

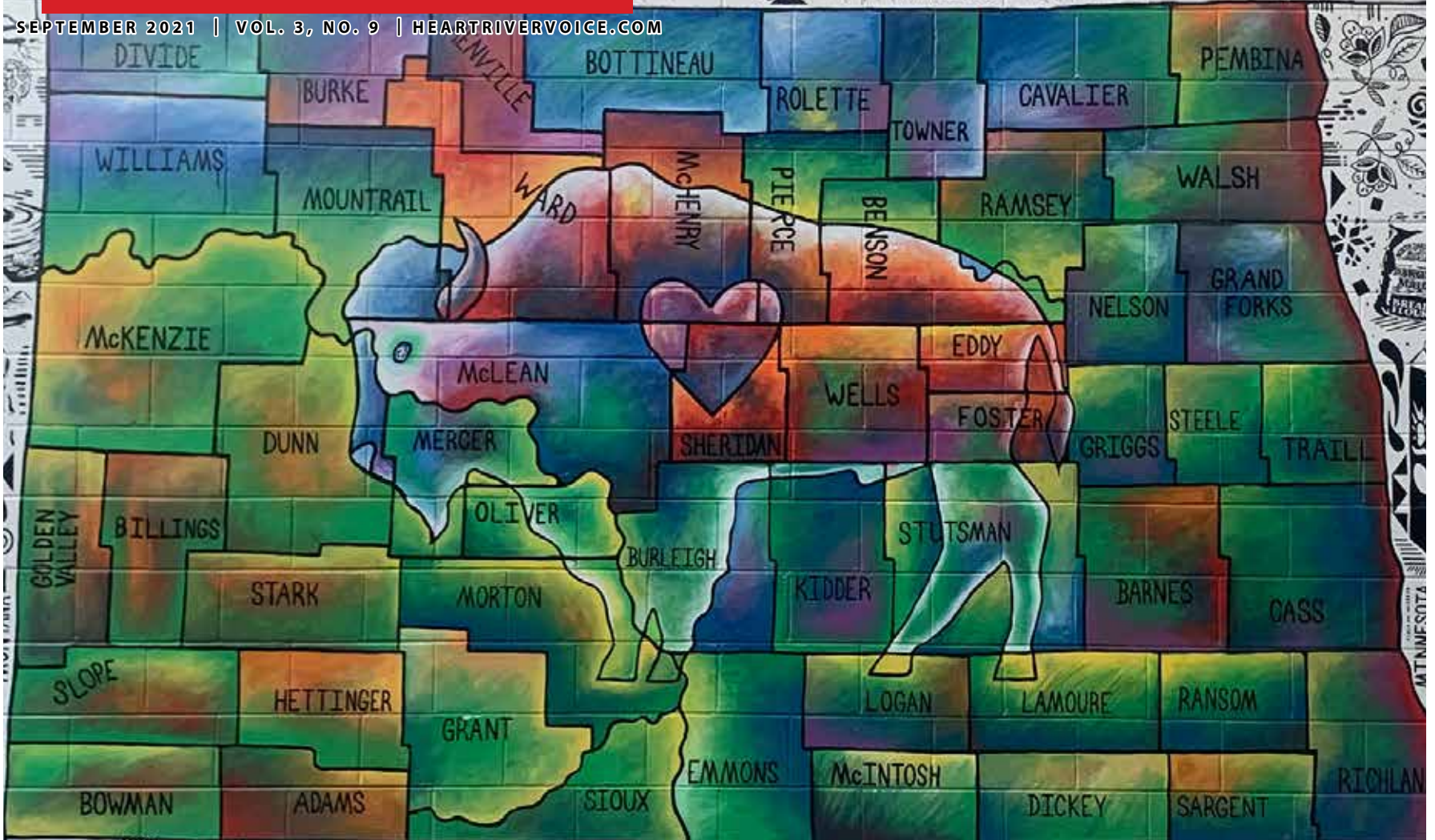
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CALENDAR of
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A note to our readers

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

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

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

Kelley Jilek

Publisher

Cover art by Paul Noot, located in Art Alley in Bismarck. For more information about the artist, see page 5.

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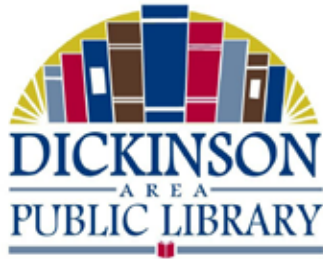
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#BOOKWORM

New season, new things

By Cindy Thronburg



Summer has ended, and we at the Dickinson Area Public Library (DPL) would like to thank everyone who participated in our Summer Reading Program and took part in our events over the summer. Also, congratulations to all of our grand prize winners! It was so nice to see how many people participated this year.

Just because summer has ended, doesn't mean the fun has to end! The DPL is welcoming autumn by offering a new collection, new programs, and several events to start the season this September.

The DPL is excited to announce a new collection that has been added to the library. Kids will be able to enjoy our new Playaway Launchpads. These are tablets that are pre-loaded with content, designed with a simple, easy-to-use interface. They are 100% secure, because they are unable to connect to the Internet. They are loaded with apps, videos, games, and more based on certain themes or learning areas. We currently have ten available for checkout with themes such as STEAM, Social & Emotional, and Language & Literacy. They must be checked out on an adult card, and circulation time is two weeks. They can be found near the Juvenile Nonfiction section to the left of the downstairs elevator. We are excited to be able to offer these to our patrons!

September is Library Card Sign-up Month. To celebrate, the DPL is giving a free day pass to the West River Community Center to all new patrons. Any patron who has never had a library card that signs up during the month of

September qualifies for a day pass. A library card does more than let you check out physical materials. It also gives you access to our e-content, including Libby (Overdrive) and hoopla!

The DPL will once again be holding a Drop Your Drawers campaign. We are requesting patrons bring new packages of children's underwear, socks, t-shirts, sweatpants, or other new clothing items to the library. We would like to thank Ellingson for being a sponsor. Donations will be accepted through Sept. 30th, and they will be given to the local public schools and the United Way of Dickinson for distribution.

We have several events happening in September, as well as some new programs, to provide fun for the whole family. We now have a program called Tween Time, which is for ages 10 to 12. Similar to the Teen program, tweens will meet for 45 minutes to an hour and work on a craft or project. Snacks are provided. Tweens meet alternating Thursdays at 4:00pm. The first one will be on Sept. 9th. They will be doing Skittle Art.

On Thursday, Sept. 16th at 6:00pm we will be hosting a Live Book Night. For one hour the Children's Librarian will read aloud from a children's book. Open to all ages, patrons can bring in homework, art projects, coloring books, or some other project and work and listen to a story. This is a fun event that can be enjoyed by the whole family.

We have another new program we are offering, this one geared towards teens and tweens, but it is open for ages 10 and up. It's called Pages and Popcorn, and it's



a book to movie club. Participants will read the selected book on their own, and then we will show the movie that was based on the book and have a discussion. The first title in the program will be *The Secret Garden*. The movie showing and discussion will be held on Saturday, Sept. 25th at 1:00pm.

STEAM will now be for ages 6 to 9. It will be held on the second Monday of each month at 4:00pm. The activity for September will be a Paper Chain Challenge.

It was an insanely busy summer, and we are looking forward to a fall that has more fun things to do for all of our patrons. This is by far not a complete list of all of the things happening in September, so please stop by for a copy of our events calendar, and watch our Facebook page and website. As always, we look forward to seeing you! ■

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COVER ARTIST Paul Noot

Paul Noot is an artist and teacher living in Bismarck, North Dakota. He has maintained a studio in Bismarck for the last 25 years. He has degrees from University of North Dakota and Brooklyn College in NYC and currently is the department chairperson for the Visual Arts Department at Bismarck High School. He also has taught classes for Theo Art School, Sleepy Hollow in Bismarck, and Continuing Education courses for UND, Grand Forks. In 2011 he was one of founders of the Bismarck Downtown Artist Cooperative which is currently in the Old Historic Bismarck Tribune Building, downtown Bismarck. The Cooperative is a gallery run by all volunteer artists and offers classes, exhibit opportunities and memberships for all ages, styles, and abilities.

Noot was awarded the 2017 ND Governor's Award for the Arts in Art Education. Paul has been in several regional art exhibits and his work is in public and private collections. Recent commissioned work can be seen at the Pirogue Grille, Bismarck, and a two-hundred-foot mural in Valley City. He also painted a horse for Easter Seals of North Dakota, a minibus for American Cancer Society of North Dakota, a ND



Paul Noot

themed mural in Art Alley, Bismarck and a child statue for Manchester House of Bismarck. In June of 2021 he completed an interactive mural with butterflies, ND prairie flowers and the landscape of the Maah Daah Hey Trail. The same building also has a 24-foot honeycomb pattern with images representing the agriculture field, energy industry, wildlife and the people of North Dakota. This mural is located on the fringes of downtown Bismarck.

Paul is a community art activist and a passionate gardener and is often inspired by his environment. He has designed and maintains a pollinator garden at his residence and one downtown at the Bismarck Downtown Artist Cooperative. His art often portrays bees, butterflies, the landscape of ND and wildlife of the area. Once can find his art at the Co-op or you can follow him professionally on Facebook or Instagram at Paul Noot. ■



Paul standing near the interactive butterfly mural in downtown Bismarck

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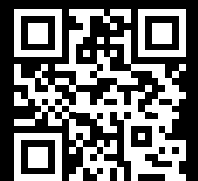


WEEKLY PROMOTIONS

August 22, 2021 - August 28, 2021
 August 29, 2021 - September 4, 2021
 September 5, 2021 - September 11, 2021
 September 12, 2021 - September 18, 2021
 September 19, 2021 - September 25, 2021
 September 26, 2021 - October 2, 2021

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HEALTH

Be vigilant in recognizing and addressing depression

By Lea Floberg, FNP-C

The month of September brings with it cooler days, football games and the beginning of another school year. It is often a time of excitement and renewed energy. September is also National Suicide Awareness Month. It is a time to reflect and remember those who have lost their battle with depression. It is also the perfect



opportunity to educate ourselves and become more aware of the struggles of those around us.

Based upon statistics, it is highly likely you or someone you know has experienced depression. It is estimated that 16.1 million Americans suffer from depression in any given year. This equates to nearly 7% of the population. Major depressive disorder is the main cause for disability for those aged 15 to 44. As evidenced by these figures, it is obvious that depression has a significant impact on many people.

Depression falls within the category of mood disorders. The primary symptoms are generally present for two weeks or more and include a prolonged feeling of sadness and a loss of interest in most or all normal activities. Other common symptoms include:

- Slowed thinking, difficulty concentrating
- Feelings of worthlessness, guilt
- Lack of energy, irritability, anxiousness
- Sleep disturbances
- Appetite changes
- Unexplained physical problems such as headaches and back pain
- Thoughts of death, suicidal thoughts and attempts

For many people the symptoms are significant enough to cause problems in their day to day lives. Their

work ability, family life and social interactions will all likely become effected. The worst potential outcome of depression is suicide.

Although there is no one exact cause known, there several factors which may be involved when a person develops depression. There is a higher chance of depression if a person's blood relative has also suffered with it. Biological differences in the structure of a person's brain and a change in function are brain neurotransmitters are also contributing. Hormone changes, such as in the case of postpartum depression, also may play a role. Other risks for developing depression include:

- Traumatic or stressful events and previous abuse
- Having other mental health disorders
- Abuse of alcohol or other recreational drugs
- Serious or chronic illness
- Certain medications
- Personality traits
- Being lesbian, gay, transgender or bisexual

Treatment is available for depression. However, the biggest barrier can often be identification of the problem. There also continues to be a stigma associated with depression and other mental health disorders. Many will not divulge their feelings due to the fear of being judged or viewed as weak. For this reason, it is important for everyone to be aware of the signs of depression. If recognizing the signs in someone you care about, offering concern and help can save a life. Studies show that most people are relieved by someone recognizing the problem and talking with them about it.

The treatment of depression may often include medications geared at initially normalizing neurotransmitter levels in the brain. For many, various therapy and counseling modalities may also be helpful.

There are other general lifestyle strategies to help cope. Taking care

of one's physical health is very important. Eating a well-balanced diet, working toward a 30 minute per day exercise goal and getting adequate sleep are all important to maintain physical strength. Making a conscious effort to change your thinking is also important. This can include:

- Limiting rumination or obsessing over negative thoughts or rethinking a situation over and over
- Writing down thoughts with a goal of decreasing negative thinking and put situations into perspective
- Set goals that are reasonable and achievable. Feeling a sense of accomplishment is so important!
- Stay connected with family and friends, accept their help
- Purposefully engage in healthy enjoyable activities such as listening to

upbeat music, enjoying a cup of coffee or dancing in your living room

If symptoms of depression are intense and long lasting, affecting a person's ability to take care of themselves or attend to daily tasks, are accompanied by substance abuse or self-harm and thoughts of suicide, it is important to seek professional help. If the situation is emergent, care should be sought in the emergency room or by calling 911. In a non-emergent situation, one can seek care with their primary care provider, counseling facilities or local regional human service center.

Lea Floberg is a Family Nurse Practitioner at CHI St. Alexius Health Dickinson Medical Clinic. To reach Lea or to schedule an appointment, call 701-456-4200. ■

THE NEW DPL

TRIVIA

CONTEST

Play trivia against other library patrons for fun, points, bragging rights, and maybe some swag!

Season 1 begins September 6th, but the preseason has already begun.

Information can be found at:
<http://www.dickinsonlibrary.org/9275>

HEALTH

Weight loss struggles continued

By Gabrielle K. Hartzke, RD, LRD

Picking up from where we left off in July, let's dive into the perception of food.



Do you tend to view foods as “healthy” or “unhealthy?”

People tend to overeat foods that are perceived as “healthy.” It's been studied. For example, the University of Michigan found that if a food was labeled “organic,” people ate more of it. Simply because it was organic. But, let's be real, even too much olive oil can become an issue. And secondly, peanut butter cups labeled as organic still have calories. The word “organic” doesn't make the calories just disappear or contain less. Portion size still matters and eating in moderation is key. The nutrition facts label is your “go to” for evaluating serving size and how well it fits into your plan. Remember, even consuming oversized portions of “healthy” foods can rack up calories quickly. Avocados, for example, are rich in healthy fats and rather steep in calories. So, even though they are an important part of a healthy diet, eating too much could slow your weight loss progress. All foods, yes, literally all and any kind of food can be eaten and result in weight loss. The key takeaway here is how often and how much of the particular food is eaten.

Using a food scale can be helpful to keep track of portion sizes.

What is your perception of exercise?

Look at other ways to get in more steps and activity. If you tend to sit at a desk for most of the day, try getting up every hour. Walk to the furthest restroom, complete an errand by bike or on foot, climb the stairs rather than

using the elevator, take a lap around the building or park in the furthest parking space. All these little things add up. However, don't let step count deceive you. To upkeep good cardiovascular health, it's important to get in at least 150 minutes of moderate to vigorous activity per week.

Are you eating more to compensate for exercise?

It's typical to feel a little hungrier once starting to exercise regularly. But don't let this fool you into eating extra, unplanned snacks as this could lead to additional weight gain. Don't use food as a reward for exercise. Plan ahead for a low-calorie snack after exercise like a rice cake with a tablespoon of peanut butter topped with a few mini chocolate chips.

The bottom line: Considering the why can be very helpful throughout your weight loss journey. Why do you want to lose weight? Knowing your “why” drives motivation to continue throughout the process. Remember, what works for your friend, doesn't necessarily mean the approach will work for you. Individualize your plan around you to reach your goals. ■

THE ARTS

Community concerts return

By Carma Gerbig

The Dickinson Area Concert Association is pleased to announce that after an interlude of 18 months due to the COVID-19 Pandemic, we are once again planning for a wonderful concert season for 2021-2022.

The Dickinson Area Concert Association is a local organization that is committed to bringing a variety of excellent musical performances to the Dickinson area at a reasonable cost. Each year there are four to five local concerts and reciprocity for many other concerts with nearby concert associations.

Membership is open to all who are interested in becoming members. The best value is a season membership, but it is possible to attend single concerts. To become a member, tickets may be purchased at Eckroth Music, 1067 3rd Avenue West, Dickinson, ND or membership may be purchased at the door of any of the concerts. Season fees

include \$65 for adults, \$60 for senior citizens, \$35 for students, and \$130 for a family membership. To attend a single concert, tickets are available at each concert for \$30.

Concerts in Dickinson this season include: MISS MYRA & THE MOONSHINERS – a four piece band that will play and sing jazz, classic tunes, and inspired originals on Tuesday, September 28, 2021; BARRON RYAN – will provide a musical adventure that's vintage yet fresh, historical yet hip, and classical yet cool on Monday November 1, 2021; JARED SHERLOCK – a magician with baffling tricks, sleights of hand, juggling and humor on Sunday, March 27, 2022; and VERITAS – a five piece vocal group which will create a “wall of sound” for which they have become known on Monday, April 4, 2022.

The Dickinson Association maintains reciprocity with nearby concert associations in Hazen, Watford City, and Williston. DACA members can attend these other association's events free of charge. This year that amounts to thirteen possible extra concerts. For more information and to listen to clips of this year's concerts go to: www.dickinsonareaconcertassociation.com ■

STAY CAFFEINATED

Where does your coffee come from?

By Nicholas McCormick



Bags of green coffee beans waiting to be roasted

How big of an impact does its origin give to coffee? Short answer: huge!

As the assistant manager and part time roaster at Market Press Coffee Company, I dove deep into the life of coffee prior to being roasted.



Green beans ready to be placed into the roaster

Coffee's origin lends so much to the finished product including taste, mouth feel and aroma. An example of this is Latin American coffees tend to have notes of dark or milk chocolate, nuts and caramel, whereas Asian Pacific offers a more floral, tea-like taste. The flavors of their origins is what guides people to purchasing those special single origin coffees.

While exploring these origins, we at Market Press found the most popular and versatile coffees to use in this setting is all Latin American based. More specifically: Guatemalan – known for its chocolate notes with hints of bright lemon, Brazilian – dark chocolate and caramel with a full body, Columbian – known for its ability to be utterly smooth,

with lots of nutty notes and lastly, Costa Rican – the brightest of our four that lends well with bright acidic flavors yet it's still rich from slight notes of chocolate. These coffees are all beautiful on their own however, when blended together at different ratios and the roast profile, a multitude of flavor notes and mouth feels are awakened.

With the start of Market Press, we had many failures, many horrendous coffees, but we were able to find the beautiful harmonious blend of our signature roast, now known as Market



A perfectly roasted batch of Market Blend

Blend. Once we mastered our Market Blend, we moved onto our cold brew.

Similar to the previous blend, our cold brew was a challenge, we knew we wanted the mouth feel to be smooth, and taste to be bold, without being sour or unpleasant. So with notes from our previous roast and the origin details, we knew the main coffee to use was the Columbian. Through many trials, we were able to call our cold brew blend truly perfect.

Our staples are in place, but there is always more to come. We knew once we had successfully roasted the beans were currently had, we wanted to play with an African coffee. More specifically, Ethiopia, also known as the birthplace of coffee. Bright, fruity notes are front and center, and we are excited to master this coffee and bring out those beautiful notes. ■

KNIGHTS OF COLUMBUS

August Family of the Month

Knights of Columbus Council #6308 of St. Joseph's Church gives special acknowledgment to the family of Rigo and Monica Lopez for the month of August 2021.

Rigo and Monica were childhood sweethearts since grade school and were married in 1999 in Mexico at el Sagrado Carazon Church. They have four children: Isabel, Alondra, Rigo and Cloe. Rigo is a new member of Council #6308 and a member of St. Joseph's Church. He is part owner of A & R Construction Company.

Monica is owner and manager of La Cocina d'Mony, a restaurant serving excellent Mexican cuisine, located in Belfield, North Dakota on Main Street.



Join the Knights of Columbus Council #6308 in extending a blessed welcome to the family of Rigo and Monica and a special prayer of thanks for their presence in St. Joseph's Parish for "Holy is the name of Jesus and His mercy is from age to age". LK 1:50. ■

HOME ON THE RANGE

Celebrating 30 years of adopting-a-highway

Home On The Range set another milestone in its history. The organization is celebrating their 30th anniversary of adopting a portion of the North Dakota interstate. In 1991, Home on the Range applied to the North Dakota Department of Transportation (NDDOT) to adopt miles along the Interstate and pick up trash in the road ditches and exits. Home On The Range is responsible for 15 miles, or actually 30, because the volunteers pick up trash on both sides of Interstate 94. They start at mile marker 15 and go to the

North Dakota/Montana State line. Several times throughout the summer, Home On The Range staff and children pick up trash in the road ditches. You may have seen them working, or the bright florescent trash bags tied to the reflectors waiting to be picked up.

"We are proud to help NDDOT and be

a partner to keep our state clean," said Laura Feldmann, Executive Director. "This helps the environment and looks nice. It teaches our youth about caring for the land, and helps them develop a sense of pride, responsibility, and even accomplishment after they see what they can get done."

Home On The Range is located at Exit #7, near Sentinel Butte. It is licensed to care for 36 boys and girls, ages 12 – 18, who may have experienced trauma, abuse or neglect. ■



NDSU EXTENSION

New 4-H year



September is an exciting month for us at the Extension office because it is the start of the new 4-H year. Now is the best time for new members to join and explore all the wonderful things 4-H provides. However, you are probably wondering what 4-H is and what it offers to those involved?

4-H is an organization that empowers youth to build valuable life skills through hands-on learning, leadership, and public speaking. The four H's in 4-H stand for head, heart, hands, and health. 4-H is open to all youth ages 5-18. Students who are ages 5-7, by September 1, are considered Cloverbuds. These 4-H'ers aren't quite ready to compete to the same degree that older children can, but there's still plenty for Cloverbuds to do. Students who are 8 or older, by September 1, transition to full membership. While 4-H is a

youth organization, parental support is important to the success of 4-H members.

It may appear that all one does in 4-H is attend club meetings, but 4-H offers much more. 4-H'ers select project areas of interest to them at the beginning of the 4-H year. Maybe it is wood working or baking, beef animals or photography. Youth can pick from any subject area! From September on, members go in-depth with their projects, practicing and learning as they go. Come June, youth have the opportunity to showcase their finished products at the county fair.

Maybe you are familiar with county fairs and have walked through a 4-H exhibit building. But did you know 4-H offers even MORE to members than a week at the fair?

4-H also provides youth opportunities to:

1. Gain confidence and leadership skills

Giving presentations in Communication Arts, reciting oral reasons in judging contests, and holding officer positions in 4-H clubs are all ways youth better



4-H'er Rylie Dohrmann with ND State Senator Rich Wardner

themselves through 4-H. Michaela Mitchell of Richardton is growing her leadership abilities by becoming a ND State 4-H Ambassador.

2. Make a difference

Rylie Dohrmann of Dickinson won the opportunity to teach Senator Rich Wardner a bit of what 4-H is all about at the very first ND Leaders Showmanship Contest at the state fair.

We also have numerous 4-H clubs that participate in community service projects throughout the year.

3. Experience new places

We had many youth and teams compete in 4-H events at the North Dakota State Fair in Minot. This year our land judging team went to Inkster, ND for the State

Land judging contest. Our meats judging team will be going to Kansas this fall to compete in the national meats judging contest.

4. Have fun!

Everything 4-H does is hands-on. Youth get to decide what they want to learn about and participate in. Their passion and interests drive their 4-H career, making it a fun and exciting experience for them.

In 4-H, the opportunities really are endless. There is something for every child to enjoy and excel in. Call NDSU Extension Stark/Billings at 701-456-7665 to join 4-H and find YOUR opportunity. ■



WWW.HEARTRIVERVOICE.COM



Michaela Mitchell (center of photo) is the newly elected ND State 4-H Ambassador

COMMUNITY

6th annual Harvest Festival



Fall is in the air! 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 on Saturday, September 18 for the 6th Annual Harvest Festival! The festival runs from 11am to 4pm at DSU King Pavilion.

The free-to-attend, fun-filled festival gives you and your family a reason to be outside and enjoying activities like: a family movie night, local craft marketplace, amazing food, entertainment, and so much more!

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, Medora Musical — you're in luck.

20+ Chamber member booths will provide free kids' activities throughout the day. Also, there will be free continuous kids' activities brought to you by City of Dickinson, ConocoPhillips, Midco, Sanford and Sax Motors.

The free kid fun doesn't stop there! There will be a free horse and buggy ride and a Kid Zone that includes Bounce Right Rentals inflatables and the Family Fare Pumpkin Patch where you your family will be able to pick

your own pumpkin from 750 pumpkins to choose from. Don't miss out!

There will be a variety of cuisines to choose from. Please your palate at over 10 food trucks/stands that include The Grub Tub, Bully Burgers, The Sugar Monster, Filipino food, Grills Gone Wild, Players, The Backyard Play Cafe and more. Bon appetit!

After the Dickinson Youth Football League takes the field at 5:30 PM, you're not going to want to miss the free movie night! Bring your lawn chairs and blankets to enjoy The Little Giants (1994) on the jumbo-tron at the Biesiot Activities Center presented by the real estate co.

"The Chamber's mission is to connect business and community to make Dickinson a great place to live, work, and raise a family. Harvest Festival puts our mission front and center in front of a great crowd on the beautiful campus

of Dickinson State University, where we celebrate community and the change of seasons. We are eager for the chance to see familiar faces and to make new friends on September 18th!" said Carter Fong, Dickinson Area Chamber Executive Director.

Whether you want to sport your newest overalls, yellow rain jacket or your go-to track shorts, you'll be in keeping with the season. If you want to make a statement (since we are at DSU) add a Dickinson State University layer to your festival fall outfit.

Regardless of how prepared you are, this festival will be a blast. But it can't hurt to bring sun block, cute new shades and a little spending money. Oh, and your friends. But that probably goes without saying.

Want more festival info? Check out DickinsonChamber.Org or Facebook/DickinsonChamber ■



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THE ARTS

Miss Myra and the Moonshiners



and backed by cornet/trombone, clarinet, bass, and drums this group brings a female-driven perspective to traditional New Orleans and hot club jazz. Playing a broad repertoire of classic tunes from the 1920s and 30s, and inspired originals. Highlighting favorites like Sweet Georgia Brown, Five Foot Two/Eyes of Blue, and When the Saints

Jazz up your evening plans on Tuesday, September 28 at 7:30PM as Miss Myra and The Moonshiners come to Stickney Auditorium at Dickinson State University. The Dickinson Area Concert Association is thrilled to bring this five-piece swing band for your toe-tapping enjoyment.

Led by Myra on guitar and vocals,

Go Marching In, Miss Myra and The Moonshiners provide powerful vocals and horn section as well as sweet rhythm to lift your spirits and take you back to simpler times. ■

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DICKINSON PUBLIC SCHOOLS FOUNDATION

Tri-Energy Cooperative (Cenex) announces Gallons of Gratitude program

Tri-Energy Cooperative (Cenex) announced plans to donate over \$250,000



for their Gallons of Gratitude program to local school foundations with teacher classroom supplies and enhancements on August 23 during their Back to School zoom meeting.

Tri-Energy Cooperative announced a partnership with the Dickinson Public Schools Foundation called Gallons of Gratitude, which is meant to recognize the excellence of our teachers despite the ongoing challenges they face. For every fill up at Cenex-branded fuel stations, a portion of the transaction will go to support our teachers' supply



and educational experience budgets for their classrooms. This year, Tri-Energy Cooperative will provide \$250,000 to local public-school foundations in Bismarck, Mandan and Dickinson. Locally, this donation will enable the Dickinson Public Schools Foundation to provide \$140 in reimbursements so that 336 DPS teachers may enhance the learning within their classrooms.

"Thank you for your generous gift to teachers. It means so much to use. We look forward to using it to support students this year!" stated Morgan Kathrein, Grade one teacher at Prairie Rose Elementary.

Denley Vennes, CEO at Tri-Energy Cooperative, worked with the area school

foundations on the program.

"We are so excited to partner with Tri-Energy Cooperative to support our teachers. Our teachers are so dedicated to helping their students and often purchase supplies for their classroom to decorate and more. We hope that the Gallons of Gratitude program will not only help enhance their classroom but help them feel appreciated." stated Karen Heidt, DPS Foundation's Director of Development.

For more information about the Dickinson Public Schools Foundation, contact Karen Heidt, Director of

Development at 701-590-0495. ■



Karen Heidt



Morgan Kathrein

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CONVENTION AND VISITORS BUREAU

September is full of events!

It's been a hot, smoke-filled summer for everyone. The fall season is almost upon us, and the heat relief will be welcomed. It's the perfect time to come out to the September events that are planned in Dickinson, and the surrounding communities.

There's a full calendar that includes PBR Bull Riding, Stock Car Races, Dickinson Community Walk, Golf Scrambles, Wild Rides Rodeo, Medora Hot Air Balloon Rally and Badlands Kit Fest. The Medora Musical final weekend is September 10 and 11.

Want to stay indoors for an event? Visit



the Pride of Dakota Harvest Showcase where ND Products will be available for purchase, Czech Day in New Hradec, Theodore Roosevelt Symposium at DSU, and Miss Myra & The Moonshiners hosted by the Dickinson Concert Association.

More fun, family activities include National Alpaca Farms Days at the Happy Rock Farm, north of Gladstone. Kids love the alpacas, bring them over to the farm to see the products that are made from

their wool. Many alpaca products will be available for sale.

Taylor, ND will be hosting Good Ol' Taylor Days. The Rebel Customs Car Show will be held on Main Street along with a Craft & Vendor Show, and a new event, Taylor Smoke Show. It's a Pork Ribs N' Butts smoking competition that you



don't want to miss! There's a Lemon Pie competition, Horse Drawn Harvesting, Tractor Parade, Antique and Classic Tractor Pull, Inflatables for kids and a street dance featuring The Cody Charles

Band.

The event season isn't over, find more details on our website, www.visitdickinson.com/events ■

UNITED WAY 2021 Campaign kicks off



United Way of
Dickinson, Inc.

Our 2021 United Way campaign will kick off Friday, September 17th at Rocky Butte Park with our partners, Marathon Petroleum, as we add the Spanish version to our Born Learning Trail. A \$300,000 goal has been established as volunteers in local workplaces work to accomplish the milestone again.

"The beautiful thing about the United Way campaign is that it's totally organized for us. All set up for success," said Nichole De Leon, United Way executive director. "And you can open it up to your employees. They get to be a part of helping other people too. And that feels good to

everybody in the organization. It's easy. United Way does the work to make sure our money goes to the right places and people, places and people that need it the most in our community."

We fight for the education, health, and financial stability of every person in Stark, Dunn, and Billings Counties. Over 15 local nonprofits and United Way of Dickinson programs are being supported in 2021 by United Way allocations from last year's campaign.

"These are programs that help your family, your friends, your kids' classmates," De Leon said. "And when people have access to the right resources that they need, (food, shelter, healthcare, education), we all move forward together."

91 cents of every dollar given goes directly to programming with nine percent going to fundraising and administrative costs, well above the Better Business Bureau standard of a 65-35 split. In fact, United Way is an accredited charity of the BBB, meeting all 20 Standards of Charitable Accountability established by the watchdog group.

"And that's why I'm a part of United Way and have been for many years,"

said Zach McCoy, United Way Board President. "It's a tremendous group to be a part of. That is what United Way is here for. We fund so many different agencies, programs, and help people locally."

More than 90 percent of United Way of Dickinson's annual revenue comes from traditional workplace campaigns in which employees are given the opportunity to give via payroll deduction. Some employers match donor dollars.

Businesses that have already committed to offering payroll deduction to employees include Devon Energy, Marathon Oil Corp., Marathon Petroleum, Baker Boy, TMI, and American Bank Center.

If your workplace is not listed, please contact us at 701-483-1233 to talk about getting a giving campaign started in your workplace. ■



HEALTH

Immune support

By Steve Irsfeld

It's September, school is in full swing, and protecting ourselves from viral infections is at the top of most people's minds. Many of you have received the COVID vaccine, while others have chosen not to. Either way, taking a look at your immune system and trying to make it the best infection-fighting machine possible would seem like a good idea.

Here is a statement that I think we can all agree on, "The pharmaceutical industry does not profit from healthy people." It seems a little odd, but it is in their best interest for you to have a chronic disease or illness. It sounds

having multiple comorbid conditions (underlying disease states). We know that age is not something that we can influence. Disease states can be improved, and in many instances, they can improve if weight is lost.

Here are some natural ways to boost your immune system: exercise, increase intake of fruits and vegetables, decrease intake of sugar and process foods, eat fermented foods or take a quality probiotic, get 7-9 hours of sleep, reduce stress, and consider supplementing with Zinc, Vitamin C and Vitamin D.

Vitamin D status can be a risk factor



crazy, and you may think I am crazy to make that statement, but it is entirely truthful, and I will explain what I mean.

Obesity is an epidemic in society, with the most recent CDC data stating 42.4% of the US population is in this group. This statistic most likely didn't improve over the last two years with the pandemic.

The definition of obesity is an abnormal or excessive accumulation of fat that presents a health risk, and a BMI of 30 or greater would fit the criteria. The formula is weight in pounds divided by height in inches squared times 703. BMI is not a great measurement tool for all body types, but it is not a bad marker for the masses.

Unfortunately, BMI does not differentiate between a pound of muscle vs. a pound of fat. A much better way to measure would be to look at percent muscle and percent fat which can be done with a Bio Impedance Analysis (BIA) or another device that does the same thing. An additional benefit of the BIA is that it gives phase angle and intra- and extra-cellular fluid different markers to see your overall health.

So why have I just spent time talking about obesity? Because it is one of three risk factors that are responsible for roughly 80% of COVID deaths. The other two risk factors are age and

depending on the study you read. Some studies show no benefit. Others show decreased severity of the illness depending on the level of vitamin D in your system. My recommendation is to shoot for a level of 50-80ng/dl. The cost to supplement is inexpensive at \$0.08 per day, and testing is about \$50, so whether we follow the studies showing effect or the studies that show no effect, it would seem like an excellent idea to supplement with Vitamin D the months of September thru April when you can't get it naturally from the sun unless you travel south.

The information presented should genuinely be a call to action for everyone, especially those individuals who can change their health status. Remember, simple things that you do can cumulatively add up to create positive responses. Dig deep, make the necessary changes and forge ahead.

Stop by the pharmacy if you want more information or need help choosing quality supplements for immune support. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

TRINITY CATHOLIC SCHOOLS
Renewal

If one were to ask a student, teacher, or parent how they feel about summer vacation, one is likely to gather varied, yet similar responses that could likely be summed up with one word—renewal. Summer is that treasured time that gives us respite from the bustle of the school year and the freedom to embrace our own versions of renewal. Whether immersing in summer activities, connecting with family and friends, toes in the lake or nose in a book, fueled by vitamin D and the smell of freshly cut grass, summer has a special way of awakening sunshine in the soul and fostering a sense of renewal. At Trinity Catholic Schools, this summer has certainly been a time of change and renewal—not just for our students, teachers, and parents; but also, for our beloved elementary schools, Trinity Elementary East and Trinity Elementary West.

Each year, 'wish lists' are generated by the faculty and staff of each school that help to identify areas of greatest need and develop plans for improvements. Early this spring, we were unexpectedly

individual air conditioning units and locker cubbies to blinds and even upgraded kitchen appliances, each school was abuzz with activity all summer long. In the midst of supply chain delays and workforce shortages, one would reasonably expect the completion of this impressive list of improvements to be met with delay, but much like popular home improvement television shows, it all came together just in time to greet our students and welcome them back for the 2021-22 school year." Director of Mission Advancement, DeAnn Scheeler adds, "we are grateful to our amazing donor for bringing her ideas to us in June, to our facilities team for helping to pull off an incredible transformation, and to our teachers for their patience as we navigated a challenging remodel."

Coupled with the recent completion of new pavement in the parking lot and playground at Trinity Elementary West, responses to the improvements have been overwhelmingly positive. After seeing the updates while attending the Back-to-School Expo, Trinity Elementary



The halls of Trinity West with new carpet and cubbies

blessed and delighted when a long-time Trinity family offered to help us with our lists. What started as a plan to tackle a couple of items at one school quickly evolved into a series of projects that would breathe new life into the humble parish schools at St. Patrick's and St. Wenceslaus Catholic Church.

Trinity Catholic Schools President, Marya Skaare, shared, "From new carpeting and paint to LED light fixtures,

West parent, Jacob Odermann, remarked, "Everything was so nicely done. The energy is off-the-charts in there. I have never seen the school look that good." With plans underway to pave an additional school/church parking lot on Third Avenue and to complete additional wish list items at each school into 2022, it will continue to be an exciting time of renewal for our schools and a great time to be a Titan! ■

COMMUNITY ACTION PARTNERSHIP North Dakota Rent Help - application assistance

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

The COVID-19 pandemic has impacted families across income levels. Those individuals and families lower on the income scale have been particularly hard-hit due the business closures and job lay-offs during this critical time.


North Dakota Rent Help (NDRH) program, a program of the North Dakota Department of Human Services, may assist with past due rent and utilities for up to 12 months, with the ultimate goal of helping the household regain economic well-being and housing stability.

To be eligible for NDRH assistance, at least one member of the household must have qualified for unemployment or have experienced a reduction in income/

increased expenses during the COVID-19 pandemic, and be at risk of housing instability. Community Action agencies in Dickinson and Williston have NDRH Application Counselors who will help with the application process.

Please contact our Dickinson office at (701) 227-0131 or our Williston office at (701) 572-8191 to find out more about North Dakota Rent Help and application assistance.

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



Former Superintendent Dr. Hocker, DPS Foundation president Leslie Ross, Board member Garrett Nodland, Director of Development Karen Heidt

Since 1989, the Dickinson Public Schools Foundation, Inc. has supported staff and students with over \$500,000 from our Annual Teacher Grant Program. This year's grant will open in October.


Visit www.dickinson.k12.nd.us/foundation for more information.

NORTH DAKOTA RENT HELP

ND RENT HELP REPLACED THE EMERGENCY RENT BRIDGE PROGRAM ON JUNE 1, 2021.

THIS PROGRAM CAN PROVIDE UP TO 12 MONTHS OF TEMPORARY RENTAL ASSISTANCE AND OTHER HOUSING SUPPORTS TO THOSE WHO QUALIFY.

<u>WHO QUALIFIES?</u>	<u>PRIORITY IS BEING GIVEN TO:</u>
<p>NORTH DAKOTA RENTER HOUSEHOLDS WHO EARN NO MORE THAN 80% OF THE AREA MEDIAN INCOME.</p> <p>HAS RECEIVED UNEMPLOYMENT OR HAS EXPERIENCED FINANCIAL HARDSHIP SINCE MARCH 13, 2020.</p> <p>IS AT RISK OF HOMELESSNESS OR HOUSING INSTABILITY DUE TO DIFFICULTY AFFORDING HOUSING AND RELATED COSTS.</p>	<p>HOUSEHOLDS EARNING 50% OF THE AREA MEDIAN INCOME OR LESS.</p> <p>HOUSEHOLDS THAT INCLUDE A MEMBER WHO IS CURRENTLY UNEMPLOYED AND HAS BEEN UNEMPLOYED FOR 90 DAYS OR LONGER.</p>



Help is here

ND Rent Help

Application Counselor

Helping People. Changing Lives.

community Action

PARTNERSHIP

NORTH DAKOTA'S POVERTY FIGHTING NETWORK

DICKINSON/WILLISTON REGIONS

FOR APPLICATION ASSISTANCE, CONTACT:
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202 EAST VILLARD, DICKINSON, ND
701.227.0131

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DICKINSON MUSEUM CENTER

THEN... and Now: Dickinson's early schools

By Bob Fuhrman



Dickinson High School teacher Bertha Mann boarded for a time with the Fred Masur family on Marguerite Boulevard (6th Avenue West). Fred, a real estate dealer, and his wife Lydia had 6 children which probably made for a very busy house, which still stands across the street from St. John's Evangelical Lutheran Church. Many early teachers at the High School were from out of town and boarded with local families. Bertha's notes on the picture include an arrow pointing out her room on the home's second floor, south side (viewer's left). Joachim Museum collections, 2003.007.011.



Dickinson High School students, no date. Note the awning brackets on either side of the doors, the flanking windows and the decorative quoin of contrasting colored brick - these features confirm this heretofore unidentified photo was taken at the front door of Dickinson's first dedicated High School building. Joachim Museum collections, 2009.029.049.



Dickinson High School Band, 1910-11, from a photographic postcard. Unidentified group. It is unclear what instrument the dog played. Joachim Museum collections, 2003.007.019.

Over the past several issues of the Heart River Voice we've been examining the development of our local public schools, up to the construction of Dickinson's first dedicated high school building and slightly beyond. This month we've compiled several school-related images that space constraints prevented us from presenting with our past articles but which we hope you will find interesting.

The Dickinson Museum Center would also like to take this opportunity to appeal to HRV readers to look through their own photo collections with an eye

toward possibly sharing views of our city's school so that, in the future, we're able to tell the story of the continuing growth and success of Dickinson's Public Schools.

To those of you who might be interested in sharing images via donation or by allowing us to scan and return your photos, please feel free to contact us at (701) 456-6225 and ask for our Curator of History, Jessica Stratton, or email info@dickinsonmuseumcenter.com. ■

Photos continued on page 25

DICKINSON STATE UNIVERSITY

Blue Hawk Bulletin



September 2021

\$1.1 MILLION IN SCHOLARSHIPS AWARDED BY THE DSU HERITAGE FOUNDATION, SECOND TIME IN DICKINSON STATE UNIVERSITY HISTORY

The DSU Heritage Foundation has awarded Dickinson State University (DSU) students \$1.1 million dollars in scholarships for the 2021-22 upcoming school year. Awards include merit-based, need-based, academic, leadership, athletic, and rodeo scholarships.

“This is the second time in school history that our Foundation has awarded more than \$1 million in scholarships to the students at Dickinson State University. I cannot thank our alumni and friends of DSU enough for making this incredible amount of support possible for the students,” said DSU President Stephen Easton. “Our Blue Hawks work extremely hard in the classroom, in competition, and in our community, and we are honored to invite them back to campus this fall with this tremendous amount of support.”

The DSU Heritage Foundation currently provides scholarships to 55% of the University’s student body and manages financial support for many on-campus programs. Future projects that the Foundation is a part of include the Sanford Sports Complex, the Theodore Roosevelt Center, and the DSU Hall of Fame.

“The DSU Heritage Foundation is humbled by the opportunity to improve the educational experience for so many of our students. We are grateful to our generous donors for helping to make this possible,” noted Ty Orton, executive director, DSU Heritage Foundation. “Our Foundation is excited as we continue to work and reach our goal of providing support to even more of our students.”

The fall semester at DSU began Aug 23, 2021. There will be just under 1,500 enrolled students this academic year.

The DSU Heritage Foundation focuses on providing scholarships for DSU students and long-term support for Dickinson State programs through endowments and donations from DSU supporters. To date, the Foundation has raised more than \$21 million dollars and awarded more than \$4 million dollars in scholarships.

For additional information, please visit www.dsuheritagefoundation.org.

Dickinson State University is a regional comprehensive institution within the North Dakota University System, whose primary role is to contribute to intellectual, social, economic, and cultural development, especially to Southwestern North Dakota.

For more information, please visit www.dickinsonstate.edu. ■



DICKINSON STATE UNIVERSITY OPENS 2021 ACADEMIC YEAR WITH STATE OF THE UNIVERSITY ADDRESS AND STRATEGIC PLAN LAUNCH



DSU President Steve Easton (left) and CEO of Colorado Mountain College Carrie Besnette-Hauser (right) exchange school gear.

On Monday, Aug 16, during the annual State of the University address, Dickinson State University (DSU) President Steve Easton and his executive team spoke of the resiliency of DSU.

Due to the impacts of the COVID-19 pandemic, the 2020-21 academic year was challenging yet, in many ways, successful for the University.

Easton and executive team members highlighted the institution's

recent achievements. A sticking point for the institution the last several years has been budget reductions due to lost revenue from the oil and gas and agriculture industries. Kent Anderson, DSU CFO, shared that, for the first time in a decade, the institution is submitting not only a balanced budget but revenue projections resulting in a positive position for the University. Given the positive financial position, he shared, the executive team was confident in their recent decision to pass savings on to students in the form of a two-year tuition freeze. Anderson also highlighted that DSU's infrastructure and deferred campus maintenance are also benefitting from the now-possible investments.

Sharing his optimism for the future, Easton stated, "Dickinson State is listening to its community partners, adding new programs in areas of need, innovating how courses are delivered to meet students where they are, and keeping education affordable. These initiatives have resulted in an even stronger, more viable DSU. Our faculty and staff have accomplished all this in the face of adversity. As our five-year strategic plan illustrates, I believe DSU is in a great place as we work towards our vision."

The DSU Heritage Foundation (DSUHF) is a critical part of the University's strategic plan. For only the second time in the school's history, the Foundation awarded over \$1 million in scholarships. Ty Orton, DSUHF executive director, expects that number to only increase. "The focus on scholarships is integral in the University's mission to keep the cost of higher education affordable for our students and their families," according to Orton. "We don't want financial challenges to be a barrier for students."

The State of the University Address touched on the growing pains of the necessary and rapid changes that occurred over the past year and a half due to COVID-19 and the attitudes of students towards higher education. Debora Dragseth, provost and vice president for

academic affairs at DSU, noted that there has been some disagreement about the direction of the University. "We hope to encourage an atmosphere on our campus where we will be in open dialogue, showing each other respect, even when we may disagree."

Dickinson State University also announced the launch of its strategic plan, 5 Years in Focus: A Blueprint for DSU's Future 2021-2026. Deb Nelson, CEO of DLN Consulting, an organization that assists businesses with strategic planning and more, worked with a team of faculty, staff, students, and external stakeholders over the past year to develop a strategic plan for the University. Nelson presented the plan to the campus Thursday, Aug 19, which can be accessed at www.dickinsonstate.edu/strategicplan. It highlights DSU's efforts in financial stability, responsiveness to industry, student success, research, and system cohesiveness.

Carrie Besnette-Hauser, a dual mission expert and CEO of Colorado Mountain College, a large dual mission institution system in Colorado, spoke to the campus on the critical elements of the strategic plan: the institution's commitment to its dual mission. Besnette-Hauser shared, "Adopting a dual mission puts DSU ahead of the curve. The industry is changing, . . . you will soon be the rule, not the exception. Dickinson State will always retain its liberal arts foundation, but now it will also have a career and technical education focus that is so critical to surviving in higher education today."

The University expects its fall numbers to be strong despite the spikes in the Delta variant in North Dakota. This fall, DSU will hold COVID-19 testing and vaccination opportunities for students, staff, and faculty. According to Easton, "The best tool that we have right now to slow the spread of the COVID-19 virus is having as many of our campus community fully vaccinated as possible." Although DSU will strongly encourage masks, their use will be optional as the academic year begins. Faculty can choose to require masks in their individual classrooms and learning spaces.

Overall, according to Dragseth, the campus is looking forward to a successful year. "Fulfilling our mission has taken on a bit of a different look due to the pandemic, but our faculty and staff are excited to begin another year of making a positive impact on our students and our region." ■

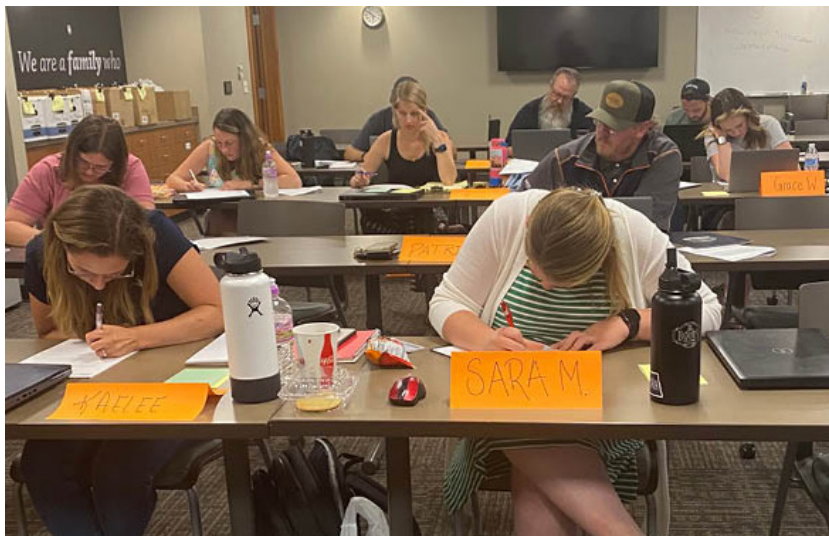
2021 Homecoming
Hawks are up!
Oct 4-10
dickinsonstate.edu/homecoming

DICKINSON STATE UNIVERSITY HITS RECORD-HIGH SUMMER ENROLLMENT

Dickinson State University's (DSU) 2021 summer semester enrollment posted the highest number of students in more than a decade as 382 Blue Hawks continued their pursuit of their dreams. The head count is a 57% increase over last summer.

The University, continuing its commitment to enable students to graduate on time and its commitment to the workforce to improve professional and personal skills, offered more classes than in previous years.

Those taking summer classes had to complete the same workload of a regular 16-week class in half the time. "It is tough on students who have to keep up with homework and twice-a-week labs," said Dr. Katsu Ogawa, associate professor of chemistry. "The highly-motivated summer students made teaching a summer course really enjoyable."



For some students, this was their first time taking a college class. "The experience was a little overwhelming," shared freshman nursing student K-Lynn Bennetti. "It felt like it went by so fast, and since it was my very first class ever, I didn't know what to expect, but I just buckled down and gave it my all." Bennetti is a CNA who wants to advance her career. "I just know I wanted to do more than just that. [Nursing] is a great career to have and to better support my family."

Others were very familiar with summer classes. "I started taking summer classes a couple of years ago to finish up my degree. This is my first time having an on-campus summer class, though," said Jess Olson, a veteran college student who has turned her aspirations toward nursing and enrolled in three summer courses this year. "Summer classes are nice because the semester goes by quickly. But that also makes the semester hard as well. For me, I had to work on my classes every day during the eight weeks to keep up with them. Overall, it was a good experience and ended up well."

Students chose to enroll in DSU's summer classes to get the prerequisites they needed for their fall programs, to improve their transcripts, and to graduate sooner.

Fall classes started Aug 23. For information about the next semester, visit www.dickinsonstate.edu. ■

DISTINGUISHED HISTORIAN BECOMES DSU'S FIRST ENDOWED CHAIR



Thanks to Dennis and Vaune Johnson's generous gift that established Dickinson State University's (DSU) first endowed chair, we at the University are pleased to welcome New York Times bestselling author, distinguished historian, and award-winning professor Stacy Cordery, who holds a doctorate in history, as the Dennis & Vaune Johnson Endowed Chair for Theodore Roosevelt Honors Leadership Studies and as

the Director of the Theodore Roosevelt Honors Leadership Program.

"I fell hard for North Dakota and the amazing people at DSU when we lived and worked here in 2011. I'm honored beyond words to have this opportunity to serve the DSU students and the larger community," shared Cordery.

Our newest Blue Hawk comes to us after having served in many higher education roles, most recently as professor of history at Iowa State University. She has contributed her knowledge to the Theodore Roosevelt Association, Women and Gender Historians of the Midwest, and the Society for Historians of the Gilded Age and the Progressive Era, among others. She has appeared on various television shows, including those on the History Channel and Smithsonian Channel, as well as numerous radio shows and podcasts, including NPR. Cordery has also been a Distinguished Visiting Scholar at the Theodore Roosevelt Center at DSU, has spoken at several Theodore Roosevelt Symposia at the University, and continues to consult in archival work of Roosevelt-related documents. Her published works include "Juliette Gordon Low: The Remarkable Founder of the Girl Scouts," "Alice: Alice Roosevelt Longworth, from White House Princess to Washington Power Broker," and "Theodore Roosevelt: In the Vanguard of the Modern," among others.

"We're honored to bring this renowned author, award-winning professor, and gifted researcher and historian into the Blue Hawk family," said Debora Dragseth, provost and vice president of academic affairs. "We are looking forward to the impact Dr. Cordery will have on our students and our campus."

DSU students will certainly benefit from Cordery's passion and expertise. "It's very important to us in the Center to connect in deeper ways with our students," said Sharon Kilzer, project manager of DSU's Theodore Roosevelt Center, "and Stacy's very interested in finding ways to either get the students directly involved in the Center or help them make use of the digital library."

To learn more about Cordery, please visit: www.stacycordery.com. ■

DSU PRESIDENT EASTON PRESENTED #INNOVATIVEND AWARD BY ND GOVERNOR BURGUM



ND Governor Doug Burgum (center) presents DSU President Steve Easton (left) and DHS Principal Kevin Hoherz (right) with the #InnovativeND Award for System Transformation.

Dickinson State University's (DSU) President Steve Easton, in conjunction with Dickinson High School (DHS) Principal Kevin Hoherz, was selected to receive the #InnovativeND Award for System Transformation for his efforts toward revolutionizing education in Southwest North Dakota. State Governor Doug Burgum presented the award to Easton and Hoherz during the fifth annual Governor's Summit on Innovative Education held at the Bismarck Event Center Monday, June 7, 2021.

"With this monumental legislation and K-12 funding passed by the 67th Legislative Assembly, the door is now wide open for school districts to advance efforts to create personalized learning and empower our youth to be career, college, and life ready," Burgum said. "We're grateful to our state's educators for their amazing work on continuing to provide a top-notch education during this incredibly challenging school year and for their commitment to creating a world-class education system right here in North Dakota."

According to the Office of the Governor, the #InnovativeND awards "recognize students, educators, schools, and districts who lead by example and have embraced innovation for the benefit of our schools and students." Easton has worked to strengthen partnerships between DSU and other educational entities in the region, such as DHS, while also broadening students' learning opportunities. These efforts align with the University's dual mission designation, allowing students access to programs—such as welding, Commercial Driver's License (CDL), and Certified Nursing Assistant (CNA) courses—that are responsive to the workforce needs of the region. In addition, the new DSUlive™ initiative provides students the opportunity to choose to attend live online, removing barriers for those who cannot travel to the University's campus to take classes. Recently, DSU has increased course offerings

for high school students and made it possible for them to attend via DSUlive™.

"We are very enthusiastic about our partnership with Dickinson High School, Stark Development Corporation, and other supporters, which is making it possible for Dickinson High School students to start their education at DSU early," said Easton. "Our joint DHS/DSU students have done solid work in their college classes, even in the difficult circumstances presented by COVID-19. We look forward to expanding this program with the growth of the DHS Career Academy."

The Governor's Summit allows professionals in the education sector to come together to share their experiences and inspire one another to seek new opportunities for growth. During the event, Governor Burgum highlighted recently-passed legislation that benefits the students of North Dakota and thanked educators for their efforts through the pandemic. The audience was addressed by numerous state and national leaders, including State Superintendent Kirsten Baesler, and had the opportunity to participate in workshops throughout the day. Over 800 teachers, students, school administrators, and community leaders registered to attend the summit in person or virtually.

"The Governor's Summit on Innovative Education was a very interesting program that reminded us of the importance of not being satisfied with the status quo, because we owe more to our students," added Easton. "We are proud to be innovating with DHS and we are working on furthering those efforts with other western North Dakota high schools as we work on the upcoming Career and Technical Education Center and expanding early entry programs for high school students to take DSU courses across our region. For example, we are working with Bowman County High School to have several of their students join a course via remote access this fall. We would love to work with any high school that is interested in starting their students on the path to a college degree." ■

VIRTUAL

Theodore Roosevelt Symposium

Western Scenes, Western Friends



September 23-25, 2021

Watch for upcoming details for the virtual TR Symposium at
www.dickinsonstate.edu/TR

DSU ALUMNAE HONORED BY ND ENGLISH TEACHERS

The North Dakota Council of Teachers of English (NDCTE) has named two Dickinson State University (DSU) alumnae as outstanding new English teachers in the state.

MariLynn Pilalis, English language arts (ELA) teacher at Dickinson Middle School, and Janae Miller, ELA teacher at Mandan High School, were honored at an awards banquet July 29 as part of the NDCTE annual conference in Mandan.

Pilalis and Miller each received the Linda S. Christenson Literary Scholarship, which recognizes a meritorious ELA teacher in North Dakota in the first or second year of teaching.

Pilalis earned her Master of Arts in Teaching degree from DSU in 2020. Her nominator for the award wrote that she “represents the care for students, strength of content knowledge, and drive to improve the hope members of our communities associate with English teachers as a profession.”



MariLynn Pilalis (left) with DSU faculty member Kevin Moberg (right)



Janae Miller (right) with NDCTE President-Elect Candace Brannan (left)

Miller earned her Bachelor of Science in Education degree in English Education from DSU in 2017. Her nominator wrote that Miller’s classroom is “a magical place” with “a spirit of learning that makes it seem like you’re entering a special world.”

DSU faculty member Kevin Moberg served as Pilalis’ university supervisor during her student teaching and as Miller’s English Education advisor throughout the Teacher Education Program. Moberg teaches in the Department of Arts & Letters and the School of Education at DSU. ■

Miller earned her Bachelor of Science in Education degree in English Education from DSU in 2017. Her nominator wrote that Miller’s classroom is “a magical place” with “a spirit of learning that makes it seem like you’re entering a special world.”

ACADEMIC EXCELLENCE: BLUE HAWKS SOAR IN THE CLASSROOM

There’s a reason the word ‘student’ comes first in ‘student-athlete’ – 117 reasons to be exact. On June 3, the North Star Athletic Association (NSAA) Scholar-Athlete list was unveiled with Dickinson State University (DSU) landing 117 Blue Hawks on the list – the most in Blue Hawk program history since the NSAA implemented the awards back in 2013*.

“We are very proud of our student athletes,” said Pete Stanton, DSU’s director of intercollegiate athletics. “Our number one priority is in the classroom and to graduate these young men and women. This is strong evidence that our student-athletes are getting this done. Thanks to all of our coaches for pushing this message and to our student-athletes for getting it done. This is a remarkable honor to have the most North Star scholar-athletes in DSU program history.”

To be eligible for selection to the Academic NSAA Scholar-Athlete honor, a student-athlete must have achieved a cumulative grade point average (GPA) of 3.25 on a 4.0 scale. In addition, a student-athlete must have participated in a junior varsity or varsity game (freshman redshirts excluded).

Notably, the football and men’s golf programs recorded the most scholar-athletes, conference wise, in their respected sport. The Blue Hawk football team tallied 26 scholar-athletes, while the men’s golf team tied with Bellevue University with six.

Below is a year-by-year list of previous NSAA Blue Hawk scholar-athletes:

Year	Fall Sports	Winter/Spring Sports	Total
2020-21	49	68	117
2019-20	40	41	81
2018-19	30	30	60
2017-18	27	43	70
2016-17	22	43	65
2015-16	27	46	73
2014-15	15	34	49

* please note, DSU competed in the Frontier Conference during the 2013-14 school year. ■



From the Hawks' Nest

In education, there is no time more exciting than the start of the school year. In the past week, we have welcomed back hundreds of returning DSU students and greeted hundreds more new Blue Hawks. The start of the school year brings both familiar comforts and exciting new opportunities.

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

SHARI HEWSON NAMED DICKINSON STATE WOMEN'S VOLLEYBALL HEAD COACH



Dickinson State University's (DSU) intercollegiate athletic director, Pete Stanton, has announced the hiring of Shari Hewson as the head coach of the Blue Hawk women's volleyball program. Hewson will bring her experience coaching at all levels to the Blue Hawk program.

"We are excited to have Coach Hewson as our next volleyball coach," stated Stanton. "We feel she will be a great fit for our program with her energy and her ability

to connect with our current team. She has a good rapport with her previous players and has experience coaching at all levels of volleyball. We look forward to having her lead the Blue Hawk volleyball program to new heights."

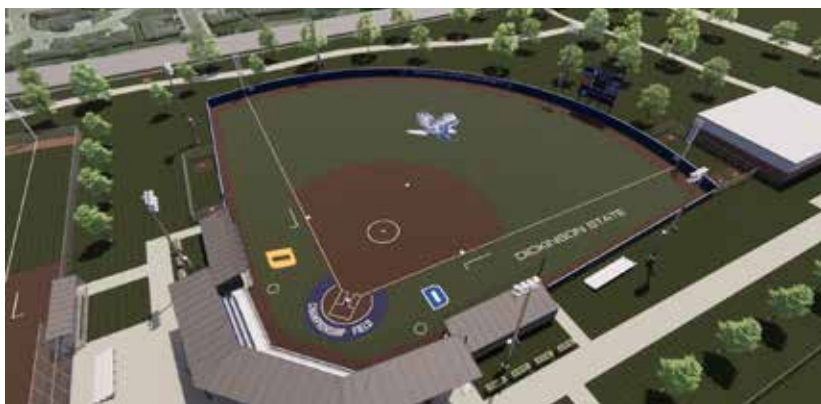
Hewson comes to DSU after spending the past three years as an elementary teacher at Jefferson Elementary in Dickinson, North Dakota. During her time at Jefferson, she also coached volleyball in the Dickinson Public School system. Prior to her time in Dickinson, Hewson taught and coached for the Bismarck Public Schools and helped coach her team to a state runner-up title in 2017.

"I'm so excited to be given the opportunity to coach at Dickinson State," said Hewson. "I have a true passion and understanding for the sport of volleyball, and this opportunity allows me to share that passion and knowledge with others. I'm so ready to officially become a member of the Blue Hawk family!"

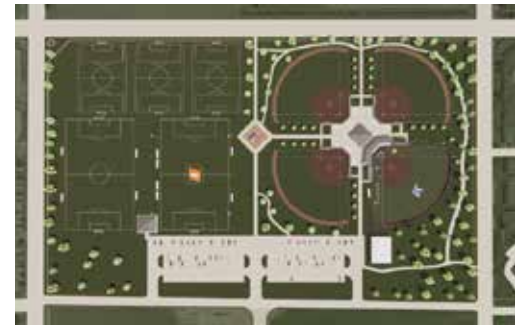
Collegiately, Hewson was a standout volleyball athlete for the Beavers of Minot State University (MSU) in Minot, North Dakota. Hewson transitioned from her time on the court to the bench as an assistant coach during the 2013 season. During her time with the Beavers, she helped coach Northern Sun Intercollegiate Collegiate Second-Team All-Conference selection Jen Dixon.

Hewson graduated from MSU with a Bachelor's in Elementary Education in 2013. ■

SOARING HIGHER: DSU SET TO BUILD CHAMPIONSHIP ATHLETIC COMPLEX



Dickinson State University (DSU), in partnership with Dickinson Public Schools (DPS) and Dickinson Parks & Recreation, is set to build a state-of-the-art athletic complex facility on the University's campus in Dickinson, North Dakota.



"The athletic fields project will be great for the community, which has the rare opportunity to add quality fields for soccer and softball in the middle of the city," said DSU President Steve Easton. "In addition, our softball team, which is one of our very best at DSU, deserves a championship home field."



The 27-acre complex will feature four softball fields, including a championship quality all-turf stadium, a full-grass soccer competition field with space for several other soccer fields, a concourse with bathrooms and a concession stand, and a playground in the center of the complex for a real community feel.

"This project will be a difference-maker for our softball team and athletic department," stated Pete Stanton, DSU's director of intercollegiate athletics. "It will provide a first-class facility to our student-athletes on campus and will also be a wonderful community project that will involve the local schools and our park district. We have already secured some support for the project and are excited to get out into our community and talk to people about it. The use of the land north of the Biesiot Activities Center will be a great attraction for our current and future students."

The goal of the project is to provide high-quality practice and competition fields for softball and soccer programs in Dickinson and the surrounding communities. The complex will provide a safe and fun environment for the local youth programs, along with being the main competition fields for DSU and DPS.



For more information or to learn how to support the athletic sports complex project, please contact the DSU Heritage Foundation at 701-483-2486.

Construction on the project is planned to begin in 2022. ■

DICKINSON STATE UNIVERSITY

BLUE HAWKS

FALL 2021 SPORTS SCHEDULE



VOLLEYBALL

SEPTEMBER

3-4	@ Go Sarpy Labor Day Classic	9 a.m.	Bellevue, NE
10-11	North Star - Frontier Cross Over	1 p.m.	Scott Gymnasium
15	vs. Valley City State University	6 p.m.	Scott Gymnasium
24	vs. 13 Viterbo University	6 p.m.	Scott Gymnasium
25	vs. Waldorf University	1 p.m.	Scott Gymnasium

OCTOBER

1	@ Bellevue	12 p.m.	Bellevue, NE
2	@ Dakota State	11 a.m.	Madison, SD
7	vs. Mayville State University	5 p.m.	Scott Gymnasium
8	vs. Presentation College	4 p.m.	Scott Gymnasium
12	@ Valley City State	6 p.m.	Valley City, ND
22	vs. Dakota State University	5 p.m.	Scott Gymnasium
29	@ Viterbo University	6 p.m.	La Crosse, WI
30	@ Waldorf University	6 p.m.	Forest City, IA

NOVEMBER

5	@ Presentation College	6 p.m.	Aberdeen, SD
6	@ Mayville State University	1 p.m.	Mayville, ND

visit our website for a full JV Volleyball schedule

GOLF

SEPTEMBER

13-14	@Valley City Invite	Valley City, ND
16	vs University of Mary	Bully Pulpit, Medora, ND
20-21	@ SD Mines Invite	Rapid City, SD
26-27	@ Waldorf University Invite	Albert Lee, MN



FOOTBALL

SEPTEMBER

2	@ Black Hills State	6 p.m.	Spearfish, SD
11	vs. University of Montana-Western	12 p.m.	BAC
18	@ Mayville State	12 p.m.	Mayville, ND

OCTOBER

2	vs. Presentation College	1 p.m.	BAC
9	vs. Dakota State - HOMECOMING	1 p.m.	BAC
16	vs. Iowa Wesleyan College	1 p.m.	BAC
23	@ Valley City State	2 p.m.	Valley City, ND
30	vs. Mayville State	1 p.m.	BAC

NOVEMBER

6	@ Presentation College	12 p.m.	Aberdeen, SD
13	@ Waldorf	12 p.m.	Forest City, IA



CROSS COUNTRY

SEPTEMBER

10	@ MSU Moorhead Invite	Moorehead, MN
24	DSU Invite	Dickinson, ND

OCTOBER

8	@ University of Jamestown Invite	Jamestown, ND
23	@ Mt. Marty Invite	Yankton, SD

NOVEMBER

5	@NSAA Conference Championships	Bellevue, NE
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dsubluehawks.com | (701) 483-2181

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

DICKINSON STATE UNIVERSITY EVENTS

Wed, Sept 8	7 p.m.	Faculty Percussion Recital	May Hall, Dorothy Stickney Auditorium
Thu, Sept 9	5 p.m.	Meet the Hawks	Biesiot Activities Center - Fisher Field
Fri, Sept 10	9 a.m.	Hawk Chalk Walk	DSU Campus Drive
Fri, Sept 10	9 a.m.	Volleyball - North Star/Frontier Crossover Tournament	Scott Gymnasium
Sat, Sept 11	9 a.m.	Volleyball - North Star/Frontier Crossover Tournament	Scott Gymnasium
Sat, Sept 11	12 p.m.	Football vs Montana-Western	Biesiot Activities Center
Sat, Sept 11	11 a.m.	The ND Chapter of The TEARS Foundation Rock and Walk	King Pavilion
Tue, Sept 14	9 a.m.	Soil Health Workshop	Biesiot Activities Center
Wed, Sept 15	6 p.m.	Volleyball vs. Valley City State University	Scott Gymnasium
Thu, Sept 16	9 a.m.	Men's and Women's Golf	Bully Pulpit, Medora, ND
Fri, Sept 17	3 p.m.	Baseball vs Jamestown	Dakota Community Bank & Trust Ballpark
Fri, Sept 17	4 p.m.	JV Volleyball vs. Williston State College	Scott Gymnasium
Fri, Sept 17	6 p.m.	JV Volleyball vs. Dawson Community College	Scott Gymnasium
Sat, Sept 18	9 a.m.	Harvest Festival	DSU Campus
Wed, Sept 22	10 a.m.	DACAC College Fair 2021	Scott Gymnasium
Thu, Sept 23	TBA p.m.	Theodore Roosevelt Symposium - Keynote Address	Virtual
Fri, Sept 24	All day	Theodore Roosevelt Symposium - Sessions	Virtual
Fri, Sept 24	3 p.m.	Men's and Women's Cross Country - DSU Invite	Heart River Golf Course
Fri, Sept 24	6 p.m.	Volleyball vs. Viterbo University	Scott Gymnasium
Sat, Sept 25	All day	Theodore Roosevelt Symposium - Sessions	Virtual
Sat, Sept 25	1 p.m.	Volleyball vs. Waldorf University	Scott Gymnasium
Tue, Sept 28	6 p.m.	DSU JV Volleyball vs. Dakota College at Bottineau	Scott Gymnasium
Tue, Sept 28	7:30 p.m.	Dickinson Area Concert Association - Miss Myra & The Moonshiners	May Hall, Dorothy Stickney Auditorium
Wed, Sept 29	2 p.m.	Baseball vs Valley City State University	Dakota Community Bank & Trust Ballpark

DSU Events - www.dickinsonstate.edu/events

Athletic Events - www.dsubluehawks.com

2021 DISCOVER DSU DAYS



IN-PERSON
DSU Campus, May Hall

Fri, Oct 29

Mon, Dec 6

VIRTUAL
via Zoom

Wed, Nov 17

Wed, March 9

www.dickinsonstate.edu/dsudays

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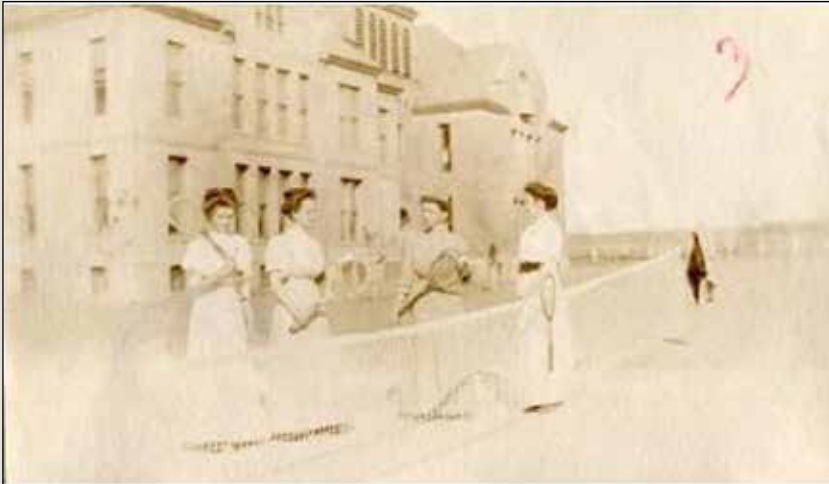
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Continued from page 16

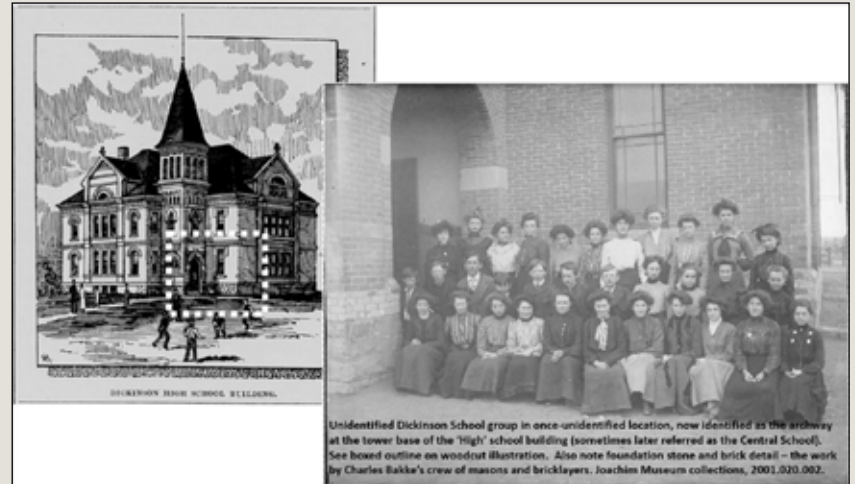
DICKINSON MUSEUM CENTER



Four school teachers preparing to play tennis on the school grounds, c.1911. One of these teachers is Bertha Mann of Norway, Maine, who taught in Dickinson 1910-11. Bertha recorded some of her experiences in Dickinson via photos like this one which came to the Joachim Museum as a donation in 2003. Bertha taught high school, having charge of the Commercial Department. During her time in Dickinson Bertha was very active, participating in musical and literary programs, coaching girls' basketball and even refereeing for that sport. Joachim Museum collections, 2003.007.053.001.



Stark County Teacher's Institute group photo, c.1894-96. The gentleman standing at the viewer's left is C.H. Clemmer who served as a teacher and principal in Dickinson. Teacher's Institutes were annual meetings designed to keep teachers up-to-date, much like "Inservice Days" today. Superintendent of Schools C.F. Clark is believed to be the gentleman standing at right. Note the stone foundation and brick work – this is again the 'High' school/ later Central School. Joachim Museum collections, 2019.001.092.



Unidentified Dickinson School group in once-unidentified location, now identified as the arroyo at the tower base of the 'High' school building (sometimes later referred as the Central School). See boxed outline on woodcut illustration. Also note foundation stone and brick detail – the work by Charles Bakke's crew of masons and bricklayers. Joachim Museum collections, 2001.020.002.



Dickinson Central School (once known as the 'High' school) students, Prof. Crawford at right. Joachim Museum collections, 1988.016.007.



Dickinson High School students, 1911 school picture taken against at exterior wall of the new High School. Joachim Museum collections, 2019.001.038.

HEART RIVER GEMS

Baker Boy

By Kaylee Garling

"I think all of us, as we mature, learn to value things a little differently. Things we used to value aren't as important as they are now. An example would be, there was a time in my life when I asked, what do I have to do to grow, succeed. Now I'm at the point in my life where I look at those I work with every day and ask myself, 'How I can help them achieve more than they ever dreamed was possible?'"

This month, I drove the Old Highway 10 west of Dickinson to interview the Chief Operating Officer/VP of Baker Boy, Bob Larson. As you can read above, the Baker Boy Family is a top priority to him, and those he associates with.

Bob continued to say, "It's a pleasure to come here each and every day. I've never felt that I've gone to work one day since I've been here. I get up, come to work because I want to. No matter how challenging the day before was, I'm ready to come back the next morning. That's all because of our people. It's the dedication of our ownership and every team member that makes Baker Boy some place special. There is no one person who is more or less important than the next because it takes the entire 230 plus of us to achieve success. It only takes one to break that chain of doing what we said we will do, and we could all fail, especially when you're dealing with something as critical as food."



Delicious donuts available from Baker Boy

"I think we're close to 80 employees who have been here more than 10 years. Probably half of that group have been here 20 or more years. We have an individual that is working on year 45. Our success has always been home-grown leadership, most of these individuals started here often right out



The front entrance of Baker Boy

of school. These folks started working on the production lines, the freezer, as a truck driver and now they're leading our company. Baker Boy is really a success story of people, more so than any product or new equipment."

Baker Boy is focused on the success of their employees both inside and outside of their job. "If an employee is involved in something personally, we do our best to support them, that might mean a monetary or product donation for some event that they volunteer for or time to attend a meeting, we give them time if it is at all possible. We have and have had members of the volunteer fire department. We give them the time they need should a call come in and need to respond to protect our community."

Having such a large company in our backyard is quite the novelty for Dickinson. Bob explained why the company is here and not a more accessible, metropolitan area. "As far as Dickinson itself, whether it be for Baker Boy, its shareholders or even me, it is home. The majority of our sales are outside the state of North Dakota, which is great for our economy, we want to bring outside dollars back into our state. Being a bakery goods manufacturer located in North Dakota also gives us great access to some of the world's best flour from the ND Mill in Grand Forks, along with sugar, cream and other agricultural commodities grown right here. Unfortunately, being in Dickinson comes at additional cost of freight to ship finished product and to bring many raw materials in. These costs would be less if we were sitting in a metropolitan

area, whether that be Minneapolis, Chicago, Denver, but it would not be Dickinson. These extra costs have been more than offset in my opinion by being located here. The community and state support and willingness to work together within our manufacturing and business community, and most important, the dedicated workforce we have in western North Dakota makes Dickinson the right place for Baker Boy to be located.

"We have for many years called our "sandbox", where we actively sell our products, the Upper Midwest, a 10-13 state region if you drew an arch around ND. In the last couple years, the renewed dedication to donuts and the introduction of the Magic Ring Donut has allowed us to sell product to California, Long Island, New York, Oregon, Washington and everywhere in between. It's quite a story again about people in my opinion. The success of Baker Boy is because of the family ownership and their willingness to reinvest in all of us, investing in update

to date equipment & technology, most importantly investing in employees. That's from better wages, and the opportunity to grow and advance to have a great career, to new equipment that makes the work easier. We're always looking at what's the next thing we can do to make things bigger, better, stronger."

"Our values are: People, Products, Profit, Community. It starts with our people. We make sure we're doing all we can to keep our employees safe and allow them to feel like they are better off than they were the year before. Products we produce need to be safe for those who are going to be eating them. The last thing we want is for your child, or one of my grandchildren to eat something that makes them sick. Profits are important because that's what we need to sustain everything else we believe in. Profit is not a dirty word. We need to have it to continue to grow, continue to support our employees, to be here for our community and customers year after year. Community is to give back to all the great folks that allow us to be here. Our employees and team members come from our community. There's so much amazing community support both local and statewide. A great example would be Stark Development Corporation locally working with the State of North Dakota to support business growth with the Pace and Pace Flex funding, Baker Boy would not have grown to where we are today without this program."

Thankfully, Baker Boy is here to stay. We look forward to their continued success both within their company and our community. A special thank you to Bob for taking time out of his workday to share some of the things that makes Baker Boy a place for people within our community to become a part of such a wonderful work family. ■

Heart River Gems is proudly sponsored by

PIPER'S PALS Ask Alfie

Dear Alfie,

The other day, my neighbor saw me putting out rat poison and asked me not to use it. He said it doesn't just kill rodents, but that can't be true, can it?

Sincerely, No Rodents Allowed

Dear No Rodents Allowed:

Your neighbor is right. Even though rodent poison is designed to kill rodents, it comes at a tremendous cost to other living things in the environment, including wildlife, pets, and possibly even children.

Rodent poisoned is designed to smell and taste appealing to mice and rats but is therefore also appealing to other animals. Even if you think the poison is safe because it's in a container designed only to allow access by mice, the truth is that something called "secondary poisoning" frequently occurs. This happens when a rodent eats the poison and is then eaten by another animal such as a cat, dog, owl, etc. Even if you do not have

any pets of your own on the property, I'm sure you wouldn't want to run the risk of killing the pet of a neighbor or causing the death of a beautiful eagle or hawk. Death by poison is one of the cruelest ways to kill an animal of any size. It is slow, very painful, and often even immediate veterinary attention is not enough to save an animal's life.

Please consider alternate ways of dealing with your rodent population. Poison is becoming a thing of the past as manufacturers are developing newer, safer ways to deal with pests.

Sincerely, Alfie

Dear Alfie:

My dog is getting older and in the past year his arthritis has worsened. We used to take very long walks and spend time running around the dog park, but I know that he will be in so much pain afterward if we do too much. Following my vet's directions, I have started to limit the length of time we walk or play outside. The problem is that my dog seems restless, and I worry that he is unhappy. What should I do?

Sincerely, Restless

Dear Restless:

You are doing the right thing by following your veterinarian's instructions! However, it is also evidence of what a good pet owner you are, to recognize that your dog still requires some stimulation and entertainment.

Some things you can try for entertainment are food puzzles. This can be a Kong toy stuffed with peanut butter, a fleece "snuffle mat" sprinkled with tiny bits of treats, or the kind of toy which is designed to release treats as it is rolled or pushed around. You can also get your dog new chew toys to entertain him, spend time outside just sitting together in the grass (without walking beyond his limits), or simply spend time with your dog, massaging or petting him. Your undivided attention is what will make him the happiest, so as long as you carve time out for that each day, you'll have one happy pup!

Sincerely, Alfie ■



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

Pet Name Match

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

- A: Manny (#___)
- B: Stumpy (#___)
- C: Baxter (#___)
- D: Huck (#___)
- E: Gunner (#___)
- F: Casper (#___)

(Answers in our next issue!)

Last month's answers:

- | | |
|------------------|--------------|
| A: #2 Mr. Wilson | D: #6 Koda |
| B: #4 Archer | E: #3 Gracie |
| C: #5 Ruby | F: #1 Chevy |

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



KUDOS Deb Bolin



By Tara Zettel

"How you approach birth is intimately connected with how you approach life." - William Sears

It is highly likely that I met Deb Bolin ten years ago, when my youngest daughter was born. Likely, because Tori is the only one of my children to be born here in Dickinson, and Deb was the long-standing director of the OB unit of St. Joseph's Hospital and witness to countless last pushes and first breaths in our community.

I had the pleasure of meeting Deb when I came on as a staff nurse at Connect Medical Clinic. Deb brought her 36 years of experience on the OB unit to the sexual health and pregnancy clinic in 2018 and I was her first hire.

As I trained with her on the culture and mission of Connect, I was moved and inspired by Deb's heart for her patients. It isn't hard to picture Deb standing beside a couple, managing their impending birth with capability, efficiency and experience. Beyond the professionalism and knowledge, with a depth of compassion and fortitude as she coached the parents through this intense, amazing experience of their child's birth.

All because her internal compass is set on people. As she spoke to me about her patients now, young people in situations they did not intend to be in and who mostly lack the resources to deal with them, the value she places on each individual was evident. And humbling. And extraordinary.

Deb leaves a legacy in our community not only with parents, newborns and CMC patients (while numerous), but

also with the nurses she's trained. In her years at the hospital, in her time as adjunct faculty at DSU, and here at Connect Medical, she transformed a population of nurses to be more skilled technically and also, finer nurses relationally. Because she models putting people first in the way she interacts with people; students, staff, peers, and patients, to be in her sphere is to know you are important and you are loved.

This past year, Deb was made a first time grandma twice and these little girls are richly blessed with their grandma's fierce capacity for love, loyalty and compassion.

Kudos is a recognition program Women Empowering Women created as a way to recognize the good works women do. Women we know who've lived quietly, joyfully or have creatively influenced our lives. Women who are an inspiration and deserve to be noticed for their efforts and impact. Women Empowering Women is a nonprofit organization dedicated to meeting women at their needs, helping women become the best versions of themselves. To learn more: <https://wewnetwork.org>. ■



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Villard Cenex
The Hub
Fluffy Fields

Dickinson Area Public Library
Ace Hardware
Dickinson State University
DSU Heritage Foundation
Ukrainian Cultural Institute
Heritage Hills
Market Press Coffee Co.

SOUTH HEART

I Don't Know Bar

RICHARDTON

Suzy's Stash
The Country Drug Store
Pharmacy

TAYLOR

Taylor's Nursery

BELFIELD

Trappers Kettle
City Hall

MEDORA

The Roughrider Hotel
Chateau de Mores
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THE FEARLESS FAITH RETREAT AT BADLANDS MINISTRIES HAS BEEN POSTPONED UNTIL MARCH 11-12, 2022

THE FEARLESS FAITH WOMAN'S RETREAT AT
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POSTPONED UNTIL MARCH 11-12TH, 2022

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TWO DAYS OF IGNITING YOUR FAITH!

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OR CONTACT DEBI AT:
701-290-8482

HEART RIVER VOICE | SEPTEMBER 2021

Calendar

VARIOUS SEPTEMBER EVENTS DSU'S FULL CALENDAR OF EVENTS See pages 23 and 24.

DICKINSON AREA PUBLIC LIBRARY See page 4 for community events being held at the

library.

TUESDAYS AND SATURDAYS FARMERS MARKET Opens Tuesday at 4 PM and Saturday at 10 AM from mid July through October. We are located in the

southeast corner of the prairie hills mall parking lot. We consist of several members from the SW region of North Dakota.

SEPTEMBER 3 AND 4 3RD ANNUAL DICKINSON PBR

Taylor Park Board presents

TAYLOR SMOKE SHOW

PORK RIBS N' BUTTS SMOKING COMPETITION

SEPTEMBER 11, 2021

BEST PORK RIBS N' BUTTS COMPETITION - CASH PAY OUT!!
Cooking starts @ 8 a.m. (mountain time) Judging starts @ 6 p.m. (mountain time)

BEST LEMON PIE COMPETITION
Pie drop off 2 p.m. (mountain time) Judging starts @ 4 p.m. (mountain time)

CORN HOLE TOURNAMENT
Starts at 2 p.m. (sign up at Sit n' Bull bar)

VENDOR SHOW
10 a.m. - 5 p.m. (Taylor Opera House)

STREET DANCE WITH LIVE MUSIC BY THE CODY CHARLES BAND
8 p.m. Downtown, Taylor

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kelley@heartrivervoiced.com
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Join Dakota Community Bank & Trust for bull riding, barrel racing, bucking bulls and more. Tickets \$20/adult, \$10/Ages 6-11, 5 and under is free - available at Boot Barn and Dakota Community Bank & Trust. Stark County Fairgrounds. Dance to Stardust.

SEPTEMBER 10 AND 11 PRIDE OF DAKOTA SHOW-CASE Friday 4PM-9PM and Saturday 9AM-5PM Celebrate the harvest season. Stock up on your favorite Pride of Dakota products and North Dakota originals! Unique products including gourmet food, wine, art, books, jewelry, sporting goods, home décor, apparel, children and pet items, and more! Free admission! West River Ice Center, 1865 Empire Road.

GOOD OL' TAYLOR DAYS AND REBEL CUSTOMS CAR SHOW 10AM Event includes the Rebel Customs Car Show, Antique Tractors, Threshing, Craft &

Vendor Show, a Tractor Parade, musical entertainment, Antique & Classic Tractor Pull, and MORE! Event runs all day. On Heritage Hill and Main Street, Taylor.

STOCK CAR RACES 6PM Both nights \$12/adult; \$5/children 12-17; under 12, free. Southwest Speedway. 10 miles south on Hwy 22, 1 mile W on 47th St SW.

SATURDAY SEPTEMBER 11 THE TEARS FOUNDATION ROCK & WALK 11AM-1PM The heart of our Rock & Walk is to let bereaved families know they are not alone. As we rock in chairs or walk laps together, we honor the children whose names appear on butterflies lining the path and are reminded that we can find hope. King Pavilion at DSU.

12TH ANNUAL CHOCOLATE AFFAIR 6PM Our annual tasting of chocolate delights which

Saturday, September 18 WALK TO PREVENT SUICIDE 9AM Registration; Event runs from 10AM-12PM. Registration is in the community room at WRCC. The opening ceremonies and walk will be in the outdoor pool parking lot. More information, contact Dana Glasser, 701.2903262 or glasserdana@gmail.com. West River Community Center.

Together to Fight Suicide

Show Your Support at
afsp.org/DickinsonND



includes a full dinner buffet and samplings of fine wines and craft beers. 21+ only event. For tickets and info, contact 701.483.8615. Benefiting Best Friends Mentoring Program. Phat Fish Brewery, 1030 Villard St W.

TAYLOR SMOKE SHOW Vendor show, corn hole tournament, best lemon pie competition, and best pork ribs n' butts smoking competition. Door prizes and more! Street dance with live music by the Cody Charles Band. Downtown Taylor. See Facebook page "TaylorNDpark-board" for more information.

9/11 MEMORIAL STAIR CLIMB/5K WALK Each participant pays tribute to a FDNY firefighter by either walking a 5K or climbing the equivalent of the 110 stories of the World Trade Center towers. The Stair Climbs fund the programs provided by the NFFF to support the families of your local fallen firefighters and the FDNY Counseling Services Unit. Registration at 8AM. Climb starts at 9AM. \$30/participant. Contact Sarah Selle for more information. 701.590.2087 or sarah@qqprint.net. Biesiot Activities Center, 398 State Ave.

SEPTEMBER 11 AND 12 MEDORA HOT AIR BALLOON RALLY AND BADLANDS KITE FEST Hot Air Balloon Rally starts at 6:30AM each day and runs until 8AM. Kite Fest runs all day. You can talk to the kite pilots, buy kites they have for sale, snap lots of pics, or even bring your own kite and fly it as part of the festival! The Kite Flyers will be located at the top of the Burning Hills Amphitheatre - just look for the beautiful kites!

THURSDAY SEPTEMBER 16 ANNUAL TOUR OF TABLES LUNCHEON 11AM This annual favorite features festive and unique table decor with a delicious lunch. Table viewing begins at 11am with lunch at 11:30am. Proceeds benefit the hospital foundation. Tickets are \$25 each and can be purchased by calling 701-456-4746. Roosevelt Grand Dakota Lodge.

FRIDAY SEPTEMBER 17 UNITED WAY CAMPAIGN KICKOFF 8AM - Our 2021 United Way campaign will kick off Friday, September 17th at Rocky Butte Park with our partners, Marathon Petroleum, as we add the Spanish version to our Born Learning Trail.

SATURDAY SEPTEMBER 18 6TH ANNUAL HARVEST FESTIVAL 11AM-4PM Fall is in the air! Join the Dickinson Area Chamber of Commerce & Dickinson State University for a fun fall festival for the entire family. DSU King Pavilion. See page 10 for more information.

SUNDAY SEPTEMBER 19 CZECH DAY 1PM Dance, meal and entertainment. \$22/adult (includes meal and dance); Ages 0-12/\$13. Catholic Workman Hall, New Hradec.

SEPTEMBER 20 AND 21 MASQUERADE \$5 JEWELRY SALE Welcome back to the Masquerade \$5 Jewelry and Accessory Sale, to be held Monday from 10:30am - 5:30pm and Tuesday from 7:30am - 3:00pm in Conference Rooms A/B/C. Affordable, fun items and great gift options as well. Proceeds benefit the CHI St. Alexius Health Dickinson Foundation.

SEPTEMBER 24-SEPTEMBER 26 DICKINSON FOOD TRUCK RODEO Enjoy 11 specialty food vendors, non-food vendors, cash bar, all ages, plenty of parking, & indoor seating if needed. Rain or shine. Dickinson Elks Lodge Underground, 501 Elks Drive.

SEPTEMBER 25 AND 26 3RD ANNUAL NATIONAL ALPACA FARM DAYS We are super excited and we know you are too. This year's event will be even bigger and better than the previous. More alpaca selfies, more fiber demonstrations, more awesome farm store products, face painting, kid games, a fancy food truck, delicious baked goods and fun for the whole family. But we need you to reserve your FREE tickets by going to the link below. (This helps us know how many volunteers we need.) <https://www.eventbrite.com/e/164197397837> Happy

Rock Farm, Gladstone.

TUESDAY SEPTEMBER 28 DICKINSON AREA CONCERT ASSOCIATION 7:30 Jazz up your evening plans as Miss

Myra and The Moonshiners come to Stickney Auditorium at Dickinson State University. The Dickinson Area Concert Association is thrilled to bring this five-piece swing band for your

toe-tapping enjoyment.

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HUMANS OF DICKINSON



Sara Cox

By Bailey Decker

Who loves animals, takes care of them, and makes sure that they are healthy? Sara Cox, a veterinarian technician does!

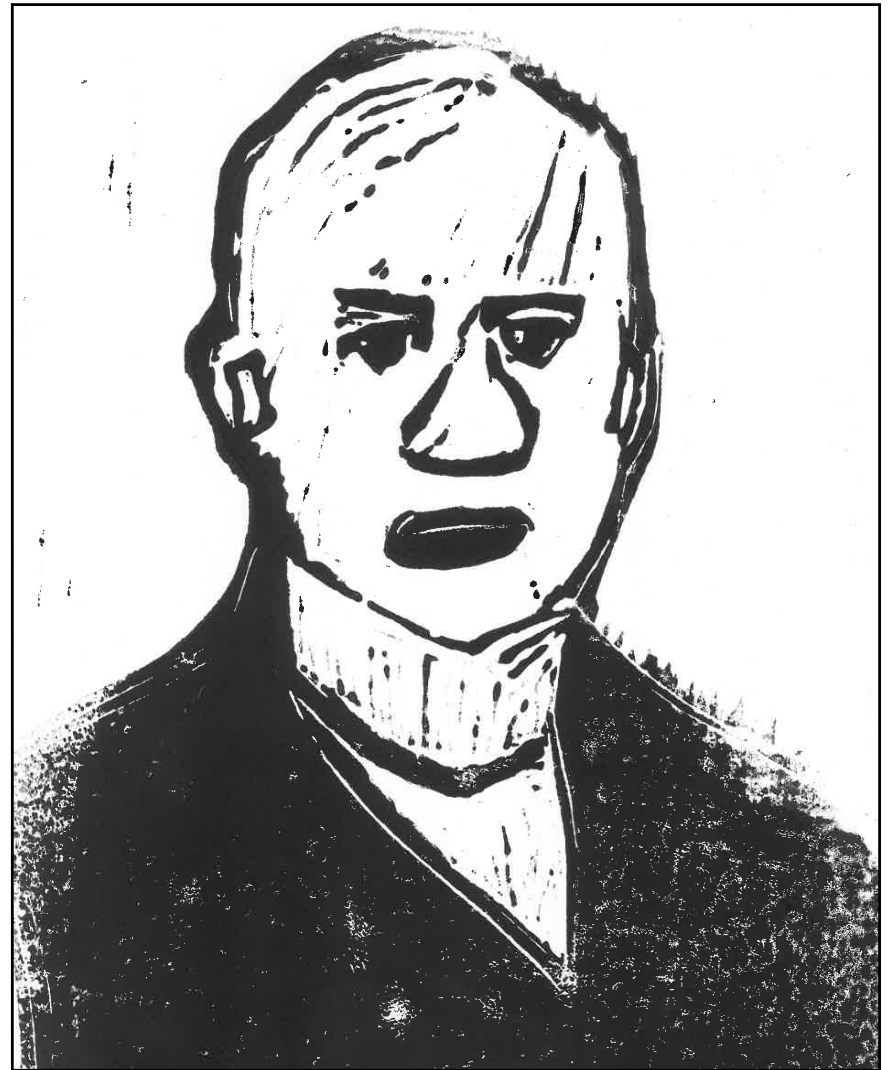
Sara Cox was born in Dickinson North Dakota, but she was raised in both Dickinson and Gladstone, ND. "I have wanted to be a veterinarian since I was very little," said Sara in our interview. So Sara has wanted to be a veterinarian for quite some time.

Sara went to Dickinson State University, North Dakota State University, and then when she got her degree she went to a private university where she got her degree to be a veterinarian technician. She originally started school to be a veterinarian, then she took a different path and decided to become a veterinarian technician instead.

What Sara likes most about her job is that every day is different, and that it is never boring because something

is always happening. She also loves sending animals home to their families who are so happy to have them back. Her favorite part of her job is when all of the puppies and kittens come in and she gets to give them love. The most challenging part of her job for her is having to deal with deaths of animals and then having to deal with the owners' emotions. Some of her hobbies are that she likes to bake, and she likes to pet sit peoples pets for them while they are gone.

Sara loves this community because it is big enough for you to go places to shop, and it's small enough where there isn't a lot of crime. Sara is going to continue to work as a veterinarian technician.



Tim Janke

By Riley Kahm

Who loves animals, takes care of them, and makes sure that they are healthy? Tim Janke, a veterinarian at West Dakota Veterinary Clinic does!

Tim grew up on a farm in a small town called LaMoure, North Dakota. Some of the animals that were raised on his family's farm were chickens, geese, turkeys, cows, horses, and rabbits. His favorite animals are horses, cows, and springer spaniels. He currently has two springer spaniels.

He completed his undergrad at South Dakota State University in Brookings, South Dakota, and then went on to veterinarian school at Iowa State University in Ames, Iowa. Initially he went to school to be a big game biologist with the fish and wildlife service. He then started working for the fish and wildlife service but realized his passion was somewhere else. He made

the switch to become a veterinarian.

As a veterinarian at West Dakota Veterinary Clinic he starts his day off early at 7:30 AM. First, he treats sick or hospitalized patients. Throughout the day he does surgeries and sees pets for check-ups.

In his free time Tim enjoys spending time outdoors and hunting, fishing, camping, and hiking. He is married to Rebekah Janke, an instructional coach, and has a young child named Elijah. After interviewing Tim, I can tell that he is kind and loving to animals and I would trust him to be a veterinarian for my pets. ■

COMMUNITY FOUNDATION**NDCF awards \$629,000 in scholarships**

The North Dakota Community Foundation (NDCF) will award over \$629,000 in over 380 scholarships to North Dakota students in 2021. The organization currently manages over 150 scholarship funds supported by North Dakotans, former residents and those interested in helping North Dakota students succeed.

"We are honored to help these students further their education," said Kevin Dvorak, President and CEO of NDCF. "And we are grateful to generous North Dakotans whose gifts made these scholarships possible."

In most cases, a local advisory committee recommends the grant recipient. The following is a list of Dickinson students who received a scholarship from NDCF.

Congratulations to the Dickinson NDCF Class of 2021!

Landon Aman
Mason Anchondo
Garin Anderson
Jayson Andres
Landi Andres
Kianna Baca
Amanda Baker
Paige Balliet
Logan Bentz
Mattilyn Biel
Sydney Binstock
Peyton Blair
Emaline Bozovsky
Jacob Daniel
Sarah Diem
Katrina Faulhaber
Cole Fitterer
Joyce Hauck
Trey Haugen
Gabriella Hecker
Rachel Heinen
Mason Hibbs
Ethan Hirschfeld
Cassidy Hughes
Muhammad Jallow

Nathaniel Jilek
Anna Kessel
Abbigail Kubas
Karter Kudrna
Sydney Lantz
Kaia Lehman
Daniel Mensah
Igor Niyimbona
Griffin Obrigewitch
Jett Ogren
Lorenzo Palacios
Ashley Pavlicek
Madison Peterson
Leslie Ramos
James Rehbein
Nicolette Reis
Jasmine Ridl
Ava Schneider
Maya Thompson
Jack Unruh
Kara Wanner
Amaya Willer
Asia Willer
Taven Wilson-Kadmas
Nathan Zent

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WHERE BUSINESS GOES TO GROW

Start-Up-Your-Day returns



After being placed on-hold for more than a year and a half, Start-Up-Your-Day is back and will relaunch Thursday, September 9th. Start-Up-Your-Day is a monthly business networking and educational event based on the idea that entrepreneurs have a better chance at success when connected to other entrepreneurs and resources in their community. The event puts one or two entrepreneurs, small business owners, or nonprofit founders on stage each month to talk about the opportunity their enterprises

pursuing and the biggest challenges facing them. The individual presentations are usually eight minutes long or less and attempt to generally answer or talk about the following:

1. What's the organization's mission, value proposition, and/or wow statement? (i.e. What sets this business apart from competitors?)
2. The story of how the idea for the business came to be
3. What's next for the organization? What does the organization look like five years from now?

4. What are the most significant challenges they face?

Moving forward, Stark-Up-Your-Day will meet the second Thursday of each month at the Dickinson Veterans Pavilion located at 801 5th Avenue West, Dickinson. It will start at 8 a.m. and is scheduled for one hour, although folks are welcomed to stay a bit longer to visit and network. Coffee is provided as well as light start-of-day snacks.



After the presentations, the presenters will engage in a question and answer session moderated by an emcee. The last question asked each month is, "How can our group, that is the Start-Up-Your-Day community, best support you in moving your business forward?"

M a r v

Eberts, owner of Aspire Health, and Trevor Ernst, CEO of Eren Homes, both businesses of Dickinson, will be the highlighted presenters and address the group for the initial relaunch event.

Start-Up-Your-Day is brought to the community by the West River Business Center, Stark Development Corporation, and the ND Small Business Development Center. If you are interested in participating as a presenter, being part of the planning committee, or to sponsor the event, please contact John Diem at 701-456-9044. We look forward to seeing you and hearing your business's story! ■

ND POTTERY

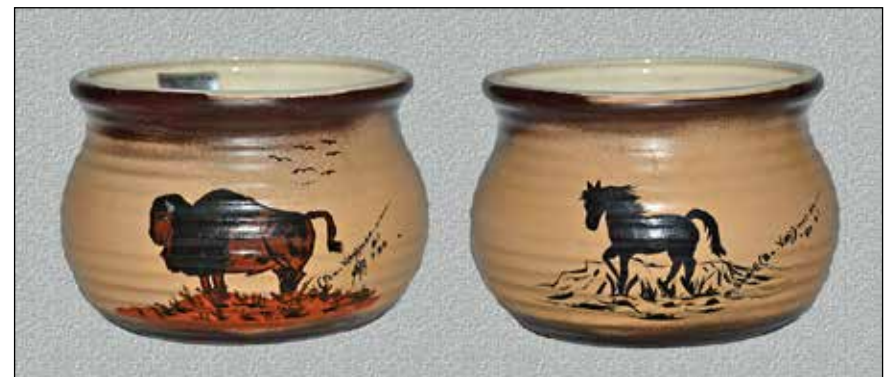
O-She-'E (Pee-Kay) Wee-Nee-Nee, Indian Ceramics

By Arley Olson, NDPCS Historian



In 1965 Louise Crosby, Belcourt, ND began doing ceramics, at first for a hobby and giving them away. She went to her first showing in Tulsa, OK, and won first place on her art work. She decided to go professional and used the Indian name "O-She-'E-(Pee-Kay) Wee-Nee-Nee" (artist woman), and became internationally known for her unique design with a personal touch added. When Louise started selling her ceramics the people of Dunseith were very supportive and promoted her work and sold for her. Lowell Leonard bought her ceramics for his business at the Peace Garden.

She used commercial molds with bright colored & neutral colored glazes. She hand-decorated some of her items with incised Indian symbols and airbrush bright colored glazes and designs on others. There are foil/paper labels and incised marks. These labels can have Dunseith, Rolla & International Peace Garden USA-Canada Border. Size permitting, O-She-'E (Pee-Kay) Wee-Nee-Nee, was incised on the bottom. Sometimes USA and/or the mold number was also incised. A distinctive creation designed by Louise was the soft line



finish of Buffalo Bone Ceramics. This had a cream-colored glaze as a base and a tan/light brown lightly wipe over the top, normally with Indian symbols incised.

She started doing canvas paintings as well. Her paintings have a mystic beauty about them just as her ceramics, with the same uniqueness and personal touch added. She had her own art gallery and ceramic shop in her home which is where she worked in her spare time. In 1979, she was appointed by Governor

Link as a chairwoman to the State Council for Developmental Disability, Minority group.

She decided she needed some other challenge along with the art work, so she began writing articles weekly for the Turtle Mountain Star entitled, "Indian Profiles," and later wrote for the Hills and Plains of Bottineau.

The ceramic operation ran from 1965 to sometime in the 1980s. ■



THE ARTS

Big art, big impact

Bismarck Downtown Artist Cooperative opened the doors in December of 2011 in the old historic Bismarck Tribune building on Thayer and Fourth street. Back in the day, 4th street was one of the most notorious streets in the country and at one time it was called, Bloody Fourth. In 2020, the building celebrated 100 years and continues to house a variety of small businesses.

BDAC opened with the intent of having studio spaces and a gallery managed by artists. It all started by an idea from Michael Van Beek. He approached his high school art teacher, Paul Noot, with a proposal to find a co-op space for artists. The artists looked at several spaces but felt the Fourth Street location is the heart of an ongoing Bismarck downtown revival.

Initially BDAC had six original members for its grand opening. Michael Van Beek, Paul Noot, Ali LaRock, Melissa Gordon, Andrea Ficek and Austin Schmaltz were the first founding members of the association. In November of 2011, BDAC sent out a call for artists to bring in art that was smaller than 12 X 12". This exhibit, Foot in the Door would be the grand opening in December. It was a pop-up exhibit for all community

members which opened to great success – and as a homage to the origins, BDAC holds an annual anniversary show in honor of the opening date. BDAC is an inclusive gallery, that welcomes all ages, styles and skill level.

BDAC currently has 11 full members that pay dues and share the daily operations of the gallery. BDAC is a small business but functions like a non-profit. The cooperative believes deeply in giving back to the community. In addition, BDAC maintains a gallery space, a classroom and an artist studio space on the second floor of the former Bismarck Tribune Building. The core of BDAC is to educate and bring together the Bismarck and greater North Dakota communities in a higher understanding of the visual arts.

BDAC prominently displays and sells art by local and regional artists. New exhibits are planned every month coordinated with community outreach and opening night events. The full members show in solo exhibits as do the supporting members. Theme shows, such as Art in Bloom, are major events where all artists are encouraged to participate along with local florists.

BDAC supports all artists, from elementary age to the elderly. Classes are offered at the gallery and at other venues around Bismarck. BDAC rotates art at the BisMan Food Co-op, Gideon's Brewery, and at Toasted Frog in Bismarck.

Our mission at BDAC is to bring local artists together who share a similar vision in helping the public gain curiosity and interest in the local art scene, as well as exhibiting and marketing a broad palette of art mediums, styles, and ideas. One can find BDAC at 222 N 4th Street and an online presence at Facebook, Instagram and Twitter. Our web site is at bismarckdac.com. BDAC is an inclusive gallery serving the Bismarck/Mandan Community. ■



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CONNECT MEDICAL CLINIC

Community invited to Connect Medical's IMPACT banquet

By Mark Billings

Plans for a new mobile health clinic and expanded sexual health and pregnancy services are among the initiatives showcased at the Connect Medical Clinic's IMPACT Banquet from 6:30 - 8:30 p.m.

on Sept. 30 at the Astoria Hotel & Event Center.

The event also includes keynote speaker

Mike Long, a 35-year educator in North Carolina middle and high schools. Long has trained more than 60,000 educators in directive teaching and spoken to more than 1 million teens on the virtues of respect, responsibility, maturity, discipline, and character.

The Dickinson-based Connect Medical Clinic (CMC) opened in 2015 and moved to its current location on State Avenue just south of Fairway Street in 2018. Since then, the nonprofit has seen a steady increase in men and women coming through its doors requesting sexual health services in addition to pregnancy testing and education.

"We began with services for women who were possibly facing an unplanned pregnancy but realized quickly the community has demanded so much more during the past six years," said Tara Zettel, RN, the CMC executive director. "Now, we have men, women and nonbinary individuals requesting education and services, and we're seeing clients from as far as Williston. Early pregnancies are still at our core but we understand we can be effective in preventing unintended sexual health events with evidence-based education and expanded sexual health services."

With more than 50 combined years of experience in sexual and women's health and OB experience, CMC Registered Nurses now offer treatment options and testing for seven Sexually Transmitted Infections (STI's), education on

a range of topics such as sexting, peer pressure and abusive relationships; pregnancy testing and limited ultrasounds, decision-making services, fertility education and pregnancy support and education. Through a grant

received from the North Dakota Association for the Disabled (NDAD), the CMC also hopes to take a newly

purchased utility trailer on the road as a mobile health clinic.

"We've already served outlying areas such as Mott with sexual health education," said Zettel. "We will feature our trailer at the banquet so donors can see it and envision our future in Dickinson and the region together."

Donors have also paid for new advertising outside CMC's office as well as largely underwritten the cost of the banquet.

While the cost of the IMPACT banquet is free to attendees, guests are expected to donate. To RSVP, call the organization at (701) 483-9353 or register online at connectmedicalclinic.com/impact by September 13th. ■



CMC staff (L. to R.) Tara Zettel, Lexi Karey, Ann Marie Heinen, Deb Bolin, and Mark Billings

LESSONS IN BUSINESS

Believe it or not ... the rumor mill at work

The pandemic, with its accompanying workplace challenges, has made "normal" rumors and gossip in the workplace even more contagious. An overactive rumor mill can take over a company and shift its employees' energies from positive productivity to negative infighting. Following are some effective techniques to combat unhealthy gossip, scuttlebutt and hearsay.

Hey, did you hear . . . ?

You may be forced to spend your week sharing an office space with a gossip, the co-worker who hangs over the edge of your cubicle partition letting you in on the latest version of a workplace drama. Sure, it's distracting and annoying, but sometimes—admit it, office gossip can be fascinating as well. You find yourself sucked in to the latest report on who was out with whom on Saturday night, who is on the verge of getting fired, who is three months behind in their rent and facing eviction, who began taking antidepressants, or exactly what that closed-door session this morning between your boss and the company's CEO was all about.

Although none of us is perfect, try to lead by example. When you find yourself tempted to spread a little unkind tidbit try this technique: Imagine that the people you are talking about are standing right beside you or that what you are saying will get back to them.

Accentuate the positive

One study found that when someone makes a negative remark about a co-worker who isn't there, the conversation will turn more negative not only toward the original target, but will evolve into a negative discussion about other co-workers as well. However, if someone in the group quickly defends the target of the nasty comment, it stops the attacking behavior because, according to the research, people don't want to appear petty and mean in comparison to someone who is being magnanimous.

As counterintuitive as it seems, sometimes probing a source for more detail can actually work to stop the gossip. For example, if the gossip says, "Kathy was late three times last week. I'm sure that she's drinking again." You

could respond with, "Really? How do you know that? Did you see her?" If the gossip counters with, "Well, no. I heard it from Mike," you can shut down the negative talk with, "You know, it sounds like a rumor to me. I'm not sure that we should be spreading rumors that could harm someone's career or reputation."

The Boomerang Effect

Remember the old schoolyard taunt, "I am rubber, you are glue. Whatever you say bounces off of me and sticks to you." Well, it turns out that it's true. The American Psychological Association in its Journal of Personality and Social Psychology calls this phenomenon

Spontaneous Trait Transference or "the boomerang effect." When you repeat negative rumors, others associate you with the characteristics that you are describing. In other words, those characteristics become transferred to you.

Not participating in the rumor mill may be challenging in the short term (workers are often afraid that they will not come across as team players), but in the long term, it will be better for your career. By taking the high road, you will be viewed as a capable, competent employee.

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



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GOING POSTAL Mystery Message

Put your sleuthing skills to the test with the bright colors and interesting shapes of the new Mystery Message Forever stamp. The U.S. Postal Service offers intrigue and excitement for customers with a stamp that needs deciphering to be fully appreciated.

The stamp was released on July 14 at the International Spy Museum in Washington, DC. The stamp design is a visual riddle spelling out a difficult-to-discern message. Each colorful square contains a letter in an interesting pattern.

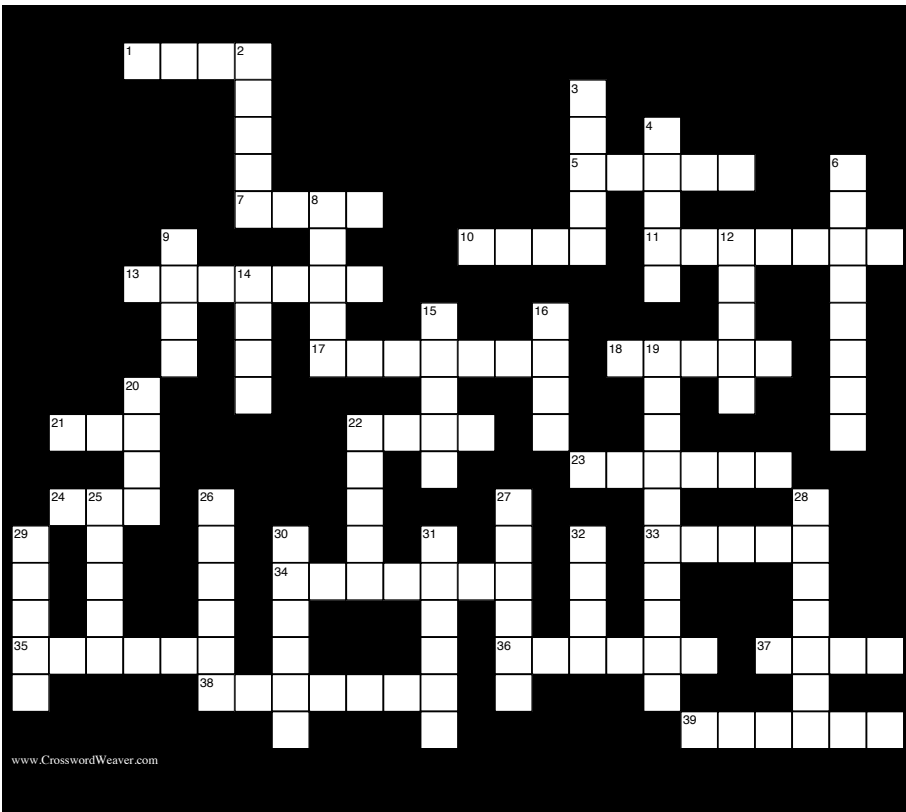
The seemingly random patterns were carefully placed so that when put all together, the message will be revealed. The reverse side of the pane also provides the solution.

Stamps available at your local post office. ■



Source: store.usps.com

CROSSWORD **V-8** by Carlinka



ACROSS

- 1 "Excuse me..."
- 5 Creative nuggets
- 7 Road trip guessing game
- 10 Never to be repeated
- 11 Afternoon break in Britain
- 13 + __, sage, rosemary and thyme
- 17 + Popeye's favorite
- 18 Tower over
- 21 Vietnamese noodle soup
- 22 Quite pleased with oneself
- 23 Afternoon break in Spain
- 24 To's opposite
- 33 Piece of garlic

DOWN

- 2 2021, in Roman numerals
- 3 Pickle juice
- 4 + Round and red
- 6 + Roma or Beefsteak
- 8 French __ (coffee device)
- 9 __ ten (surfing)
- 12 Sleep spoiler
- 34 + Orange and crunchy
- 35 Says "@%\$&!'
- 36 Afternoon break in Italy
- 37 Rump, as hair
- 38 Turn into cartoon form
- 39 + Green and crunchy

ACROSS

- 14 Feeling high and mighty
- 15 Do slightly better than
- 16 "What a relief!"
- 19 + You can't swim in it
- 20 Musician's moment to shine
- 22 Fully enjoy
- 25 What dogs, hogs and frogs all do?
- 26 Port city in Ukraine
- 27 Preposterous
- 28 + Iceberg or Romaine
- 29 Wake up
- 30 Give a "not guilty" verdict
- 31 Fake head of hair
- 32 Reply to an invite



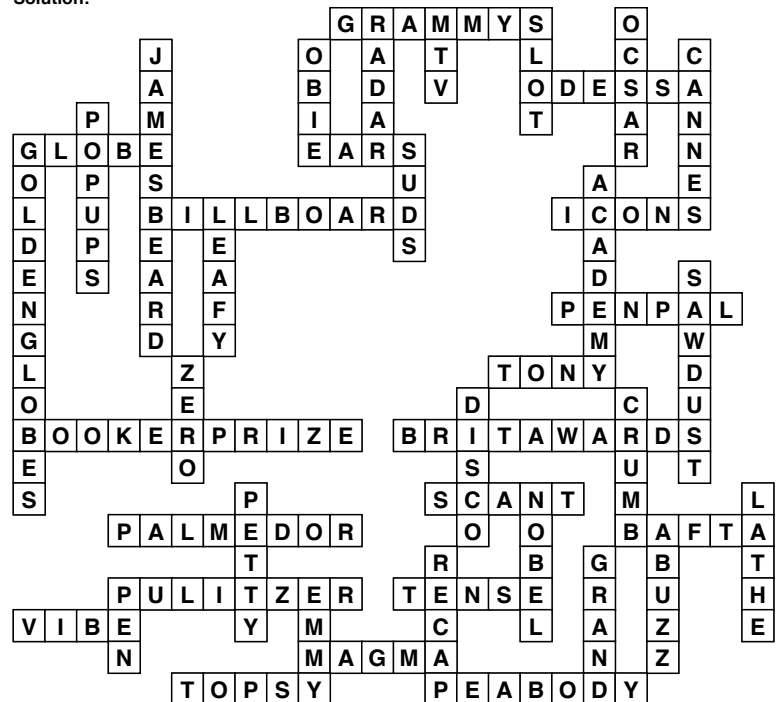
or·i·gin
Upper Crust

Bread was divided according to status. Workers got the burnt bottom of the loaf the family got the middle, and guests got the top, or upper crust. ■

Last month's puzzle solution

++AWARD YOURSELF++

Solution:



HOROSCOPE**SEPTEMBER 2021** by Hilda De Anza**ARIES**
March 21-
April 20

The next six weeks or so are focused on relationships. This can function quite well, as long as you do not try to take the initiative. Let others decide matters, and when in doubt, compromise. Early relationship trends this month are promising, and the people you deal with tend to be fair and very easy to communicate with. At times like this, partners need to feel that you are in control, so that they can relax.

**TAURUS**
April 21-
May 21

On September 10, your ruler Venus moves into Scorpio, and this evokes a need for more intimacy and empathy in relationships. This can be something you feel in terms of how you relate to a professional team, or how you relate to a partner and his or her family. What works in your love life and at work is not to be focused on liberation and equality, but on doing what you do best, creating harmony and balance.

**GEMINI**
May 22-
June 21

The first part of September is extremely positive for you, culminating in an exceptionally harmonious contact between your ruler Mercury and the planet of good fortune Jupiter around September 19th. Make the most of life, while the planets smile on you. September is an extremely upbeat time, and the connections you make towards the end of the month will become stronger and stronger in the months to come.

**CANCER**
June 22-
July 22

For most of September, the focus for you is on communication, organization and practical matters. This is an especially good period for studying and practicing consciousness-raising ideas, especially when connected with a group who want to work with you to innovate and change. After September 20th, there is a transition period for you, with the focus on home and family.

**LEO**
July 23-
August 22

This is a period when you are extremely inventive professionally; financial freedom is something you are striving for. As September starts there are risks of being deceived financially, either by yourself, or because of family, or through poor advice. In mid-September is a tendency to close your eyes and hope for the best. Therefore, the wise Leo treads carefully.

**VIRGO**
August 23-
September 22

Lady Luck is smiling on you and at the end of the first week of September, there is a tremendous boost financially. Your capacity to earn money through your connections goes from strength to strength. Your ruler Mercury harmonizes with Jupiter on the 21st, and because Mercury later goes retrograde, this harmonious connection repeats in October. This indicates that projects begun now will come to fruition.

**LIBRA**
September 23-
October 22

Early September, particularly around the new moon on the 6th, good fortune smiles on you. This is a time of happiness and fulfillment, especially in connection with love and self-expression. Wishes will be fulfilled at this time. It is around mid-September that Mars moves into Libra. A particularly sensitive period for relationships begins at this time. It helps to adjust roles so that you maintain your natural grace and partners retain their natural power.

**SCORPIO**
October 23-
November 21

Around September 10th Venus moves into your sign along with the Moon, which begins an important period for relationships. This is a time when people and partners are more dependent on you than usual. Mid-September is a time of transition and change for you, as you withdraw from a busy social life and carve out more time alone to deal with private issues.

**SAGITTARIUS**
November 22-
December 21

This is an extremely fortunate time for success and prosperity through your career. You are a master at communication here in September, and the last part of the month is perfect for friendships and partnerships. Success is sure to come your way, and you will be able to build on this success. September and October is one of those periods in your life when good fortune smiles on you.

**CAPRICORN**
December 22-
January 20

Over the next couple of months, there is much work to be done consolidating and repairing, especially as regards the organization and administration of money and resources. There are a number of changes taking place after mid-September. Socially, things are rather different, as loved ones or friends may be in a tight spot and need your help. As the month draws to a close, your good relationship with the leadership can bring benefits.

**AQUARIUS**
January 21-
February 19

A new historical period has begun, and there are elements in your character which enable you to channel these trends in a way no other star sign can. But it is your time, and you need to embark on new long-term projects with the knowledge that you have a special mission. Good fortune smiles on you in many ways, influential people and organizations are on your side.

**PISCES**
February 20-
March 20

Early September is a fantastic time for deep spiritual experiences as you tune in to the deeper harmonies in life, not least in important relationships. You may even get lucky financially. Your dreams and expectations are extremely high around the 20th, so much so that you tend to focus on the unattainable rather than what you can realistically achieve. What helps in this period is for you to eliminate the things that just clutter up your mind and refine your dreams.

**Spotted by Locals**

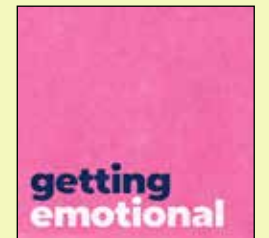
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**Citymapper**

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**Getting Emotional**

You've probably felt *vemöda*len, even if you've never heard the word before. These short episodes, about 15 minutes, explore and explain the specific emotional states which English-speakers need words from other languages to describe. *Vemöda*len is that feeling you get after taking a picture and realizing that it's the same one as loads of other people have taken and yours is rubbish anyway.

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