneur' is long, awkward to spell and has an usually high usage of the letter 'e'. Do not let the semantics of the word alone scare you off. As a society we have created many other words to describe you as an entrepreneur and ease the use of this unwieldy term. So if you want to think of yourself as a businessperson, mogul, big cheese, founder, mom boss, boss man or simply the head honcho, there are a few details you should iron out before taking that big first step.

This month we will look at the basics — Is this the right thing for me to do and am I ready to start my own business? Your success depends a lot on your personality and your ability to lead, learn, commit to and take pride in your business. You quite honestly need to be a little stubborn and learn to not take 'no' for an answer.

So what kind of business is right for you? Well that is a very loaded question and really depends on several factors. To get a sense for your future business ask yourself these questions:

- What are your hobbies or what are the things you really enjoy doing?
- What is your dream job or something you've always wanted to do?
- What are things you do not personally enjoy doing?
- Do you have traits that others notice about you or qualities people compliment you on?
- How much do you enjoy building relationships with others and can you communicate effectively with strangers?

- How well can you solve problems and make critical decisions?

Serious thought into each of these will help evaluate yourself and your business idea and how it fits your need to become your own boss. Do any of your answers above contradict an answer to another question? Does the prospect and/or challenge of starting a business build excitement or does the thought overwhelm you and cause anxiety?

Another important consideration is how motivated are you, and do you have

that internal clock that will drive you to be present and make timely decisions? You will be the top of the chain of command in your business, whether you are a sole proprietor or have several employees working for you. If you are not 100 percent engaged what does your attitude convey to your customers, clients and employees?

Running your own business is all about relationship building and the better those relationships are, the better your business will be.

So after all this self evaluation, you will start to realize the potential you have for effectively operate your own business. The effort you put in directly benefits you and the growth of your business. You are rewarded for being your own boss by the excitement of watching your business grow and evolve through endless opportunities and challenges.

Next month we will look at some of the logistics of starting your own business. However, in the mean time, if the challenge to hang that OPEN sign or collect that first dollar bill is calling, there are many free resources in the community to help! Sign up for free consultations with the North Dakota Small Business Development Center at ndsbdc.org or with the local SCORE chapter at score.org. ■

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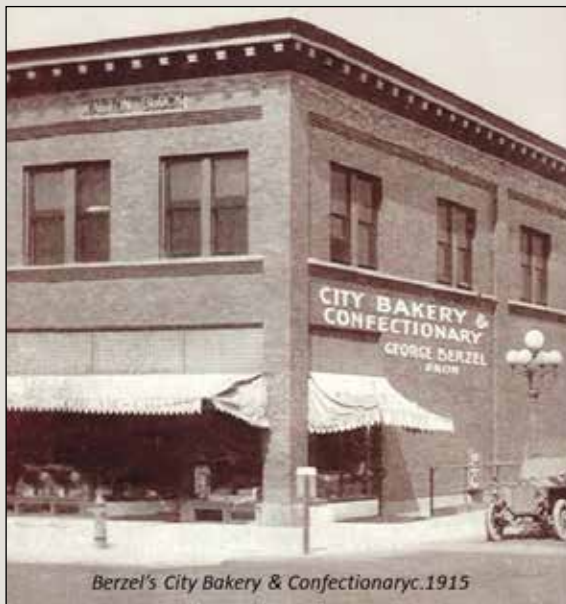
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Berzel's City Bakery & Confectionary. 1915



1936 Osborn photo of the Walton Block, #2010-018-169



THEN... and Now: Walton Block

By Bob Furhman

At the original heart of Dickinson's commercial district, on the northwest corner of the Villard/Sims Street intersection, stands the Walton Block, the site of one of the city's earliest saloons and then home to various retail operations beginning in 1883.

The first building on the site wasn't actually built on the site - in 1912 the Dickinson Press recounted that Civil War veteran Ephraim Seaman actually constructed his saloon and chop house in the middle of what would become Villard Street during the fall of 1882. Seaman moved the building the next spring to Lot 7, Block 3 of Wells Dickinson's original town site, it being supposed there was some type of survey fault resulting in the erroneous placement. Regardless of the original misplacement, Seaman's two story Western False Front style frame building became a key element in Dickinson's commercial district.

Seaman was born in New York in 1846 and enlisted in an Empire State cavalry regiment at age 18. Unfortunately no information is available on his post-war years but when he shows up in Dickinson he obviously had the resources to put up the new settlement's most notable building and locate it at a prime location - his construction establishing the corner of Sims and Villard as Dickinson's most desirable intersection in the business district for many years.

Oddly, despite going to the expense of building (and moving) his saloon Seaman does not hold the property long despite making improvements.

In June 1883 it is noted that he has finished off his second floor rooms, a fellow named Frank Howard doing the plaster work. In January 1884 Seaman's advertisements directs readers to "Go to Seaman's if you want a bottle, if you want a gallon!" for the best liquor and cigars in Dickinson. Two months later he advertised, "A valuable business property at a bargain...located on the best business corner in Dickinson," followed by a notice the next month of the addition of 'large new sign' on the front of the building, "hot coffee, lunch, beer, etc., at all hours." Finally, in mid-April 1884 the Press reports on the sale of the building by Seaman to Asa Fisher of Bismarck, a well-established businessman and liquor dealer who immediately rented the place to new saloonkeeper Robert L. Wright.

Exactly how long Wright kept his saloon at the corner isn't clear, however, we do know that by 1885 Alexander C. McGillivray (1859-1907) had opened up the first of several successive general merchandise emporiums to serve Dickinson in that building, his business success allowing him to construct a large house on the corner of Sims and Haupt Streets (4th Street W) and helping him to a seat on the Stark County Commission and later the North Dakota Senate. McGillivray sold out in 1892 to John Currie and Amos Crowl, brothers-in-law who stayed in business together five years before Crowl started his own store while the "Currie & Crowl" store became "Currie & Co." in 1897 at the corner.

Currie & Co. sold out its stock to

brother-in-law Crowl in May of 1903, the next month seeing D.S. Alley, former clerk at the A.T. Crowl & Co. store, opening his own retail operation in Currie's old spot which he referred to in his advertisements as "The Old Corner Store." Unfortunately "Alley & Co." did not last long, notice of a week's closure for inventory on January 2nd, 1904 was followed less than two weeks later by the announcement that John Cartwright of Detroit, Minnesota had bought the stock and opened the doors on January 13th as "J.C. Cartwright Co.," often to be advertised as "The Reliable Store."

Cartwright's tenure at the corner hit a major obstacle less than a year later when, at 3 o'clock in the morning of December 29th, 1904, fire broke out in the adjoining Dickinson Mercantile (the city's second brick commercial building and first brick store) which is located in Lot #8 of Block 3, immediately west of the corner. Although no specific cause of the fire was determined it was believed to have started on the first floor and by the time firemen arrived flames had broken through the front windows and had spread throughout the ground level with flames soon breaking out on the second floor. Luckily the night was calm with no breeze and as four o'clock approached the flames were under control when further disaster nearly struck when the city's well water gave out (probably the well located at the fire station 2 blocks away) and the steam pumper had to be moved to the railroad's hydrant along Villard Street. While this change was being made the flames advanced and broke through the

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IN DICKINSON.
BEER AND CIGARS.

January 1884
 advertisement for
 Seaman's saloon
 Dickinson Press

Continued, page 25

Blue Hawk Bulletin



October 2020

INVESTITURE OF DICKINSON STATE UNIVERSITY'S 13TH PRESIDENT TO BE HELD OCT. 9



Dickinson State University (DSU) will celebrate the investiture of its 13th president, Stephen D. Easton, J.D., during a formal ceremony Friday, Oct. 9, 2020, at 9 a.m. MT in Dorothy Stickney Auditorium.

Easton began his appointment as interim president Nov. 14, 2019. During a State Board of Higher Education meeting held March 26, 2020, Easton was named the 13th president of Dickinson State University.

"The Dickinson State University Blue Hawk family, including alumni, students, faculty, and staff is proud to host an investiture ceremony to formally welcome Stephen Easton back to Dickinson State as our president," said Dr. Debora Dragseth, provost and vice president of academic affairs at DSU. "In the short time that he and his wife, Marivern, have been in the community, their energy, enthusiasm, and eagerness to engage is evident."

President Easton, who graduated summa cum laude from DSU in 1980 with a bachelor's degree in accounting and a minor in business administration, has a strong personal connection to the University as the third generation of his family to study at the "College on the Hill."

After earning his undergraduate degree at DSU, Easton enrolled in Stanford Law School where he earned his Juris Doctorate in 1983. Easton practiced law for more than 20 years before returning to higher education as a professor and administrator.

This investiture ceremony is open to the public and all are welcome to attend. ■

DICKINSON STATE UNIVERSITY COVID-19 INFORMATION

Dickinson State University is committed to providing a safe and effective learning environment for students. Staff and faculty are working diligently to adapt and modify policies and procedures to adhere to local, state, and federal guidelines in response to the current COVID-19 pandemic. Related information can be found on this regularly updated webpage: www.dickinsonstate.edu/covid

DSU, STARK DEVELOPMENT CORPORATION CELEBRATE DEDICATION OF NEW CENTENNIAL PLAZA



Members of the Dickinson State University (DSU) and Dickinson communities gathered together Tuesday, Sept. 1, 2020, to dedicate the Centennial Plaza on the University campus.

Thanks to a generous grant from Stark Development Corporation (SDC) and donations from local contractors, the University was able to create the plaza as an outdoor space for campus and community members to enjoy.

The grant was provided as part of SDC's facade improvement program to create a space honoring DSU graduates who have contributed to building and growing the Dickinson community.

The plaza, located in front of May Hall near the Stoxen Library entrance, includes spaces suited for studying and gathering, and features a pergola for shade and a fire pit centerpiece.

To view the full album of photos, visit DSU's Flickr page: [bit.ly/DSUplaza](https://www.flickr.com/photos/dsu-plaza/).

A special thank you to the following generous supporters who contributed to the construction of the Centennial Plaza:

- Stark Development Corporation
- Winn Construction
- Kolling Construction
- KX4 Construction
- Berger Electric ■

THEY'RE BACK! DSU WELCOMES STUDENTS TO CAMPUS

Written by: Kayden Heckaman, DSU Student Intern



After having to attend classes from a distance, due to the COVID-19 pandemic causing the University to move to remote operations from spring break through the end of the spring 2020 semester, students have returned to campus at Dickinson State University (DSU). Returning students are back to enjoying the company of their friends, incoming freshman are adjusting to a different kind of school system from their high school days, and instructors have returned to teaching, primarily in the classroom.

The halls of DSU are no longer quiet as they have been for the past few months. Classes are back to a “new” normal with face coverings, social distancing, and even the virtual delivery of classes for students who feel more comfortable attending off-campus. Regardless of how they choose to attend, one thing is for sure, the students of DSU are happy to be back! And the University’s staff and faculty are doing everything they can for their students in order to make sure they enjoy themselves on campus and have a positive experience this year.

Two returning students were interviewed about how they are feeling about being back in class after the unexpected break. DSU students Nestor Vazquez, a fifth-year student majoring in psychology and minoring in biology, and Anya Baranko, a third-year student majoring in elementary education and minoring in leadership studies, were asked the same questions regarding their experiences and how they felt about returning to campus for the fall 2020 semester.

Q: What was the biggest challenge you faced when classes changed to remote delivery due to the COVID-19 pandemic?

Nestor: My biggest challenge, honestly, was staying on task. When I was at home, it was really easy to get off task or do something else.

Anya: I’d say just the motivation and focus. Not a lot of my classes had us meet at specific times. I only had one class that met consistently during the same time over Zoom as we did while on campus, two classes posted video lectures, and one was just notes and quizzes.

Q: Did you find remote learning difficult?

Nestor: Not really. I mean it felt tedious, but not really difficult. I still got the learning that I was supposed to get out of it, but it was tedious.

Anya: Not especially. I do pretty well with it. I’m pretty adaptable. I’ve taken a lot of online classes previously through both DSU and Bismarck State College and one when I was in high school. So, I was able to handle it pretty well.

Q: Even with these challenges, has DSU been a positive experience for you?

Nestor: Yes, absolutely. DSU has been great. They’ve been really trying to set a good morale overall and the professors really have, too, because they were really transparent with the way they felt about the switch. Knowing that they also felt uneasy made me feel at ease, like we’re all in this together. So yeah, they did a really good job with keeping everything positive.

Anya: Yes. Just being with the students, getting that face-to-face with the professors. Overall, it almost pushes you to focus more than if you’re sitting at home on your laptop.

Q: How does it make you feel that DSU is trying to accommodate students during the pandemic, such as having a hybrid model (a class being available online in real time as well as in person) for students who cannot attend all in person?

Nestor: It makes me feel at ease. I honestly really like the whole hybrid version of classes. I enjoy being in class, but I like having an option of sitting in class or staying in the comfort of my own home. The professors are being as flexible as they can with handling everything. It makes me feel really good that they’re trying to accommodate the student body.

Anya: I think that the hybrid model is a really great idea for those that are weary about being on campus.

Q: Are you excited to be back on campus?

Nestor: Yeah, I definitely am. I’d rather be in person than on a computer.

Anya: Yes, because once again, I get to see people, friends, and while I can do well on the remote learning, I do enjoy learning in person.

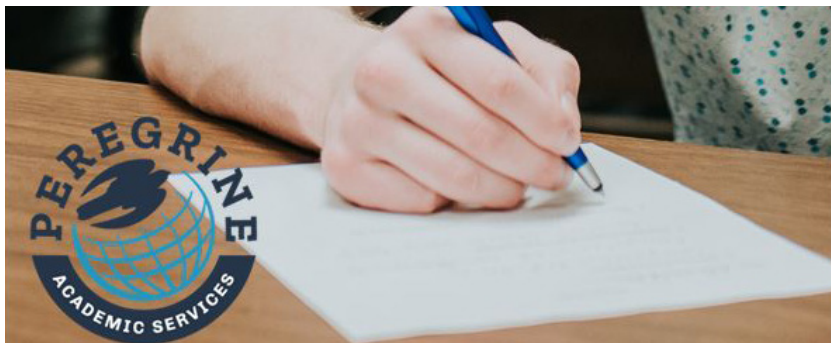
Q: What are you looking forward to the most this academic year?

Nestor: The most? Well at least for myself: graduating. I’m almost done so, I’m really excited to graduate and see everyone else graduate. Last year’s seniors weren’t able to graduate on stage. To me it means a lot to graduate on stage.

Anya: My education classes because I am still pretty new in the program, I’m looking forward to getting further into that. That’s really exciting.

After visiting with Nestor and Anya, it is clear that they enjoy being present in the halls of DSU. The University is a positive place in their life and they enjoy the experiences and memories that they are making. Even with all the unprecedented challenges that had to be overcome due to the COVID-19 pandemic, students are excited to be back at the University and cannot wait to see what the rest of the year has to offer. ■

DSU BUSINESS STUDENTS FINISH IN TOP 4 PERCENTILE IN PEREGRINE EXAM



Four Dickinson State University (DSU) business students recently finished in the top 4 percentile nationally in the Peregrine exam.

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

One of the top scoring students, Ms. Keera Stookey, had the following to say about her experience and thoughts on the Peregrine exam, "The first word that comes to mind when I think of the exam is 'PRE-PARE.' I think the exam is something that students shouldn't stress about. However, it is something that students should prepare for. I put in many hours studying for the Peregrine exam and it paid off. There were some questions that were very easy and there were other questions that were super challenging. I trusted my gut and I found success."

"Scoring at this level, nationally, is exceptional," said Loretta Heidt, chair of the School of Business and Entrepreneurship at DSU. "Our school takes great pride in preparing our students for their continued education and careers. These scores demonstrate that our students are well equipped for their future endeavors."

Heidt said that business students take the Peregrine exam online at the end of their final semester, prior to graduation. The University recently received the report with the scores for the 2019-2020 academic year. Sixty-five DSU students were tested this year, and as a group, they produced a mean institutional score in the 66th percentile. This means that the DSU students, as a group, scored higher than 66 percent of the students who took the exam nationwide at 240 other institutions.

In addition, this year's business graduates, as a whole, scored in the 71st percentile in the Business Integration & Strategic Management and in the 74th percentile in the Human Resource Management sections of the exam. "As positions in both of these areas are escalating, our faculty are proud that DSU business students are equipped for these careers," said Heidt.

The School of Business and Entrepreneurship is accredited by the International Assembly for Business Education (IACBE) as well as the Higher Learning Commission (HLC).

For more information about Dickinson State's business degrees, please visit www.dickinsonstate.edu/SoBE. ■

DR. WOHLLETZ PERFORMS IN ONLINE COLLABORATION OF CLARINETISTS



During the summer months, while most events were canceled, many musical ensembles made efforts to continue performing together. DSU's Dr. Jeremy Wohletz, chair of the Department of Arts and Letters and assistant professor of music, is one of those musicians.

Wohletz participated in a group project put on by the Neo International Clarinetist Exposé (N.I.C.E.) where clarinetists from around the world came together for a virtual choir performance.

Please enjoy "Salvation is Created" by Pavel Tschnesnokoff, arranged for clarinet choir by Lori Archer Sutherland: youtu.be/b9q_TmxpMyg. ■



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VIDEO: SUMMER INTERNSHIPS THROUGH DICKINSON STATE



Two Dickinson State University students, Medinat Jolayemi from Nigeria and Andrii (Andy) Soloviov from Ukraine, completed internships this summer in Medora, North Dakota, as part of their academic studies at DSU.

Hear from Jolayemi and Andrii as they share all the details about their experiences at the University and how they've spent their summer!

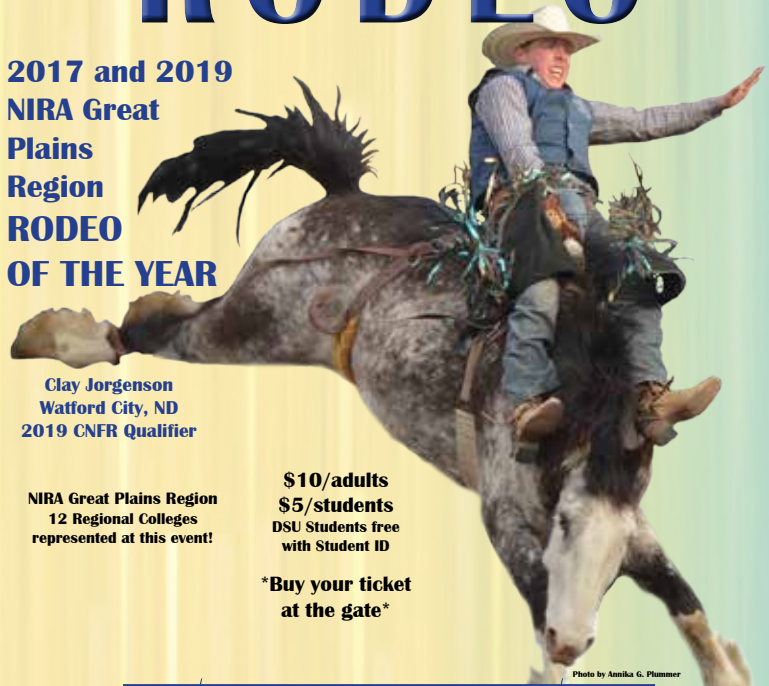
Watch the video here: bit.ly/DSUatMedora. ■

PRESENT THE 2020

Blue Hawk Stampede RODEO

2017 and 2019
NIRA Great Plains Region RODEO OF THE YEAR



Clay Jorgenson
Watford City, ND
2019 CNFR Qualifier

\$10/adults
\$5/students
 DSU Students free with Student ID

Buy your ticket at the gate

Photo by Annika G. Plummer

Stark County Fairgrounds

2.5 miles south of Dickinson, ND, on Highway 22

Rodeo #1		Rodeo #2	
October 1-2, 2020		October 2-3, 2020	
Oct. 1 - 6:00 p.m. Performance	All Times MDT	Oct. 2 - 6:00 p.m. Performance	
Oct. 2 - 9:00 a.m. Slack		Oct. 3 - 9:00 a.m. Slack	
	Oct. 3 - 6:00 p.m. Short Go		

For more information, contact DSU Rodeo at 701-483-2325

ALMOST, MAINE BY JOHN CARIANI

OCTOBER 22, 23, 24 @ 7:30 P.M.
OCTOBER 25 @ 2:30 P.M.

TICKETS: \$10 | [DSUARTS.COM](https://dsuarts.com) | OR AT THE DOOR

STUDENT SPOTLIGHT

GRACEY LAROSE '24
elementary education major



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

My name is Gracey Larose and I am from Star Valley, Wyoming. It's a super small town so growing up I did a lot of stuff outdoors: hunting, hiking, fishing, riding horses, and swimming just to name a few. I have three brothers, two older and one younger, and two dogs, a yorkie and a golden retriever.

What made you choose DSU?

I'm an elementary education major and I heard good things about the education program here and, with it not being crazy expensive, here I am!

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

I am studying elementary education – and hopefully 2024!

What has been your favorite class this semester?

I would probably have to say fitness and wellness just because we do a lot of activities and it's really fun!



What do you enjoy most about studying at DSU?

I enjoy the fact that if I'm not feeling well I can choose to go to class online and not miss a thing. I also love all the new experiences I'm getting here. College is nothing like high school and I LOVE it. The classes are way shorter but I still feel like I'm learning more than I did in high school. I just really enjoy it here!

What do you like to do in your free time?

I love watching scary movies, especially the cheesy ones that you make fun of the whole time. I also love hiking, hanging out with friends, trying new foods, and thrift shopping!

We heard you're one of DSU's student "social media gurus." What does that mean? Where can we catch up with you?

Yes, I am! You'll be able to catch up with me on Facebook and Instagram stories, and every once in a while I'll do a page takeover, so keep your eye out for those!

That's awesome! We'll watch for your posts. So, since you're sort of representing your fellow Blue Hawks on social media, what would you tell someone who's thinking about becoming a Blue Hawk like yourself?

DO IT!! I love it here! The teachers and staff are amazing and so helpful and nice, and the atmosphere here is just amazing!

Lightning round: Tell us three fun facts about you. GO!

I make killer chocolate chip cookies!

I love Harry Potter, the books and the movies, and....

I love makeup and hair and all that kind of stuff! ■

STAY LOCAL



IMAGINE A **SMALL SCHOOL** THAT HAS **INCREDIBLE COMMUNITY SUPPORT** AND **DEDICATED FACULTY** THAT ARE COMMITTED TO HELPING YOU ACHIEVE YOUR **BIG ACADEMIC GOALS AND DREAMS**. IMAGINE A SCHOOL THAT PROVIDES THE **OPPORTUNITY** FOR YOU TO SAVE MONEY BY LIVING AND EATING AT HOME. IS IT POSSIBLE THIS SCHOOL IS RIGHT IN YOUR BACKYARD? YOU DON'T HAVE TO TRAVEL FAR TO GO FAR. **DICKINSON STATE UNIVERSITY**. AFFORDABLE, FLEXIBLE AND ACCREDITED. TURN YOUR DREAMS INTO REALITY. COME BE A PART OF THE BLUE HAWK FAMILY. **YOU BELONG HERE.**



SMALL COMMUNITY
BIG OPPORTUNITY

dickinsonstate.edu

TALKING ABOUT TR: ANNUAL THEODORE ROOSEVELT SYMPOSIUM GOES VIRTUAL



For the past 14 years, the Theodore Roosevelt Center at Dickinson State University (DSU) has hosted a symposium to explore Theodore Roosevelt, the 26th President of the United States of America. Each year, guest speakers are invited to the DSU campus to discuss their research or writings. However, this year's symposium was a bit different due to the ongoing COVID-19 pandemic. Rather than being held as an in-person event, the 15th annual Theodore Roosevelt Symposium "Allies in the Arena: Theodore Roosevelt's Circle" was held virtually over the video conferencing service Zoom, Thursday, Sept. 17, through Saturday, Sept. 19. The 15th annual (and 1st virtual) symposium drew participants from 29 states, the District of Columbia, and Saskatchewan, Canada.

"Just wanted to congratulate you and the whole team at the TR Center for a great online symposium! The talks were informative and enjoyable, and the combination of recorded and in person livestreaming for the badlands tour was quite effective. I really enjoyed seeing TR's Badlands through your...eyes."

*– Michelle Krowl –
curator of the Theodore Roosevelt Papers at the Library of Congress*

When the Theodore Roosevelt Symposium first began in October 2006, it was used as an opportunity to showcase the work that had been done in the digital library. The Theodore Roosevelt Center collects and processes all copies of Roosevelt-related items into a digital format for easy access. The work that is diligently done by the Center is used to make Roosevelt's legacy accessible to anyone who is interested in him, whether it be students or scholars. These digitization efforts also help to support the work of scholars who study Roosevelt. There is also an importance for the symposium to the communities of Western North Dakota. The symposium has drawn in people from all 50 states to come to North Dakota, visit Dickinson State University, and experience the beauty of the Badlands. It also provides visitors to the region a reason to experience what there is to offer here.

"I got some of the same feelings that I got from being at the actual symposium. I connected with [friends] again on Thursday night... I think [the virtual tour of the badlands] was especially impressive... I hope that people are able to see the beauty of North Dakota for themselves next year."

– Pamela from Oregon –

The Theodore Roosevelt Center invites nationally recognized keynote and guest speakers, who are scholars on the life and career of Roosevelt, to explore different parts of the former president's life and career. Along with guest speakers, other various events are held. These events range in variety from panel discussions, receptions, live entertainment, and a field trip to different places of importance within North Dakota.

Though individuals participated from a distance this year, the Theodore Roosevelt Center kept with tradition and featured a virtual field trip of Roosevelt's beloved Badlands.

"I just left the symposium and I feel like I have just left my best friends. It was marvelous and the tour today was captivating and emotional for me. I have visited most of the places we saw today [but] need to get to the Elkhorn."

– Don from Colorado –

The virtual symposium explored the people that Theodore Roosevelt kept around him: his friends and his advisers that helped him in all he did throughout his life and during his career. This year, the Theodore Roosevelt Center hosted three guest speakers through Zoom to discuss Roosevelt's relationships with individuals such as Leonard Wood, Booker T. Washington, and others. These speakers included this year's keynote speaker Patricia O'Toole, Deborah Davis, and Matthew Oyos.

"We know that people value our annual symposium both for the intellectual content and for the opportunity to connect with other interesting people, some of whom they have met at our past events," said Sharon Kilzer, project manager for the Theodore Roosevelt Center at DSU.



"Patricia O'Toole, Deborah Davis, and Matthew Oyos did a fantastic job providing stimulating content in a conversational way that invited people to join the discussion. Clay Jenkinson, Theodore Roosevelt scholar and symposium moderator, hosted a live reception after each event for people to be able to visit and continue the conversation, just as they would if they were here in person. It went really well. While we hope and intend to meet in person next year, we look forward to using technology to connect with people in new ways." ■



MONDAY 10.5

11 a.m. **CHILI LUNCH** | The Perch at the Student Center | \$7+tax
open to the public

TUESDAY 10.6

10 a.m. **BLOOD DRIVE** | Student Center | FREE
open to the public

7 & 9 p.m. **MOVIE "JUMANJI: THE NEXT LEVEL"** | Student Center Movie Theater | FREE
DSU students only

WEDNESDAY 10.7

7 p.m. **VIRTUAL TAKE AND PAINT NIGHT** | FREE
DSU students only

7 & 9 p.m. **MOVIE "JUMANJI: THE NEXT LEVEL"** | Student Center Movie Theater | FREE
DSU students only

THURSDAY 10.8

7 p.m. **JOHN KING VIRTUAL CONCERT** | FREE
open to the public

FRIDAY 10.9

7 p.m. **DSU STUDENTS CONCERT** | May Hall, Dorothy Stickney Auditorium | FREE
open to the public

SATURDAY 10.10

1 p.m. **FOOTBALL VS DAKOTA STATE** | Biesiot Activities Center | GA - \$12; DSU - FREE
open to the public | tickets at dickinsonstate.edu/gametickets

FEATURING

POWDERPUFF FOOTBALL
ROWDY VOLLEYBALL
MIDNIGHT MADNESS

more info: dickinsonstate.edu/homecoming

DICKINSON STATE UNIVERSITY EVENTS

Oct. 1	6 p.m.	DSU Blue Hawk Stampede Double Rodeo - Rodeo #1 - Performance	Stark County Fairgrounds
Oct. 2	9 a.m.	DSU Blue Hawk Stampede Double Rodeo - Rodeo #1 - Slack	Stark County Fairgrounds
Oct. 2	6 p.m.	DSU Blue Hawk Stampede Double Rodeo - Rodeo #2 - Performance	Stark County Fairgrounds
Oct. 3	9 a.m.	DSU Blue Hawk Stampede Double Rodeo - Rodeo #2 - Slack	Stark County Fairgrounds
Oct. 3	1 p.m.	DSU Baseball Scrimmage vs Dawson CC	Astoria Field
Oct. 3	6 p.m.	DSU Blue Hawk Stampede Double Rodeo - Rodeo #2 - Short Go	Stark County Fairgrounds
Oct. 4	10 a.m.	HOMECOMING - Coronation Brunch	Student Center
Oct. 5	11 a.m.	HOMECOMING - Chili Lunch at the Perch	The Perch at the Student Center
Oct. 6	10 a.m.	HOMECOMING - Blood Drive	Student Center
Oct. 6	7 p.m.	HOMECOMING - Movie Night "Jumanji: The Next Level"	Student Center Movie Theater
Oct. 6	9 p.m.	HOMECOMING - Movie Night "Jumanji: The Next Level"	Student Center Movie Theater
Oct. 7	7 p.m.	HOMECOMING - Movie Night "Jumanji: The Next Level"	Student Center Movie Theater
Oct. 7	7 p.m.	HOMECOMING - Virtual Take and Paint Night	<i>link on dickinsonstate.edu/homecoming</i>
Oct. 7	9 p.m.	HOMECOMING - Movie Night "Jumanji: The Next Level"	Student Center Movie Theater
Oct. 8	7 p.m.	HOMECOMING - John King Virtual Concert	<i>link on dickinsonstate.edu/homecoming</i>
Oct. 9	9 a.m.	Investiture of Stephen D. (Steve) Easton, J.D. as the President of DSU	May Hall, Dorothy Stickney Auditorium
Oct. 9	7 p.m.	HOMECOMING - DSU Students Concert	May Hall, Dorothy Stickney Auditorium
Oct. 10	1 p.m.	HOMECOMING - Football vs Dakota State	Biesiot Activities Center
Oct. 16	9 a.m.	Discover DSU Day	Student Center
Oct. 17	8 a.m.	Praxis Computer Testing	May Hall room 1
Oct. 21	4 p.m.	Mini Blue Hawk Cheer Camp	Wienbergen Gymnasium
Oct. 22	4 p.m.	Mini Blue Hawk Cheer Camp	Wienbergen Gymnasium
Oct. 22	7:30 p.m.	Almost, Maine presented by DSU Theatre	May Hall, Dorothy Stickney Auditorium
Oct. 23	7:30 p.m.	Almost, Maine presented by DSU Theatre	May Hall, Dorothy Stickney Auditorium
Oct. 24	8 a.m.	ACT Testing	May Hall 312, 314, 316
Oct. 24	1 p.m.	Football vs Waldorf	Biesiot Activities Center
Oct. 24	7:30 p.m.	Almost, Maine presented by DSU Theatre	May Hall, Dorothy Stickney Auditorium
Oct. 25	2:30 p.m.	Almost, Maine presented by DSU Theatre	May Hall, Dorothy Stickney Auditorium

DSU Events - www.dickinsonstate.edu/events

Athletic Events - www.dsubluehawks.com

DISCOVER DSU DAYS

JOIN US!

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

Friday, Oct. 16

Monday, Dec. 7

Friday, Feb. 26

Monday, Apr. 19

AT EACH DISCOVER DSU DAY, THERE WILL BE A DRAWING FOR A

\$500 SCHOLARSHIP!

You must be present to win.

www.dickinsonstate.edu/dsudays

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Continued from page 16

THE DICKINSON PRESS, SATURDAY, APRIL 5, 1913

The New Dickinson Wardrobe

FRENCH DRY CLEANING IS GREAT MODERN SCIENCE
Wonderful Process Cleans Thoroughly and Prolongs Life of Goods.

THE NEW French Dry and Steam Cleaning Plant will open elegant business parlors in the side room of the NEW Walton Block, early next week. When all is ready, not only will this room be one of the prettiest business rooms in Dickinson, but ABSOLUTELY the most complete room in this line of business in the WOODS, NORTHWEST. The following statements will serve as a partial introduction to the Dickinson public. Future business dealings and pleasant associations will do the rest.

1. OUR PLANT is complete and modern and is located in another part of the City.
2. OUR WORK will be absolutely guaranteed in Every particular (also only at owner's risk)
3. OUR SERVICE is prompt.
4. OUR PRICES, both on Cleaning and Pressing will be RIGHT.
5. OUR BILLS AND CIRCULARS will be in abundant circulation in a few days.
6. OUR PRESSING and Repairing are "out on time"---always.
7. OUR BOY will call and deliver.
8. OUR PHONE is No. 39 K.

The Dickinson Wardrobe
Phone 39 K J. EDWARD TUFTT. 21 Sims St., Walton Block

roof of the structure, threatening the Cartwright store. With this alarming development Cartwright staff "began to hustle their goods out and T.J. Greene (who owned the drug store just to the west of the Dickinson Mercantile building) also began evacuating stock.

weeks his widow Jessie announced that the store would continue to operate under her direction, follow-up articles indicating that W.H. Geiselman of Detroit, MN, who was principal stockholder in the business would serve as president of J.C. Cartwright & Co.



When the steamer was relocated and hooked up to the hydrant (which was fed from the river by Northern Pacific pumps) the steady supply of water allowed the firemen to regain control of the fire, thus saving Greene's drug store and Cartwright's, although both firms suffered stock loss to water and smoke damage. Because of its brick construction, Dickinson Mercantile was not the total loss first feared, with rebuilding soon underway. Not unexpectedly, Cartwright & Co. announced a fire sale running through February 11th, 1905.

Five years later on January 11, 1910 John C. Cartwright died unexpectedly of pneumonia at age 48. Within two

going forward.

If the size of newspaper advertisements is any indication, it would seem that Cartwright & Co. continued to enjoy retail success even after the death of its namesake. Large 1/6th page illustrated promotions and short text ads within the "Local News" column ran regularly in the Dickinson Press from directly after the death of Mr. Cartwright until July 1911 when a fire at a tailor shop just north of the store on Sims Street caused some smoke and water damage to stock at Cartwrights (and, unfortunately, resulted in the death of tailor Abraham Finn).

With this latest fire incident the luck of one of Dickinson's oldest retail

structures seems to have run out as seven months later a blaze of unknown origin started in the basement of Cartwright's, the alarm being raised at 3 am on February 4th, 1912. Despite the best efforts of firemen the building was so badly damaged as to be declared a total loss and when the Press covered the story Mr. Gieselman indicated that the store would not reopen at another location and the owner of the property, Mrs. Mary Walton, widow of prominent businessman William Walton, of Walton & Davis lumber yard began to consider what to do with the valuable lot.

In April it was announced that Mrs. Walton had decided to build "a modern 2-story brick building" with retail on the ground level and offices above. Walton & Davis prepared the building plans while the remains of the burned-out building were purchased by plasterer William Ely who planned to use the salvaged lumber to build several small houses. By late May the lot was cleared and work commenced.

In late August work had progressed

the retail spaces but no decision had been made, perhaps Mrs. Walton being careful in her selection of 'neighbors.'

In March 1913 we find renters for the first floor were announced—J.E. Tuftt opening the Sims storefront for his 'Dickinson Wardrobe' French Dry Cleaning establishment (his cleaning machinery was located elsewhere) and George Berzel setting up his bakery operation from the Villard entrance. In October 1914 the U.S. land Office rented an office in the building and other 2nd floor rentals are mentioned from time-to-time. In March 1915 fire again struck at the corner, this time Mr. Tuftt's cleaning of gloves with gasoline being the cause of his business room being gutted, Tuftt leaving the Walton Block for the Thompson Building. Shortly thereafter Mrs. Walton decided to return to her Sims Street home though no reason was given for the change.

Although tracing every historic tenant in Walton Block home has proven difficult, several prominent and well-known businesses have called it home



Buy 1 Handcrafted Beer, get one FREE

10% off dinner & drinks with this coupon

Limit 1 per customer per visit.
Expires October 31, 1997

2 West Villard
(Corner of Sims & Villard)

Rattlesnake Creek Brewery coupon, courtesy Dickinson Convention & Visitors Bureau

to the brickwork which featured a "dark flash brick" for facing, a first for Dickinson, 40,000 bricks required by noted mason Charles Bakke who finished in late September. Interior finishing continued into the New Year, the Press carrying a detailed article on the completed building on January 25th, 1913. The retail level was praised for its large plate glass ("the best display windows of any store of this frontage in the city") and handsome metal ceilings, with one store space facing Villard and another at the north end fronting Sims Street. The basement provided retail storage space and a bowling alley run by Charles Defoe. The second floor included four spacious offices and a six room suite for Mrs. Walton. It was reported there were several rental inquiries for

after Tuftt and Berzel:

- Chernasek Drug Store/Service Drug 1920-c.1995/96
 - Gift Shop/House of Gifts 1946-1987
 - Rattlesnake Creek Brewery 1996-2004
 - Brickhouse Grille/B2 Lounge 2009-present
- Ironically, it is often our more recent history that can be more challenging as there are gaps in city directories and phone books in the Museum Center's collections, so, if any of our readers can add to the above list or provide firmer dates we'd appreciate hearing from you so we can add the information to our Walton Block file - feel free to drop us an email: info@dickinsonmuseumcenter.com. ■

HEART RIVER GEMS

Amen Food Pantry

By Kaylee Garling

Be kind. For everyone you meet is fighting a battle you know nothing about.

I joined MaryAnn Braun and other community angels at Amen Food Pantry during one of their pick-up hours for people in dire need of food, planning



Mary Ann Braun

on doing an interview for this article. What I got was so much more. As soon as my eyes adjusted to the fluorescents of the Pantry, I could see I was needed. Two women jumped right in and showed me how to stock shelves, what was needed where, and how to place items. Interview momentarily forgotten; it was a flurry of activity that lasted for over an hour. By the time the bustle slowed to a trickle, the last person picked up their cart of precious goods, I felt joy so pure, it literally felt like my heart was on fire. I had a purpose doing something for someone, helping those who are unable to help themselves in this moment. It was like a light bulb turned on inside my soul. The men and women serving at the Pantry, though I couldn't see their smiling faces because of masks, had a brightness about them. A light, if you will, shining from within their eyes.

After the door shut and the blinds were pulled closed, the quiet hum of meaning poured off the shelves and through the walls. MaryAnn and I sat down to do our interview, but now that I'd experienced what these incredible people do each and every day, it was so much more. "This is what we need more of," I thought to myself, "more serving, more loving, and more caring about those in need."

MaryAnn is one of the managers of Amen Food Pantry. A resident of

Dickinson for 32 years, she has always been serving in our community. "My husband was an administrator at DSU, Interim President, then Academic Dean. I am a Clinical Mental Health Counselor and owned The Healing Place for 15 years. I retired 10 years ago and am doing "other things" now. I'm an on-call Chaplain at the hospital. There are 3 of us that take turns on afternoons and weekends. I was Hospice Chaplain until last week, but am doing so much at the Pantry, something had to give. It (being Hospice Chaplain) was probably one of my favorite jobs. I loved the ministry and spending time with people who have limited days, hours. It's an honor to do that work. I am also a singer with Sweet Adeline's. We have 9 grandchildren, twin daughters, who each have 3 children in grade school, with 2 grandchildren married already. We have a son in Walla Walla, Washington, who has a little boy. That's pretty much where my energy goes."



She became involved with the Pantry after hosting the Annual Community Thanksgiving Dinner at Ramada one year and found they had extra food. "Janet Johansen and I have co-chaired the Thanksgiving dinner in the community for the last 10 years. I always knew there were volunteers from the parish that helped at the Pantry. Each church has 3 volunteers that come every month. I knew some of those people, and so I started to find out from Irene what to do to volunteer. After Thanksgiving dinner, we had all these turkeys and food, we're trying to serve it, clean up and so forth. We came back the next day, and the people at Ramada said, 'Oh you forgot all these hams in a locker that you need to take care of,' so I said, 'the Pantry will take them.' We cut them into small pieces

and bagged them so we could distribute them. After that happened, I thought I wanted to work here. That was about 8 years ago. And after working here for a while, I decided I could be on the board. I'm not shy. Figured I could speak up and help. Janet Johansen was a member of the board and a volunteer as well. I didn't anticipate helping run the place, but we complement each other, taking care of pickups, managing, doing the shopping, and all that. It's a big effort for everyone to keep the Amen Pantry open, but you saw the need today. We had 33 families. Last time we had 29 families and 93 individuals. A month ago, our numbers started coming back up. I was looking out the window, and there were cars lined all the way to the highway. It was a wake-up moment. There are a lot of people who have food insecurity."

As MaryAnn stated, there is a need, and every person has a story, a life, shoes that require walking in. "We had a freezer malfunction once, so we had all this

extra meat that was thawed, distributed. One of the elderly ladies, I say elderly but she's around my age, you could see she was so happy. Her whole face was illuminated because she was going to eat ribs that night. Everybody's story you



hear, you want to help." After hearing MaryAnn's stories, spending a few hours amid these generous people, I see things more clearly. There are people all around us, needing a helping hand. Our helping hand. "The pantry is here for those who need it. There were lots of different churches who got together and said, 'We have families that are going hungry. We have a need and we need to help.'"

Amen food pantry exists to provide food and emergency services to needy families and individuals in collaboration with local churches and human resource agencies. "Amen also provides a certain amount of money to social services to provide medication for some of their clients that are in need. If people have time, they can volunteer. Belong to an organization? Organize a food drive. Write us a check, because if we don't have donations, we have to buy it. Just call and ask, 'What can I do? What do you need? How can I help?' Because that is huge."

To contact the Pantry, call 701.483.4344 or via Facebook/DickinsonAMENFoodPantry.

Always help someone. You might be the only one that does. ■

Heart River Gems is proudly sponsored by

CHAMBER OF COMMERCE

Develop Dickinson October event

Together, the Dickinson Area Chamber of Commerce and our Professional Development Committee, are excited to announce the second event of Develop Dickinson: Pandemic Planning- Securing Your Future For Personal and Professional Success. We hope that you will join us on Thursday, October 15 at Stevenson Funeral Home.

HERE'S WHAT WILL BE COVERED

Has this pandemic got you thinking on planning for your future? We are so excited to offer a strategy session to the Dickinson community with local attorney, Haylee Cripe.



Haylee Cripe

A major part of planning for success is planning for succession. Whether you are planning for your personal assets, for your children, or for your business, you need to have a strategy in place to maximize your assets and reduce the stress on your family. Estate and succession planning doesn't have to be difficult or time consuming, but it does need to be done!

At this Develop Dickinson event, Attorney Haylee Cripe will go over the basics of estate planning, including wills, health care directives, and powers of attorney. We'll also discuss succession planning for businesses and agriculture families. Haylee will take questions throughout the presentation to ensure you get the most out of your time.



"So many people avoid estate planning because they just don't know where to start or think it's too expensive. We'll breakdown the basics of estate planning to get people more comfortable with the process, and confident enough to start planning," said Haylee Cripe.

A BIT MORE ABOUT THE PROGRAM

Want to know a little more about our newest program? Well, this business professional program seeks to develop the professional, personal and leadership skills of Chamber member employees, and networking events foster connections in the business community.

Developed by Program Directors: Kari Dunn, American Bank Center, Terri Stevenson, Real Solutions and Jeremiah Thorpe, Dakota Community Bank & Trust, this program provides practical, affordable opportunities to advance career & skill sets.

"We are excited to have launched Develop Dickinson on August 20th, we are looking forward to bringing more talent, to Dickinson and highlighting our local talent here. Our purpose is simple- to bring more professional development to the Dickinson area, to keep training affordable, to retain employees and assist business owners with training that accommodates a variety of topics," said Kari Dunn.

Develop Dickinson events over the year focus on four types of development: community, educational, networking & professional.

Mark your calendar for the upcoming Develop Dickinson events: Employee Wellness: Health Enhancement and Grow with Google.

This series supports The Chamber's continued commitment to providing leadership that promotes a progressive business environment.

GET YOUR TICKETS

Learn more about and sign up for this program at dickinsonchamber.org. ■

BACKYARD BIRDING

Fall feeding

The fall migration started in September for many birds including the small song birds. Usually Robins will start to gather, and then the flock will migrate together. They return in the spring as soon as the ground warms up for the worms and insects. The males arrive first to pick out mating areas and the females arrive a couple of weeks later. Hopefully the Cedar Waxwings will follow next spring.

The Hummingbirds started to arrive in August on their way south, with the Grackle and black bird migration following. Several Goldfinches were still in my yard in September. They are eating the sunflowers and the dill and the small flying insects, but they also will leave soon. Many of the backyard birds stay all winter and enjoy getting seed and suet in the feeders.

A hose dripper above my birdbath has attracted many birds. The bees and wasps are drinking from my small birdbaths with the glass marbles. The solar fountain is in a large bowl on the patio table. All of that will have to be put away when the temperature drops. It is hard to keep water for birds when temperatures are freezing. Some people do invest in heaters for their bird baths.

In the fall it helps the birds if we don't clean our yards of the spent flowers and

leaves. Some perennials need clipping but most others can wait. It seems untidy, but the birds do forage for insects and seeds especially in the winter months. Raking the leaves and leaving them until spring gives the birds the things they need for their nests in the spring. Another thing that helps the migratory birds find their way is to keep all lights off at night. Most birds migrate at night. Large cities are implementing lights out during this time to keep migratory birds on course. It is fun to see large flocks of geese and cranes overhead during the day.

For several years I had a resident Sharp Shinned Hawk and a Coopers Hawk in my yard. The Sharp Shinned showed up one winter and just liked to rest and preen. He showed up about 2:30 every afternoon. The Coopers Hawk liked to eat his catch on my fence. When all the little birds disappear and hide, the hawks came near. Maybe they will be back this year.

Even if you don't have a yard for lots of feeders and birdbaths, you can put a bowl or tray of black oil sunflower seeds and shallow dish of water on a patio or window sill. Children love to watch birds and fill feeders and can help with clean up. Don't give up. Birds will come. ■



Now accepting new patients



www.highplainsdentalpc.com
701-483-GRIN (4746)



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We welcome articles from the community, so send us your submissions.
Go to www.heartrivervoices.com or email
kelly@heartrivervoices.com.



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YOUR ECONOMIC DEVELOPMENT OFFICE FOR DICKINSON
STARK COUNTY AND THE SURROUNDING AREA

WHERE BUSINESS
GOES TO GROW

- ENTREPRENEURIAL EVENTS & RESOURCES
- BUSINESS FINANCIAL INCENTIVES & PROGRAMS
 - COMMUNITY ENHANCEMENT PROGRAMS
 - BUSINESS INTEREST BUYDOWN PROGRAM
 - CHILDCARE FACILITY GRANTS
 - VOCATIONAL TRAINING GRANTS
- MONTHLY ECONOMY AT A GLANCE



NDSU EXTENSION

ND Healthy 4-H Clubs

By Holly Johnson

"I pledge my head to clearer thinking, my heart to greater loyalty, my hands to larger service, and my health to better living. For my club, my community, my country, and my world." Health is the fourth 'H' that

targets.

Jessi Polensky and Tina Downing are the 4-H leaders of Badlands Edge. In an article by Julie Garden-Robinson, North Dakota State University Extension food and nutrition specialist



concludes the 4-H pledge. However, well-being and health are at the forefront of people's minds today. With everything going on in our world, Stark/Billings County Extension wants to recognize one of our many amazing 4-H clubs: Badlands Edge 4-H Club. Badlands Edge has earned the title of

and Healthy North Dakota 4-H Clubs program coordinator, Jessi talked about their dedication to community service.

"As a club, we love to give back to our community. Badlands Edge loves hosting our homemade Veteran's Day meal for our vets on Nov. 11. Then in

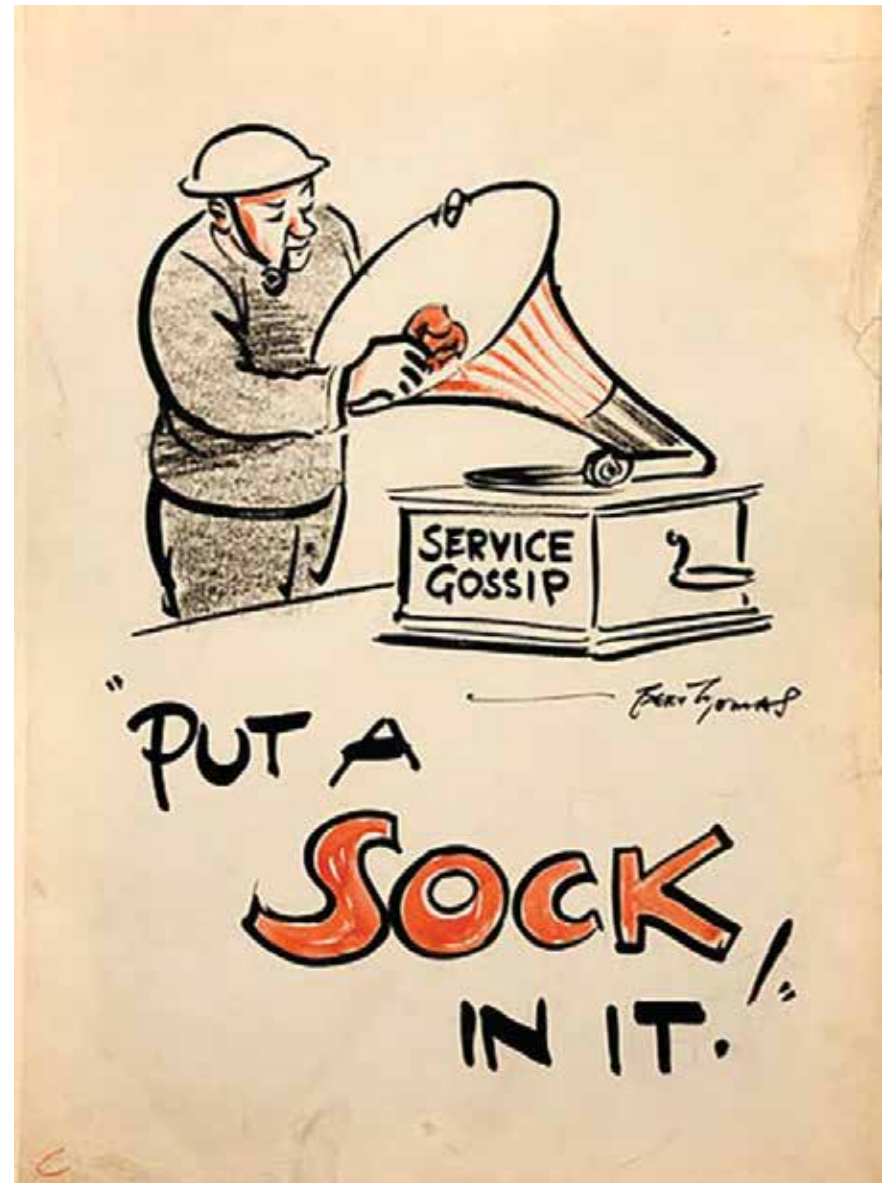


a North Dakota Healthy 4-H Club.

Clubs receive this recognition through practicing health promoting habits and incorporating at least one nutrition or fitness activity into a minimum of five regular meetings during the year. Badlands Edge served smoothies, fresh fruits and vegetables, and other healthy snacks at multiple meetings. In January of this year, they took a field trip to Amidon to learn about archery; youth got to practice shooting bow and arrow at indoor

December, we continue the joy and come together to make cookie plates to spread holiday cheer," says Jessi.

Habits that start early are habits that last. The healthy lifestyle choices these members are making will carry with them into adulthood. 4-H clubs that are interested in participating in the 2020-2021 North Dakota Healthy 4-H Clubs program should contact the Stark/Billings County Extension office or visit the website at <https://tinyurl.com/NDHealthy4-H>. ■



id·i·om

Put a sock in it

Meaning: Stop talking.

Origin: In the late 19th century, people would use woolen socks to stuff the horns of their gramophones or record players to lower the sound since these machines had no volume controllers. ■



Heart River VOICE Events

Send your events to
kelley@heartrivervoicedotcom
to list your events for
FREE!

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

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



Tuesday, October 20
JORDAN FELIZ CONCERT 7PM @ Evangelical Bible Church

The Dickinson Sunset Senior Center has reopened barring any renewed restrictions. They expect to resume their regular schedule. They welcome all of you yearning for companionship and entertainment. Feel free to bring a mask. They have sanitizer and will clean before each event.

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

THURSDAY OCTOBER 1
OKTOBERFEST 5PM Willkommen! Join us as we celebrate Oktoberfest in downtown Dickinson! 7 Oktoberfest beers on tap. De Porres House of Barbering & Lounge, 17 2nd Ave West.

SATURDAY OCTOBER 3
1ST ANNUAL ICE BREAKER HOCKEY TOURNAMENT
9AM-9PM The first annual Ice Breaker Hockey Tournament is a 3 on 3 format with no goalies. The games will consist of two 10-minute halves with the ice being resurfaced every hour. Pay attention to the schedule so you don't miss any games as they will be happening fast. West River Ice Center, 1865 Empire Road.

LIVE MUSIC WITH CHRIS HOLM 5-8PM A fingerstyle guitar picker and harmonica player, Chris channels the high-spirited liveliness of Charley Patton, thumping on his suitcase drum, attacking his guitar strings with abandon, and shouting along in a gravelly howl, later to channel

the lonesome sounds of a weeping slide guitar and a blue yodel. Boots Bar and Grill, 300 Pacific Ave., Medora.

OKTOBERFEST AT SOUTHWEST SPEEDWAY 6PM IMCA Sport Compacts, SWS Hobby Stocks, INEX Legends, IMCA SportMods, IMCA Stock Cars, IMCA Modifieds. Tickets: Adult - \$16; 12-17 - \$8; 12 & Under-Free. Southwest Speedway, south of Dickinson on Hwy 22, 10 miles and 1 mile west.

FRIDAY OCTOBER 9
DSU HOMECOMING CONCERT 7-8:30PM Featuring music by Dickinson State University music ensembles. FREE admission. May Hall, Dorothy Stickney Auditorium, Dickinson State University.

SUNDAY OCTOBER 11
A BRAVE CONVERSATION ABOUT PICKING THE PRESIDENT 2PM CDT Join UND Professor of History Eric Burin for a Brave Conversation about the Electoral College. Explore why it was created, how it has changed over time, and how it functions today. Register for free at HumanitiesND.org.

SATURDAY OCTOBER 17
7TH ANNUAL HCA PUMPKINS IN THE PATCH 10AM-5PM Come frolic in the pumpkin patch, play some games and then shop some vendors. Then pick out a pumpkin at end of your fun day! Cost- 5.00 person 2 years and up (Price includes-carnival activities, barrel train and hayride. Pumpkins, Vendors and Concessions are an extra cost.) Hope Christian Academy, 2891 5th Ave W.

20TH ANNUAL FALL GALA 4-10PM Join Trinity Catholic Schools for an evening of fine food and fun! 20th anniversary of the Trinity Catholic Schools

Fall Gala, featuring Master of Ceremonies, THS Class of 2008, Fr. Dominic Bouck! Trinity Catholic Schools, 810 Empire Road.

TUESDAY OCTOBER 20
JORDAN FELIZ CONCERT 7PM A fundraiser for 103.7 The Connection. Tickets are \$35 VIP, \$20 Advance General Admission, \$25 GA at the door (if available) Online tickets on sale NOW - <https://www.itickets.com/events/448797.html> or at Faith Expressions (34 1st Ave. W). VIP Doors open at 5:00 pm, with VIP Q&A with Jordan & band at 5:30 pm. General Admission doors open at 6:15 pm.

Evangelical Bible Church, 2891 5th Ave West.

SUNDAY OCTOBER 25TH
ONE BOOK ONE ND 4PM CDT This month we'll be joined by Patrice Tanaka as she discusses her book Becoming Ginger Rogers. Part memoir, part journalistic glimpse into competitive ballroom dancing, part business book; this uplifting journey of achieving unimaginable joy through dance will warm your heart before the snow starts falling. One Book One ND is a monthly online event. Visit HumanitiesND.org to register and to see the other authors we're bringing to your



screen!

OCTOBER 26-30

THE GREAT PUMPKIN HUNT
Join Consolidated for a community event that anyone can participate in. Find the Great Pumpkin, win the Grand Prize, valued at over \$2,000! For more details, go to consolidatednd.com.

SATURDAY OCTOBER 31

TRICK OR TREAT 1:30-3PM
St. Luke's will be hosting Trick or Treating this year! Trick or Treating can parade through St. Luke's parking lot and receive bags of treats decorated and filled by the residents. Watch our Facebook page for further updates! St. Luke's Home, 242 10th St West.

8TH ANNUAL TRICK OR

TRUNK 4-6PM Bring your family downtown for a fun, safe and unique trick-or-treating experience! Downtown Dickinson.

ONGOING EVENTS

SUPPORT GROUPS

DICKINSON AL-ANON 8PM
Wednesdays ZOOM meeting. For more information, call 701.260.5272 or 701.590.1548.

NEW ENGLAND AL-ANON 8PM
Mondays at Memorial Hall, 9 7th St E in New England.

FOOD KITCHENS

WELCOME TABLE 6PM
Tuesdays Free to the public. Garvin Hall St. Patrick's Catholic Church 310 2nd St. West.

ANGEL 37 KITCHEN 6-7PM
Tuesdays Free food to everyone. Nourish your body and soul. Queen of Peace Catholic Church 725 12th St. West.

CLUBS/GROUPS

SEW SISTERS 2PM Sew Sisters, 2nd Tuesday of each month. For other classes available and info, see www.SuzysStash.com. 118 N Ave, Richardton. 701.974.7899.

SOCIETY OF ST. VINCENT DE PAUL 6:30PM 2nd and 4th Wednesday of the month. St. Patrick's Church Parish Center, 229 3rd Ave W.

HEART RIVER HOMEBREWERS 7PM 4th Thursday of each month. Calling all home brewers! Meeting locations vary. Check their website for current meeting location at heartriverhomebrewers.com.

PRAIRIE ROSE CHORUS 6PM-8PM Tuesdays St. John Lutheran Church. Come sing your heart out with the Dickinson chapter of Sweet Adelines International. Ages 12+ welcome! For more information, contact Robyn Nadvornik 690.8958 or MaryAnn Brauhn 290.4013.

DICKINSON CITY BAND

Mondays 7-8:30PM in DSU band room (basement of May Hall). 291 Campus Dr. More info, contact Robyn Nadvornik 690.8958.

DICKINSON STRINGS Mondays 5:30-7PM DSU band room (basement of May Hall) 291 Campus Dr. More info, contact Priscilla Keogh 290.9145.

BADLANDS ART ASSOCIATION

5:30PM 2nd Wednesday of each month. All community artists welcome! Fluffy Fields Winery. More info, contact janelles@ndsupernet.com.

WEIGHT WATCHERS 12:15PM OR 5:30PM (Weigh-ins start 15 min prior) EVERY Monday. 46 1st Ave E (Sunset Center).

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at **1967.toastmastersclubs.org**. Held at SWDHU, 227 16th St W. More info, contact Teresa Buck 701-880-0374.

MEETINGS

HISTORIC PRESERVATION COMMITTEE MEETING 4-5PM 2nd Tuesday of each month. More info, 701.456.6225. Dickinson Museum Center, 188 Museum Drive East.

PLANNING AND ZONING

MEETING 8:00AM Last Thursday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

BELFIELD PUBLIC SCHOOLS SCHOOL BOARD MEETING

Meetings are held the 2nd Thursday of each month at 7PM at Belfield High School, 308 3rd St NE, Belfield. More information, call 575.4275.

DICKINSON CITY COMMISSION MEETING 4:30PM

Commission Room at 99 2nd St East 2nd & 4th Tuesday of the month. dickinsongov.com/boards-and-officials/city-commission/

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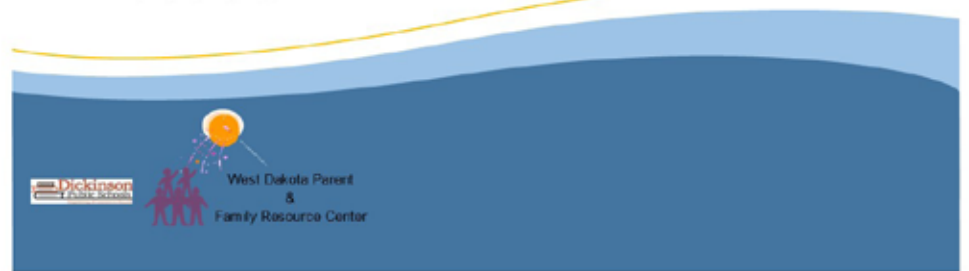
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STARK COUNTY COMMISSION MEETING 8:00AM 1st Tuesday of each month. Stark County Courthouse Commission Room at 51 3rd St East.

EAGLES CLUB 5:30PM Auxiliary Meeting 1st Tuesday of the month. 7:30PM Aerie Meeting 2nd Tuesday of each month. 31 1st Ave East.

DICKINSON PUBLIC SCHOOLS SCHOOL BOARD MEETING Regular monthly meetings are held the second Monday of each month at 5PM either at the Professional Learning Lab located at 266 3rd Ave West, or in the Board room of the Dickinson Public Schools Central Administration Office located at 444 4th St. West (use the east or west door), or unless otherwise not-

ed. More information, contact 701.456.0002, ext. 2203.

SOUTH HEART PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 7PM. 310 4th St NW, South Heart. More info, call 677.5671.

RICHARDTON-TAYLOR PUBLIC SCHOOLS SCHOOL BOARD MEETING Meetings are held the 2nd Wednesday of each month at 6PM in the RTPS Board Room, 320 Raider Road, Richardton. More information, call 701.974.2111

SAVE THE DATE

NOVEMBER 13-14
BADLANDS MINISTRIES FEARLESS FAITH RETREAT
Keynote speaker Melanie A. Brown. Call 701-290-8482 for more information. Badlands Ministries, Medora.

NOVEMBER 13-15
50TH ANNUAL BADLANDS ART SHOW Enjoy the beautiful artwork of area artists. Location to be determined.

ND POTTERY**North Dakota Pottery Collectors Society**

By Arley Olson, NDPCS Historian



Pottery products utilizing North Dakota clay were produced during the twentieth century by a number of enterprising companies, federal programs for North Dakota and the school of Mines Ceramics Department at the University of North Dakota.

On June 9, 1989 Cliff Olson organized a picnic dinner and a pottery swap meet at the Chahinkapa Park in Wahpeton, North Dakota and invited Rosemeade Pottery collectors and friends as a birthday gift for his wife Mayvis. Next year an organizational meeting was held in Wahpeton, and it was decided to include U.N.D., Dickota, W.P.A., Turtle Mountain, Three Tribes, Messer, and Little Heart along with Rosemeade (all made in North Dakota) and was named North Dakota Pottery Collectors Society. Later we included the following: C.C.C., Standing Rock, Trenton Trades, Abbey, Arts Limited and O-Pee Kay. We are dedicated to enhancing collecting, interest and the preservation of pottery from the past made in North Dakota.

My wife, Bonnie, and I started collecting in the mid-60s, and in the mid-70s, we included North Dakota pottery in our search. In 1990 we joined the North Dakota Pottery Collectors Society. Over the years Bonnie held the offices of Board of Directors, President, historian and editor of the NDPCS Newsletter. I have held the offices of Board of Directors, Vice-President and since 2006, the historian. We both are on the education committee and was commemorative chairmen for 18 years.

I put together a power point presentation on the various pottery companies. This is similar to the

Antiques Road Show and is called NDPCS Pottery Road Show. The show is available to the public and provides historical and general information on North Dakota pottery. It has been presented over 75 times throughout North Dakota. It also has been seen in South Dakota, Ohio, Minnesota and Michigan.

From 2011 thru 2016, at the request of the first lady Betsy Dalrymple, the NDPCS had a rotating display of North Dakota pottery at the Governor's residence.

The NDPCS has members throughout the United States with an annual convention, auction, educational seminars and newsletters.

The society's web site, <http://www.ndpcs.org>, provides articles, photos, activities and contact information about the Society, board members and officers.

State Historical Society of North Dakota in Bismarck has a large display of WPA pottery located across the hall from the gift shop.

In this and the following months, we will be sharing articles on different pottery companies from and around North Dakota. Our first installment is about UND Pottery.

**UND POTTERY**

University of North Dakota pottery might fairly be called the grandparent of North Dakota potteries. They are the oldest and they helped train some who became giants in North Dakota Pottery (Charles Grantier and Laura Taylor).

Dean Babcock, a chemist, made surveys of North Dakota's mineral resources. He learned that we have deposits of high-grade potter's clay.

By 1910 Babcock established a Ceramics Department and hired Margaret Cable, an experienced potter. She and her staff and students began making utilitarian wares. By 1913 the distinctive UND seal was in use and continued for 50 years.

Some early UND pottery is characteristic of the Arts & Crafts movement. Some show Art Nouveau or Art Deco influences. Others feature native flora and fauna, Indian and western motifs, or farming

and hunting scenes.

Early sales of UND pottery were primarily to locals and friends of the department and university. By the late 1920's souvenirs were made for sale at Glacier Park hotels. Soon gift shops, drug, jewelry and department stores in North and South Dakota, Nebraska, Iowa, and Minnesota began selling UND. In addition, many special-order souvenirs for conventions and groups were produced in the 30's and 40's, including vases, plaques, medallions, paperweights, ashtrays, and nut cups. Groups that ordered souvenirs included the Boy Scouts, 4-H clubs, Masons, Rainbow, Odd Fellows, Rebekah, PEO, American Legion and Auxiliary, Lions Club, Daughters of Norway, Medical Association, Young Republicans, Non-Partisan League, and others.

The School of Mines experimented with and developed many clays and glazes. Clays used included Dickinson, Beulah, Hebron, Mandan, Weigel, Red and Grey Ross, McCurdy, Hettinger, and bentonite. Most of the pottery was made from a mix of Hettinger, Mandan, Red Ross, and Beulah clay.

Margaret Cable was head of the University of North Dakota School of Mines Ceramics Department from 1910 to 1949. She instructed thousands of students and gave countless lectures and demonstrations throughout the state and nation. She won numerous state and national awards. Her artistic accomplishments were many, and her work is among the most sought after of the North Dakota potters. ■

BEEN THERE, DONE THAT



Three Teslas quickly recharge at Dickinson's new charging stations.



Chris Kubal, Barney, Ace, Deuce, and Butch – Chateau de Mores wagon rides



Michael and Jeannie Huerd, celebrating their 48th wedding anniversary by retracing their honeymoon through North Dakota, including a stop at the Chateau de Mores SHS.



Kris Fehr - Best Friends Mentoring Program received a Donation from the Badlands Big Sticks' silent auction at the Best Friends Mentoring's night with the Big Sticks. Pictured are the Pease family, BFMP director Kris Fehr and Big Sticks General Manager Jason Watson.



Participants enjoyed yoga with the alpacas at Happy Rock Farm.



The Local Rwandan Community was one of the featured chefs at this year's annual Chocolate Affair, benefitting Best Friends Mentoring Program.



Players Sports Bar and Grill, represented by Rob Eilts, center, and chef Carolann Hamson, right, took first place in the People's Choice Chef Awards at the 11th annual Chocolate Affair, benefitting Best Friends Mentoring Program. The award was presented by BFMP executive director Kris Fehr, left.



Medora – Chateau Interpreters Karli M. and Maddie O.



CHI St. Alexius Health Dickinson held a drive-through mask giveaway. Free reusable cloth masks were handed out to the community outside the hospital's main entrance. Pictured here are staff volunteers (l-r) Robyn McChesney, McKenzie Steckler, and Kim Kremer. The masks were given out in response to rising COVID-19 cases in Stark County and the surrounding region. Because proper use of face masks has been shown to slow the spread of COVID-19 from one person to the next, CHI St. Alexius Dickinson wants to ensure any community member that needs a mask has access to one. Tentative plans to hold another mask drive in October are in the works - check their Facebook page for updates at [Facebook.com/CHISTAlexiusHealthDickinson](https://www.facebook.com/CHISTAlexiusHealthDickinson).

COMMUNITY

Tree City USA

By Beth Hill, Community Forestry Specialist, ND Forest Service



Through the collaborative efforts of many partners, the city of Dickinson celebrated Arbor Day 2020 at Roosevelt School on August 20th. While the school celebrates its 100th Anniversary this year, Dakota Community Bank is celebrating its 80th Anniversary. The bank showed its appreciation to the community by planting a bur oak on each of the city's seven school campuses. This event marked the first



TREE CITY USA
Arbor Day Foundation

of the plantings with representatives of the city, the school, Stark & Billings Soil Conservation District, and Dakota Community Bank in attendance. North Dakota Forest Service staff, Gerri Makay and Beth Hill, were on hand to present the Tree City USA award. Dickinson has been a Tree City USA for 27 years. Dickinson also received a Growth Award this year, which recognizes innovative programs and projects as well



as increased commitment of resources for urban forestry. Earlier this year, 2200 bur oak seedlings were delivered to students of seven schools to encourage individual family celebrations of Arbor Day. Bur oak seedlings were distributed to participants at the August Arbor Day event, as well.

To qualify as a Tree City USA, communities must meet four standards established by the Arbor Day Foundation and the National Association of State



Foresters. Tree City USA communities must have an established tree board or department, a tree care ordinance, a community forestry program with an annual budget of at least \$2 per capita, and host an Arbor Day observance and proclamation. The Arbor Day Foundation has waived the Arbor Day event requirement for 2020 because of the challenges brought about by COVID-19.

Photos NDFS B. Hill ■



***"A people without children would face a hopeless future; a country without trees is almost as hopeless."
- Teddy Roosevelt, 1907***

PINCH OF THIS, -OF THAT Pumpkin Bread

Pumpkins are plentiful now, and there are plenty of good reasons for eating them. First of all, this darker-fleshed member of winter squash is loaded with carotenoids—the deeper the color, the richer the concentration. Carotenoids are powerful antioxidants that have been shown to be protective against cardiovascular disease, stroke, and many cancers.

Pumpkin is also a good source of B and C vitamins, potassium, and fiber. This nutrient-rich vegetable helps regulate blood sugar balance, decrease inflammation, and boost immune function. And, don't forget about the seeds! Pumpkin seeds contain a variety of minerals, essential fatty acids, and phytosterols (including beta sitosterol, which has been shown to support prostate health).

Another reason for adding pumpkin to your diet? How about this yummy pumpkin bread recipe? Enjoy!

Makes 2 loaves

4 eggs, lightly beaten
 2/3 cup water
 1 cup canola oil
 15 oz. canned pumpkin (or 2 cups puréed pumpkin; see note below)
 1 tsp. vanilla
 1½ cups sugar
 3½ cups whole wheat flour
 1 tsp. salt
 2 tsp. baking soda
 1 tsp. ground cloves
 1 tsp. nutmeg
 4 tsp. cinnamon
 ½ cup walnuts, chopped
 ½ cup bittersweet chocolate chips

- Add pumpkin, water, oil and vanilla to beaten eggs.
- Mix together sugar, flour, salt, soda and spices.
- Add to pumpkin mixture and stir until blended.
- Stir in walnuts and chocolate chips. Pour into two greased 5 x 9 loaf pans and bake at 350° for 50-60 minutes.

Note: You can use fresh pumpkin for this recipe. Cut raw, peeled pumpkin meat into chunks and steam until the pumpkin is very tender, about 10-15 minutes. Let cool and then purée in food processor. ■



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YOUR HEALTH/LIVE RIGHT

Vitamin D – The sunshine vitamin



This month, we received two articles with information about the importance of Vitamin D. Each article had its own merit so we decided to run them side by side. We think you'll find all you need to know about the value of Vitamin D towards good health.

By Steve Irsfeld

Several things start to happen about this time each year. I typically see the number of colds and flu increase, an increased number of patients experiencing depression, and more people complaining of aches and pains than I hear during the summer months. The Fall Equinox occurred on September 22nd; this is when the sun crosses the equator and enters the southern atmosphere. The sun's angle is about 43 degrees at noon, meaning that when you stand outside at that time, the length of your shadow should be a little longer than you are tall. This is something I like to use as a rule of thumb for the potency of the sun. If your shadow is longer than your height, the sun's strength is decreasing, and it becomes harder to get vitamin D from your exposure to the sun.

I like to keep track of vitamin D exposure and other vitamin D data with an app called DMinder. The app is one of many that will track the sun and let you know when you can get your Vitamin D



throughout the day. It will also tell you if the sun is potent enough to get the job done. We currently have about 5 1/2 hours in the day when sun exposure can produce Vitamin D in our bodies. Unfortunately, between October 24th and February 15th, we will essentially get no vitamin D benefit for these 112 days, making supplementation necessary.

What should you watch for if you're concerned that you might not get enough? Here are a few signs you might need more vitamin D.

Your bones ache. Especially in winter, vitamin D deficient adults feel more achiness in bones, and muscles and joints are a little stiffer when you get up in the morning.

You've got the blues. Vitamin D seems to improve levels of the neurotransmitter serotonin, which in turn could lift your spirits. In a small 1998 study, healthy people given vitamin D supplements during the winter reported greater positive feelings than people given no D.

You're 50 or older. According to the American Cancer Society, the skin doesn't make as much vitamin D as you get older, and the kidneys start to grow a little less productive when it comes to converting that D into the form the body puts to good use. According to the NIH, older adults may also spend more time indoors.

You're overweight or obese. There's no change in vitamin D production in people carrying excess weight, but the higher concentration of body fat affects vitamin D levels in the blood. Vitamin D is fat-soluble, meaning the more body fat you have, the more it gets "diluted." People who are overweight or obese may require more daily vitamin D to make up for this effect.

You have darker skin. Studies have shown distinct demographic differences in rates of vitamin D insufficiency and deficiency. Someone with very dark skin needs up to ten times the amount of sun exposure than someone with a very pale complexion to make the same amount of vitamin D.

The best way to find out if you are deficient is to do a 25-OH-Vitamin D test. You have access to the test at your practitioner's office, purchased at a pharmacy, or ordered online. When a blood level is not available, I typically recommend that adults take 5000IU of vitamin D3 daily during the darker

months and back down to 2000IU May thru September.

Please call the pharmacy @ 701-483-4858 or stop in to for vitamin D options for both testing and product selection. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

By Gabrielle K. Hartzke, RD, LRD

Vitamin D aka "the sunshine vitamin", aids in building strong bones and teeth and plays an important role in the growth of skin, muscles, pancreas, nerves and the immune system. Although the relationship is poorly understood, recent research is suggesting that vitamin D aids in the prevention of depression, diabetes, cancer and heart disease.

As a response to sunlight, the body produces vitamin D. But how much time should be spent in the sun? Length of exposure is dependent on the amount of melanin in the skin, sunscreen usage, blockage of rays through glass and clothing. Vitamin D cannot be made with the use of sunscreen or through glass as it blocks the UV rays needed to produce it.

Recommendations suggest at least 5 to 10 minutes of sun exposure to the arms and legs or the face, hands and arms at least 3 times weekly. Be conscious that prolonged periods without sun protection increases the risk of skin cancer. If spending longer than the recommend time in the sun, apply at least SPF 15 sunscreen for protection.

One factor hindering vitamin D's production is skin color. Those with darker skin need to spend longer in the sun to produce equal amounts of vitamin D as those with lighter skin. Another factor is geographical location in relation to the equator. With North Dakota located far from the equator, the body is less efficient at synthesizing vitamin D as there is limited UV ray exposure.

There is still debate among the scientific community of just how much



vitamin D the body needs. Between 600 to 800 IUs (international units) is currently suggested for adults. Most fall short of this recommendation as it is estimated that approximately 40% of Americans are deficient. Consumption of fortified foods like milk and cereals increase the likelihood of reaching intake recommendations. Meeting with a registered dietitian to evaluate diet in relation to vitamin D consumption can be helpful. A vitamin D supplement may be necessary if consumption is less than



adequate. In this case, choose vitamin D3 as this is the most easily absorbed. There are a limited number of foods naturally containing vitamin D. Most is supplied by fortification like milk and cereals. The best natural sources include fatty fish like salmon and tuna. While cheese, egg yolks, and mushrooms provide small amounts. Recently, manufacturers have been boosting vitamin D content of mushrooms with prolonged exposure to ultraviolet light. A similar concept of how humans synthesize vitamin D.

Bottom Line: Many Americans are low in vitamin D and do not meet intake recommendations. Sunlight only provides a limited amount of vitamin D and should not be the sole source, especially if living far from the equator. With a limited number of foods containing vitamin D, look for foods labeled "Enriched with vitamin D" to increase intake. ■

CONVENTION AND VISITORS BUREAU

Fall bird hunting is here

Fall brings not only the football games, the golden leaves, and the church dinners, it brings the hunting gear out, and the preparation for a great bird hunting season. Family, friends, and the loyal dogs are all

10th, and the numbers are estimated to have increased by approximately 38% per 100 miles. Past drought and habitat conditions have lowered the numbers the past five years, but the numbers

are encouraging due to residual cover crop and good weather conditions.

Hunting is a fun, bonding experience for family and friends. It also helps the gamebirds. How? Landowners, hunting clubs, and the purchase of ND Game & Fish licenses all focus on better habitat for the birds. Left alone, the survival rate would be much lower.

The economic impact is also a large benefit to local communities as the restaurants, hotel/motels, gas stations, bars

eager for the early mornings that turn into fun filled days of walking fields and sharing stories.

The season has begun for Sharp-tail Grouse and Hungarian Partridge, and while many hunters seem to prefer the colorful Pheasant, these birds can be quite a challenge, especially for beginners. Their brown camouflaged feathers often blend into the grasses and sage, as they crouch silently, waiting for the hunters to pass on by.

This year the Pheasant season opens on October

and sporting stores rely on the hunting seasons to increase their revenue for the year. In 2017 - 2018, average daily spending for nonresident small game hunters averaged \$150 per day, and resident small game hunters averaged \$111 per day totaling up to \$99.3 million that year. And that's just for the small game hunting!

Beyond the bird information and economics, they are tasty birds. Google upland game bird recipes, and you will find lots of delicious dishes to try out. ■



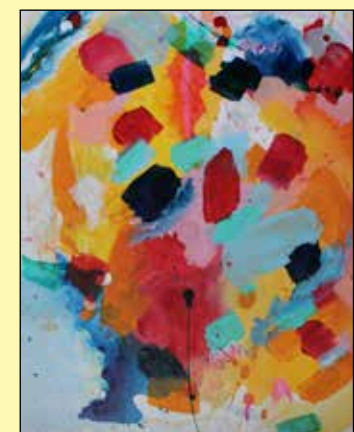
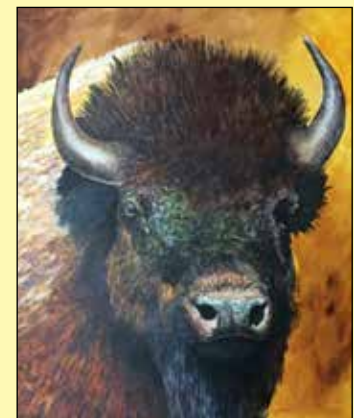
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HOROSCOPE **OCTOBER 2020** by Hilda De Anza



ARIES
March 21-
April 20
As the month starts, a

growing awareness that the more you insist on your will, the more other people are going to have to compromise emerges. An extreme situation in your professional life turns things upside down. You may have to mobilize all your resilience. Mid-month, you are up against people who stick to rigid principles. You can make a breakthrough if you avoid overconfidence.



TAURUS
April 21-
May 21
October starts

on an encouraging note in regard to family relationships but this is a period when partners are challenging. Rather than engaging, it is better to work with these people than against them. At work, focus on creativity and learning skills. Be discerning about who to learn from and who to ignore. End of October, you get into a really strong position at work, and are able to use your people talents to get the results you want.



GEMINI
May 22-
June 21
As October begins, there

is a strong emphasis on friendships and alliances. A particular friend may be trying to make headway and getting nowhere because of opposition. At work, there are some unexpected upheavals, and your support can be invaluable for partners who need to make major decisions. Mid-October may bring surprising events you had never thought possible. There are opportunities to make radical changes and you need to enroll other people to help you in this process.



CANCER
June 22-
July 22
October is an excellent

time for career initiatives and finding a balance between family and work. There are many challenges ahead in connection with realizing your goals, and this can be because of obstacles ahead which need to be dealt with one by one. Mid-October is a time when it is best to stay out of arguments. Family developments will require some kind of transformation or change. End of month, if people want to play tough, you give as good as you get.



LEO
July 23-
August 22
First of October is a good time

for learning and travel, and your diplomatic talents will be called upon. You want to expand your horizons intellectually, but it is difficult to find the right learning environment. Mid-month highlights communication challenges, especially at work. End of October is a time when you are uninterested in making compromises. Unexpected family news can shake things up and sharpen your resolve to make deep-seated reforms at home.



VIRGO
August 23-
September 22
Early this month brings

a person into your sphere of influence and helps create order and balance. Mid-month begins developments in which you should follow your own unique path, rather than the official view. This turn of events can affect communication on other levels bringing a sudden cut-off of a connection with a friend or sibling. Focus on self-expression and creativity at the moment, both in your own life and in the lives of loved ones.



LIBRA
September 23-
October 22
October starts with relationship

developments. Partners can be a challenge right now. Your best bet is to make yourself unavailable. Mid-month indicates a time when you need to get away from it all. After a low-profile period, there are exciting new developments at the end of the month, when your sign ruler Venus moves into Libra. A period begins when you revisit old relationships and romance sparks.



SCORPIO
October 23-
November 21
You are entering a

period of intense thought as you deal with some really unusual challenges in your life. This is a time when you prefer to speak the truth rather than make any pretense at diplomacy. At work, the real battles are on. If forced into a corner, you are prepared to burn bridges, because you cannot support ideas you don't believe in. End of month, you are likely to have more support and more power on your side.



SAGITTARIUS
November 22-
December 21
First of month, things are looking

up and progress is being made. You continue to experience hassles on the creative front, when you try to overcome uncertainty. This uncertainty and tension can also be connected with a loved one who puts you on the defensive. Mid-month is the testing time, and once you have handled the aggression, you will no longer be bothered. Your financial situation comes into the equation in some way, and you will initiate the final stages of an important transformation.



CAPRICORN
December 22-
January 20
As October begins, you feel

as if you are going nowhere. You start the month with a final confrontation, which can be connected with family or friends. It is up to other people to sort out their lives. End of month, there will be a powerful focus on new developments in your professional life. This is a period of high tension as old conflicts burst into flame, making professional diplomacy crucial.



AQUARIUS
January 21-
February 19
For months you have had

gnawing doubts about your situation, fearing that you might fall into a black hole, but as October begins, you realize that this is not going to happen. Work pressure is intense, and you may be involved in disagreements with some people. Mid-October is a time when stress peaks. It is crucial for you to overcome uncertainty, and the challenge is to express your views and opinions without coming across as pedantic or insensitive. Give yourself plenty of time to prepare at home for the intellectual challenges at end of month.



PISCES
February 20-
March 20
As month begins, you can

expect some helpful people to appear on the horizon, as the social projects you have been involved with come to a head. Mid-month highlights a tense situation which either affects your economic situation, or important relationships, or both. This could be connected with how to earn money in pandemic times. The good news is that end of month, threats fade.



9GAG

9GAG is a great app for you to lol, kill time and make new friends all around the world. It's a unique type of social networking platform, the purpose of which is to download and share mainly humorous content such as images, videos, memes, etc. Download the app and start laughing!



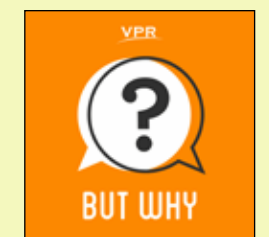
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See exactly what to play. Hear exactly how it sounds. With SoundSlice, you'll learn better and faster. SoundSlice is a progressive web application for online music education that takes the learning and musician's practice to the next level. This web app with an innovative music player makes learning music easier and more effective for self-taught musicians. Thanks to the SoundSlice player, you can study music by reading and listening to it on any device, whether it be a phone or a large-screen desktop. In addition, with this tool, music teachers can create interactive lessons.



But Why: A Podcast for Curious Kids

Why is the sky blue? Why is ice slippery? Why do elephants have trunks? Kids have questions about everything, and But Why has the answers. Each episode of this family-friendly podcast from Vermont Public Radio features several kid-submitted questions and provides interesting, easy-to-understand explanations.



The Daily from the New York Times

Want to stay informed, but don't want to sit inside all day watching the news? Clocking in at just 20 minutes, the Daily is short enough to listen to on your morning run or on the way to pick the kids up from music lessons. Monday through Friday, host Michael Barbaro dives deep into one or two of the day's top headlines and interviews NYT reporters about the stories making waves around the world.



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