

# Heart River VOICE

SEPTEMBER 2020 | VOL. 2, NO. 9 | HEARTRIVERVOICE.COM

## THIS MONTH

**Stark Strong campaign  
creates big wins for our  
community p 15**

**Josh Nichols offers insights  
on utilizing humor during  
uncertain times p 32**

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**See pages 17-24**

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## Advertising Sales

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

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Jamie Tescher

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Ben Hapip

## Graphic Designer

Sophia Jilek

## Photographers/ Feature Writers

Our Community

## Astrologer

Hilda De Anza

## Crossword Czar

Carlinka

## Published Monthly by Heart River Voice, Inc.

PO Box 2117  
Dickinson, ND 58602  
Email: kelley@heartrivervoic.com

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## A note to our readers

For many of us, a "normal" September is mostly colorful with that hint of bittersweetness. While soaking in the last of the summer sun and enjoying late sunsets, our hearts occasionally sink with the thought of summer ending, school starting, and responsibilities picking up.

As we move into fall, let's shift into a new kind of lightheartedness: one that's filled with thoughtfulness and intent in every action, every word, and every stride we take with ourselves and others.

Life has been difficult for all of us. Let's be attentive to others' needs and help where we can.

**Kelley Jilek**

*Publisher*

Cover art "Here Comes the Sun" by Linda Donlin. For more information about the artist, see page 5.

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## #BOOKWORM

# Summer reading program remix

By Cindy Thronburg

Doing something for the first time is never easy, even more so if it is something you never planned on doing. While we were already looking into moving from a paper to digital ticket system, it became clear that we would need to do the entire Summer Reading Program (SRP) virtually. With some hard work and creative thinking, we were able to keep our SRP this summer, instead of having to cancel it. Storytimes were recorded and programs were made available to be viewed online through Facebook. Craft kits were assembled and made to be grab-and-go through curbside pickup or in the building, and reading was tracked for tickets to win prizes in a new program called Beanstack. It was the remix of the Summer Reading Program, or SRP 2.0, and we feel like it was far from a flop, thanks to our amazing patrons.

While it is difficult to compare the success of this SRP to years prior, one thing is for certain: participation rate actually increased this year! This means that more of the people who signed up for the program turned in slips (or in the case of this year, logged them

online) than the previous year. Last year the overall participation rate was 58%, and this year it jumped to 70%. The highest increase in the individual age groups was the Teens, whose participation went from 57% to 76%.

Overall, the numbers for the program were wonderful. Adults read a total of 188,100 pages, Teens read a total of 69,600 minutes, Children read a total of 120,600 minutes, and Early Literacy did a total of 6,560 activities! The numbers of participants in the online summer programs was also outstanding. Facebook reached 27,945 total people in June alone. There were 119 posts from June 1st to July 31st, and there were a total of 12,886 views on our summer videos!

We are very happy with these numbers, and, all things considered, we are ruling this year's SRP as a success! We are thankful to our participants, and we hope you had fun! We are going to continue to use Beanstack to log reading tickets for all future programs.

We are going to be doing a small reading challenge starting from

September 1st through November 30th called "Fall into Reading." It will be for all ages. Teens and Adults will be challenged to read a different book from 10 categories. Examples for Adults are a Biography/Memoir, Book with a Long Title, or a Banned Book. Examples for Teens

are a Book Made into a Film, a Book by a Native American Author, or a Staff Pick. Early Literacy and Kids will be challenged to read a different type of book in order to earn badges, such as an Animal Book, a Funny Book, or a Caldecott Winner. Check our Facebook page or website for more information.

We are also launching a new program in September called the Rubber Ducky Club, more commonly known as 1,000 Books before Kindergarten. It is a reading challenge for parents with babies and preschoolers. Read any book with your newborn, infant, toddler, or preschool-aged child. The goal is to read 1,000 books before your little one starts kindergarten. Registration will be through Beanstack, and once you have signed up, just log the titles of books you read to your child. Each book gets added toward a badge completion. When you earn a reward, you can visit the library to claim a prize! Plus, any sibling who reads 50 books to a brother or sister enrolled



in the Rubber Ducky Program will also receive a prize for being a Super Sibling!

We would like to again thank you for your virtual participation in our programs, and we look forward to being able to continue to do so.

#### Announcements:

- Hoopla is now live! Check out our new digital media collection by clicking on the Online Resources link on our website. Hoopla allows you six checkouts per month from a selection of books, audiobooks, movies, television shows, comics, and music. Click on one of those options under Library Online Resources to find the link for Hoopla. All you need to register is an email address and your library card number!

- We will be collecting packages of new underwear, diapers, T-shirts, socks, sweatpants, or other clothing items for our "Drop Your Drawers" campaign through September 14th. Items will be donated to local public elementary schools and United Way of Dickinson. ■

## ADVERTISE WITH US

Heart River Voice is the VOICE of Dickinson, Stark County and the surrounding area. Join us in sharing our community stories. Your support in this effort is greatly appreciated.

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**COVER ARTIST**

**Linda Donlin**

While thinking about her dad before Father's Day, artist Linda Donlin of Bismarck decided to start a new series of paintings called "Feels Like Home."

"My dad was an innovative farmer, one of the first in the area to grow sunflowers," Donlin says. "He wasn't afraid to try anything and always had faith his investments and hard work would pay off. I approach my art the same way. It's about taking a germ of an idea, having confidence in the



Linda by "A Road Less Traveled"

especially well with her style of painting. "After all, we enjoy the four seasons to the fullest extent," she says, "and they each call for their own kind of artistry." Her nighttime winter scenes have been especially popular.

Looking almost three-dimensional, Donlin's paintings are created primarily with palette knife, building layer upon layer until she achieves the effect she wants. "I've had many people tell me that photos don't really capture the full effect of the paintings," she says. "My goal is to make you feel as if you can walk into the scene. They almost beg to be touched."

For more information, go to [lindadonlinfineart.com](http://lindadonlinfineart.com) or find her on Facebook at @lindadonlinartist or on Instagram at @lindadonlin. Her work is also available through The Capital Gallery in Bismarck and The Capital Gallery West in Medora. ■



"Cattle Call"

creative process, powering through any frustrations along the way and feeling that the completed painting adds beauty to the world."

During Father's Day weekend, Donlin painted a tribute to her dad she titled "Cattle Call," named after his favorite Eddy Arnold song. It was based on a photo her sister took of their father when his farming and ranching operation was at its peak. "My dad lived a long, full life," she says, "He passed away at 97 in a nursing home, but this is how I always remember him."

Donlin loves painting wheat and sunflower fields that depict the beauty of North Dakota agriculture. "Yes, mountains are gorgeous, and artists love to paint them," she says, "but there is nothing more breathtaking than a golden field of wheat, ripe and ready for harvest. She also loves to paint winter scenes, and they work



"By the Light of the Silvery Moon"



"Dakota Gold"

**HISTORY**

**Request for help**

I am wondering if anyone can help me identify a structure that was somewhere in your area in 1935. My dad was 11 at the time, and he, his brother, his parents, his maternal grandmother, and possibly his aunt drove there from eastern ND to visit in June of 1935. I can't imagine five or six people in a 1935 Plymouth Touring Sedan (with suicide doors!) driving through the heat and dust, but they did, and they wore suits and dresses! They stopped in Bismarck, Crystal Springs, Lehigh, Richardton, Medora, and probably other places, but those are the ones I have identified so far. This building must have had some significance (either

to the family or the area) because in addition to the 'normal' prints, there is a 5x7 print of it as well. The picture was on the same roll of film as pictures of the Abbey, the Lehigh Briquetting plant, and "the Badlands", that is how I know it was in that area. My grandmother was really good at dates and fairly good at places, but she didn't note where this one was. I thank you for any help you can offer.

If you have information about this home, please email [kelley@heartrivervoice.com](mailto:kelley@heartrivervoice.com). We will forward the information to the person requesting it. ■





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**CHAMBER OF COMMERCE**

# Harvest Festival 2020

Fall is in the air! Come enjoy fall fun for the entire family!

If you're looking for a fun fall festival for the entire family... look no further. Join the Dickinson Area Chamber of Commerce & Dickinson State University at the 5th Annual Harvest Festival presented by ConocoPhillips & West Dakota Chevy Dealers / Sax Motors! The FREE-TO-ATTEND fun-filled festival gives you and your family a reason to be outside and enjoying activities like: a local craft marketplace, amazing food, entertainment, and so much more!

Since its start in 2016, Harvest Festival attendance has grown from hundreds to thousands. It's been a place where families gather to shop, taste and celebrate in community spirit. As attendance grows, so do the rows of children's activities, the food village, and quality of performances

"Looking back over the past 5 years from when Harvest Festival was just a discussion at the table, we were skeptical if we could pull it off. Seeing it today as the Chamber's largest event, it is absolutely a mazing to see the overwhelming support and dedication from the community of Dickinson which is as strong as ever during the pandemic," said Events & Member Relations Manager, Austin Boepple.

At the Crafter's Marketplace, more than 15 crafters and makers will have their work on display, each more eye-catching than the last.

Whether you're looking for new home decor, or simply want to stare in awe at the talents of others — you'll be in good company.

The DSU Pavilion stage will be graced with different performances throughout the day. If your style is

alternative rock, country or, say, a diverse group of dancers — you're in luck.

20+ Chamber member booths and DSU Student Club booths will provide FREE kids' activities throughout the day. Also, there will be FREE continuous kids'

activities brought to you by Midco & Sanford.

The FREE KID FUN doesn't stop there! There will be a FREE Family Fare Pumpkin Patch where you your family will be able to pick your own pumpkin from 500 pumpkins to choose from. Don't miss out!

Whether you're planning to be at Harvest Festival in the morning or afternoon, there will be a variety of

cuisines to choose from.

Please your palate at over 10 food trucks/stands that include Filipino Good, Grills Gone Wild and more. Bon appetit!

**WANT MORE FESTIVAL INFO?**

Check out DickinsonChamber.Org or Facebook/DickinsonChamber. ■

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**More Festival Info [dickinsonchamber.org](http://dickinsonchamber.org)** **f /DickinsonChamber**

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## PIECE BY PIECE Quilting 101

By Suzy Rummel

September brings us back to school in a lot of different ways this year but back to school none the less. I figure we all need some humor to get us through so here is a story told to me by my daughter.

I was helping students with their assignment to write a story. She said to me "Ms. Rummel, how do you spell sex." Now these were young students, and I didn't think they knew about that especially not to write a story, so I tried hard not to overreact and asked them to use it in a sentence. "The bug is an insect, I have the 'in' part, I just don't know the 'sect' part." I calmly replied "Oh, it is sect."

I often laugh at that story and the innocence of children. I also sent it to Reader's Digest for All in a Day's Work but never made the cut to get it published. Oh well, we can still chuckle about it.

When you make a quilt for the first few times, it can seem very overwhelming. Where do I start, what do I need, how do I sew it together? Here are some steps to get you started.

Step 1: Pick a pattern. If you are making your very first quilt, start with something small and easy to help you learn the basic techniques. You can start out with a baby quilt or pick a very basic block like a patchwork square or half square triangles.

Step 2: Gather your tools and supplies. You will need some basic quilting and sewing tools before you get started. When buying fabric, look closely at the pattern. It will list exactly how much of each color of fabric to purchase. Use

high-quality quilting fabric.

Step 3: Cut the quilt out. Follow the instructions on the patterns and be as precise as you can be. Accurate cutting makes a c c c u r a t e sewing much easier.

Step 4: Sew the quilt together. Use a quarter inch seam and sew a perfect straight stitch seam. It will help your final quilt come together nicely.

Step 5: Quilting. You can tie, hand quilt, machine quilt or have it commercially quilted. Buy a backing and batting according to the way you want it quilted.

Step 6: Bind your quilt. There are a lot of tutorials online to bind quilts. It gets easier as you practice.

Step 7: Enjoy your quilt and your new hobby. ■



## GOING POSTAL Fruits & Vegetables

The U. S. Postal Service captures the classic beauty of still-life paintings with these stamps. The artist was inspired by historical still-life traditions. He used the same classical method that artists have worked with for hundreds of years. After sketching his subject, he transferred the drawing to canvas mounted on hardboard. Working in oil, he underpainted in burnt umber and then added color, slowly building up to the desired opacity and intensity.

The models for the paintings were real fruits and vegetables; because fresh produce has a relatively short shelf life, he also took photos of his still-life compositions to finish his work. Each stamp features a collection of one kind of fruit or vegetable.

Art director Derry Noyes designed the stamps with existing art by Robert Papp. ■



- Source: store.usps.com

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**UNITED WAY**

**COVID-19 Family Support Fund**

With sudden wage losses our local community members face a high level of financial uncertainty. With public events, schools and workplaces shuttering as the pandemic unfolds, hourly, low-wage workers will experience unprecedented financial hardship. The problem is acute for hospitality workers, retail workers, and other hourly workers, many living paycheck-to-paycheck, with no clear options for recouping lost wages. Additionally, across our communities, many children rely on federally funded school-based programs for one, two or more meals each day. As schools reopen on hybrid schedules, the demand for food assistance will continue for these children and their families. In response, United Way has established the COVID-19 Family Support Fund, a dedicated resource for working families affected by the COVID-19 public health emergency.

United Way of Dickinson is the collective power of people working together toward long-term solutions that bring about changes and solutions that are important to our community. These changes are essential to improve the quality of life and truly help build the

future of the Greater Dickinson Area. Funds raised in the United Way of Dickinson's annual fundraising campaign and fundraisers are used in programs right here in Stark, Dunn, and Billings counties. In addition to funding programs and partner organizations, United Way of Dickinson runs several community-wide initiatives.

United Way brings everyone together to improve lives by amplifying individual passion to take on

our toughest challenges together. We don't focus on a single issue because change is bigger than one organization or program. We partner with local nonprofits and invest in local programs that show measurable outcomes—every year.

The 2020-2021 United Way campaign will continue through February 2021 and everyone is invited to make a difference. Help us continue to help 16 local nonprofits, 18 local human service programs, for a total of over 6,000 local community members in need each year. For more information about how you can help improve lives in the local community, visit [dickinsonunitedway.com](http://dickinsonunitedway.com). ■



United Way of Dickinson, Inc.

**CHI ST. ALEXIUS HEALTH DICKINSON**

**CHI wins Impact Award**

Each year the North Dakota Association of Career and Technical Education (NDACTE) presents Impact Awards to dedicated businesses and individuals that have made an impact on Career and Technical Education Programs across the state of North Dakota.

CHI St. Alexius Health Dickinson was selected as an Impact Award winner in 2020 for Business/Education Partnership of the Year. This honor is a direct representation of CHI St. Alexius Health Dickinson's hard work,

support, and dedication to Career and Technical Education in the State of North Dakota. This recognition reflects CHI Dickinson's involvement in sponsoring educational programs such as Medical Explorers, RACTC classes, and Job Shadowing opportunities for students.

Awards were announced during the 2020 CTE Professional Development Conference (PDC) Virtual Event Monday, August 10, 2020. ■





## TRINITY CATHOLIC SCHOOLS

# Ken Keller Court: a lasting dedication to a forever Titan

By Kelli R. Schneider

Even in the new school building – if one listens closely the echo of Ken Keller’s voice can be heard vividly – as vividly as when he began at Trinity in 1965. He may no longer teach in this building on a regular basis, but since his retirement, Ken has visited Trinity Junior High and High School on multiple occasions to substitute teach; to meet with Athletic Director Gregg Grinsteinner on the ins and outs of a tournament; or to manage a basketball tournament himself.

This “forever Titan” was celebrated

Athletic Director, and Boys Basketball Coach. Grinsteinner continued, “ ... many times we reminisce about the impact someone has had on a community after they are gone. The Trinity Athletic Department wanted Ken to know how his many years of commitment, service, expertise, and being the face of our athletics didn’t go unnoticed. It was a long-overdue token of our appreciation.”

Keller gave over 40 years of his life to Trinity Junior High and High School as an English teacher, as a coach, and as an athletic director. To speak of Ken brings sentiments of sincere admiration and of authentic gratitude for all that he gave to Trinity Catholic Schools in his years of service. Now, with the dedication of Ken Keller Court, generations of Titans will come to know a man who served this school community in an unforgettable way. “One of the things I hope future generations of Titans will come to learn and love about Ken is his example of

staying the course for something you believe in. This, to me, is an example of great faith. He was offered other opportunities to teach and coach in other schools, but he had such a depth of love for Trinity and belief in her mission, that he remained committed to it throughout his life” offered Grinsteinner.

What a pleasure it is for Trinity Catholic Schools to celebrate Ken Keller – a forever Titan! ■

just a month ago, on a warm July morning in a small, private gathering with his family, and a few members of the Titan Family, as the court of the Knights of Columbus Activities Center was named and dedicated “Ken Keller Court.” It came as a surprise to Ken, who has been undergoing cancer treatment for many months now. “This is such an honor for my family and for me,” Keller said during the dedication. He continued, “Titan Nation always has my back.”

“The idea of naming the court after Ken started in the spring, 2020, after the regional boys basketball tournament. Ken usually was the manager for that tournament and wasn’t able to this year because of his battle with cancer. His presence was missed,” said Gregg Grinsteinner, Trinity High School Math Teacher,



Ken and his wife, Lavonne, pictured with family who attended the dedication in July.



Ken pictured with coaches of Titan Athletics on Ken Keller Court, July 2020.

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COMMUNITY

# Out of the Darkness Experience

In the era of Covid-19, as we all try to protect our mental health and cope with uncertainty, it's more important than ever that we be there for each other and take steps to prevent suicide. Residents from Dickinson will be joining the thousands of people who are gathering in towns across the United States to draw attention to the suicide prevention movement. The Dickinson ND Out of the Darkness Committee has transitioned their event to become the Out of the Darkness Experience! Hope is not canceled! Together, fighting the stigma they have worked so hard to diminish while ensuring a safe event for supporters, volunteers, and sponsors. The Dickinson ND Out of the Darkness Experience, hosted by the AFSP ND

Chapter is going to be different this year, but local volunteers are excited for a new way to connect with their community.

The Opening Ceremony will be streamed at [afsp.org/Dickinson](https://afsp.org/Dickinson) on Saturday, September 12th at 1 pm. All community members are asked to walk around the community wearing their AFSP gear and honor beads and post pictures to the Chapter's social media account. The community's support is needed now more than ever, and local volunteers are encouraging everyone to register at [afsp.org/DickinsonND](https://afsp.org/DickinsonND). There is not a fee to register, but anyone who raises \$150 will receive a 2020 Dickinson Out of the Darkness T-shirt. Community members will be able to pick up their honor beads, donations, resources, and

fundraising incentives at Prairie Hills Mall on Friday (6:00-9:00 pm), and Saturday (8:00-11:30 am) before the streamed opening ceremony. More information will be posted at [afsp.org/DickinsonND](https://afsp.org/DickinsonND).

The funds raised through this event will support the American Foundation for Suicide Prevention's education and support programs and its bold goal to reduce the annual U.S. rate of suicide 20% by the year 2025.

"Suicide touches one in five American families. By connecting and sharing our stories with each other, we will keep going in the fight to stop suicide. Together, our community sends the message that you are never alone, that healing is possible, and when we connect, we create hope.

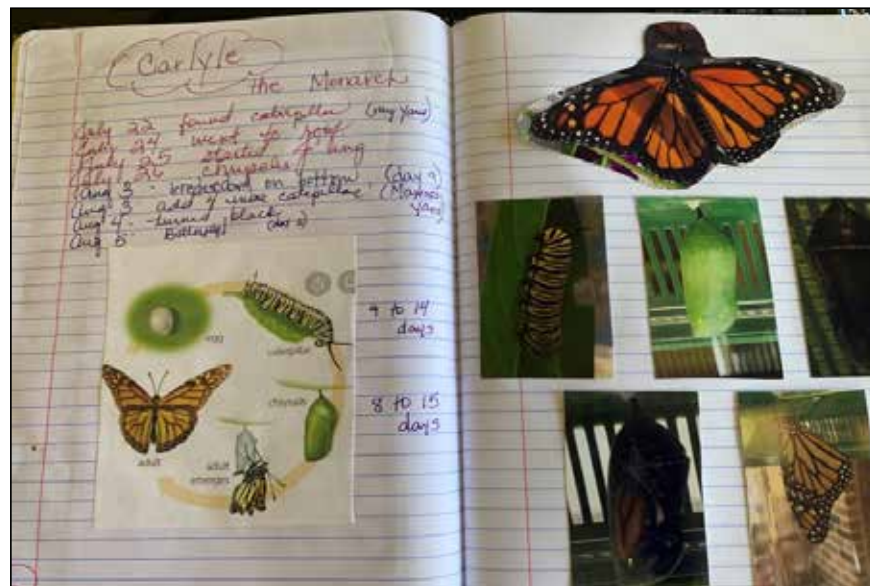
Together we keep going," said Lisa Stoltz, Co-Chair of the Dickinson Out of the Darkness Committee.

The Dickinson ND Out of the Darkness Experience is one of hundreds of events being held nationwide this year. "We can all learn new ways to help each other save lives," said AFSP CEO Robert Gebbia. "By joining an Out of the Darkness Experience, you can show people that we are strong, we are resilient, and we are hopeful. Together, we can create a culture that's smart about mental health." ■



NATURE

# Monarch butterflies - Increasing the odds



Carlyle's documentation in my garden journal.

Did you know that the vast majority of Monarch eggs do not become butterflies? According to "saveourmonarchs.org" more than 90% of Monarch eggs never make it to adulthood. This is because they often succumb to predators such as spiders and ants.

I found a monarch caterpillar on my

milkweed plant, and decided I would try to increase the odds of it becoming a butterfly. Monarchs lay their eggs only on milkweed plants, and once they hatch out, this milkweed plant becomes their only source of food.

I named my caterpillar Carlyle, and documented his progress in my garden

journal. It took 14 days from the time I found Carlyle until he turned into a butterfly.

I was helping make pierogis when I took him to the UCI (Ukrainian Culture Institute) on August 5 because I knew the time was near. There were two other ladies helping in the kitchen, and they had their grandchildren with them. I left the carrier in the room with the children, and asked them to watch the black chrysalis, and let me know when the butterfly emerged. At about 10:00 that morning, we heard the children excitedly shouting, "He's a butterfly, he's a butterfly!"

I set Carlyle free when I got home that afternoon. I have since found seven more caterpillars on my neighbor's milkweed plants that I have helped mature into beautiful Monarch butterflies. What a fun summer project that adds beauty to the world! ■



Carlyle



Kandon, grandson of Patty Fuentes, and Anastasia, and Eli, grandchildren of Marina Shkandrii with Carlyle.

# # MASKUPND

With schools getting ready to reopen and COVID-19 cases in Stark County on the rise, 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). Let's encourage our community to join our state's #MaskUpND campaign.



## MISS BEA'S KITCHEN

# Apple time!

By Laura Beth Walters

My husband won't let me put out my pumpkins and sunflowers yet because the first "official" day of fall isn't until September 22nd. Sigh. So, instead, I'm going to share with you one of my favorite Fall staples: my mom's homemade applesauce recipe.

I remember making batches of this applesauce with my mom and sisters every Fall. We would turn on our "Fall soundtrack" which was most often some variation of mandolin or dulcimer music and light all the scented candles. The coziness of the cooking apples and candles would swirl together filling our home with the most delightful aromas! The day always started with smiles and ended in sore backs and feet, but it was well worth it.

We always used a variety of apples but the one staple was Granny Smiths

because who doesn't like their applesauce a little tart? Also, for part of the time growing up, we had a small orchard on the little hill behind the garden, just past the chicken coop, and it was always fun to add whatever apples we could pick from there in with the apples purchased elsewhere. We didn't always do the entire canning process with applesauce (mostly because we tended to eat it too fast to bother with the water bath) but it is nice to do if you have the time so that you can have homemade applesauce throughout the year.

The recipe I'm sharing today will walk you through a beginner's traditional canning process. You'll notice that I recommend not turning your jars upside down and yet I have my jars pictured... upside down. Because we tend to eat our applesauce quickly, I did a few of our jars

this time with a quick seal you would normally use when making jams which involves turning the jars upside down to create the seal. This type of seal is not as tight as the traditional way described in the recipe and would not be suitable for long term storage. It should also be noted that if you have a glass top stove (like me) you should avoid using the black canning pots with the white speckles. These pots tend to have a little bit of an arch in the bottom and this can create suction between the pan and stovetop causing damage and possibly even cracking your stovetop. Instead, use a flat bottom pot.

If you are a beginner and are wondering where to start, may I recommend getting the Ball brand Preserving Starter Kit? I found this for less than \$20 at Runnings and highly recommend it if you're not sure you want to go all out and buy all the things. This kit includes 4 half pint jars with bands and lids, 1 pectin, 1 flexible canning rack (which I kind of love!), 1 jar lifter, 1 bubble remover/headspace tool, and 1 jar funnel. Also, it has some

basic canning instructions which are super helpful. If you don't want to buy the kit, then at the very, very least, please purchase a canning rack (to keep your jars from resting directly against the bottom of your pan), a jar lifter (because the jars are super hot and you will die... okay, maybe that was dramatic... but still), and a jar funnel. These specific tools are vital to canning.

Keep in mind this recipe that I'm sharing can easily be personalized depending on your preferences whether you like it sweeter or just plain, etc. You'll notice there are no real measurements, so have fun! However you choose to make it, I hope you enjoy it and that you create many happy memories around this fun fall tradition. Happy Cooking!

*Laura Walters is the Owner of Miss Bea's Kitchen. She offers affordable, local menu planning for the busy family and non-chef alike. Follow her on Facebook: @MsBeasKitchen or email her at: MissBeasKitchen@gmail.com* ■

### Mom's Applesauce

**NOTE:** I used 3 different kinds of apples this time and maybe 20-30 apples total. This batch yielded close to 10 pints. If you're making more, just make it in manageable batches. I also filled my pot a little full at first and ended up splitting it into two pans at the end to avoid splatter and to make sure all the apples were cooked thoroughly.

#### Ingredients:

Peeled & chopped apples (I actually prefer to leave some peels on and make it chunkier)  
 Water or juice (You can use apple juice or choose a different fruit juice - you won't need much)  
 A pat of butter or two (this makes the applesauce very smooth)  
 Spices of choice: Cinnamon, Apple Pie Spice, get creative!

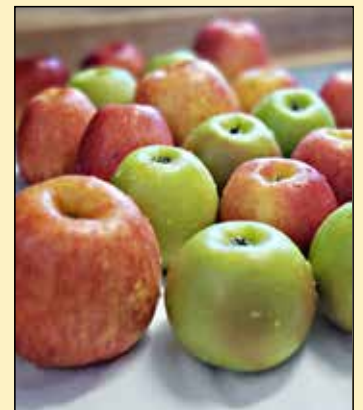
1. Add the apples, water or juice, butter, and spices to a large pot and bring to a boil. Add enough liquid so that it just covers the apples. Boil about 15-20 minutes or until apples are easily pierced with a fork.
2. Remove from stove. At this point, you can decide if you want chunky applesauce or if you want smooth and creamy! If you prefer chunky, just grab a potato masher and mash the apples and liquid together. For a smooth applesauce, you can use an immersion blender or mixer to get your preferred consistency.

#### Canning Applesauce:

1. Prepare the water bath. Fill your canning pot with about 8 cups of water and bring to a boil. Place the jars inside. (I used ½ pint sized jars and a large soup pot)
2. Once the apples are prepared and very hot, ladle the sauce into your jars. Be very careful! Clean the rims with a cloth to ensure a good seal. Place the lids and rings on each jar as you fill them and be sure not to tighten them too tightly. Leave about 1/2 " headspace in each jar.
3. Place jars into the boiling water bath. Your jars will be very hot so be sure to use your jar lifter! Make sure the jars are covered by 1-2" of water and place the lid on the pot. If you have to add water to cover the jars completely, then make sure you don't start timing the process until the water is at a full boil again. Process jars for 10 minutes, PLUS 5 minutes for every 1,000 feet above sea level (we are at about 2,400 feet here in Dickinson, so I process for a total of 20-25 minutes).
4. Remove the pot from heat and leave covered for about 5 minutes. Using your jar lifter, carefully set jars on a towel covered countertop and allow to cool completely.

#### NOTES:

- I like to add some lemon juice to brighten the flavor up a bit.
- When you remove jars to the counter to cool, try not to mess with them or even wipe them dry. The hot water will evaporate in time and you don't want to mess up the seal by turning them over or shaking them.
- Leave jars for 12-24 hours or until completely cooled. As they seal, you will begin to hear small "pops". This is a happy sound! It means you've successfully canned your applesauce! ■



**BEST FRIENDS****New outdoor theme featured for charity Chocolate Affair**

By Mark Billings

The Chocolate Affair, a charity fundraiser for the Best Friends Mentoring Program (BFMP), will showcase a chocolate, wine and craft beer tasting in a new outdoor venue.

For the first in 11 years, BFMP organizers will shift the upscale Chocolate Affair to an outdoor patio event at Phat Fish, a new micro-brewery in downtown Dickinson, on Sept. 12. The added outdoor space will allow guests to space out and honor ongoing health and safety protocols outlined by the North Dakota Dept. of Health in the wake of COVID-19, said Kris Fehr, BFMP's executive director.

"We are thinking of the many people

to mingle in an upscale atmosphere enjoying the best culinary talent, fine wine and unique beers this region has to offer."

In addition to 20 hand-picked wines and hand-crafted beers produced by Phat Fish Brewery, BFMP plans to include a new whiskey tasting.

Also, on tap is live music by Dakota Jazz, an after party, and the chance to win high-quality raffle prizes, including a mocha and white diamond pendant in rose gold valued at \$1,700. Riddle's Jewelry at the Prairie Hills Mall in Dickinson is donating the item.

Numerous guest chefs will serve chocolate-themed creations at the event. A sampling includes: Kirk Hepker of The Foodie Call, Aaron Zimmer, general manager of Sodexo at Dickinson State University; Players Sports Bar & Grill and Lois Holland of Dickinson. Holland has directed various food operations for more than 50 years in eight states across the country.

who have supported the Chocolate Affair in the past, and believe the new outdoor theme provides the best possible scenario for our guests, chefs, and volunteers," said Fehr. "We are optimistic for a beautiful North Dakota evening and for guests



"We know COVID has greatly impacted Dickinson's food and hospitality industry, and we hope the Chocolate Affair allows each of these unique businesses and chefs to shine," said Fehr.

Chocolate Affair tickets are \$50 each and available at [www.bestfriendsnd.org](http://www.bestfriendsnd.org) or at BFMP's downtown Dickinson office at 135 W. Villard. The ticket includes event admission. Each guest is also eligible to enter a raffle for the mocha and white diamond pendant as well as gift

packages ranging from \$200 to \$500 in value. Tickets are \$60 at the door. There is a separate charge for the whiskey tasting, which also includes complimentary appetizers.

Based in Dickinson, BFMP provides mentoring services to youth ages 6-16 in southwest North Dakota, including western Morton and Bowman counties. For more information and other ways to support BFMP, call (701) 483-8615 or visit [www.bestfriendsnd.org](http://www.bestfriendsnd.org). ■

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- Dickinson Theodore
- Roosevelt Regional Airport
- Community Action
- Southwestern District Health Unit
- Stark Development Corporation
- Chamber of Commerce
- Convention and Visitors Bureau
- Downtown Dickinson Association
- Dickinson Museum Center
- West River Community Center
- Edgewood Hawks Point Consolidated
- Dan Porter Motors
- Sunset Senior Center
- High Plains Dental
- DePorres House of Barbering and Lounge
- Holiday Inn Express & Suites
- La Quinta Inn & Suites
- TownPlace Suites
- Microtel Inn & Suites

- Hawthorn Suites
- AmericInn
- Players Sports Bar & Grill
- Roosevelt Grand Dakota Hotel
- Frankie's West Side Shell
- Villard Cenex
- The Hub
- Rosie's Food & Gas
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- Eckroth Music
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- Sanford Health East Clinic
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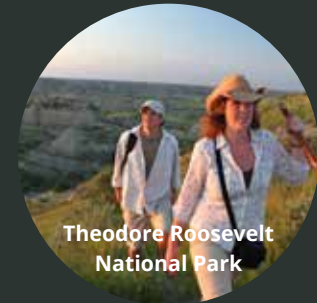
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**WHERE BUSINESS GOES TO GROW**

**Stark Strong campaign is a win for all**

**By Stark Development Corporation**

COVID-19 has been a struggle for many of us, our local businesses, the local economy, and it has challenged our way of life. Executive Orders caused many of our local establishments to close their doors or force them to rethink their business. We quickly learned how much we take for granted the ability to visit our favorite restaurant, business or lounge.

Some establishments were allowed to remain open but had to significantly change the way they interacted with the public. In the hospitality industry these interactions are key to success and when you take your customers out of your business you have to get creative to keep, build and maintain those relationships.

Just to complicate the process, many of these businesses had the additional challenge of trying to retain their workforce which was one of their main challenges, pre-COVID. We saw many examples of outside-the-box thinking develop into workable solutions to sustain their operations.

Filet Mignon in a Styrofoam container and a fine bottle of red wine was delivered to customers curbside

at fine dining establishments. We saw servers become delivery drivers and learn the streets of Dickinson in an attempt to maintain their income and provide these essential services to our residents. With some creativity, opportunity can be found in the challenges presented by what is often referred to as our 'new normal' and this creativity is what we refer to as Stark Strong.

At Stark Development we were looking for an opportunity to provide exposure for businesses as well as give back to the community for keeping their dollars



local. The importance of supporting our local businesses has never been more important than it is now and in the future. When online suppliers were challenged and commerce was slowed to a crawl, we witnessed a resurgence of buying local. We returned to some of the basics as a community and felt compelled to help our local businesses get through this new normal together.

With our Stark Strong campaign, we have been busy purchasing \$20,000 in gift cards from businesses throughout Stark County. These gift cards are awarded weekly over 8 weeks at three prize levels each week: \$1500, \$750 and \$250. To be eligible to win these prizes, registrants had to make a purchase at a Stark County business and enter their receipt into the drawing. Registrants earned one entry into the weekly drawing for every dollar spent in Stark County.

Hundreds of thousands of dollars have been entered to date and the campaign concludes on September 5th. Twenty-four lucky winners in total will be canvassing area businesses with their winnings. Some will hopefully enter into establishments they may have never had the opportunity to visit before and build some of those new relationships that will transform them into long-term and repeat customers.

As a community we saw an outpouring of support for many of these local business and for the campaign in general. The Stark Strong committee hopes to carry the campaign forward during the upcoming Christmas shopping season and keep reaffirming the mission to Buy Local & Win! As a community and a region, we all win when you shop local and keep your money circulating in the local economy.

We sincerely thank the local community, region and business community for all of your support during the Stark Strong campaign. Please keep your shopping local and support the businesses that are working hard to provide local food, shopping, entertainment, services and opportunities for Dickinson and the region. ■

**BUYlocal & WIN STARK STRONG**

**CONGRATULATIONS TO OUR WINNERS!**

**WEEK ONE**

- \$1,500 WINNER:** SARAH CHAPMAN (Southview)
- \$750 WINNER:** RYAN KILWEIN (Southview)
- \$250 WINNER:** MYRIA WALKER (Stark County)

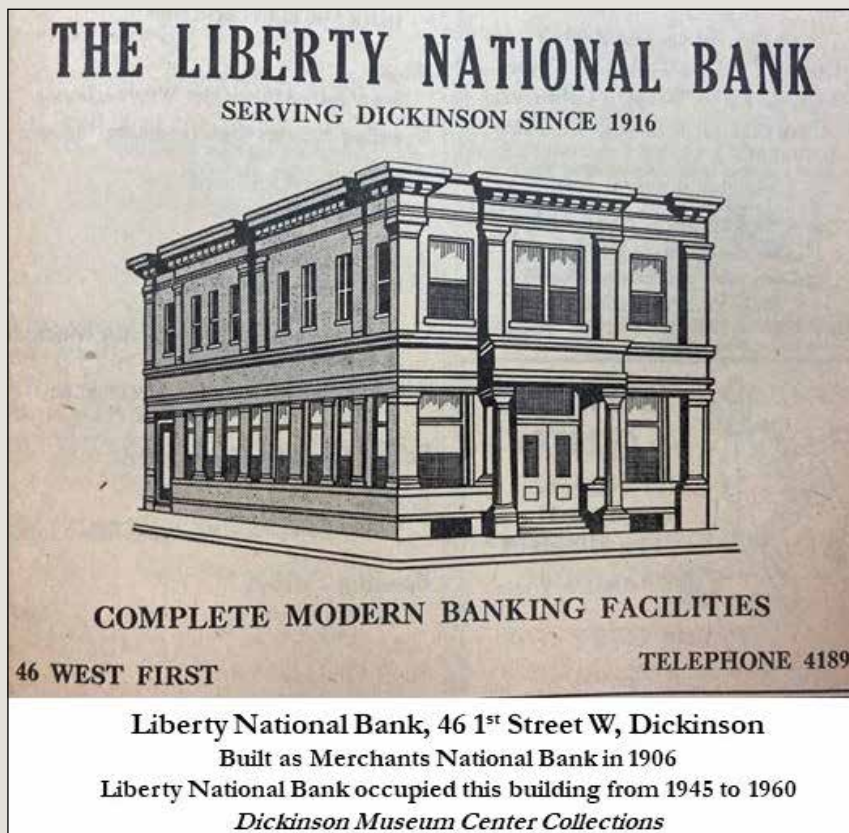
**WEEK TWO**

- \$1,500 WINNER:** LIANE FILKOWSKI (Ponderosa Liquors)
- \$750 WINNER:** ADRIANNE WANNER (Familycare)
- \$250 WINNER:** JONATHON CUMMINS (Stark County)



# THEN... and Now: Dickinson's German-Bohemian Bank

By Bob Fuhman



In July of 1915 the Fargo Forum and Daily Republican reported that a permit had been granted by the North Dakota state banking board for a new bank in the western part of the state, to be named The German-Bohemian State Bank of Dickinson. The new financial institution, which would be the city's fourth, joined the First National, Dakota National and Merchants National banks with a planned capital of \$50,000 for its opening.

As would be expected, the new bank was organized by people with German and Bohemian backgrounds—

- Dickinson Postmaster Frank Lish who emigrated from Germany in 1856 (he also owned Lish Hardware)
- Grocer/Butcher John Berringer, also from Germany, who came to the US in 1871
- Vincent Kovash who emigrated from Russia in 1887, of Bohemian stock
- Dominick Vrana who emigrated from Austria 1879
- Anton Sadowsky, like Kovash, Russian-born of Bohemian parents, also emigrating in 1887
- Otto Meyer, an Ohio-born druggist, the son of German parents

In August the Dickinson Press reported that the new bank would be

built on the 'old Drenkel corner' which was actually the corner of 1st Ave. West and the east/west alley between that street and Sims Street to the east. George Drenkel had operated a grocery store in a wood frame building at the site (which was adjacent to the I.O.O.F. block) from 1898 until his death in 1913 and then W. J. Zimmerman's harness and saddlery shop occupied the building until it was purchased by the bank group. Later that same month well-regarded Fargo architect George Hancock visited town to take measurements of the site pursuant to beginning his designs for the new financial institution.

Hancock, who designed several notable buildings in North Dakota and St. Patrick's church in Dickinson, was tasked with designing a two story structure (banking on the first floor, offices for rent on the second) which was to be "entirely modern, costing from \$20,000 to \$25,000," the new bank to be of light gray facing brick provided by Dickinson Fire & Pressed Brick Company a favorite supplier that Hancock openly recommended for several of his commissions. Demolition of the old Drenkel store began the week after Hancock's visit and his plans and

specifications were ready for bidders by September 11th, a sure sign that the bank group had been planning their new venture well in advance.

Preliminary progress continued at a quick pace with bids being solicited in the September 11th edition of the Press for opening just three days later at Frank Lish's hardware store office. The Dickinson firm Bakke & Melby won the general contracting bid with a quote of \$17,550 while the \$1,732 plumbing and heating bid of J.W. Mollog, ensured that the project would be a completely home-town affair. Also noted in the bid-opening report was the intention to procure cut stone for the building from the Fargo Marble & Granite Company.

As work began on the structure the Press noted inspection visits by architect Hancock to check on progress, it being noted on October 9th that contractor Bakke already had part of the first floor joists in place, despite some delays due to rain. By December 11th the weather was no longer of great concern as the structure was enclosed although a Christmas-time report indicated a delay due to late-arriving millwork was holding up the work of sub-contractor Alfred Nelson. Hancock returned again in early January to oversee the 'finishing touches,' such as the laying of the tile floor, with completion optimistically expected in February, however, a delay in the delivery of the marble pushed the completion into March. Despite the tardiness of the completion George

cause, as the report of the architect's next visit, dated April 1st, said only that the bank "is now rapidly nearing completion." However, for once the prediction of completion was fulfilled as the Press ran a story on April 8th, 1916 reporting that "The magnificent banking house of the new German-Bohemian State Bank is now fully completed" and that it would open for business as soon as arrangements with the state bank examining department were completed.

At the initial meeting of the stockholders (those men listed earlier) Frank Lish was elected president, John Berringer vice-president and Anton Kostelecky cashier. "Tony" Kostelecky had been tapped for his position the previous December, his experience as assistant cashier at the Northwestern State Bank in Killdeer touted in the Press which also carried the Killdeer Herald's notice of his leaving in which he was wished "God-speed and good luck in his new venture."

Although the initial announcements of the new bank had indicated it would open with \$50,000 capital, the Press reported that the starting capital was actually \$62,500, "A wonderful figure for a new bank... (which was) purely a home institution, all capital being provided by solid financial men of Dickinson and vicinity." The final cost of the new structure was \$27,500, the interior fixtures being mahogany with wainscoting of matched Italian marble. The vault and safe deposit



Hancock voiced his pleasure with the building, saying it "will be one of the handsomest banking houses in the state."

Hancock's optimism for March evidently evaporated to some unknown

fixtures were cited as being "of the very latest approved fire and burglar proof patterns," the lobby and hallway floors of tile and the "very attractive"

*Continued, page 25*



# Blue Hawk Bulletin



September 2020

## PROTECT OUR FLOCK



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### DICKINSON STATE UPDATES REOPENING GUIDELINES FOR FALL 2020

The Dickinson State University (DSU) Cabinet has approved reopening guidelines for fall 2020.

The campus reopening guidelines are practices DSU expects to follow at the beginning of the fall 2020 semester. The guidelines can be viewed at [www.dsuupdates.com](http://www.dsuupdates.com).

*As this is an evolving situation, these guidelines may change in response to the degree of community spread or health mandates/regulations.*



### DSU DEPARTMENT OF TEACHER EDUCATION NAMED SCHOOL OF EDUCATION; SIGNS ARTICULATION AGREEMENT WITH WSC

The Dickinson State University (DSU) President's Cabinet recently approved a request from the Department of Teacher Education to form the School of Education in recognition of the unit's importance to the University's mission, as well as the addition of graduate programs.

Dickinson State University has built a reputation for training well-equipped teachers and the newly renamed School of Education is committed to continuing this tradition. The School of Education will facilitate the teacher preparation programs in addition to graduate programs.

"The recognition of Teacher Education as an individual school furthers the mission of Dickinson State University, which allows us to continue serving the community and providing quality teachers to schools throughout North Dakota, not just through our traditional undergraduate programs, but also through our graduate programs (Master of Arts in Teaching and Master of Arts in Teaching – Athletic Educational Leadership) and our new associates programs in both elementary and secondary education. This is an exciting milestone," said School of Education faculty member Dr. Deborah Secord.

Education programs at Dickinson State University have long been devoted to assisting prospective teachers develop the critical thinking skills, patience and caring common to all successful educators.

"Dickinson State was founded in 1918 as Dickinson Normal School to train educators, so teacher education has always been at the core of our mission," said DSU President Steve Easton. "We are excited to be entering this new phase with the School of Education."

The School of Education will be led by newly hired chair, Dr. Joan Oigawa Aus, who will begin her position as chair of the School of Education and director of Graduate Programs Aug. 1.

"Dr. Aus comes to Dickinson State University from a successful position in which she oversaw more than 700 undergraduate elementary education majors," said Dr. Debora Dragseth, provost and vice president of Academic Affairs at DSU. "We are excited to have the opportunity to offer her a leadership role at DSU. She will bring valuable experience and tested leadership skills."

*continued on next page*

## SCHOOL OF EDUCATION *continued from previous page*

Dr. Aus received her Ed. D. in Teaching and Learning from the University of North Dakota and her Master of Education from South Dakota State University.

“Dickinson State University is well-known regionally and nationally for its quality undergraduate and graduate teacher preparation programs and is the primary teacher education program for K-12 teachers in the western part of North Dakota, so it’s fitting that the Department of Teacher Education be changed to the School of Education. DSU will continue its tradition of excellence with its implementation of DSU Live and Hybrid-Flex instruction for all students in the fall,” said Dr. Aus.

### **Articulation Agreement signed with Williston State College**

In addition to being named the School of Education, an articulation agreement between Dickinson State University and Williston State College (WSC) was recently signed that will allow students to complete an elementary education degree from DSU while remaining in Williston.

“WSC is excited to expand our partnership with DSU. The addition of an articulation agreement in elementary education for our students allows WSC students to have a smooth transition to DSU to complete their degree,” said Kim Wray, vice president for Academic Affairs at WSC. “We are excited to begin marketing this 2 + 2 program to our students interested in completing a degree in elementary education.”

Previously, if students sought to earn an elementary education degree from DSU, they would need to leave Williston to study in the Dickinson area.

“This partnership is an extension of Dickinson State’s dual mission designation. We are providing training where, when and how students want it delivered,” said Dragseth. “Our region needs K-8 teachers, and this is another example of two North Dakota University System campuses working together to resolve a pressing need.” ■

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## WHAT TO EXPECT: A LETTER TO BLUE HAWKS AND THEIR FAMILIES

**From Dr. Debora Dragseth, provost and vice president of academic affairs**

Dickinson State University faculty and staff are excited to welcome you to campus. We are proud to continue Dickinson State University’s over 100-year legacy of higher education. We want you and your family to know that we are working diligently to prepare a safe and effective learning environment for you this fall.

You probably have a lot of questions about what our campus will look like once you arrive and we wanted to share some information with you, as well as ask you to do your part to keep our campus a safe learning environment.

Dickinson State’s most recent reopening guidelines, in addition to a list of FAQs, can be found at [www.dsuupdates.com](http://www.dsuupdates.com). This site is updated regularly as decisions are made at the campus, university system, state and federal levels.

In addition to enhancing cleaning and disinfecting for restrooms, classrooms, and surfaces, DSU is working on the following facility modifications in preparation for the return of students, faculty, and staff in fall 2020:

- Installing physical barriers in areas like computer labs and offices
- Posting distancing reminders in areas where people wait in lines for services
- Installing hand sanitizer stations in high traffic public areas in every building
- Making disinfecting solutions available for students and faculty who want to clean desks, chairs, or other surfaces
- Posting hygiene reminders throughout campus

While our employees work to make campus as safe as possible for students, staff, and faculty, we are asking for a few things from you in return. In alignment with North Dakota University System standards, Dickinson State expects students, faculty and staff to wear masks, except in outdoor environments or situations where social distancing is approved in lieu of masks. Masks, in addition to good hygiene, will help to mitigate the spread of COVID-19.

Most importantly, we strongly encourage you to seek out free COVID-19 testing opportunities available near you. Getting tested regularly is crucial to avoid unnecessary contact and spread of this virus. Testing opportunities can typically be found by visiting your home state’s Department of Health website.

You can find more information about testing events in North Dakota at [www.ndus.edu/gettested](http://www.ndus.edu/gettested). The North Dakota Department of Health hotline can be reached at 866-207-2880 from 8 a.m. to 5 p.m. Monday-Saturday or via email: [health@nd.gov](mailto:health@nd.gov).

Should you receive a positive test, please contact us right away so we can put the necessary plans in place for you to participate in your classes and get to campus as soon as you are cleared to do so. We will also work with you so that you can resume your athletic, residence life, or extracurricular activities at Dickinson State University as soon as possible.

Kayla Noah, DSU’s director of the Student Opportunity and Resource Center, is here to help. If you anticipate needing accommodations on campus or if you receive a positive COVID-19 diagnosis, please reach out to Kayla so that she, along with the rest of the team at Dickinson State, can get you the information that you need to move forward. Kayla can be reached at [kayla.noah@dickinsonstate.edu](mailto:kayla.noah@dickinsonstate.edu) or 701-483-2686.

Thank you for choosing Dickinson State University. ■



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## DRS. GRUHLKE AND MCBEE NAMED DEANS AT DICKINSON STATE UNIVERSITY

Drs. Holly Gruhlke and Holly McBee have been named deans of their respective colleges at Dickinson State University (DSU). Drs. Gruhlke and McBee will both serve as teaching deans and began their administrative appointments Aug. 1, 2020.

Dr. Holly Gruhlke has been named the dean of the College of Education, Business and Applied Sciences (CEBAS). Gruhlke holds a Doctorate of Business Administration from Wilmington University and a Master of Business Administration from the University of North Dakota. For the past three years, she has served as chair of the School of Business and Entrepreneurship at DSU for which she is also an associate professor of business. Her passion for education earned her numerous awards, including Outstanding Teacher of the Year, Distinguished Educator of the Year, and the Mountain-Plains Business Education Association Educator of the Year.



While chair of the School of Business and Entrepreneurship, Gruhlke worked collaboratively to streamline programs, reduce budget impact, and grow enrollment with a focus on retention and recruitment. DSU's Provost and Vice President of Academic Affairs Dr. Debora Dragseth noted, "Dr. Gruhlke is well-respected across campus as a leader with a strong vision who at the same time builds a happy and healthy atmosphere."

Gruhlke said, "I look forward to working with the chairs in the College of Education, Business and Applied Sciences to position DSU for the future."



Dr. Holly McBee has been named the dean of the College of Arts and Sciences. McBee holds a Ph.D. in English Literature from Purdue University and a Master of Arts from New Mexico State University. McBee is a full professor of English, the co-chair of the Department of Arts and Letters, and the director of the Theodore Roosevelt Honors Leadership Program. She will be starting her thirteenth year at Dickinson State University this fall. Dragseth said, "Dr.

McBee's leadership, collaborative and pedagogical experiences make her a strong choice for this position."

McBee's service to the University includes faculty senate, curriculum council, Higher Learning Commission Accreditation Committee, Heart River Writers' Circle, Women's Voices, the Albers Humanities Festival and the Promotion and Tenure Council. This summer, McBee took on the challenge of being the chair of the Instructional Planning Committee to help develop feasible and safe plans for teaching and learning in response to COVID-19.

McBee said, "I am excited about this new challenge and welcome the opportunity to continue to serve DSU and our students."

McBee will continue her duties as director of the University's prestigious Theodore Roosevelt Honors Leadership Program. ■

## DEPARTMENT OF NATURAL SCIENCES FACULTY RECEIVE MAJOR EQUIPMENT GRANTS

Drs. Joshua Steffan and Craig Whippo, associate professors teaching for the natural sciences department at Dickinson State University (DSU), have been awarded grants totaling \$110,200 to



purchase a carbon dioxide monitoring system for their department. The equipment is designed to measure carbon dioxide flux from soil; however, it can be adapted to measure the release of carbon dioxide from any source.

Half of the funding was secured from a matching grant from the manufacturer, LI-COR Biosciences. The grant is designed to place sophisticated, research-grade scientific instrumentation into the hands of students and faculty. The remaining funding was received through equipment grants from North Dakota IDeA Networks of Biomedical Research Excellence (ND INBRE, NIH) and the North Dakota Established Program to Stimulate Competitive Research (ND EPSCoR, NSF).

The instrumentation will be used in biology, geology, and soil science courses in addition to many undergraduate research projects. The large amount of data generated with this instrument will allow students to practice the analysis and visualization of large data sets.

Drs. Steffan and Whippo traveled with Drs. Paul Barnhart and Eric Brevik to LI-COR headquarters in Lincoln, Nebraska, in June to receive training on the instrumentation. "I believe that this technology will allow interdisciplinary interactions between Dickinson State's faculty and students," stated Dr. Barnhart. "Integrating these types of technologies in the classroom has been shown to increase student engagement and student retention." ■

## YOU DON'T HAVE TO TRAVEL FAR TO GO FAR



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## DSU'S BUSINESS EDUCATION PROGRAM RECOGNIZED AS 2020 PROGRAM OF THE YEAR BY M-PBEA



The business education program offered by the School of Business and Entrepreneurship (SoBE) at Dickinson State University (DSU) received the distinction of 2020 Program of the Year by Mountain

Plains Business Education Association (M-PBEA). This award is designed to recognize the outstanding achievements of business education programs located in middle schools, high schools, community colleges, and universities.

The School of Business and Entrepreneurship received strong support for its application from current and former students and local leaders. "The education I received through the School of Business and Entrepreneurship prepared me to educate secondary school students in business," shared Brady Wilz, a 2019 DSU alumnus and current business educator. "If it weren't for the knowledgeable and passionate professors I worked with through my time in college, I would not be near the quality of teacher that I am today."

Current business education major, Jade Boote, echoed Wilz's sentiments stating, "Every business class I have had the opportunity to be a part of has been top-notch and has given me knowledge for the future as well as pushed me to be the best educator I can be. The whole DSU SoBE team is nothing short of amazing. The faculty goes out of their way to ensure success to each and every student that walks through the door."

The business education program is a combination of coursework in business and a secondary education curriculum offered by DSU's Department of Teacher Education. Students complete content-specific coursework in business while also taking coursework in the education program. The program is accredited by the Higher Learning Commission and Council for the Accreditation of Educator Preparation and is offered on-campus and online.

District 36 Representative Mike Lefor shared support for DSU's application, "As a state legislator, I interact with several universities, and in my humble opinion, the Dickinson State University School of Business and Entrepreneurship ranks number one in their ability to interact with students, fellow educators, and our community at large. They are a huge asset to our region!"

M-PBEA is a regional organization of the National Business Education Association that includes Colorado, Kansas, Nebraska, New Mexico, North Dakota, Oklahoma, South Dakota, Texas, Wyoming, Manitoba, and Saskatchewan.

For more information regarding the business education program and all business majors offered by DSU's School of Business and Entrepreneurship, please visit [www.dickinsonstate.edu/academics/fields-of-study/business-and-entrepreneurship/](http://www.dickinsonstate.edu/academics/fields-of-study/business-and-entrepreneurship/) or call 701-483-2175. ■

## THREE DICKINSON STATE UNIVERSITY FACULTY RECEIVE STIPEND/FELLOWSHIP AWARDS FROM THE NORTH DAKOTA UNIVERSITY SYSTEM FOR OPEN EDUCATIONAL RESOURCES

The North Dakota University System (NDUS) awarded a \$3,000 stipend to Ms. Shawna Egli, instructor of math and computer science. Dr. Dana Whippo, associate professor of political science and economics, and Mr. Kostas Voutsas, assistant professor of business, were awarded fellowships of \$3,500 each.

The awards were given to faculty who plan to use Open Education Resources (OER) options for themselves and their students. Open Education Resources are free and openly-licensed digital tools, such as media, articles and textbooks for teaching and learning. Claire Gunwall, director of Academic Affairs and Workforce Innovation, said, "The stipends and fellowships are awarded for the purpose of supporting the expansion of OER within the NDUS and to support students by reducing student debt and enhancing their learning experience."

The awards will help faculty to explore, assess and use reliable OERs in their courses as well as share information with other campus faculty. "Attending college puts a financial burden on many families. It is a part of Dickinson State University's mission to keep higher education affordable and accessible," said Debora Dragseth, DSU's provost and vice president of Academic Affairs.

Research has found that using open educational resources, such as those incentivized by the North Dakota University System, leads to significantly improved student outcomes including higher grades and lower withdrawal rates.

As part of their applications, the three faculty members defined how they will utilize OER for the benefit of students and faculty. Whippo, Egli and Voutsas will present their projects at the North Dakota OER Conference, which is scheduled for early March 2021. ■

### ALLIES IN THE ARENA: THEODORE ROOSEVELT'S CIRCLE

## VIRTUAL Theodore Roosevelt Symposium

SEPT. 17-19, 2020

Register today at [www.dickinsonstate.edu/tr](http://www.dickinsonstate.edu/tr)

AT DICKINSON STATE UNIVERSITY

# STUDENT SPOTLIGHT

**YUUKA TANIGUCHI '22**

*agri-business  
and international business major*

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

I grew up in the small town of Shimizu, which is in middle of Hokkaido, the northernmost of Japan's main islands. I grew up on a dairy farm run by my family and lived with my parents, grandparents, and my three older sisters, so I loved having animals around me. I started dreaming about visiting the United States since I was in elementary school and came to the US for the first time when I was in the eighth grade. I came with my sister for a short-term homestay program. Since then, I really started getting interested in learning English and interacting with people from different places. I went to high school about three hours away from my family, but they have an English department so I could learn English more. During my junior year, I came to Dickinson for a one-year exchange program and went to New England Public School about 30 miles south of Dickinson.



I love dairy cows, of course! No offense to beef cattle, but as a cow breed, Holstein has been my favorite because I grew up with them. I like animals in general, and I have a house cat named Finn in my house here! I enjoy doing mostly anything and everything. During summer, I like going to the lake and hanging out with friends, walking around in the beautiful weather or checking on my garden. During North Dakota winters, most of the time I prefer to stay inside, drawing pictures or something crafty, for sure. Here, it gets so COLD!

***What made you choose DSU?***

I decided I wanted to double-major and started looking for colleges outside of Japan. But, there are three main reasons I chose DSU. The first one is because I knew the area and people a bit more through my high school exchange and it was comfortable for me to come back to my host parents' (Eric and Naomi Wood) place. The second reason

is because the tuition rate for international students is relatively low compared to other universities that offer both of my degrees in the States. The last, but the most important, one is because DSU offers really good agriculture programs with wonderful faculty and staff! When I visited with Dr. Chip Poland before I ever applied to DSU, I desired to come here to Dickinson State.

***What are you studying and when do you plan on graduating?***

I am double majoring in agri-business and international business. Outside of these programs, I would like to learn more on soils and natural resources studies, so my graduation year will be 2022, but I might take another semester or year by adding one more degree.

***We heard that you're working in Medora this summer. Can you tell us what you do there and what you're learning from it?***

Absolutely! I am working at Bully Pulpit Golf Course full time in Medora as my internship, and during my free time in the evenings, I also work at Theodore's as a busser. At the golf course, I do groundskeeping, such as mowing, trimming, rolling, digging, filling and lots of other things. Before I came to work in Medora, I did not even care for golf nor have any knowledge about golf. So, when I first started working here, it was a lot of learning: terms about golf courses, how to treat turf, and remembering all the 18 holes we have at Bully Pulpit. A couple interesting things I have learned are how to put drainage into the grounds, how to replace sprinkler parts, how to operate multiple different types of mowers, and the fact that our golf course uses two different types of lawn and four different heights of cuts.

***Are you enjoying Medora? What do you like to do when you have free time?***

For sure! I'm enjoying Medora so much. As I said earlier, I work Tuesday through Friday morning and evening with both jobs, and Saturday, I work half days at the golf course, so I do not really have free time during the week. However, when I'm in the golf course I get to see beautiful views of the Badlands and lots of wildlife, so I got very lucky! In my free time, I catch up with my chores and come back to home to spend time with my kitty, so I'm not in Medora much, but I would love to go on the trails and horseback riding in Medora soon! And, I am so excited to try golf for first time! Those of us who work at the golf course get to play golf for free, so I'll think about that next summer. It would be pretty nice!

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

I know there are lots of different universities and many choices out there. However, I can say one thing. This University worked so well for me and is a good University. It is the University where you can find what you want to do even if you are still finding out what that is, because there are lots of opportunities and resources available. And, this is the University that gives you a boost to achieve your goals, because professors and staff are very cooperative and encourage students to move forward and do well.

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

I am terrified of spiders, even though it's a predator for many bugs! I have been to 10 countries, including the United States and Japan. I had my toe stepped on by a Sumo wrestler once when I was kid and it did not break! ■



## 10 MYTHS ABOUT ONLINE LEARNING

Have you ever taken an online class? If you haven't, don't worry – you're like most of us. Many students who have never considered taking classes online or pursuing an online degree are weighing their options. However, many students believe that online courses aren't as good as face-to-face classes for one reason or another. Some might ask, "Will I get the same interaction with my instructor and classmates?" or "What services will I miss out on if I'm not on campus?"

At Dickinson State University (DSU), we're asking different questions: "What can we do to help ease your fears about online learning?"

Taking courses online shouldn't mean that you have to sacrifice anything. You should be able to enjoy the same experience as a face-to-face student. We believe our students' college experience should be enriching, enjoyable and memorable, no matter how our students decide to pursue their degree. That's why we've been rethinking how we can better serve our students.

Are you wondering if pursuing an online education is right for you?

Let's talk through some questions you might have about taking classes online!

### 1 ARE ONLINE COURSES LOWER QUALITY THAN FACE-TO-FACE COURSES?

Dickinson State University's online classes meet the same standards as face-to-face classes because of our accreditation with the Higher Learning Commission. Many of our departments, like business, nursing and teacher education, are also accredited by other associations. You can take a look at DSU's accreditations here.

### 2 WILL I LEARN AS MUCH AS I WOULD IN A FACE-TO-FACE CLASS?

Online classes are often structured the same way as face-to-face classes! You will read a textbook, discuss the material with your peers and instructor, submit papers and take exams. You can also look back on the material you've covered with your classmates to study for tests, including PowerPoints your instructor created and recordings of their lectures. Some of that stuff may not have been available to you had you been taking the course face-to-face, and it might actually help you do better!

*"I highly recommend taking an online class at DSU. I did not take a single face-to-face class from my favorite professor, Dr. Debora Dragseth, but she made her online classes fun, informative, and interesting. I learned just as much from her class if not more than I did from my face-to-face classes."*

– Claire Shoffit, Master of Entrepreneurship

### 3 I'VE HEARD ONLINE COURSES ARE EASIER THAN FACE-TO-FACE COURSES. IS THAT TRUE?

Many students think they are taking the easy route by enrolling in an online class, but once you get started, you will find that's not true! Taking online classes requires a lot of self-discipline. Since you won't see your classmates and professor every few days, you'll have to manage your time and keep up with your assignments on your own.

*"When in an online class, it is important to understand what your teacher is asking of you and the deadlines associated with the assignments. If you are at all confused at the start of the class, it is best to get in touch with your teacher right away. If you can manage your time and are not afraid to contact your teachers, you will succeed in an online course!"*

– Taylor Weeks, Bachelor of Business Administration in International Business

It's also a lot easier to become distracted in online classes. If you're sitting at a coffee shop with your tablet trying to listen to a lecture, you not only have to cancel out the chatter around you, but you also have to make sure your tablet's notifications don't pull your focus away. Make sure to set yourself up for success by turning off notifications, and think about bringing headphones if you'll be somewhere noisy!

### 4 DO ONLINE CLASSES FEEL SELF-TAUGHT? I WON'T HAVE ANY DEADLINES UNTIL THE END OF THE SEMESTER, RIGHT?

Try again! We already shared how DSU's online courses are structured the same as face-to-face classes. Many of our professors record themselves as they teach the material for you to watch and discuss with your peers. Your instructor will also provide articles and other videos to help explain the material.

*"While working full time and living away from campus, Dickinson State University's online classes give me the flexibility of being able to do my homework around my schedule while offering the benefits of face-to-face lecture through videos that you are able to go back and rewatch if you miss the live version."* – Chelsey Ruud, Bachelor of Business Administration in Human Resource Management

Our classes are either eight- or 16-week courses, and most professors will break these down week by week. Just like in face-to-face courses, the reading and assignments for online classes build upon each other, so you'll fall behind and possibly hurt your grade if you wait until the last minute! Also, some online discussions are only open for a few days for you to engage with. Keep an eye on your syllabus for important due dates!

### 5 WILL MY ONLINE COURSES TRANSFER TO OTHER SCHOOLS?

When you transfer to Dickinson State, our Academic Records office works with you to review your transcripts and figure out which credits will count toward your degree. We accept credits that you completed online from accredited institutions, and the same is true if you plan to transfer to another accredited school. If you'd like to start a conversation about transferring your classes, speak with our Academic Records office! Reach them at [dsu.records@dickinsonstate.edu](mailto:dsu.records@dickinsonstate.edu).

## 6 DO I HAVE TO HAVE MY OWN COMPUTER TO STUDY ONLINE?

Not at DSU! All of our courses have a page on Blackboard, our online learning platform, where you can find your class syllabus, assignments, discussion forums and any other resources your professor adds to assist you. Blackboard can be accessed online at any time, which means you can study using virtually any electronic device, whether that's your phone, a tablet or a public computer in your local library! We recommend buying an external hard drive or utilizing a cloud-based service in order to save your papers and homework assignments. That way, you'll be able to access them wherever you are!

*"I did have my own computer, but often times I would use the school's computers to do my work when I had free time. I even completed some assignments on my phone while traveling or in a time crunch."*

– Claire Shoffit, Master of Entrepreneurship

## 7 ISN'T IT REALLY EASY TO CHEAT IN ONLINE CLASSES?

It might seem that taking an online course allows you to cheat more easily, but that's just not the case! Our professors set the standards their students must meet for each of their classes. It's up to them if they allow their tests to be open-book or proctored. Open-book testing means that you can use your notes, your textbook and any other resources available to you while you take your online test. Proctoring means there is someone monitoring you as you take your exam, and this could be in-person or using a special software on a computer. Learn more about our Proctor Policy here.

## 8 WON'T IT BE HARD GETTING AHOLD OF MY INSTRUCTOR?

Our professors hold office hours every week during which they can easily be met with or contacted, just like they would for face-to-face students! During these office hours, you can usually find a professor chatting on the phone with a student or hosting a Zoom call with a study group to help answer important questions before an exam. In addition, every course, whether it is online or face-to-face, has a page on Blackboard. You can communicate with your instructor through your class page on Blackboard or over your official University email address!

## 9 WILL I GET TO INTERACT WITH MY CLASSMATES AT ALL?

One of the staples of our online classes are discussion forums. Our professors often post questions in Blackboard to encourage discussions about the reading material between students and allow them to share their thoughts and opinions. Sometimes, this is even a requirement!

We know that some of the best connections you make during college take place outside the "classroom." DSU manages accounts on several social media platforms that are dedicated to our students. You can stay in-the-know about what's going on and can connect with other students you find through these pages!

*"My online professor, Dr. Dragseth, is one of the best teachers I have had in college. She paired us in groups, so I interacted with my classmates almost on the daily."* – Claire Shoffit, Master of Entrepreneurship

*"When I signed up for online classes, I was concerned I would not get to know the other classmates and would miss out on valuable discussion. I was mistaken because the classes I have taken not only require discussion questions, but there is very good interaction among us. We have also had two group projects and that has again encouraged interaction with fellow classmates."* – Cill Skabo, Master of Entrepreneurship

## 10 ARE THERE MORE SERVICES AVAILABLE TO FACE-TO-FACE STUDENTS THAN TO ME?

We've spent a lot of time making sure all the same services that are available to our face-to-face students are also available to those taking classes online. The students working for DSU's Tutoring Center often meet with other students using videoconferencing and screen sharing platforms so they can talk about papers and homework assignments. DSU's Stoxen Library has a large number of online databases where you can find resources to help you write your papers, and the library staff is so helpful when it comes to figuring out how to use these resources! Our mental health services are available online, and you can connect with your advisor and start picking out classes for your next semester online, too! Contact our Student Opportunities and Resource (SOAR) Center about student services at [dsu.soar@dickinsonstate.edu](mailto:dsu.soar@dickinsonstate.edu).

*"The staff at Dickinson State University has always gone out of their way to reply in a timely manner as well as provide the same services as students that are taught face-to-face."* – Taylor Weeks, Bachelor of Business Administration in International Business

### ***So, what are you waiting for?***

If you'd like to get your admission process for this fall started, contact our Admissions office at [dsu.hawk@dickinsonstate.edu](mailto:dsu.hawk@dickinsonstate.edu). If you're a current student and considering taking classes online next semester, talk with your advisor about your options! #hawksareup



### **HELPFUL RESOURCES:**

#### **Online Learning at DSU**

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

#### **Frequently Asked Questions**

[www.dickinsonstate.edu/academics/dsu-online/frequently-asked-questions/](http://www.dickinsonstate.edu/academics/dsu-online/frequently-asked-questions/)

#### **SOURCES:**

<https://online.illinois.edu/articles/online-learning/item/2017/02/14/10-common-misconceptions-about-online-courses>

<https://www.petersons.com/blog/5-most-common-misconceptions-about-online-education/>

<https://www.rasmussen.edu/student-experience/college-life/myths-about-online-learning/>

<https://www.purdueglobal.edu/blog/online-learning/5-myths-online-learning/> ■

# DICKINSON STATE UNIVERSITY EVENTS

## SEPTEMBER

1	Centennial Plaza Dedication	8 a.m.	May Hall
14	DACAC Fall College Fair 2020	9 a.m.	Scott Gymnasium
17	VIRTUAL Theodore Roosevelt Symposium Keynote conversation with Patricia O'Toole	7 p.m.	via ZOOM
18	VIRTUAL Theodore Roosevelt Symposium Deborah Davis	6:30 p.m.	via ZOOM
18	VIRTUAL Theodore Roosevelt Symposium Matthew Oyos, "Comrades in Arms: Theodore Roosevelt's Military Circle"	7:45 p.m.	via ZOOM
19	Football vs Mayville State University	1 p.m.	Biesiot Activities Center
19	Harvest Festival	8 a.m.	DSU Campus
19	VIRTUAL Theodore Roosevelt Symposium Virtual tour of Roosevelt's badlands	9 a.m.	via ZOOM
20	Men's & Women's Golf	10 a.m.	Medora, ND
21	Men's & Women's Golf	10 a.m.	Medora, ND
26	Football vs Valley City State University	2 p.m.	Biesiot Activities Center
28	Men's & Women's Cross Country	11 a.m.	Dickinson, ND

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

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



## DISCOVER DSU DAYS

JOIN US!

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

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**Monday, Dec. 7**

**Friday, Feb. 26**

**Monday, Apr. 19**

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

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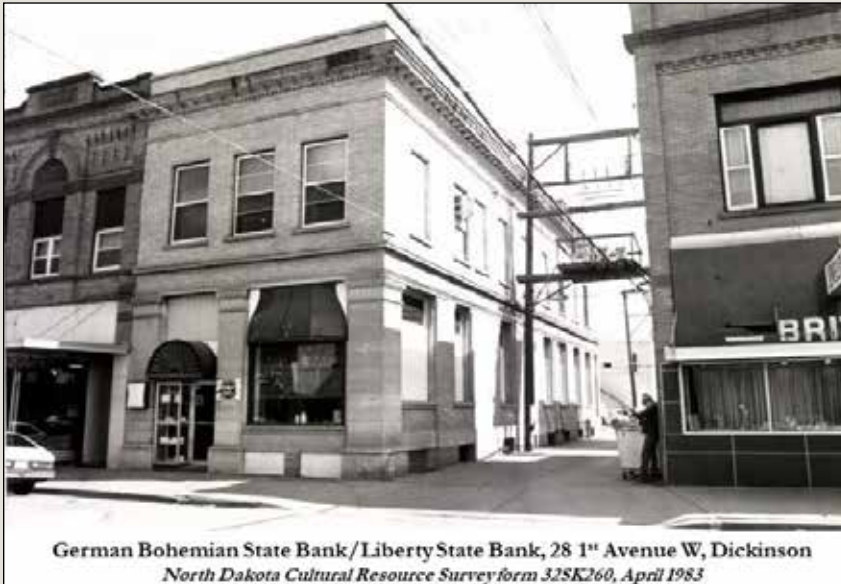
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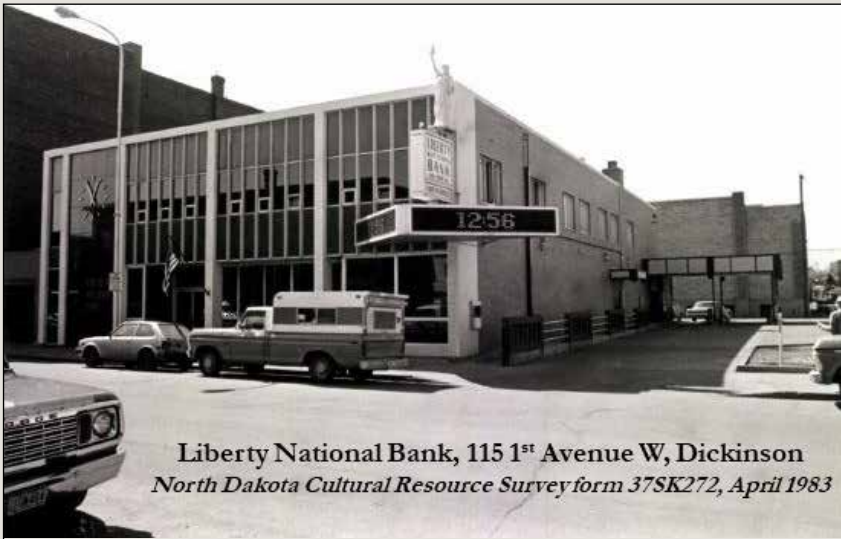
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Continued from page 16



German Bohemian State Bank/Liberty State Bank, 28 1<sup>st</sup> Avenue W, Dickinson  
North Dakota Cultural Resource Survey form 32SK260, April 1983



Liberty National Bank, 115 1<sup>st</sup> Avenue W, Dickinson  
North Dakota Cultural Resource Survey form 37SK272, April 1983

varnishing and painting was completed by the Dickinson Paint Store. Further details reported that the rear of the basement was fitted with record storage vaults while the front of the basement

and all of the second floor would be available as rented office space, those rooms being well ventilated and lighted, and "beautifully finished."

The Press' article closed thusly:

"The new bank will cater especially to the German and Bohemian speaking people, although, of course the business of people of all nationalities will be solicited."

Following its opening, news about the German Bohemian Bank mainly became notices of rentals in the building - Dr. O.C. Maercklein having his office there in 1916 and the firm of J.P. Cain and H.L. Reichert occupying a suite of four offices the next year. After nine month's operations the bank's deposits were reported as a healthy \$130,000 (\$2.6 million today).

The success of the new bank, popular with the many members of the German and Bohemian ethnic groups, played against the backdrop of a global conflict known at one time as The Great War (before eventually being designated World War One when a second cataclysm exploded two decades later). After the provocations of unrestricted submarine warfare and the Zimmerman Telegram affair angered the American public, President Woodrow Wilson finally asked Congress for a declaration of war against Germany which was enacted on April 6, 1917.

The declaration of war forced German immigrants, many of whom were citizens, to temper support for their native country lest they be persecuted and/or prosecuted - more than 4,000 being imprisoned in 1917-18 on charges of spying, sedition or endorsing the German war effort. Isolated incidents of mob violence were also visited upon German immigrants with documented acts of tar and feathering as well as one lynching in Illinois. German terms were purged from everyday speech, sauerkraut becoming 'Liberty Cabbage' and frankfurters becoming "Hot Dogs," and even German dog breeds were attacked as being 'unpatriotic.' To prove their loyalty many German

immigrants were 'encouraged' to buy war bonds and newspapers, including the Dickinson Press, printed the names of bond purchasers in lists from each bank, including the German Bohemian State Bank. Besides bond purchases to support the war effort, 50 ethnic Bohemians gathered at the farm of Louis Chermak and collected \$33.62 which was given to the Dickinson Loyalty League "to carry out their work" (the nature of which was not specified) in December 1917.

It was in this climate that the directors of the German Bohemian State Bank discussed changing the name of the bank in January 1918. It was initially suggested to drop the word 'German,' followed by a suggestion to also drop 'Bohemian,' the eventual decision opting for "Liberty Bank of Dickinson" which was approved by the state banking board. When the change was announced several state newspapers' reports referred to the "new American name" for the bank.

Following the war the anti-German sentiment faded away and Liberty Bank continued to prosper, being chartered as a National Bank in 1923 when the Bismarck Tribune called it "one of the leading banks of the Slope." In 1945 the bank moved operations one block north to the old Merchant's National Bank building and eventually built a brand new bank at 115 1st Avenue W. While operating out of that building Liberty was acquired in 1995 by Norwest Bank which was succeeded by Wells Fargo which demolished that building in 2008.

The original German Bohemian Bank building is still standing and has seen numerous occupants since Liberty Bank moved out in 1945 including Kappel's Barbershop, the Credit Bureau and Frameworks Gifts. It is currently owned by Oil For America, LLC. ■

## THAT'S STELLAR NASA's new image of Saturn is mind-blowing

Saturn is truly the lord of the rings in this latest snapshot from NASA's Hubble Space Telescope, taken on July 4, 2020, when the opulent giant world was 839 million miles from Earth. This new Saturn image was taken during summer in the planet's northern hemisphere.

Two of Saturn's icy moons are clearly visible in this exposure: Mimas at right, and Enceladus at bottom. This image is taken as part of the Outer Planets Atmospheres Legacy (OPAL) project. OPAL is helping scientists understand the atmospheric dynamics and evolution of our solar system's gas giant planets. In Saturn's case, astronomers continue tracking shifting weather patterns and storms. ■

Credits: NASA, ESA, A. Simon (Goddard Space Flight Center), M.H. Wong (University of California, Berkeley), and the OPAL Team



## HEART RIVER GEMS

## ConocoPhillips

By Kaylee Garling

A few months ago, I had the opportunity to Microsoft Teams a wonderful group of people who work together in a philanthropic way within our community. Their experiences and wisdom gained from giving back needed to be featured in this month's Heart River Gems. It's going to be a unique insider's perspective, since we have 4 people: Josh DeMorrett, Taylor Koenig, Rachel Logan, and Kim Garcia sharing their insights from the front lines of ConocoPhillips philanthropy.

#### What are some charitable projects that you've done that's had the most memorable impact?

**Taylor:** All are super memorable. One of the big ones that really shocked us was when we did "Shop with a Cop," and they said that we were able to fund that program for 8 years, just because of a little golf tournament for a day.

**Kim:** That (Shop for a Cop) was when it became a for-real moment. The impact in the community, then getting asked if we wanted to come help when the shopping time came. Just seeing all these kids with smiling faces because they're getting 3-4 gifts for Christmas. You feel so blessed to be a part of something that's helping kids.



**Josh:** The golf tournament, philanthropy through our grant program, and our typical check ceremonies where we invite everyone and have a big check, that one we haven't been able to do this year, but we gave away about \$260,000 in the last year and a couple of those projects were big, like an \$80,000 grant to the ambulance service in Killdeer. When that grant came through, I got a phone call from Ann Haffner at Killdeer Ambulance who said, "This hit our account, and we were excited to be chosen, now we're able to purchase a new ambulance." The

county commissioners were appreciative of that. Another big one we did was a \$20,000 for Wolf Pup Daycare in Watford City.

The foundation for our philanthropy is built around three giving pillars which are our signature programs. These include local contributions and employee giving programs, and within that we focus on projects and organizations that cover education, natural resources, health and safety, disaster relief and other initiatives that are important to communities where we operate, like the arts and civic and social services. All the credit in the world goes to our philanthropy committee, which we have sitting here. They sit down when the deadline for applications passes and put a lot of thoughtful effort into where our company's philanthropy should go. It helps out programs like RASP in Dickinson and Best Friends Mentoring. We try to help every community we operate in. Taylor nailed it when she talked about the donation to the police department and they said, "Yeah, this is going to help us for 8 years." I about had to pick my jaw up off the floor. And the policemen are grateful for it every year.

#### Oil companies and the industry are seen as kind of a "here today, gone tomorrow" kind of industry. How do you combat that and what do you do to be involved in the community?

**Josh:** The fact that Taylor, Rachel, Kim, who are on the committee, live here, and everybody who is on the committee who determines where our philanthropy money goes, live here. Kim is the only transplant in the group, and the rest are from the area. We're going to places where we know we can help. We strive to build authentic relationships that are meaningful to us, community members, and landowners.

**Kim:** For me, I want to be proud to tell somebody, yes, this is where I work. During different downturns and different areas, people would ask, "What do you do? Where do you work?" And I almost didn't want to tell them because there was going to be backlash because gas and



Taylor Koenig, Alan Bruce, Chris Malkin, Corey Lee, Eldon Mehrer and Kim Garcia

oil was down, and layoffs were going on, so this kind of combats that. Being proud of what you do and who you work for is a big thing.

#### How do you make the decision of which organization to sponsor?

**Taylor:** We really gage the community and find out where those needs are. We're lucky to have lots of different connections in the community. We'll sit down in a room, go to the drawing board and go, "Okay-this needs this, this group needs this," and try to find where we can help the most, then go from there.

**Rachel:** With people telling us what they are going to be using the funds for, that really helps and then, in the check presentation, they will tell us, "Last year this is what we used the funds for and this year this is what we have planned." We see them choke up, and that's when you know you're doing the right thing.

**Josh:** The application deadline is always the 31st of July, every year. Taylor reaches out to organizations and lets them know the application is open. They go online and apply. Then the week after, I will gather up those applications. This group is 1 of 3 groups

I advise. There is 1 in Wyoming and 1 in Utah as well. So, there's actually 1 day, August 4th, where there's 3 1/2 hours of back to back meetings, going through these admissions. The Bakken group, these guys here, they do philanthropy in ND and Montana. We will go through and make those determinations, then like everything, everything's got to be approved. It actually takes a while to go through the approvals process. These guys will make the determinations in August, but might not find out until around Christmas time the budget that they've proposed is approved. And then, payouts for 2021 will happen around the first quarter of next year. Then the process starts all over again. It works out pretty well too, because it gives us time to kind of scan the landscape and determine the best fit for where our philanthropy money can go.

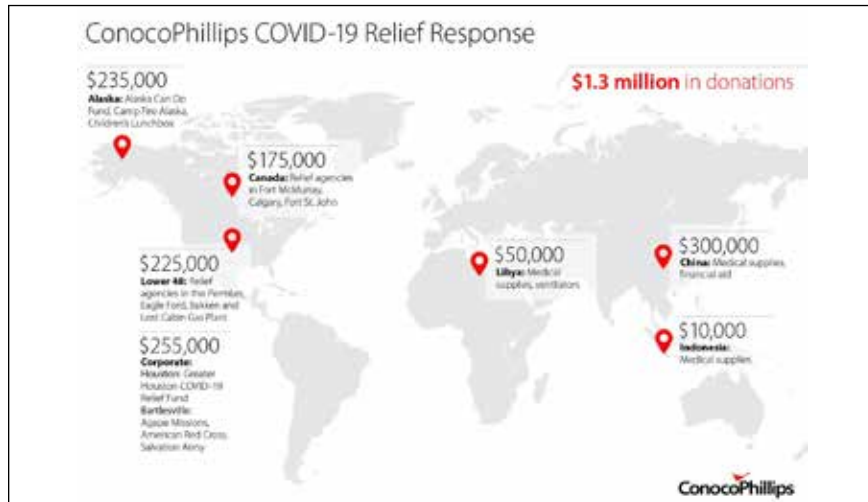
#### What is the greatest blessing of giving back?

**Rachel:** The impact you see, but then there's the impact you don't get to see. Knowing next year, you'll hear about the project and how well it went. When you

*Continued, next page*

Heart River Gems is proudly sponsored by

Continued from page 26



see the articles in the paper, or hear the one special story. Knowing you're helping where it is needed. For me personally, hands down, the angel tree program pulls at my heart. Knowing you're helping around 500 kids. You're blessed at home, you want to pass on those blessings, and that might be the only gifts for those kids this year. Someone will drop off gifts and they're like, "Someone from our group didn't buy for this, so I went downtown and shopped, because I know at one point in time, I needed this program, so I'm helping this program now."

**Kim:** As the only non-native North Dakotan, it isn't only about giving, but real educational. I learn more about the community, get to meet new people, and when you first move here and know nobody, that's really important. Knowing the needs of the community, learning about all these different programs that are out there, there's things that go on here that, where I'm from, there's nothing like that. Then, there's things from back home that I can share.

With future events coming up soon,

this wonderful group of individuals put their heart and souls on the line to help those in need. It's a blessing to know we have people in our midst that not only love, but care about those they serve.

Just as this article is sponsored every month by ConocoPhillips, so are several other venues. When we went to a Big Sticks game, we received a team flag they sponsored. Countless other times we've attended events they've hosted or been a contributor. Our community, and the great state of North Dakota is lucky to have an integral part of our society taken care of by such a wonderful company and those who work there. May we always be grateful for those who quietly look out for the hidden or often overlooked is my hope in writing this month's article.

We thank ConocoPhillips for their sponsorship of this article month after month. Not only do they help support Heart River Voice, but they help us share stories of true gems in our community. This month, we are honored to showcase them as our Heart River Gem. ■

**KUDOS**

**Hearts for Heroes**



**Dickinson Medical Center**

CHI St. Alexius Health Dickinson Foundation recently presented Julie Brady, RN, of our Medical/Surgical/Pediatrics Unit with a Hearts for Heroes award for her outstanding patient care!

Hearts for Heroes is a program that allows patients, families, and friends to recognize and honor a special staff member at CHI St. Alexius Health Dickinson or Beach who has provided them with outstanding service.

Patients or families can make a

contribution to CHI St. Alexius Health Dickinson Foundation in the name of a special caregiver, from doctors and nurses to radiology techs and EVS

staff. The Foundation will, on receipt of the donation, notify the Hero of the recognition. These "heroes" receive a special Hearts for Heroes certificate, lapel pin, and recognition on a plaque displayed in the hospital cafeteria.

Know someone who was a Hero to you or your family member? Find the nomination brochure online at [CHISTAlexiusHealth.org/Dickinson-foundation](http://CHISTAlexiusHealth.org/Dickinson-foundation) or call the Foundation office at 701-456-4363. ■



**COMMUNITY**

**Amen during Covid-19**

By Mary Ann Brauhn, Board Secretary

Here are some AMEN Food Pantry updates dating back to the end of June when Susie Kapelovitz who managed the pantry for 10+ years with faithful service, retired. Since then the Daily Activities Committee of the board, comprised of Terri Eberts, Gayleen Wanner, and Mary Ann Brauhn, has been sharing management duties. We had already changed our delivery protocol to meet Covid-19 guidelines. All volunteers wear masks and sanitize hands. Food is boxed in grocery carts. The manager takes the customer intake at the door and the cart

of food is rolled out to the customer's vehicle, and the cart is returned to be sanitized and refilled. We are currently serving 15-20 families per day or 160 per month.

Beginning July 1st, we replaced agency referrals to the pantry with simple intake forms to fill out on arrival. We are finding that more first time families are struggling to feed themselves with job losses and uncertain government stimulus money.

We are gladly accepting garden produce now, as well as packaged food,

paper products, and hygiene items. Our church volunteers remain faithful and generous. We keep a list of people to call for extra help as needed. We're always looking for people to help pick-up Feeding America and Great Plains Food Bank orders.

In mid-July we advertised for the next AMEN Food Pantry Director on Job Service, Consolidated, Community Action Partnership websites or AMENfoodpantry FaceBook site. If you are interested in applying, please consult one of these sites.



We thank our volunteers, supporters, and the Dickinson Community for their generosity to the AMEN Food Pantry. ■

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## LIVE RIGHT

# A dietitian's advice to avoiding the afternoon slump

By Gabrielle K. Hartze, RD, LRD

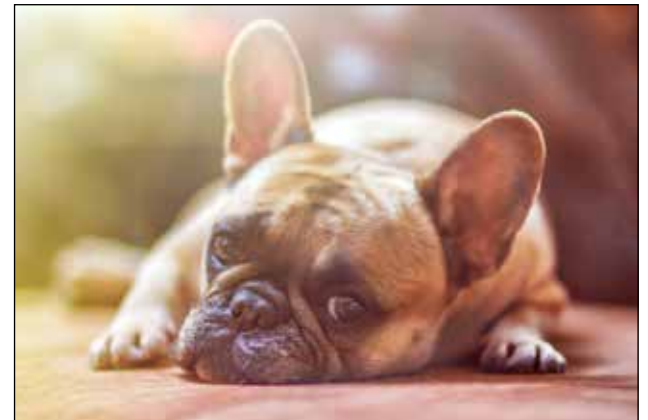
Typically, the start of the day includes the routine cup of joe providing a much-needed burst of energy. Shortly after lunch, feelings of sleepiness and brain fog set in, along with cravings of caffeine and sugar in efforts to counteract these symptoms, otherwise known as the "afternoon slump." Does this sound like you?

Hormonal changes throughout the day is the culprit to these sluggish feelings. Other lifestyle factors also play a role including activity level, sleep pattern, hydration status and meal timing made earlier that day. Poor food choices at breakfast and/or lunch cause a dip in energy levels towards the afternoon, most often around 2 to 3 o'clock.

Current research is showing a correlation between energy levels and satiety. Those who experience this dip in energy often seek quick fixes like caffeine or sugar loaded items which fail to maintain energy. Nutrient dense foods containing protein and fiber are more filling which wards off hunger. Without consuming enough at mealtimes crankiness, a lack of focus and tiredness concludes. Including lean proteins, unsaturated fats and complex carbohydrates (higher fiber content) reciprocates slowed, continual digestion and therefore, sustained energy levels. Eating whole grain toast and eggs for breakfast versus a bagel maintains satiety for a longer time due to its protein and carbohydrate content. Protein consumption reduces blood sugar fluctuations sequentially heightening energy levels. Greater satiety has the power to not only balance blood sugars but enhance mental focus and prevent the afternoon slump.

Think of added sugars as the energy thieves. Just as there is a correlation between certain foods and an energy

boost, others intensify cravings of unhealthy choices. Candy, soda and items made with refined white flour often cause a greater spike in blood sugars due to its ability to be digested quickly. Processed and refined foods tend to fuel these afternoon slumps. So, aim for a minimal amount of added sugar as a preventative measure. Check food labels and choose unsweetened and



decaffeinated items.

Pear slices with a few cubes of cheese and a handful of almonds will be a better choice than a cookie as it provides all three macronutrients. This can mean the world between a burst or extended period of energy. Some examples include:

- Greek yogurt with fruit and chia seed
- a spring mix salad with red apple pieces, cooked diced sweet potato, roasted pecans with a reduced balsamic honey garlic dressing
- whole grain taco bowl with veggies and chicken
- grilled chicken sandwich with avocado and whole wheat bun

One more recommendation, take a break with a breath of fresh air or some silence to recharge and clear your mind.

**Bottom Line:** Balanced versus added sugar, simple carbohydrate and minimal protein meals will not only provide satiety but extend energy levels to last through the afternoon. Focus on complex, whole grain carbohydrates, fiber and protein packed foods to prevent postmeal fatigue. ■

## NDSU EXTENSION

# Stark/Billings Youth Place at State 4-H Consumer Decision Making Contest

By Holly Johnson

Back when I was a 4-H'er, I participated in a 4-H contest called Consumer Choices in Trail County. The contest has since changed names from Consumer Choices to Consumer Decision Making. Consumer Decision Making challenges youth to compare and evaluate real-life products in order to make the wisest financial purchase or decision. It also expects youth to competently explain and defend their decisions in the form of presenting oral reasons.



took first place. Reilly Meyer of Dickinson received seventh place, and Michaela Mitchell of Richardton received eighth place. The first-place senior team is eligible to compete at the Western National 4-H Roundup conference in January 2021 in Denver, CO.

All seven of these young people have worked very hard and should be proud of

their efforts. We met weekly from May through July via Zoom to prepare for the contest.



Now I am involved in the contest in a new capacity as an Extension Agent. I get to coach Stark/Billings 4-H'ers in Consumer Decision Making with the help of 4-H adult volunteer Anna Friedt, and what a privilege it is!

Seven 4-H'ers from Stark/Billings County competed in the State 4-H Consumer Decision Making contest on July 21, 2020. The junior team from Stark/Billings took first place out of twelve teams across North Dakota. The top ten junior individuals were also recognized. Paula Meyer of Gladstone tied for second place. Phaden Schrum of Dickinson received fourth place. Macy Kennington of Richardton and Carley Bullinger of Dickinson were also part of the junior team.

The senior team from Stark/Billings County also took first place out of four teams across North Dakota. The top ten senior individuals were recognized. Faith Norby of Manning

I am no longer a 4-H member, and the contest has changed names since my involvement with the program. However, I find myself using the skills I learned from Consumer Decision Making in my adult life. When I took the job I currently have, I had to find a place to live. I compared rents and amenities for weeks before signing a lease on an apartment. Last fall, my trusty old car (or so I thought) broke down in Bismarck when I was on my way to Fargo. Buying my first car on my own was another purchase that required careful research. I had to really know my needs, wants, and budget, just like in 4-H Consumer Decision Making.

These 4-H'ers are doing far more than earning awards. They are building their skills in a way that will help them make better decisions and will positively impact their already bright futures. ■

## COMMUNITY

# 50th Annual Badlands Art Show

The 50th Annual Badlands Art Show will be held November 13-15, 2020. The Badlands Art Show is open to artists of all abilities for the opportunity to showcase their work and to give the public a chance to see the wide range of art being created in our area.

There are three divisions artists can enter, depending on their age and level. The Student Division is broken down into grades: K-3, 4-6, 7-9, and 10-12. Students may enter two pieces of art work. Entry fees are \$1 per piece entered. For student entry forms, contact [baa@badlandsarts.com](mailto:baa@badlandsarts.com).

Anyone over the age of 15 is eligible to enter up to 6 works of art in the Professional or Amateur Divisions. An entry fee of \$7 will be charged per item entered for these two divisions. Within each division, there are several categories to consider entering.

A new category has been created in honor of the Badlands Art Association's 50th Show: A Tribute to 50 Years of Badlands Art. Artists may enter one piece of art in any medium representing the number 50 (50 tings, a theme of 50 years ago, etc.) The artist MUST include a brief description of how the piece represents 50. There is no entry



fee for the Tribute, but an entry form must be filled out.

More information on categories and art show rules can be found on the official Call for Entries, which is available to download at [www.badlandsarts.com](http://www.badlandsarts.com). Entry forms must be postmarked by October 26, 2020. ■



**Heart River  
VOICE**

## SHARE WITH US!

We welcome articles from the community, so send us your submissions.

Go to  
[www.heartrivervoices.com](http://www.heartrivervoices.com) or email  
[kelly@heartrivervoices.com](mailto:kelly@heartrivervoices.com).

# Heart River VOICE Events

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

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.

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.

## **SATURDAY SEPTEMBER 5**

**2ND ANNUAL PBR RODEO**  
5-10PM Dakota Community Bank & Trust Presents PBR Rodeo in Dickinson. Stark County Fair Grounds, 424 Highway 22 S.

## **SEPTEMBER 11-12**

**PRIDE OF DAKOTA HARVEST SHOWCASE** The North Dakota Department of Agriculture and the Bank of North Dakota College SAVE Plan proudly present the Pride of Dakota Dickinson Harvest Showcase. Celebrate the harvest season. Stock up on your favorite Pride of Dakota products and North Dakota originals! You'll find unique products, including gourmet food, wine, art, books, jewelry, sporting goods, home décor, apparel, children and pet items, and more! Admission is free! West River Ice Center, 1865 Empire Road.

## **SOUTHWEST SPEEDWAY**

**STOCK CAR RACES** Both nights start at 6PM Bring the family out for an evening of racing fun! More info, contact 701.483.8722. Tickets: Adult/\$16; 12-17/\$8; 12 & under/Free. 47th St SW (Hwy 22 - 10 miles and 1 mile west).

## **SEPTEMBER 11-13**

**MEDORA HOT AIR BALLOON RALLY & KITE FEST** Saturday Morning: Pilot Briefing 5:15AM. Passengers arrive 5:45AM (in air 6:30AM-land 8:00AM). Sunday Morning: Pilot Briefing 5:15AM. Passengers arrive

5:45AM (in air 6:30AM- land 8:00AM). Tentative Kite Schedule: Friday-Kites flying from approximately 2:00PM to 4:00PM MDT weather permitting. Saturday and Sunday-Kites flying from approximately 10:00AM to 4:00PM MDT weather permitting. More info, contact 800.633.6721. Medora, ND.

## **SATURDAY SEPTEMBER 12**

**OUT OF THE DARKNESS EXPERIENCE** The Out of the Darkness Walk has been changed this year. See page 10 for more information. More information will also be posted at afsp.org/DickinsonND.

## **ROCK AND WALK 2020**

11AM The heart of our Rock and Walk is to let bereaved families know they are not alone. We hope you will join us in supporting these families and honoring their children. Stark County Veterans Memorial, 801 5th Ave West.

## **11TH ANNUAL A CHOCOLATE AFFAIR**

7PM The event will feature luscious handmade chocolates, a sampling of 20 fine wines in commemorative tasting glasses, a sampling of Phat Fish's unique craft beer, live music by Dakota Jazz, and the chance to win fine raffle prizes. See article, page 13, for more information. Advance Admission: \$50 Hosted by Best Friends Mentoring Program.

## **SATURDAY SEPTEMBER 19**

**THE LITTLE BUDDY FOUNDATION GOLF SCRAMBLE**  
7AM-7M Please come join us for the wonderful day to benefit children in need of a prosthetic! Heart River Golf Course, 2510 8th St West.

## **5TH ANNUAL HARVEST FESTIVAL**

11AM-4PM Join the Dickinson Chamber of Commerce for a day of family fun!

See article, page 6, for more information. DSU King Pavilion.

## **MIKE'S BIRTHDAY BASH**

Mike is another year older! Last run of the year! Bike run Registration 9-11AM. Kicks

up at 11:01. Glenn Ullin. Elgin. Regent. Gladstone. Back to the bar. Food included in the run. \$20 per bike. Rocket 38s take the stage at 6PM. Street dance and beer garden. NO COVER!

Bad Pennies will be on sight selling their merchandise. I Don't Know Bar, 207 4th St NW, South Heart.

## Together to Fight Suicide



**Dickinson ND**

**Out of the Darkness Experience!**

**Saturday, September 12th, 2020**

Hope can't be canceled!  
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Register at  
[afsp.org/DickinsonND](http://afsp.org/DickinsonND)



American  
Foundation  
for Suicide  
Prevention



OUT OF THE  
DARKNESS

**FRIDAY SEPTEMBER 25**

**RELAY FOR LIFE STARK COUNTY** 4-10PM More info, contact 701.590.0237. Stark County Veterans Memorial, 801 5th Ave West.

**MEDIUMSHIP GALLERY WITH TANIA RAE**

7-8:30PM Tania Rae is a natural born Spiritual Psychic Medium with a big heart and spunky personality. Tania will deliver as many messages as she can to you from your departed loved ones! (Not everyone will receive a message.) Dickinson Eagles Club, 31 1st Ave East.

**SEPTEMBER 26-OCTOBER 1****MAAH DAAH HEY BUCK 50**

**ULTRA RACE** The raddest race just got badder. Ride or run the entire 150 miles in 1,2,3 or 6 days of continual single-track bliss. More info, contact 701.623.4830. Maah Daah Hey Trail, Medora, ND.

**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. Other classes available and info, see [www.SuzysStash.com](http://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 [heartriver-](http://heartriver-)

[homebrewers.com](http://homebrewers.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**

Mon-days 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](mailto: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. [# 2021 Kindergarteners](http://dickinsongov.com/boards-and-officials/city-com-</a></p>
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Must be 5 years old before August 1, 2021 to enter kindergarten.

**Gearing Up for Kindergarteners**

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—author unknown

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mission/

**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 noted. 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**

**OCTOBER 17 20TH ANNUAL FALL GALA** Join Trinity Catholic Schools for an evening of fine food and fun!

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

## MENTAL HEALTH

# Turn a frown upside down: insight on utilizing humor

By Nathan Zent

Humor is a mechanism by which people can get through unforeseen circumstances. It can also be utilized to make family time more enjoyable. Or even to cheer up a stranger. During these uncertain times, humor seems to be needed in society now more than ever. I interviewed Josh Nichols, local humor aficionado, to get some insight into how he has developed his sense of humor, as well as for some suggestions for how each of us can utilize humor.

**Nathan Zent/HRV** - I have attended the Dickinson Public School Foundation Dinner Theater several times and you always make me laugh. You are especially funny when you visit the tables in character before the show starts because you are quick-witted during these impromptu interactions with the audience. What if anything have you done to hone your impromptu skills?

**Josh Nichols** - Practice! There is a certain mental agility involved with improv but it also takes quite a bit of practice. Getting comfortable with fellow actors or even being comfortable alone with an audience takes practice in different scenarios. For every zinger I execute effectively there is another that doesn't land or I simply missed getting into the conversation. I try to reflect on those situations and ask myself "what would I do or say if that happens again." That internal roleplaying helps to set me up for future encounters.

**Were you considered to be a class clown when you were in school?**

In some ways, yes. I remember being "the new kid in town" and I had a weight problem along with other quirks. I soon found that humor was a pretty thick shield from bullies. Humor can deflate a tense situation or simply be a social perk to help one make friends. I think my "clowning" was honed year after year. Again, practice, practice, practice!

**What is your first memory of someone commenting on your sense of humor?**

I don't have a big enough shovel to dig that deep into my memories, but I'm sure it was reinforced through a peer early on in school. I'm sure I



Josh Nichols

made someone laugh and wanted to have that feeling over and over again. It wasn't until college where I would first find a true audience with the theatre program. Until that point, I sort of made anyone in the room at the time my audience, like a street performer trying to entertain anyone who would stop to listen (I didn't even ask for tips).

**Who was your first comic influence? What did you like about his or her style?**

The first real life human that made me laugh consistently was my grandpa. He always tried to get a smile out of people and sharing laughs with him are some of my best memories. I wouldn't say he was a comic genius but he had a great delivery and great intentions of bringing smiles to people. Then there were the dozens of "not so real" humans that occupied my television. From John Candy to Robin Williams, Richard Pryor to Gene Wilder, Abbot and Costello, Jim Carey and Chris Farley... and... and ... and. I love to laugh and comedians through the decades have been passing the torch to make the next generation smile.

**What recommendations would you have for family-friendly activities that can be done at home to provide comic relief during these uncertain times?**

Play together! I'm not talking about Monopoly or

any other game that could cause the family unit to break apart but something light-hearted. Apples to Apples, Catchphrase, Cranium, take your pick. Anything that can involve the whole family and that doesn't have a rigid ruleset to win. It could also be as simple as dusting off the old box of Legos to build something together or putting a blanket over the kitchen table to make a fort. Play. Have fun. Make memories.

**You have worn several "hats" in our community that people may know you from including the Dickinson Buzz, Dickinson Public School Foundation Dinner Theatre, and DSU Esports. Do you have any new endeavors in the works to bring humor to southwest North Dakota? If so, what are they?**

I feel honored that someone has followed my "career." Esports is taking up a lot of my time but I think it has some great potential for DSU and for North Dakota. We hope to add some additional programming beyond our game broadcasts, so hopefully that will come together soon. I'll probably start writing the next dinner theatre script soon. Two years ago I dabbled with writing my first script and this will now be my third. No major projects in the works just yet, but I am ALWAYS working on bringing a laugh wherever I am able.

**Sometimes people have little to no reaction when a joke is made because of having a minimal sense of humor. What would you recommend for people who want to improve their sense of humor?**

Everyone has their own sense of humor. It isn't good, bad, or otherwise... just different. A few times I have made it my personal mission to get a smile out of someone who seems to be without a humorous bone in their body. I would go out of my way to interact with them and would try a new tactic every time. When I encounter someone who seems "unpleasant" I think to myself, "I don't know who they are or why they are unhappy but I could either add to their troubles or be the ONE thing in their day that is pleasant." Smiling and not feeding into negativity goes a long way and the day may come for all of us where a smile and a clever quip could turn your frown upside down.

**What do you do if/when you feel like your sense of humor needs a boost?**



Figure out what makes you laugh, engage in that activity, laugh, repeat. Rarely does laughter hurt someone and engaging in laughter can help raise moods. One should surround themselves with people, places and things that bring them joy and try to minimize everything else.

**One thing that the pandemic has allowed people to do is create humorous at home videos. Do you have any favorites? Have you created any?**

Funny videos are a great source of joy for me. Since the pandemic most of those videos seem to be pandemic themed and you can only watch so many videos about toilet paper shortages. I actually made a video years ago when I wanted to be the Amazon mascot. It was essentially me behind a giant wall of toilet paper. So really, I was hoarding toilet paper before it was "cool." I encourage people to make videos. Not only does it allow you to "play" as I encouraged previously but also records those moments for repeat viewings of that humor. And finally, for those who want to be funnier, it gives you a play-by-play to improve and refine your delivery (I don't listen to "sports," but I think it's something like their play-by-plays).

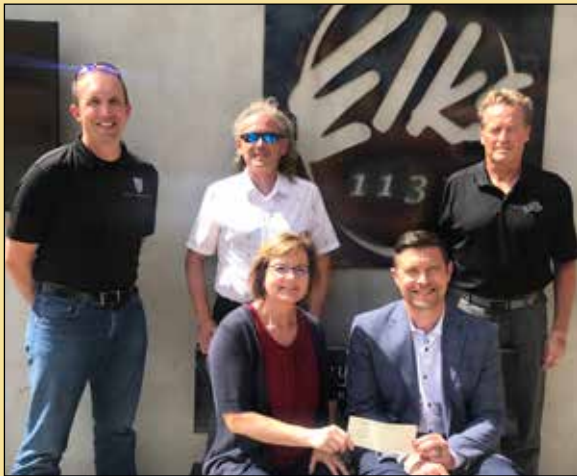
Do not hesitate to engage in humorous activities in the coming days. Remember, Josh mentioned that each person's sense of humor is not good or bad, just different. I wish you all well in utilizing humor to help each other get through these uncertain times! ■





# BEEN THERE, DONE THAT

Good times at events you read about in Heart River Voice



The Dickinson Elks Lodge presented a Gratitude Grant from the Elks National Foundation to the Best Friends Mentoring Program. The funds will be used to help mentor at-risk youth in Southwest North Dakota during the COVID-19 pandemic. Pictured are Carter Fong, Mark Billings and Kris Fehr with Best Friends Mentoring and Nicholas Grant and Don Bares, representing the Dickinson Elks Lodge 1137.



Carter Fong is a recipient of the United Way of Dickinson's "Inspire by Example" Outstanding Volunteer Award! As Board President, Carter has lead the Best Friends Mentoring Program team through a transition from seasoned board members to emerging leaders, started a new fundraiser for Best Friends Mentoring Program (Friday Night Lights Golf Scramble) and provided outstanding guidance as their program has adapted to changing community needs.



Taylor's Root Beer Float Social on August 10th was enjoyed by many including L to R: Lucy Luff, Ron Luff and Frank Zillich. Frank was also celebrating his 94th birthday that day! The event encouraged community members of Stark County to complete their census.



Boomers Boarding and The Donut Shop owners participated in the Chalk Walk with a winning piece of chalk art!



Area residents enjoy the last night of the socially-distanced Band Shell concert series.



Waddle Waddle Lemonade stayed busy during the Chamber of Commerce's Lemonade Day on August 1st. This is their second year of setting up near JE Dunn Construction. This community event brought many people out in the beautiful weather while promoting entrepreneurship.



A child experiences interactive chalk art during the Chalk Walk.



Nova and Nash create chalk art during the Chalk Walk at Stark County Memorial Park.

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### DICKINSON COMPLETE COUNT COMMITTEE

## Let's finish the Census strong

Boy, did this summer go fast. We're already past feeling a little chill in the evening air; some mornings feel downright cold already! It was a strange summer dominated by social distancing, masks, testing and politics and many other things that really shouldn't crowd on our minds as we try to enjoy the few months of real warmth we get in western North Dakota.

But in the end, all is good. This is still a place of kind, considerate hard-working people who respect their neighbors and even people who have different opinions. We're people from diverse backgrounds and places, who value that diversity and learn from people who think and do things differently. Together, we make the Heart River area a great place.

We have one more month to come together and make this place even better by completing the 2020 Census. We've done a pretty good job fulfilling our civic and constitutional duty, but we have until September 30 to do a really good job. As of August 17, 64.4 percent of Stark County households had self-responded, which was a little above the

state average of 63.1 percent. We're way better than average, though!

Until September 30, you can still go online to [www.census.gov](http://www.census.gov) and complete the Census. You can also call 1-844-330-2020 and someone will help you take the Census over the phone. If you don't, there's a good chance a census taker will come to your door this month.

The Census Bureau has a constitutional mandate to count everyone, and it will do its best to do just that. If a census taker does come to your door, don't worry:

- All census takers are trained on social distancing protocols.
- Also, the U.S. Census Bureau provides masks and requires all census takers to wear them while conducting their work. 2020 Census interviews are quick – just about 10 minutes long and all surveys can be done 6 feet apart.

If you're not sure the person is a census taker, check to make sure that they have a valid ID badge, with their photograph, a U.S. Department of Commerce watermark and an expiration date. If you still have questions about an enumerator's identity, contact the North

Dakota state operations office to speak with a Census representative. That phone number is 701-561-5508.

Remember all the important things that benefit from a thorough and complete Census count:

- Healthcare programs and services
- Emergency services including fire and rescue

- School programs like afterschool and school lunch programs
- Senior and youth centers

The pandemic has made this a tough year, but things will get better. Let's do our part to make sure that we get our fair share of federal dollars for the next 10 years! ■



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College students need to be counted in the 2020 census! Though you may spend summers in another state, you count in the North Dakota census if you attend a full term of school here.

Find the census March 12, 2020, here:

**ndcensus2020.com**

United States®  
**Census  
2020**

Everyone counts on the census and answers are completely confidential.

## YOUR HEALTH

# COVID update

By Steve Irsfeld

It is now into September, and who would have anticipated that we would be dealing with the COVID crisis for this long. We are currently dealing with many controversies and probably some to come in the future of this pandemic. I am not here to sort out the details of masks, vaccines, and social distancing, but I am here to talk about what you can do to protect yourself when it comes to your immune system.

The original thought regarding who is affected by COVID in terms of mortality was the following; patients over 65 years old, multiple disease states including cardiovascular disease, diabetes and asthma, and immunocompromised patients. The data that we currently have indicates that all age groups are affected, young and old.

According to research from Italy, nutritional status appears to be an influencing factor for patients. Uncontrolled blood glucose, with or without a diagnosis of diabetes, is affecting mortality rates in COVID patients. Higher body mass index is also associated with poor prognosis, especially in patients with other underlying conditions. From this data, we can conclude that overall well-being, food quality, and lifestyle can affect outcomes.

Lifestyle is a cornerstone of overall health. Do you eat right? Do you get enough quality sleep? Getting better sleep should be a priority. Sleep hygiene is a buzz word looking at everything you should do to promote better sleep. Going to bed at a set time, dimming the lights an hour before bedtime, blocking blue light, and keeping your room dark and cool.

Do you keep alcohol consumption down to a minimum? Alcohol can affect the gut by breaking down the mucosal barrier, eventually leading to leaky gut. Leaky gut leads to systemic inflammation. Optimally stopping the consumption is best, but at the bare minimum, limiting use to 1-2 drinks per day. These are just some lifestyle items to consider.

The following supplements show useful data in boosting your immune system and helping reduce inflammation in our bodies. They are all inexpensive



options, and I encourage you to seek them out and incorporate them into your current supplement regimens.

Zinc has been used to decrease the length and severity of the common cold and additive treatment for pneumonia in pediatric patients. Zinc is crucial for the growth, development, and maintenance of immune function and has antioxidant and anti-inflammatory properties. A sign of zinc deficiency is a lack of smell or taste, which is also a symptom of COVID-19.

Vitamin D has been proven to reduce the risk of upper respiratory tract infections, modulate our immune system, and enhance antioxidant-related genes. It decreases pro-inflammatory mediators and increases anti-inflammatory mediators, meaning it reduces inflammation in our bodies.

Melatonin is highly effective in protecting cells from damage in high inflammatory conditions. Melatonin consistently showed benefit in decreasing inflammatory markers in human and test-tube studies.

Vitamin C is probably the most familiar antioxidant we know of. Vitamin C has been shown to decrease the frequency, length, and severity of the common cold and the incidence of pneumonia. One of the actions is by inhibiting inflammasome activation. The oral daily dose can run from 500-3000mg/day.

These are foundational options to improve your immune health. Let's all take care of our own houses and make our bodies the best virus-fighting machines as we go into another round of cold, flu, and COVID.

Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

## CONVENTION AND VISITORS BUREAU

# Northern lights are a stargazer's heaven

Northern Lights, galaxies, stars ... and UFOs?

North Dakota's climate, location and geography are perfectly suited for viewing the Aurora Borealis (northern lights). The amazing lights dance across the night sky in vivid green, purple and blue. Sometimes they compete for attention with a full moon that is bright enough to read by. OK, that's an exaggeration, but you get the idea. You literally would be able to see a bison approaching your campsite at midnight in the backcountry of Theodore Roosevelt National Park.

Stargazers don't have to drive far out of our larger cities and towns to be alone with the rest of the universe. Staring up, we wonder what's there. Does anybody see us? Do we see anybody else on that tiny light so far away? We contemplate things we can't understand like how far is a thousand light years. Sometimes we're treated to meteor showers or the twinkling lights of jets flying over or satellites and even the International Space Station cruising way overhead.

Here are some tips to viewing the northern lights in North Dakota.

- Northern lights watchers don't have to wait until fall or try to catch the show by chance. Some websites track the appearance of the Aurora Borealis and other sites go into more detail.
- What sets North Dakota apart from other areas of the world where you can also see the northern lights is its location. Here you can see them year-round thanks in part to our dark night skies. And during strong displays, you can see them in every direction, not just to the north.
- Do a little homework and then head into the countryside for one of nature's rarest light shows. North Dakota is one of the best places to scan the dark skies for the northern lights or uncounted stars, planets and galaxies. Take a look outside on a crisp, clear night and try counting the stars. No, wait, don't. You'll run out of numbers and the night before you run out of celestial bodies. ■



***"Never regret anything you have done with a sincere affection; nothing is lost that is born of the heart."  
- Basil Rathbone***

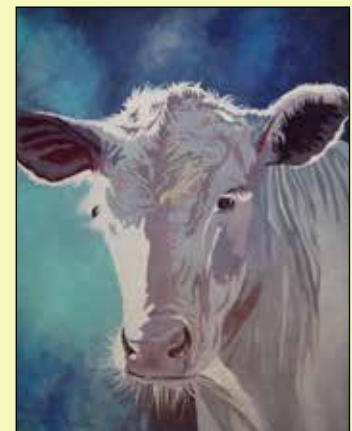
## Call for Artists

Are you a North Dakota artist who would like to be featured in our paper? Do you know of someone who deserves a "spotlight?"

Send a short biography (300 words or less) and some high resolution images of your artwork for consideration.

We'd love to show off your talents!

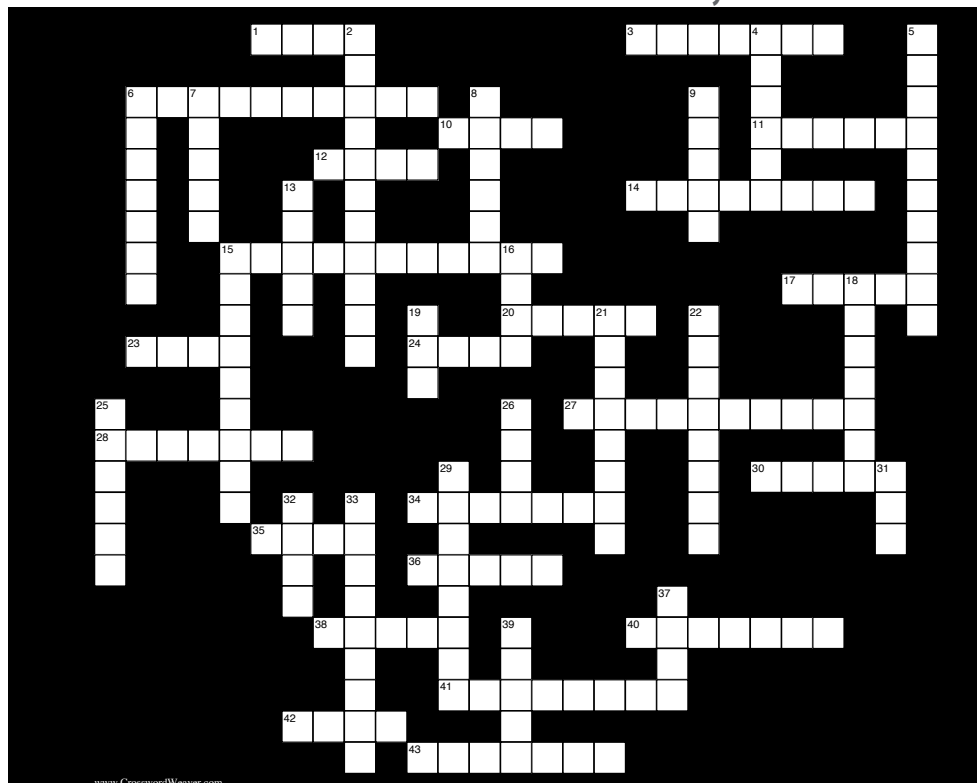
Email to:  
kelley@heartrivervoice.com



# Heart River VOICE PASTIMES

CROSSWORD

It's All Greek and Latin to Me by Carlinka



- ACROSS**
- 1 +One prefix for 7
  - 3 +Mythical creature
  - 6 +1,000 years
  - 10 +One prefix for half
  - 11 +Group of 6 musicians
  - 12 +Auto
  - 14 +Figure with 5 sides
  - 15 +Five sibs of same age
  - 17 +One prefix for 4
  - 20 +One prefix for "many"
  - 23 +Bene
  - 24 +Bio
  - 27 +Athletic event with 7 events
  - 28 +Sea creature or tapas
  - 30 +Geo
  - 34 +10 speed or mountain
  - 35 +Phil
  - 36 +Chrome
  - 38 +Dyna
  - 40 +100 years
  - 41 +Train that runs on one track
  - 42 +Audi
  - 43 +Having 6 legs
- DOWN**
- 2 +3 horned dino
  - 4 Port city in Ukraine
  - 5 +Say 7 pups at once
  - 6 +1 million tons
  - 7 +Photo
  - 8 +10 years
  - 9 +Circ
  - 13 +Graph
  - 15 +Four-footed beastie
  - 16 +Chrono
  - 18 +Anti
  - 19 +Omni
  - 21 +Syn
  - 22 +1 billion watts
  - 25 +Prayers said over 9 days
  - 26 +Another prefix for "many"
  - 29 +1,000 grams
  - 31 +One prefix for 6
  - 32 +Biblio
  - 33 +100 grams
  - 37 +Path
  - 39 +One prefix for 5

## PINCH OF THIS, -OF THAT Easy Street Tacos



My friend from California passed along this quick and easy recipe.

**Ingredients:**

- Italian sausage, casing removed, or ground pork sausage
- Feta cheese
- Cilantro
- Lime
- Small corn tortillas

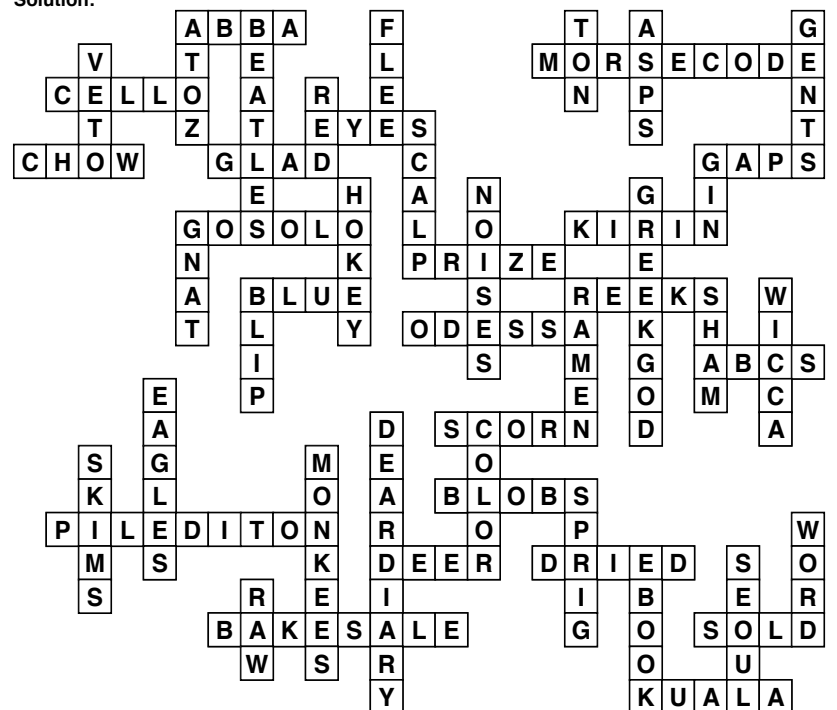
**Instructions:**

Brown the meat in a frying pan and season to your taste. Remove from pan, drain, and set on paper towels to remove any remaining grease. Place meat in a warmed corn tortilla, garnish with feta cheese, cilantro and a squeeze of lime juice. Easy and delicious! ■

Last month's puzzle solution

## All Over The Place

Solution:



# HOROSCOPE

## SEPTEMBER 2020

by Hilda De Anza



**ARIES**  
March 21-  
April 20  
First of  
September

marks a struggle lasting several months to realize a specific agenda. If September seems like an uphill struggle, that is to be entirely expected. Respect the challenges that arise in your professional life, don't give up, and mobilize willpower combined with patience to reach your goals. Rewards come by the end of this month when potential partners appear, and the last few days of September are perfect for love, children, entertainment and passion.



**TAURUS**  
April 21-  
May 21  
From

September to the end of the year is time when it is difficult to get traction it feels like a lot of power is out of your hands. Partners tend to be sidelined, and you may find yourself dealing with people who undermine you from behind the scenes. Mid-September, a lot of mental pressure dissipates, and there is a welcome break. End of month can bring a poignant romantic development and a heart-warming sense of connection with loved ones.



**GEMINI**  
May 22-  
June 21  
September is  
an especially

good period for clearing up things at home. This could be a home improvement project or on a deeper level, talking financial or emotional issues over with partners. First of September is light-hearted period, and it is a nice time for romance, kids and generally enjoying life. End of September problems arise because there are certain authorities who control money and power, that place obstacles in your path.



**CANCER**  
June 22-  
July 22  
First of the  
month is a

fantastic time for organizing your thoughts, research and planning. If you have been looking for solutions, this is the time when you can find them and put them into practice. It's an extremely constructive month and excellent for working partnerships. Towards the end of the month, a project grinds to a halt and requires the investment of far greater effort than expected. Your motto: When the going gets tough, the tough get going.



**LEO**  
July 23-  
August 22  
Generally,  
September

is great for organization and finance, as long as you approach things realistically. It is also sweetened by pleasant relationships and enjoyable activities. It is a great period for communication and the arts and for relations with people locally. Latter part of month is good in regard to work and finance, but still have a lot of upheavals taking place in the working environment. By focusing on restructuring and on practical solutions, you gain advantages while others waste energy.



**VIRGO**  
August 23-  
September 22  
First of  
September is

an excellent period for creative partnerships, children and relationships. You can build something truly great at this time, if you make plans and commitments. Mid-September is an excellent time to take on a creative challenge, especially if it involves solving problems for other people. The last part of September is characterized by differences of opinion as regards spending, and it can be difficult for you to say no when confronted.



**LIBRA**  
September 23-  
October 22  
September  
begins with

challenges connected with career or family. You can handle this, as long as you shoulder responsibility and keep expectations realistic. Mid-month, there is a change of focus and career pressures subside. September is going to be characterized by pleasurable developments in your social life. It is a great time for partnership, perhaps because someone has been waiting for you for some time.



**SCORPIO**  
October 23-  
November 21  
You have been  
experiencing

a lot of challenges at work recently and not just because of the current pandemic. One area of focus can be how you organize your daily rhythms, and this is the perfect time for embarking on a program of health and fitness. September is a month when you meet a lot of resistance. If you go too fast you hit a wall; if you go too slow, you get nowhere. You need tremendous patience this month, and you must choose your battles very carefully.



**SAGITTARIUS**  
November 22-  
December 21  
September  
represents a

turning point for you in a year of upheaval and change. In recent months you have to return to basics and revisit areas of your life that need reforming. What works at the very beginning of the month is to retrench, keeping things simple. Mid-September there is a lot less pressure on you, and good friendships and connections evoke a far more upbeat and positive atmosphere. September is a brilliant time for career success and for creating new conditions for financial stability.



**CAPRICORN**  
December 22-  
January 20  
There is a

particular problem this month, a conflict with someone in the family, or something as practical as a difficult home improvement project. You'll need patience to handle the tension that comes your way. Mid-September is an excellent time for relationships, when you can work together to make effective plans for expanding your intellectual horizons and other skills. End of September, a turning point is reached.



**AQUARIUS**  
January 21-  
February 19  
As September  
begins, you

are feeling the pressure of working relationships, which can be mentally and intellectually exhausting. You oscillate between enthusiasm and lethargy and may begin to doubt whether you can rise to a special challenge. The key attitude has to be determination. Mid-September is a good time for reaching agreements with partners about how to handle finances, debt and sharing.



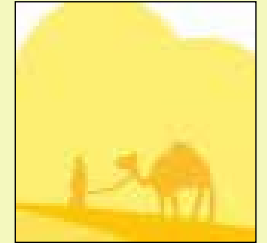
**PISCES**  
February 20-  
March 20  
September  
begins with

a full moon in your sign, highlighting your feelings and causing a wonderful time for developing some of your dreams. There is a great need to reform society on a deep level, and this month represents a turning point in your efforts. September is a great month for personal relationships, and the month starts with a really helpful connection with a quality person, who helps organize things for you.



### Fabricius

Explore Fabricius, a Google Arts & Culture Lab Experiment that uses machine learning to help translate ancient Egyptian hieroglyphs. The journey began with the Hieroglyphics Initiative, a Ubisoft research project that was launched at the British Museum in September 2017. Working with Google and development agency Psycle Interactive, the project sought to identify whether machine learning could transform the process of collating, cataloging and understanding the written language of the Pharaohs.



### Topps BUNT20

Topps, the classic sports card and memorabilia company, brings you Topps BUNT MLB Card Trader. Unlock a world where you can celebrate the nostalgia of collecting and trading baseball cards and the added digital bonus of opening card packs every day!



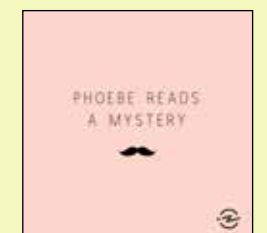
### Oh, Hello: The P'dcast

Longtime pals, collaborators and Big Mouth co-stars Nick Kroll and John Mulaney wrapped up a Broadway run of their show Oh, Hello in 2017. In it, they played crotchety old New Yorkers who love tuna fish, hate most people and invite big-names comedians like Jon Stewart and Will Ferrell onstage for impromptu conversations each night. Now, they're starring in a spin-off podcast for charity. The series parodies mystery podcasts like Serial.



### Phoebe Reads a Mystery

Phoebe Judge is best known as the host of the true crime podcast Criminal that makes listeners feel smarter rather than voyeuristic or exploitative. But Judge's soothing timbre is the real highlight of her work. During quarantine, Judge has found solace in reading whodunits. Judge's renditions rival the best audio books-and best of all, they're free.



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# PLAYERS

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