

FREE | TAKE ONE

Heart River

VOICE



SEE PAGE 30
CALENDAR *of*
LOCAL EVENTS

Neighbors *Serving* Neighbors!

Partner with us to receive up to \$150 credit for every neighbor & friend you refer to Consolidated!

For details go to:
consolidatednd.com/referral

701-483-4000

888-225-5282

Consolidated

Reach the World, from here.

Welcome

Dr. Lee Kiedrowski

Family Medicine Physician



 **CHI St. Alexius Health**

For Scheduling:
701-456-4200

Lumenis Optima IPL

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



701-225-7886



 **EYEWEAR CONCEPTS**
Lighten Eyes. Lighten Eyes.

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

DPM



DAN PORTER MOTORS

**YOUR VOLUME LEADER
WE WANT YOUR BUSINESS!**

WE MAKE BUYING OR SERVICING YOUR CAR OR TRUCK HASSLE FREE!

*FREE CAR WASHES FOR LIFE

*FREE ALIGNMENT CHECKS

*WITH YOUR CAR OR TRUCK PURCHASE



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

Heart River VOICE

Publisher

Heart River Voice, Inc.

Advisory Board

Tammie Braun
Cheri Ehlis
Kaylee Garling
Amy Graves
Megan Klassen
Laura Walters

Advertising Sales

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

Web Developer

Ben Hapip

Graphic Designer

Sophia Jilek

Photographers/ Feature Writers

Our Community

Astrologer

Hilda De Anza

Crossword Czar

Carlinka

Published Monthly by Heart River Voice, Inc.

PO Box 2117
Dickinson, ND 58602

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

A note to our readers

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

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

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

Kelley Jilek
Publisher

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

NOW'S THE TIME TO PLAN AHEAD WITH LIFE INSURANCE

They depend on you. Feel good knowing you've taken steps to protect what matters most, no matter what tomorrow holds.

Let's talk about securing your loved ones' financial future with life insurance that fits you.



Todd Schweitzer, Agent

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



American Family Life Insurance Company,
6000 American Parkway, Madison, WI 53783 ©2016 011785 – Rev. 8/19 – 15494784

COULD YOUR "STATIN" CHOLESTEROL MEDICINE BE HURTING YOUR HEART?

Research shows that "statins" deplete a nutrient called CoQ10. By supplementing with CoQ10 we can try to avoid the problems associated with "statins." In addition, supplements containing CoQ10 have different levels of absorption, so it is recommended to choose a CoQ10 with proven higher affinity for absorption.

IRSFELD
Pharmacy PC *More than just prescriptions.*

Enjoy

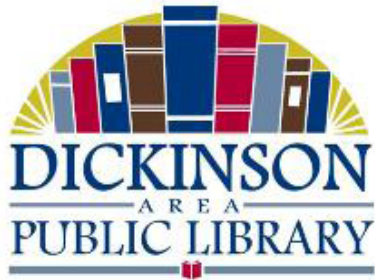
BOGO
1/2off

of Q-Best 100 for the
month of February!



#BOOKWORM

The programming break is over!



By Cindy Thronburg

Our break month is over, and the Dickinson Area Public Library (DPL) is back at it full swing with programs for all ages!

February is the final month of our Winter Reading Program. This reading program is for all ages, and there is still time to participate! The last day to log reading and enter tickets for prizes is Monday, February 28th, all of which can be done through Beanstack. If you are new to Beanstack, stop by the library or visit our website for set-up instructions. There are a lot of great prizes to try for, so don't miss out!

To celebrate the end of the Winter Reading Program, we will be holding a Cookies & Cocoa Social on March 4th from 2-4pm. Drop in for a cup of hot cocoa and a cookie and find out the Winter Reading Program grand prize, the most read prize, and coloring contest winners. If you can't make it, don't worry! You need not be present to win.

If you are looking for something to read for the Winter Reading Program, check out Overdrive's Together We Read. The DPL joins over 16,000 public libraries and colleges along with tens of thousands of readers across the United States in offering the latest award-winning Together We Read: US digital book club selection. From February 7th to 21st, DPL patrons can enjoy author Kirstin Valdez Quade's 2021 First Novel Prize-winning book, *The Five Wounds*, as an ebook and audiobook. Readers can access the digital book for free with no waitlists or holds by downloading the Libby app or by visiting our website, and then participate in an online discussion.

The Five Wounds takes place during Holy Week in the small town of Las Penas, New Mexico, and thirty-three-year-old unemployed Amadeo Padilla has been given the part of Jesus in the Good Friday procession. He is preparing feverishly for this role when his fifteen-year-old daughter Angel shows up pregnant on his doorstep and disrupts his plans for personal redemption. With weeks to go until her due date, tough, ebullient Angel has fled her mother's house, setting her life on a startling new path. *The Five Wounds* spans the baby's first year as five generations of the Padilla family converge: Amadeo's mother, Yolanda, reeling from a recent discovery; Angel's mother, Marissa, whom Angel isn't speaking to; and disapproving Tíve, Yolanda's uncle and keeper of the family's history.

The ebook and audiobook can be read on all major computers and devices, including iPhone®, iPad®, Android™ phones and tablets and Chromebook™ without waitlists or holds. Through Libby, readers can also "send to Kindle®".

With it being February, we have plenty of Valentine's Day themed activities for all ages. We are continuing to collect Valentines for My Golden Valentine through February 5th. My Golden Valentines are cards for senior citizens. Help us share the love with those who are in nursing homes and assisted living facilities in our area! We will be having a card-making session on Saturday, February 5th from 10:00-11:30am. This is for all ages, and all card-making supplies will be provided. No art skills required!

For teens ages 13-17, we will be having an Anti-Valentine's Day Party on Tuesday, February 8th from 4:00-5:30pm in the Community Room. Teens will do a craft, take anti-Valentine photo booth pictures, eat some snacks, and break a heart...or just a piñata.

Adult Craft Club will be making two Valentine's projects this month! They will meet on Monday, February 7th at 6:00pm to do Ceramic Heart Painting, and they will meet at 10:00am on Saturday, February 26th to make DIY Heart Earrings. Join us for some "love-ly" projects!

We, of course, have our regular programs throughout February as well. These include Teens making Sharpie Art Mugs on February 15th at 4:00pm and a Teen Movie Night on February 22nd. We will be showing *The Jungle Cruise*

Dickinson Area Public Library

My Golden Valentine

Valentines for Seniors

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

Make this Valentine's Day special for Senior Citizens in our area.

Make your own card, buy an extra one, or just write a note to brighten their holiday.

Don't worry if you aren't artistic. They will love anything from the heart!

Basic card making supplies will be available in the library.

- ♥ Help us share the love!
- ♥ You craft the cards, we deliver them!
- ♥ Envelopes are not required. Just write a note somewhere on the card to let someone know they are thought of and matter.
- ♥ Drop off your cards at the Library!

*All cards will be delivered to
Dickinson area nursing homes
& assisted living facilities.*

Deadline for cards is Saturday, February 5th

at 4:00pm. We will also be showing Peter Rabbit 2 for Family Movie Night on Friday, February 4th at 4:00pm. Tweens will be doing Pixel Art on February 3rd at 4:00pm and making CD Spinning Tops at

4:00pm on Tuesday, February 17th.

We have several other programs in store for the month of February, so we hope you can stop by for some! ■

the real estate co.
real estate made simple.
701.483.0111 fax: 701.483.0112
353 19th st w | dickinson, nd 58601

Lenée Bookhardt
cell: 701.690.5867
email: LenéeBookhardt@gmail.com
www.therealestateco.co

COVER ARTIST Darice Taylor



L to R: Darice's husband, Jesse, daughters, Zoe and Farrah, and Darice

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

Darice was born and raised in Dickinson, ND. She is supported by her family, whom she calls her biggest fans: her husband, Jesse Taylor, and her two daughters Farrah (21) and Zoe (11). Aside from the required art courses in high school, she is a self-taught artist, learning many different mediums through countless hours of research, practice, and determination. She is a part of the Badlands Art Association for the past six years. She enjoys entering her artwork and being a part of the Badlands Art show located in Dickinson every November.

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

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

Her mixed media acrylic/marbling technique is unique and very time consuming. It is very tedious and takes many steps to create this style of art. The movement and different designs created by the marbled paint in water, transferred onto paper, creates an extremely interesting and exclusive piece of art.

The painting featured on the cover "Pretty in Pink" is not one of her usual painting techniques, but is a watercolor and colored pencil painting. She says she enjoys trying new ways of painting sometimes. In this orchid painting, she loves the detail in the orchid petals, and the vibrancy that the colored pencils create over watercolor paints. This painting will be framed and entered into this year's Badlands Art Show in November. She says she will also be working on some new pieces of art throughout the year in preparation for this year's art show. She may be trying some new things and working with some new mediums, and is excited to see what will be created. ■

DPS FOUNDATION

#Giving Tuesday Campaign was a huge success!

Thank you to all of the businesses and friends who donated to the Dickinson Public Schools Foundation's #Giving Tuesday campaign. We had 33 donors donate \$6,780. Their donations will be used to "enrich" education in the Dickinson Public Schools through our grant program. This year we budgeted \$50,000 for our regular grants and \$10,000 for our mini grant program.

We received 22 grant applications totaling over \$83,000. Stay tuned for our announcements on which grants were funded. We have so many dedicated educators that put their heart and soul into helping their students be successful.

For more information about the DPS Foundation, contact Karen Heidt at 701-590-0495 or kheidt@dpsnd.org. ■

Thank you for supporting
#Giving Tuesday!



Superhero Club

\$1,000 donation
American Foundation for Wildlife
at the Southside Saloon
Conoco Phillips
Dickinson Eagles Club
Winn Construction

Other Donations: Wendy Cardoso, Amber Fridley,
Jerel & Marrin Hafner, Franklin & Joan Harner, Jeremy
Lippert, Kelly McAvoy, Marisa Riesinger, Sarah
Trustem, Melvin Zent

Champion Club

\$500 donation
Jay Bleth
Marathon
Margaret Olheiser

Hero Club

\$100 + donation
Aaron Anderson, Ray & Mary Pat
Bruels, Ann Chytka, DTE,
Kris Fehr, Donna Fleming, Christ
Hansen, Karen Heidt, Nancy
Johnson, Brian O'Hara, Tony &
Stephanie Praus, Leslie Ross,
Donna Wolf, Eyewear Concepts,
High Plains Dental, PC,
Martin Construction,
Steffes & Selinger Chiro



ADVANCED COLLISION
CENTER, INC

COMMUNITY

American Legion HS Oratorical Scholarship Program Contest winners

The American Legion annually holds its American Legion High School Oratorical Scholarship Program Contest each fall, with high school students in grades 9 to 12 invited to compete for scholarship prize money.

Bailee Pierce, a Scranton High School senior and winner of the Scranton American Legion Post's contest, advanced to the District 8 competition held December 18 in Dickinson and was declared the winner. She now advances to the West Region Competition in January.

Bailee and Irish Morris, Scranton, who was sponsored by the Dickinson American Legion Post, each gave an eight- to 20-minute prepared oration on an aspect of the US constitution as well as a three- to five-minute oration on an assigned topic of the US Constitution that was drawn at the district contest.

This year's district competition judges

were Dr. Richard Brauhn, retired vice president at Dickinson State University; Carter Fong, former government and US Constitution high school instructor and current Dickinson Chamber of Commerce executive director; and Margaret Marcussen, high school speech judge and college speech instructor.

The purpose of this contest is to develop a deeper knowledge and appreciation of the Constitution of the United States among high school students. Other objectives of the contest include the development of leadership qualities, the ability to think and speak clearly and intelligently, and the preparation for acceptance of the duties and responsibilities, rights and privileges of American citizenship. Students compete on local, regional, state and national levels, with scholarships awarded to winners at each level. ■



District 8 American Legion Oratorical contest judges: Dr. Richard Brauhn, left, Margaret Marcussen and Carter Fong.



Alan Fehr, American Legion District 8 vice commander, presents Bailee Pierce of Scranton with her first-place medal and participation certificate for the District 8 American Legion High School Oratorical Scholarship Program Contest.



Bailee Pierce, left, and Irish Morris, both of Scranton, competed in the District 8 American Legion High School Oratorical Scholarship Program Contest held December 18 at Dickinson State University.

COMMUNITY

Summit on Behavioral Health in Energy Country



Today many in local government, private business and in families must deal with behavioral health issues – addiction, stress, depression, suicide, etc. The energy growth in western North Dakota has brought the issue to the forefront, and city police and sheriff's departments, emergency services, states attorney's offices, Social Services, and our private business work force are facing these issues with greater intensity.

Registration is now open for the Summit on Behavioral Health in Energy Country, scheduled for April 26-27, 2022 at the Rough Rider Center in Watford City. Vision West ND is bringing the Summit again this year to Western North Dakota with exciting speakers. This conference will bring together professionals and community leaders who work with or are impacted by youth

and adults who suffer from mental and behavioral health issues surrounding the use of illegal drugs, opioids and alcohol.

The Summit concentrates on the issues surrounding behavioral health – stigma, crime, health, etc. Participants will learn about evidence-based programs that participants may consider taking back to their own communities.

Registration information, the agenda, awards, and sponsorship opportunities can be found at www.visionwestnd.com. Click on the Summit on Behavioral Health icon.

If you have any question, please contact the Vision West ND office at DLN Consulting by calling 701.483.2801 or sending a message to Vision West ND's administrator at dnelson@dlnconsulting.com. ■



Libby Matthews
605-641-0840
Dickinson, ND

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

 [libbsweetoketobakery](https://www.facebook.com/libbsweetoketobakery)
email: libenski73@yahoo.com

HEALTH

Connect Medical Clinic plans three community events in April

By Mark Billings

To help connect with a broader section of the community, the Connect Medical Clinic is planning three motivational events in early April.

Jess Ford, a 23-year-old youth leader from Tennessee, is the featured speaker at a Youth Rally from 7-8:30 p.m. on Wednesday, April 6 at the Trinity High School Auditorium and at a Men's Breakfast on Friday, April 8 from 7-8:30 a.m. at Living Word Fellowship in Dickinson. Ford will also serve as the keynote speaker at

Connect's Annual Fundraising Banquet from 6:30 – 8 p.m. on Thursday, April 7 at the Astoria Hotel & Convention Center.

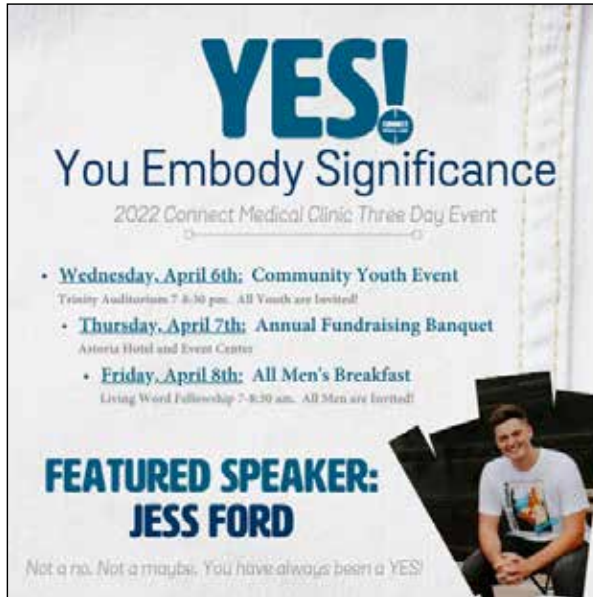
Drawing from his background as a teen, in which Ford spiraled into depression and a near suicide to a strong faith and fledgling national speaking career, the recent university graduate will address a theme of YES! (You Embody Significance) at each one of the three events.

Tara Zettel, Connect's

president and executive director, said the Youth Rally and Men's Breakfast are new to the nonprofit's annual calendar, and offer an opportunity for more people to hear life-affirming messages of hope.

"We are honored to host brand new events for Dickinson and the region, which includes what could be one of the first all-community, interfaith youth rallies," said Zettel. "Jess will share a very compelling story of how his life plunged from popularity and ease to total despair to ultimately one of hope and living life to the fullest.

"He will tell this message and more during our Connect Banquet on Thursday and with men Friday morning,"



she continued. "This breakfast could be another first interfaith gathering, this one especially for men, addressing how they can support women facing an unplanned pregnancy and other issues."

Also joining Ford at the Youth Rally are Jalyn and Marcus McGill, worship leaders and singer-songwriters serving as pastors at River of Life Church International in Dickinson. Jalyn, a native of Richardton, is a 2016 graduate of Dickinson State University. Along with her husband Marcus, the couple has recorded nearly one dozen original new songs and are active volunteers in the community.

For more information about the Youth Rally, banquet or Men's Breakfast, contact Mark Billings at mark@connectmedicalclinic.com or at (701) 483-9353. Connect is also a charity participant in Giving Hearts Day on Feb. 10. To support the sexual health clinic and its services and education to males, females, and nonbinary individuals, visit <https://app.givingheartsday.org/#/charity/414>. Donations prior to and up to Feb. 10 are encouraged. ■



FEBRUARY 10 Giving Hearts Day

Help someone.



Please join us in participating in Giving Hearts Day on **Thursday, February 10th.**

Simply go to givingheartsday.org on this day and make an on-line donation to one or more of these local charities.

Each gift this day will make a huge difference in our communities!



Vicky Steiner
Realtor



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



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

COMMUNITY

Area nonprofits gearing up for Giving Hearts Day

By Ted Uecker, WRHS Foundation

Ten area nonprofit organizations in southwest North Dakota are gearing up for their Annual "Giving Hearts Day" fundraising efforts. Giving Hearts Day is a 24-hour online fundraiser for over 500 nonprofits in North Dakota and Western Minnesota. All the excitement takes place the second Thursday of February – this year it happens on Thursday, February 10th!

Giving Hearts Day began in 2008, when the Dakota Medical Foundation and Alex Stern Family Foundation saw a need to foster educational growth for nonprofit organizations in our area. The Impact Foundation was then formed to help nonprofit organizations promote their campaigns online, network with other nonprofits and attend regular coaching sessions by trained fundraising professionals. Historically, Giving Hearts Day has raised over \$112 Million the last fourteen years! Last year was the best so far, with over 42,000 donors helping nonprofits raise \$22 Million!

Ten area nonprofits are Members of the Impact Foundation and have banded together to share the good news about Giving Hearts Day and the good work that each contributes toward their mission. The ten area nonprofits in the Southwest North Dakota Giving Hearts Consortium include: West River Health Services Foundation, Sunrise Foundation, Home On The Range, Benedictine Living Community, Badlands Ministries, Camp ReCreation, Best Friends Mentoring,

Assumption Abbey, USpire ND and Dickinson Public Library Foundation.

West River Health Services Foundation provides fundraising and development services for West River Health Services and Western Horizons Living Centers in Hettinger, Bowman, Mott, New England,

Benedictine Living Community is a faith-based ministry of senior living caring located in Dickinson. They are guided by their distinct set of core values: hospitality, stewardship, respect and justice. They are committed to providing for the underserved and those in need.



Scranton and Lemmon, SD. This year for Giving Hearts day they are raising funds for their new "Healthcare Heroes Endowment Fund," where the interest will be utilized for significant academic loans for college upperclassmen pursuing a healthcare degree, signing bonuses for top-priority positions and bonuses for current healthcare heroes.

Sunrise Foundation provides financial assistance and support to all aspects of healthcare in their service area (Bowman, Slope, Harding and western Adams Counties). Their Giving Hearts Day gifts will be used for assisting all areas of their community healthcare system, including physician recruitment, ambulance services, loan repayments and healthcare scholarships.

Home On The Range offers help and a healing environment for abused or neglected teenage boys and girls. They are located in Sentinel Butte, ND. The donations from Giving Hearts Day this year will be used to remodel the boy's bedrooms into a safer, more therapeutic environment.

Badlands Ministries is a Christian camp and retreat center operating in the Badlands of ND since 1928. In addition to providing summer camp programs and year-round retreats for youth and adults, they also host many guests for family reunions, weddings and ministry retreats. They serve people of all ages and denominations and strive to connect people to God, creation and each other. A donation on Giving Hearts Day is a gift of camp to an area youth.

Camp ReCreation is a summer camp dedicated to serving people with intellectual and developmental disabilities. Located in Richardton, this life-changing experience instills endless quality values in those who participate and volunteer. Giving Hearts Day gifts will help Camp ReCreation touch hearts through fun-filled weeks of learning, loving and living.

Best Friends Mentoring is a nonprofit mentoring program under the supervision of the Western Wellness Foundation. They serve area youth (age 6-16) who would most benefit from

an additional source of guidance. Each mentor is a role model who dedicates one hour each week to offer consistent guidance, friendship and encouragement.

Assumption Abbey in Richardton is a place where God, prayer, work, service and community are central. The Benedictines gather to pray five times during the day for those who need prayers. The monastery and grounds are a place of peace, serenity and hope for all who come. Giving Hearts day donations will be utilized for those who need immediate assistance and to enhance the grounds, gardens and lawns.

USpire ND's, Healthy Families of ND program, joins parents on their journey to provide safe and healthy lives for their children. USpire ND provides people who will listen to your unique story and support you on your parenting journey. Funds from Giving Hearts day help to continue providing these vital services at no cost to families. After all, every family deserves to not just survive, but to thrive.

Dickinson Public Library Foundation believes the public library is a vital resource to the community, as well as offering the opportunity to preserve its past, empower its citizens and inspire its future. Gifts from Giving Hearts Day will be used to further this mission.

All of these nonprofit organizations in southwestern ND are trying to help their communities in their own unique ways. We hope you will consider a gift of \$10 or more to one or more of these nonprofits on Giving Hearts Day. Just go to givingheartsday.org and search for the organization(s) you'd like to support. If you'd like to "schedule a gift" ahead of Giving Hearts Day, you can go to the same website and select "Schedule a Gift" between now and February 8th. Of course, you can always give any time to any organization. We are all grateful. ■

FAITH

Connect with Christ

By Heidi Larson, General Manager, 103.7 The Connection

February 2022 brings another Winter Olympics. Whether or not you watch the Olympics, you at least understand the concept- athletes from all over the world come together to compete in a particular sport on behalf of their country. The top three finishers are awarded gold, silver or bronze medals. Of course, the ultimate

goal is winning the gold medal.

In many places in the New Testament, Paul refers to "running the race." He is comparing our lives as Christians to an endurance race. However, this "race" is different. We are all running for the same goal – eternal life with Christ.

We Are Messengers released a song last year titled "Image of God." This song contains one of my favorite lines: "There is no first in line at the foot of the cross." We all need Jesus. Jesus offers salvation for all, not just those who have a special talent or come from a prestigious family.

Jesus is offering you a gold medal of salvation. You simply have to surrender and receive it. Have you accepted it?

If you would like to know more about this free gift of salvation, please feel free to reach out to us at the station (483-1037) or contact one of our ministry partners listed on our website (www.1037theconnection.com).

Brothers, I do not consider that I have made it my own. But one thing I do: forgetting what lies behind and straining



forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

– Philippians 3:13-14 ■

NDSU EXTENSION Staying upright

By Holly Tuhy

Winter seems to have settled in for the season. The temperatures are cold, the ground and sky are white. North Dakotans know all-to-well how to drive smart to navigate winter roads. However, it is important to remember to

traction and support. If you need to wear dress shoes, change into them once you arrive to your destination safely.

2. Keep your sidewalks, driveways, and other walking paths clear as best you can.

3. Be sure to take smaller, slower steps, even if you don't see any snow or ice. Black ice can sneak up quickly.

4. If you use a cane or walking stick, consider attaching an ice tip on the bottom for better traction on ice.

NDSU

EXTENSION
STARK/BILLINGS COUNTY

walk smart as well. Slippery sidewalks, parking lots, and stairs can be especially treacherous when covered with snow and ice. You don't need me to tell you that it is not fun to slip and fall outside. Even though it happens to all of us, we tend to feel embarrassed when we do fall. We frantically look around to make sure no one saw the often-ungraceful fall occur.

Here are some helpful reminders to keep us all safe and upright this winter:

1. Wear shoes or boots with good

While walking smart in the winter is for everyone, it is especially important for the older adults in our communities. One in four people age 65 or older has a fall each year. NDSU Extension Stark/Billings County offers a falls prevention workshop titled Stepping On. This free class is for adults ages 65 or older who live independently. Stepping On helps participants avoid dangerous and costly falls. In seven weeks, participants learn:

1. To identify and avoid fall hazards in



and outside the home

2. How vision, hearing, medication, and footwear affect fall risk

3. Strength and balance exercises that are adaptable to each participants skill level

4. How to safely get up from a fall and more!

Participants also get to learn from

guest experts such as physical therapists, pharmacists, safety officers, and more. If you or a loved one want more information on an upcoming Stepping On class, contact NDSU Extension Stark/Billings County at 701-456-7665.

Let's start 2022 out on the right foot and avoid falling this winter! ■

2022 ANNUAL MEMBERSHIP MEETING



STARK
DEVELOPMENT CORPORATION

TUESDAY, FEBRUARY 15, 2022

11:45 AM

PHAT FISH BREWING
1031 WEST VILLARD STREET
DICKINSON, ND

THIS MEETING IS OPEN TO THE PUBLIC

LUNCH WILL BE SERVED

RSVP BY TUESDAY, FEBRUARY 8, 2022

ONLINE AT STARKDEV.COM/RSVP2022

OR CALL (701) 225-5997

MEMBERS RECEIVE ONE FREE MEAL
MEALS ARE AVAILABLE BY RESERVATION ONLY
MEALS ARE NOT AVAILABLE AT THE DOOR

KEYNOTE SPEAKER:

GERALD BACHMEIER, RED TRAIL ENERGY

WHERE BUSINESS GOES TO GROW

CONVENTION AND VISITORS BUREAU Winter events

Wintertime in southwest North Dakota can range from lots of snow fun, to the dark brown fields, depending on how mother nature feels for the week. So, while the types of outdoor activities might vary, the inside events in Dickinson during the month of February always provide lots of options for entertainment.

Here's our list so far, the 5th Annual First Pitch Crab Feed, Rogina Cusic Doubles Tennis Tournament, Murder Mystery Dinner Theatre, Pat Fadden Racquetball Tournament, Valentine's Day Craft & Vendor Show, Cabin Fever Benefit, Beat the Winter Blues Family Fun Day, Region 7 Girls Basketball Tournament, Girls State Gymnastics Tournament, Coca-Cola Blue Hawk Amateur Basketball Tournament, Downtown Dickinson Gala, Bust'in Mini Broncs & Bulls Rodeo, and more. Be sure to check out our website, or our social media for updates and as always additional events that might be added.

The community is always creating events or continuing to host long time favorites such as Cabin Fever Benefit. The Ronald McDonald House of Bismarck is a temporary "home away from home" that serves and supports the families of seriously ill children receiving medical treatment in Bismarck. This year's event will be February 12th at the Eagles Club. Social at 4 pm, Silent Auction until 7 pm, Beef BQs served at 6 pm. Dance with music by E-Z Street and midnight breakfast will be served. Tickets are \$10 in advance at the Eagles Club or from a Roughrider Commission member.



And if you haven't gone to see the Bust'in Mini Broncs & Bulls Rodeo, stop by the DSU Indoor Arena on Sunday, February 27th at 1 pm. Cost is \$5, and the day will be filled with little cowboys and little ponies trying to win the buckle.

Check out our website at VisitDickinson.com/Events to see more events, and more details. Have fun! ■

BADLANDS MINISTRIES

Medora, ND

Fearless Faith Retreat

March 11-12, 2022

Come and join us...

Melanie will empower you and ignite our Faith



Keynote Speaker
Melanie A. Brown

Friday, March 12 Session: 1-4:30 p.m. Cost \$40

Legacy of Greatness

You have been Gifted with a Greatness that has the potential to forever change your life. You will be Inspired to do Four Phenomenal, Simple but Significant steps to truly Discover God's Purpose and Dreams for Your Life...then God's Best will come back to you!

Both sessions held in
Bethlehem
Dining Room.

Refreshments
included

Saturday, March 13 Session: 9-4 noon Cost \$40

Breakthrough to Your Brilliance

Experience a Powerful Breakthrough that shatters doubt, fear, anxiety, and worry! You will walk in Confidence, Courage, and Believe with God All Things Are Possible.

Full Retreat Experience

Cost \$200 per person

Includes Friday & Saturday sessions, 4 meals and staying overnight in our Retreat House, with an extra session on Friday night.

Ignite God's Purpose

Answer God's Call and Ignite that powerful Purpose he has placed in your heart, mind and soul! You will go farther than you ever thought possible and experience a Purpose beyond purposeful. Ignite Your Purpose and Bold Faith, that will create God Miracles for your Life!

Register today on badlandsministries.org SEATING LIMITED

Call 701-290-8482 for more information.

Tax Planning & Preparation | Business Consulting Services | Financial Statements & Audits | Record Keeping & Reporting

KOVASH & DASOVICK, P.C.

CERTIFIED PUBLIC ACCOUNTANTS

148 West First Street
Dickinson, North Dakota 58601

Daniel L. Kovash
Certified Public Accountant
Email: dankovash@hotmail.com

Office 701.483.1156 | Fax 701.483.1160

Daniel J. Dasovick
Certified Public Accountant
Email: dand@kovdaspc.com

ACCEPTING NEW CLIENTS

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



PEACH PARLOUR

HAIR + MAKEUP + STYLE

Contact
Cassandra

Instagram or Facebook
@peachparlour

509.768.4414

By appointment only

FINANCIAL FOCUS

What should you know about investment risk?

When you invest, you incur risk – there’s no avoiding it. But the concept of “risk” may be more expansive than you realized. And by understanding the different types of investment risk and how these risks can be addressed, you can improve your skills as an investor.

The most common perception of investment risk is simply the risk of losing money. When you invest in stocks and stock-based vehicles, such as mutual funds, there are no guarantees that your principal – your initial investment amount – will be preserved. Generally speaking, if you hold stocks or mutual funds over a period of years, and even decades, you can reduce the likelihood of sustaining losses that could send your investments’ value to zero. Hopefully, the value of your investments will rise over time. And it’s worth noting that, since the Great Depression, U.S. stocks have averaged 9.59% annual returns, according to Morningstar Direct, an investment research service. However, past performance can’t guarantee future results.

In any case, this type of risk is real, and it’s a factor to consider when making your investment decisions. But you can’t avoid all risk by avoiding stocks and putting your money into

other types of investments. Consider bonds, for example. When you purchase a bond, you typically receive regular interest payments and you get back your initial investment when the bond matures, provided the issuer doesn’t default. But if interest rates go up and you want to sell your bond before it matures, you’ll have to offer it at a “discount,” because no one will pay the full price for your bond when they can buy new ones at a higher rate.

You can help manage this type of interest rate risk by owning a variety of bonds with different maturities. When interest rates are rising, you can reinvest your short-term bonds at the new, higher rates. And in a falling-rate environment, you can still benefit from your longer-term bonds, which typically pay higher interest rates.

Foreign or international investments also contain specific risks. When you purchase foreign stocks, you’ll find that fluctuations in the value of currencies relative to the U.S. dollar can affect your returns. Also, international investments may carry political risk, since some foreign governments and political systems may change in ways that work against businesses in those countries. To contain these types of risk,

you’ll want to maintain an appropriate allocation of international holdings and diversify across regions.

Ultimately, your most broad-based defense against all types of risk is to build a diversified portfolio containing U.S. stocks, international stocks, corporate bonds, mutual funds, government securities and other investments. Diversification works because it helps reduce the impact that market volatility can have on your portfolio if you only own one type of asset, such as domestic stocks. (However, diversification can’t guarantee profits or protect against

all losses.) And you’ll also want your portfolio to reflect your individual tolerance for risk.

By being aware of the different types of risk, and taking steps to mitigate them, you can create a strategy that offers the potential to help you achieve your important goals, such as a comfortable retirement. And by doing so, you’ll avoid the greatest risk of all: not investing for your future.

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



Marlene Bradbury

Financial Advisor

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

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

WHERE BUSINESS GOES TO GROW

Entrepreneurship: Is it right for you?

Ring in the new year is always an exciting time for Stark Development Corporation. We have the opportunity to look forward to the year ahead and the exciting possibilities and projects to come. We also take some time to reflect on the efforts and progress that we've seen over the past year. Our opportunity to do this is our annual membership meeting.

At the beginning of every year Stark Development hosts our annual meeting as an opportunity to engage our community and membership. This year's annual meeting will be held at Phat Fish Brewing Company on February 15th starting at 11:45 am.



This year we are honored to announce our keynote will be delivered by Mr. Gerald Bachmeier, CEO of Red Trail Energy, LLC. Mr. Bachmeier has served as the Company's CEO since July 2010 and has been involved in the ethanol industry for the past 26 years. He has served as a Plant Manager of Morris Ag Energy and Chief Marketing Manager of United Ethanol Sales. He was instrumental in the design, formation, and construction of Denco, LLC, and was the major role player for the acquisition of Morris Ag Energy. Mr. Bachmeier has held various board positions with many industry trade groups, including the Renewable Fuels Association and the Minnesota

Coalition for Ethanol. Mr. Bachmeier currently serves on the Executive Board for the Renewable Fuels Marketing Group and is the President of the North Dakota Ethanol Producers Association.

Red Trail Energy, LLC is a North Dakota-based investor group formed to finance, construct and operate a corn-based ethanol production facility located near Richardton, North Dakota. This vision became a reality when the \$99 million, state-of-the-art plant began producing ethanol in January of 2007. RTE now employs 47 personnel with an annual payroll of \$4 million.

In addition to hearing from Mr. Bachmeier, we will present awards for Community Development Project of the Year as well as our overall Project of the Year award to this year's recipients. SDC will also address our membership and present our annual report and update.

We will have some exciting choices of personal sized Phat Fish pizza as part of your registration, and as always SDC members get their first registration/meal



Gerald Bachmeier
free! Additional attendees registered are only \$20. We look forward to this annual event and invite those interested in attending to RSVP before February 8th by calling our office at 701.225.5997 or registering online at www.starkdev.com/rsvp2022. ■

EDUCATION

Going to school across the world

By Fortune Majada

School is a place where you grow. For most people, it is the place where one sets their foundation to their lives and also a place where lifelong bonds are formed. This year we were blessed with the opportunity to form bonds with six foreign exchange students from four different countries. Moving from country to country allows you to experience how things may be done differently in regards to the education system. Hedvig Brackel, a senior at Trinity High School, shared her experience on what it was like moving from Sweden to Dickinson, North Dakota.

Q: What are some things you found to be different in the US than from Sweden?

Hedvig: One of the biggest differences I have noticed is that high school here is more about competing when it comes to sports. In Sweden, we do not have any sports connected to our schools. Another big difference I would say is that the format of the schedules is different. We have a more college setup schedule. After we finish ninth grade, we are required to start looking for gymnasiums. This is basically when you choose what career path you want to take. When it was time

for me to apply for my gymnasium, I chose to go into aesthetic music. After you finish your gymnasium course, you can choose to apply for university. The gymnasium you chose plays a big factor in what university you go to. For example, you cannot go to gymnasium for music then choose to study law in university because it is hard for them to accept you. Another thing I noticed about the United States and Dickinson is about behavior. People are so much about community and caring about one another. They are more focused on helping one another here.

Q: What do you think about having to make a potentially lifelong decision at such an early age?

Hedvig: I think that there are many advantages to being able to choose earlier. I think that it gives you more time to prepare yourself for your career. Choosing your gymnasium doesn't always have to be permanent. I have known friends who have chosen a certain course in gymnasium but go to university for something completely different.

Q: What was it like learning English and speaking it more frequently?

Hedvig: It wasn't very difficult to get accustomed to it because I knew English



from an early age. This is because I had been studying it as a mandatory class since third grade. I think I would consider English as one of my first languages.

Q: What was the most difficult thing to adjust to?

Hedvig: I didn't really have a hard time adjusting to anything in particular. I would say that it just took a while to get my "new life" started. I think something that was really easy to adjust to was my host family. One thing that made it easy was that we share the same beliefs and goals. I guess the hardest part to adapt

to was Trinity being a Catholic school. I had gone to a Lutheran private school in Sweden, but they were very lax when it came to the religious aspect of things. Other than that, the transition was very smooth.

After visiting with Hedvig, I became more aware of different educational systems. I think that it is very important to explore different cultures and learn from each other because it helps us grow together.

- Fortune Majada is a senior and originally from South Africa. ■

BEST FRIENDS Best Friends Mentoring Program partners with Bowman County School

Best Friends Mentoring Program is proud to announce the implementation of their school-based mentoring program at Bowman County School District. Thanks to the cooperative efforts of school counselors and administration, Best Friends Mentoring Program will be able to provide mentoring support to 14 elementary school students, on a trial basis for the 2021-2022 school year.

"The goal of our program is to identify and strengthen the student's development assets," says Angie Rabbitt, Executive Director of BFMP. "The mentees

will be referred based on their identified needs between school personnel and the parent(s) and/or guardian(s). After assessing the child's needs and goals, each child will be paired with a trained and screened volunteer as their 'Best Friend.' Mentors have committed to spending one lunch/study hall/pride period each week with their best friend, for the entire school year."

"This year is somewhat of a pilot program, so we started by recruiting National Honor Society members. Having a small, controlled group will allow us to closely monitor and evaluate the mentorship. Toward the end of the school year, the district will decide if they want to formally continue with the partnership. If this happens, we will open up our mentor applications to anyone that is at least 16 years of age," added Rabbitt.

Best Friends has been serving Bowman



County for several years through their community-based mentoring program. Currently, there are 4 adult volunteers that reside in Bowman County that are mentoring local youth. These matches have been meeting out in the community each week. Community-based mentors must be at least 18 years of age.

Best Friends Mentoring Program has been providing children facing adversity with supported one-to-one mentoring relationships since 1995. Located in Dickinson, BFMP is a donor-supported,

volunteer-driven organization dedicated to helping area youth achieve their full potential. Children matched with mentors gain greater self-confidence, are less likely to engage in risky behaviors, and create higher goals for their future. There are always children on their waiting list and 70% of them are boys. At Best Friends, mentoring is not about saving a child, but rather about igniting the power and promise of youth. For more information about BFMP please call 701-483-8615 or visit www.bestfriendsnd.org ■

Whether you celebrate
Valentine's Day, Gal-entine's
Day, or Pal-entine's Day...

Celebrate
Love!

Happy Winter
from all of us
at
**Heart River
VOICE**



All fitness equipment is on sale!

Bowflex C7s, Xterra Treadmills,
Schwinn 270 Recumbent Bikes,
Spirit Fitness Treadmills and more!

Up to \$300 off!
(In-stock equipment only)



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

HEALTH

The many benefits of CoQ10

By Steve Irsfeld

Recently, a patient asked me about the difference between ubiquinone and ubiquinol and which is better to take as one may be better absorbed than the other. The question led me to do a more in-depth look into the nutrient and eventually share it with you.

rapidly converted to ubiquinol via the reducing agent, accounting for 90 to 95 percent of the total body CoQ10.

The ubiquinone form functions as a co-factor for energy production in the electron transport system. This means that a process in our mitochondria, the



The evolution of medicine and how people were treated for specific ailments is quite interesting. It is incredible the amount of knowledge gained by looking back in history. Generations ago, our ancestors would treat an organ dysfunction by consuming the same organ from an animal. A great example that continues today would include desiccated thyroid extract to treat a person with hypothyroidism. Desiccated thyroid extract comes from pig thyroids, and it contains both levothyroxine (T4) and liothyronine (T3), both necessary for treating a patient with a low thyroid condition.

If we look at how our ancestors treated heart conditions, they would eat the heart of an animal to obtain the necessary nutrients to treat our heart. The primary nutrient obtained from this practice is CoQ10. I don't know that this generation is too keen on consuming the hearts of animals, so a kinder, gentler way of getting this vital nutrient is to get it by way of a dietary supplement.

Coenzyme Q10 (CoQ10) is found in all living cells of animals, plants, and microorganisms in three active forms: oxidized (Ubiquinone), partially-reduced (Semiubiquinone), and reduced (Ubiquinol). Ubiquinone was first isolated from beef heart mitochondria in the 1950s. The partially reduced and reduced CoQ10 are formed by the action of reducing agents on the oxidized form. These reducing agents are located in virtually all living cells. Although the body's cells produce ubiquinone, it is

energy-producing part of every cell, is responsible for 95 percent of the energy produced in the cells. Energy is essential for life, and life would cease to exist without it. Ubiquinone is a driving factor in this energy production and is kind of a big deal.

Semi ubiquinone is the go-between for ubiquinone and ubiquinol.

Ubiquinol, or the fully reduced form of CoQ10, is an important antioxidant that functions in cells' lymph, blood, and phospholipid membranes. Ubiquinol is found in many foods we eat. When acting as an antioxidant, it cycles back to the ubiquinone form as it gives up an electron to neutralize free radicals in metabolic processes.

The three products live in harmony in our bodies as they float back and forth between them, making up the CoQ10 cycle, allowing one form to be converted to the other, continually adding or losing electrons, hence the term "cycle." They are critical to our systems but perform separate functions within our bodies.

The entry of ubiquinol into the supplement market has created a controversy as to which form is more bioavailable and more active. One such claim was that ubiquinol has an 800% greater absorption than crystalline ubiquinone products. Absorption studies do not back this claim, and therein lies the controversy.

Based on the information that I have reviewed, there appears to be no obvious advantage in selecting ubiquinol over ubiquinone for supplementation.

Ubiquinol's absorption is not higher; it is less stable and costs more than ubiquinone. Ubiquinone has been clinically proven to raise blood levels greater than the ubiquinol form.

CoQ10 can be depleted by taking prescription medications. The medications that CoQ10 is most commonly linked with are statin drugs. The effect that statins have on cholesterol is accomplished by being a reductase inhibitor; unfortunately, the process of lowering cholesterol also

affects mevalonic acid, a product that is converted into CoQ10. Supplementing 100-200mg per day can help offset the depletion of CoQ10 by statin drugs.

Please stop in or call the pharmacy if you want help choosing a CoQ10 product that best meets your needs. You can access this and other articles on our website: irsfeldpharmacy.com. Until next time, be vigilant about your health! ■

You are invited to the
Downtown Dickinson Association
Downtown Improvement District

BLACK &
WHITE

Gala

Benefiting Townsquare Project

SATURDAY
FEBRUARY 26
2022

THE EAGLES CLUB, 31 1ST AVE E, DICKINSON

5:00 Cocktail Hour & Silent Auction

6:00 Dinner

7:00 Speaker Presentation

8:00 Live Auction

Hors d'oeuvres,

Dinner and Dessert

\$100 PER PERSON

TABLE SPONSORSHIPS AVAILABLE

TICKETS | SPONSORSHIPS | AUCTION

Visit: downtowndid.givesmart.com

or contact: DDA@director@downtowndickinson.com or 701-260-6439

COCKTAIL/BLACK TIE ATTIRE

LESSONS IN BUSINESS

10 ways to manage interruptions in the workplace



By Debora Dragseth

How many minutes, or even hours, a day do you lose at work because of unwanted and unwarranted interruptions? Some studies show an unbelievable twenty hours a week! Following are a few calculated steps that can help eliminate many of those frustrating disruptions.

1. Keep an interruption log. For a week, jot down the time of day you were interrupted, who interrupted you and why, and the amount of time that was spent on each interruption. At the end of the week, accumulate the data and you will have developed an accurate picture of who and what the culprits are. This insight should help you to determine an effective course of action.

2. Employ humor to communicate your availability. Use a “Do Not Disturb—Genius at Work” sign or something like it. By doing this you are signaling to others in a lighthearted way that you are busy and do not wish to be disturbed.

3. If you have a door, close it. Post a sign letting others know when you will be available.

4. Protect a predetermined part of your day. For example, send out a message that unless there is an emergency you are unavailable from 8 to 10 every morning.

5. Take control of social interruptions. Co-workers who stop by to chat about last night’s game can be exasperating

if you are busy. Learn to say “no” to the question, “You got a second?” At first, this may come as a shock to your co-workers, or even to your boss, but in time they will adapt to your new work habits.

6. Let your body do the talking. Body language is a powerful signal to all but the most obtuse interrupters. Glance up at them, but continue to work at your task. Keeping your work posture will signal that you are busy.

7. Attend to the urgent. Some interruptions are important and do need to be attended to post haste. If this is the case, take a few minutes to organize what you are doing so that you will be able to easily return to it once the crisis is handled.

8. When attending to urgent interruptions, you can still maintain some control by stating the amount of time you have available. For example, “Colleen, I’d be happy to help you with your problem until noon, but after lunch I need to get back to my own work.”

9. Set an example. Your co-workers’ time has value, too. If you have a tendency to interrupt others, you are signaling to them that it’s all right to interrupt you.

10. Entertain the possibility that the person causing interruptions in your work flow is you. Stopping in the middle of an important project to clean out your

pencil drawer or going across the hall to visit a co-worker can get to be bad habits. Don’t let yourself get diverted by busywork. It is an unproductive form of procrastination.

Bear in mind that some jobs inherently call for frequent interruptions and juggling of tasks. Jobs such as customer service, human resources, and computer support services fall into this category. In these cases, interruptions are not an impediment to your ability to do your job—they are an important part of your job. If you are the type of person who cannot work under these conditions, you might want to consider another career.

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. ■



Welcome.

Brian Dukart
AG BANKER

(701) 225-1200
410 West Villard, Dickinson

DACOTAH BANK

BANKING • INSURANCE • MORTGAGE • TRUST

dacotahbank.com

MEMBER FDIC Insurance and Trust not FDIC insured.

ADVERTISE WITH US



Give us a ring!

Heart River
VOICE

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

DICKINSON MUSEUM CENTER

Dickinson's Confederates - Part 2

By Bob Furhman

James Goob Saunders was born in Bedford County, Virginia July 26, 1841. He served 3 years, 11 months and 22 days in Company B, 14th Virginia Infantry according to his 1890 Veterans Census entry, which was partially lined-out but readable. After the war Saunders married Martha (Mattie) Dudley, teaching for a time and also teaching himself surveying, eventually becoming the Surveyor for Franklin County, Virginia. On February 28, 1886 he and his family left Virginia for the Dakota Territory, arriving at Gladstone on March 5 in the midst of "one of the territory's worst blizzards."

Saunders filed a homestead just west of Gladstone where he raised cattle and sheep while also working as a surveyor, fulfilling private and government contracts including laying out the town site of New England in 1887. You can understand the attraction of a young and developing territory for Saunders - besides homestead land there was plenty of surveying work.

As proof of the above, the Dickinson Press carried many reports of Saunders' work over several years. The Press referred to him as 'J.G. Saunders,' a typical form when referring to professional or businessmen at the time. Then, in June 1888 comes the first reference to Saunders as 'Capt. Saunders,' a moniker that would follow him throughout the rest of his days in Stark County, supposedly based on his Confederate service.

To be fair, Saunders was actually elected 'Captain' of an 'independent company of home guard' formed in December 1890 (2 years after the Press began calling him 'Captain') to protect Gladstone 'in the event of an Indian outbreak' (this being in response to the

Ghost Dance scare that would result in the Wounded Knee Massacre the next month), but there is no evidence he ever received a commission during the Civil War.

Saunders' Confederate military records (from the National Archives and available digitally on-line), show he was enlisted as a private in the 'Bedford Rifle Greys' by Captain Leftwich at Fancy Grove, Virginia, April 24, 1861. Leftwich's unit became Company B, 14th Virginia Infantry on July 1, 1861.

By August 3, 1861 Private Saunders was noted to be on sick leave (presumably at home), not returning to his company until February 4, 1862. The March/April returns of Company B show him present and raised to 3rd Corporal on May 6. Saunders was wounded ("left wrist and shoulder pierced by a bullet") and sent home after the Battle of Seven Pines (May 31/June 1) but returned to be listed as present on the July/August company returns. Reporting ill on September 1 he was transferred to Winder Hospital in Richmond exactly one month later, diagnosed with 'debilities' (a state of general weakness) and furloughed (from the hospital, presumably) on November 1, his furlough granted for twenty days.

It's worth noting Saunders seems to have returned from his wounds fairly quickly and his subsequent absences should not be considered uncommon - illness amongst the troops was common during the war, especially for recruits from rural areas (like Saunders) who had not developed immunities to the various illnesses prevalent at the time. All that being said, as far as official records of Saunders service we are left with the last muster roll card in his file,

dated February 28, 1863 upon which he was listed as a 'deserter' as of January 2.

Now, before we get excited about this, it should be stressed that Confederate records are often incomplete with many files missing significant numbers of documents, especially as the war progressed (although later muster cards for other members of his company exist, so the company descriptive ledgers obviously survived). Also, it was common for Confederates to overstay leaves or 'desert' their companies to go home to look after family, plant crops, etc. Though Saunders was not yet married and winter was not the time to



James G. Saunders in his Masonic Knights Templar regalia during the April 1912 annual conclave of the North Dakota Commandery held in Dickinson. SwND Digital Archive, Osborn Copy Negative Capt_J_G_&_T_G_Saunders-002.

Continued, page 25

DICKINSON STATE UNIVERSITY

Blue Hawk Bulletin



February 2022

ROB AND MELANI WALTON FOUNDATION MAKES HISTORIC GIFT TO SECURE FUTURE OF DSU'S THEODORE ROOSEVELT CENTER

The DSU Heritage Foundation and Dickinson State University (DSU) announced Tuesday, Dec. 14 a \$10 million gift from the Rob and Melani Walton Foundation to support the Theodore Roosevelt Center (TRC), dedicated to making the life, legacy, and enduring relevance of Theodore Roosevelt accessible to all.

The grant, the largest-ever gift to the DSU Heritage Foundation and the largest in the university's history, will provide operating support for TRC, including expanded digitization and archiving efforts of Theodore Roosevelt related materials, assisting scholars with reference questions, further development of the TRC website and other digital communications, and programming and education for K-16 classrooms. In addition, the gift will establish a new chair position to facilitate the study of the life, achievements, legacy, and historical reputation of Theodore Roosevelt, and serve to promote the TRC, DSU, and Theodore Roosevelt scholarship nationally and globally.

"We appreciate the rare opportunity to both enhance our students' education and offer a gift of learning to the world, and we couldn't be more energized to continue this important work," said DSU President Steve Easton. "This generous gift from Rob and Melani Walton provides long-term financial stability and the ability to realize our vision for the Theodore Roosevelt Center."

Since its launch in 2009, the Theodore Roosevelt Center has digitized over 70,000 Roosevelt-related items providing immediate access to anyone with an internet connection. Led by project manager Sharon Kilzer, TRC also hosts an annual symposium featuring acclaimed speakers and authors while attracting thousands of visitors and scholars from all over the world. TRC also provides programming and support to scholars of all ages learning about Theodore Roosevelt.

"Ensuring the lessons we can learn from Theodore Roosevelt are ac-

cessible to everyone inspires future generations to get 'into the arena' and solve the challenges we face today as a collective, global community," said Melani and Rob Walton. "We're filled with gratitude to support DSU in realizing its expanded vision for the Theodore Roosevelt Center, which began over a decade ago."

The Rob and Melani Walton Foundation and DSU have a long relationship. Melani Lowman Walton hails from a family of proud Blue Hawks. She is a Dickinson State University alumna, Hall of Fame member, and a stand-out athlete in basketball and track and field. She grew up in eastern Montana near the North Dakota border and has been visiting Medora and the Theodore Roosevelt National Park since childhood.

"This has been a legacy project from the very beginning, and one that sets DSU and our community apart as the national leader in preserving important lessons from TR's life," said Senate Majority Leader Rich Wardner, R-Dickinson. "I'm proud of the legislature's long-time support of this work and the generosity of the Rob and Melani Walton Foundation in making this important milestone for the Theodore Roosevelt Center a reality."

Wardner played a key role in organizing legislation to ensure long-term financial support for the digitization of the presidential archive at Dickinson State University. The gift from Rob and Melani Walton announced today was provided through the Theodore Roosevelt Presidential Library Foundation and solidifies a long-term relationship with the Dickinson State University Heritage Foundation and Theodore Roosevelt Center for the digitization of the Theodore Roosevelt presidential papers.

DSU plans to share more about the future of the project in celebrating the re-opening of Pulver Hall in 2022 where renovation plans include providing the Theodore Roosevelt Center a permanent place to call home. ■



ROB & MELANI
WALTON
FOUNDATION

THEODORE
Roosevelt
CENTER

AT DICKINSON STATE UNIVERSITY

DSU CAMPUS BECOMES DICKINSON'S FIRST HISTORIC DISTRICT



The Dickinson Historical Preservation Commission (HPC) has designated Dickinson State University's (DSU) historic campus—the Hill—as The Dickinson Normal School Historical District, making the area the city's first historic district. Additionally, three DSU buildings—May, Klinefelter and Stickney Halls—received plaques identifying them as local landmarks.

In 2008, the Dickinson Historical Preservation Commission created the Local Landmark Program to acknowledge and honor properties that are historically significant to the local Dickinson community. Properties must be within the Dickinson city limits and may or may not qualify for the National Register of Historic Places.

DSU was approved as a local landmark in January 2009, but it was not until this fall when it not only became the city's first historical district but also the first local landmark to proudly display plaques designating it as such.

“Dickinson State University's historic campus, with its distinct and architecturally significant buildings, has always been a fundamental part of the surrounding neighborhood and the City of Dickinson in general,” said Steven Doherty, chair of DSU's Department of Social Sciences and professor of political science. “It is wonderful that this presence is being officially recognized with the establishment of the Dickinson State Normal School Historical District and the placement of these attractive plaques at the entrance of each building—May Hall, Stickney Hall, and Klinefelter Hall.”

“The commission is really pleased, and I'm really pleased, personally, just how well this has been received, and DSU's really embraced it,” shared Robert Fuhrman, Dickinson Museum coordinator and historic preservationist and staff liaison to the city's Historic Preservation Commission.

The designation acknowledges the university's example of stewardship. “DSU is not making do with those buildings; it's a steward of those buildings and has allowed them to continue to contribute,” said Fuhrman. “They're almost 100 years old, and they're still a vibrant part of the campus life.”

The HPC hopes more downtown landowners will investigate having their buildings designated Local Landmarks. “The process isn't tough,” said Fuhrman. “The more buildings marked, the better. I love the idea of people being able to walk down the street and go past a marker and say, ‘Oh, this building's been here since 1907. That's so cool.’ It provides a chance for a little education that way too.” ■

DSU AWARDED ECOR GRANTS FOR COURSE DEVELOPMENT

The North Dakota University System announced June 2021 the awarding of Electronic Curriculum Online Resources (ECOR) grants to institutions for course development to reduce the cost of attendance for students. According to educationdata.org, an organization dedicated to providing information on costs of college and other education-related matters, textbooks on average cost students \$1,420 per academic year.

ECOR aims to decrease the price of attendance by implementing open education resources (OER) and other reliable online course materials that are free for students to use, thus eliminating textbook costs. Dickinson State University received \$10,354 to award to faculty during the 2021-2022 academic year.

According to Debora Dragseth, DSU vice president and provost, “The DSU ECOR committee identified general education as our focus, allowing us to make an immediate impact and benefit the greatest number of students.”

A committee of five DSU faculty and staff met to determine the criteria for grant awards. Criteria included creating a course or courses that can be taught online and adapted into multiple modalities, utilizing OER or free course resources for required materials, and developing a course that could be offered at multiple institutions, filling a critical need.

Brent Rogers, dean of the College of Arts and Sciences and administrator of the ECOR grant for DSU announced the awards Nov. 29, “We are pleased to award ECOR grants to Niles Haich for the development of College Composition I and II and to Shawna Egli for the development of Introduction to Computers. These courses will benefit our students and serve as templates for future ECOR opportunities. In addition to eliminating textbook costs for these gen ed classes, Shawna and Niles have extensive experience teaching in an online format, which will further expand the accessibility of these courses.”

The newly developed ECOR courses will be taught summer 2022 and will be utilized in subsequent semesters.

“Professors Haich and Egli will do an outstanding job,” shared Dragseth. “Although there are many DSU faculty who already use free or low-cost course materials, we are excited about taking the next step in reducing the cost of attendance for our students. We appreciate the generous support from the North Dakota University System.” ■



From the Hawks' Nest

Like 2020, this year has had a fair share of challenges. But, despite the ups and downs of another pandemic year, in many ways, it was a mighty good year for Dickinson State University.

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

FACULTY SPOTLIGHT



DR. MARCUS FRIES
Associate Professor of Mathematics

Dr. Marcus Fries is our chair of the Department of Mathematics and Computer Science as well as an associate professor of mathematics. We're glad to have Dr. Fries starting his second semester at DSU. Keep reading to find out more about him including what he loves about teaching and what he enjoys doing when he's not in a classroom!

Where are you from, Dr. Fries?

I grew up in Mott, North Dakota, but have lived the last 18 years in the Boston area.

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

I went to Mott High School and took part primarily in music. I went to NDSU and graduated with a degree in mathematics. From there, I moved to Boston to pursue a doctorate in mathematics at Northeastern University. After graduate school, I took a position at Eastern Nazarene College in Quincy, Massachusetts. I was promoted to department chair and then to head of computational sciences.

What led you to choose DSU?

I've wanted to return to the Midwest for several years, and when the position at DSU opened, I happily applied.

What is something you love about the subject you teach?

I love the application part of basic mathematics. There is so much out there that is mathematically based that people don't even realize. One fun area is the theory of voting. There are many other voting systems which are probably superior to the ones currently used. I love showing students that math is more than just numbers.

What do you enjoy most about teaching?

I love showing that mathematics has a beauty outside of application, that it is worth pursuing even before we know an application is possible.

Do you have an accomplishment that you are most proud of?

I have co-authored a book on the theory of voting and apportionment. I also have a 3rd-degree black belt in taekwondo.

What do you like to do with your free time?

I'm an avid board gamer and have a significant collection of games. I used to run a weekly game night with friends and hope to start that here. I have been married for almost 14 years and have two children, a boy and a girl. ■

FALL 2021 COMMENCEMENT

flickr.com/dickinsonstateuniversity



2022 DISCOVER DSU DAYS

VIRTUAL
via Zoom
March 9

IN-PERSON
May Hall
April 11



www.dickinsonstate.edu/dsudays

MILLER NAMED DSU STUDENT NURSE OF THE YEAR



The Dickinson State University (DSU) Department of Nursing held its annual Student Nurse of the Year (SNOY) Banquet Tuesday, Nov. 30. The ceremony reflected on the 2020-2021 academic year in the Department of Nursing, looked ahead to future plans for the Nursing Student Association, and introduced the attendees to the three Student Nurse of the Year finalists. The event concluded with the naming of Macra Dee Miller as the 2021 Student Nurse of the Year.

Debra Dragseth, DSU provost and vice president, provided opening remarks for the ceremony, “As a daughter of a nurse, I understand how rigorous this field is. Nurses must be organized, kind, and dedicated—qualities these finalists possess.”

DSU President Steve Easton offered well wishes to the nominees and finalists. “Your department faculty is known for caring for you but also being tough on you,” shared Easton. “We look to you as helping fulfill a critical need in our community as nurses are instrumental in a vibrant healthcare system. We are proud of the work you do and look forward to you graduating and serving the community.”

The SNOY Selection Committee consisted of three judges: Brett Kalis, a registered nurse with the Southwest District Health Unit; Becky Feland, DSU alumnus and current simulation technologist for the nursing program; and Representative Vicky Steiner. The committee was charged with selecting an awardee from six nominees. According to the award criteria, the individual selected should be an outstanding junior nursing student, display dedication to the nursing profession, and promote high-quality patient care.

The three finalists were Sarah Koener, Macra Dee Miller, and Hardika Neupane.

Koener is currently in her first year in the Bachelor of Science in Nursing program. She works as a licensed practical nurse for the emergency department at CHI St. Alexius Health of Dickinson in addition to juggling being a full-time student.

Miller dreamed of becoming a nurse after experiencing high-quality nursing care as a patient. She plans to work as a traveling obstetrics nurse so she can experience new cultures, and eventually, she would like to become a women’s health nurse practitioner.

Neupane wanted to become a registered nurse after volunteering to provide aid in the aftermath of an earthquake in her home country of Nepal. She currently works for a local assisted living facility and volunteers for the Best Friend’s Mentoring Program.

Miller, in her role as Student Nurse of the Year, will assume leadership of the Nursing Student Association. Part of these responsibilities include representing the students of the Department of Nursing, organizing activities such as food and blood drives, and creating or participating in community health events. The 2020 Student Nurse of the Year, Heather Fahy, welcomed the 2021 SNOY, “Macra Dee demonstrates well-developed leadership skills and serves as a role model for all nursing students.” ■

DSU ENDOWED CHAIR SPEAKS AT 2021 JEFFERSON GLOBAL SUMMIT



Left to right: Steve Scully, Anita McBride, and Stacy Cordery

Dickinson State University’s (DSU) Vaune and Dennis Johnson Endowed Chair in Theodore Roosevelt Studies Stacy Cordery, who has a doctorate in history, recently presented at the Jefferson Educational Society’s 2021 Global Summit in Erie, Pennsylvania. The Jefferson Educational Society, summit host, is a nonprofit think tank developed to study, research, and consider policies that influence society and the human condition.

The summit included other luminaries such as former President George W. Bush, two former White House chiefs of staff, Doris Kearns Goodwin, civil rights leader Clayola Brown, and the director of the U.S. Constitution Center, Jeffrey Rosen.

Cordery was a featured speaker on a panel entitled “The History and Role of First Ladies.” She was joined by Anita McBride, who served as Laura Bush’s chief of staff, and Barbara Perry, director of presidential studies at the University of Virginia’s Miller Center. Steve Scully, a former White House correspondent and C-SPAN executive director, moderated the panel before an audience of four hundred.

The experience allowed Cordery the opportunity to present her research, which has been published in several books, including her New York Times’ 2007 Notable Book of the Year: “Alice Roosevelt Longworth, from White House Princess to Washington Power Broker.”

“The purpose of an endowed chair is to promote research, lectures, and other scholarly activities,” stated Debora Dragseth, DSU vice president and provost. “Dickinson State University is thrilled that Dr. Cordery was a contributor to such an outstanding event.”

Cordery added, “It was a great pleasure to share the stage with such fine scholars and experienced public servants and to share my knowledge of the history and importance of first ladies with such a wonderfully engaged audience.”

As well as being an endowed chair, Cordery also serves as the director of the Theodore Roosevelt Honors Leadership Program (TRHLP). She said, “Preparing for a conference of this level allows me to bring the most recent scholarship into my classes, which benefits all of my students.”

Currently, the TRHLP program has 58 scholars in a variety of majors. The honors and leadership program focuses on academic achievement in addition to service to the community and institution. ■

STANKARD ENDOWMENT TO BENEFIT PSYCHOLOGY STUDENTS



Just in time for the holidays, Dickinson State University (DSU) received an endowment gift of \$200,000 from former associate professor of psychology William Stankard, Ph.D. The endowment makes Stankard one of the largest DSU faculty or staff donors in the university's history. Stankard's generous gift will be placed into an endowment that will benefit psychology students in the Department of Social Sciences for years to come.

“Dr. Stankard taught and inspired our students from 2003 to 2014,” said Debora Dragseth, provost and vice president of academic affairs. “With this incredibly generous gift, he continues his legacy of supporting undergraduate research.”

The Dr. William Stankard Endowed Psychology Research Scholarship will be given annually beginning in the fall of 2022 to students who demonstrate academic excellence in research and have declared their intent to enroll in a graduate program in psychology, among other criteria.

Stankard noted, “While at DSU, I was able to work with exceptional students, and it is my pleasure to have the opportunity to give back by contributing to DSU and the students who have chosen to study here.”

Dickinson State University President Steve Easton noted that the psychology major is growing in size as well as scope. “Dr. Stankard's gift will add momentum to a phenomenal program that is filling the needs of our area.” ■

ALUMNI SPOTLIGHT

DYLAN SKABO '18



Dickinson native Dylan Skabo '18 graduated Dickinson High School in 2014 before earning his Bachelor of Science in accounting and business administration with a minor in leadership through the TRHLP (Theodore Roosevelt Honors Leadership Program). We caught up with him to see what he's up to now.

So, Dylan, where are you currently working, and what's your title? Can you give us a bit of information about what your company does?

I work at an accounting firm called HMA CPA with the title of senior associate. HMA CPA is a public accounting firm that provides tax services, audit and attest services, and other consulting services.

You earned your bachelor's in 2018. What led you to choose DSU?

Both of my parents attended DSU, and I grew up in the backyard of the college, so I had always been around DSU. When I was growing up, Blue Hawk tailgates on Saturday during the fall used to be my favorite thing to do, and it just seemed right to continue that love of DSU by enrolling and attending.

Do you have a favorite memory from your time here?

There are so many great memories, but I think winning that first conference title in 2015 for football would be up there.

Do you still keep in touch with anyone from your days as a Blue Hawk?

I do; I have a pretty good group of friends that I stay in touch with. I still live with a couple of my friends from DSU.

What do you like to do with your free time?

I really enjoy golfing and try and get out as much as I possibly can. I also enjoy hiking with my dog and exploring the different breweries the area has to offer.

Any fun plans for your future you'd like to share?

No specific plans but going to continue to explore the Spokane area!

Thanks for talking with us, Dylan! It was great to hear from you! ■

NEW ADOPT A SCHOOL PROGRAM BENEFITS DSU STUDENTS AND DPS SCHOOLS

Dickinson State University (DSU) has partnered with the Dickinson Public School (DPS) district in a new endeavor that benefits students of all institutions involved. The Adopt a School program is providing DSU School of Education (SoE) students with experience and Dickinson schools with much-needed substitute teachers.

On any given day, a North Dakota school is doing without 20% of the substitute teachers it needs, and the Dickinson school district is not immune to this shortage. A lack of substitutes across the state is being cited as contributing to the burnout of teachers, further straining the current shortage. To combat this problem, Marcus Lewton, superintendent of Dickinson Public Schools, approached DSU's School of Education and asked if they had any licensed students who would be willing to be assigned to a school as a substitute teacher.

To receive a substitute teaching license in North Dakota, a person must have 48 credit hours of college coursework completed and be able to pay over \$100 for the license.

"All the teacher education students, by the time we get them, have already completed their first two years, so most of them have at least 40, if not 48, hours," explained Joan Aus, chair of the School of Education, associate professor, and director of graduate studies at DSU. "So, we encourage all our teacher ed students to get their substitute teaching license because we want them to get as much authentic teaching experience as they can."

Due to the cost of the license, the SoE will not require licensure. Nevertheless, approximately 92% of DSU's teacher ed students have their substitute teaching license.

The SoE has started the Adopt a School partnership with five students. These DSU students have been assigned to Dickinson elementary schools, to the middle school, and to the high school. The assignment lasts for one semester.

This spring, the SoE is anticipating adding up to five more Adopt a School student substitute participants for a total of 10 students assigned to different schools. Additionally, the School is considering enlarging to include adopting schools in Belfield, South Heart, and Killdeer as well as developing a similar program in Bismarck.

The five students were chosen based on criteria such as academic performance and needing at least a 3.5 GPA, which is higher than the state requirement for licensure of a minimum 2.75 GPA. The School of Education's standards are to ensure the substitute teacher program will not adversely affect the participating students' academic performance.



Although the teacher ed students earn \$150 per day, the same as every other substitute teacher in the district, they are participating to become better teachers.

Aus anticipated seeing a little bit of drop in their academic performance due to the demands on their workloads, but she's not seeing that. Rather, students are seeing real-life application of what they're learning in their DSU classes.

DSU junior Brooklyn Bang is an elementary education major and is the student who has "adopted" the Dickinson Middle School. "I am learning so much in my time at the middle school!" shared Bang. "I was absolutely terrified at first, but I feel like this is the best thing that could've happened

to me. My classroom management has improved so much. I think [the program] was a great idea, and I really could not ask for anything better!" Bang will have three semesters to substitute teach before she begins her student teaching in spring of 2024.

The SoE has received positive feedback from Lewton, and local administrators are very grateful and wish the School had more students to offer. ■


You



variety of programs



flexible options



low cost



scholarship opportunities



continued education

learn YOUR way

dickinsonstate.edu/you

STUDENT SPOTLIGHT

KELLEN RAY '21

finance major



Meet Kellen Ray, one of Dickinson State University's (DSU) amazing student-athletes. We recently learned he's been accepted to Georgetown University in Washington DC. Congratulations, Kellen! Keep reading to find out more about him including what he thinks of DSU and what he'll be studying at Georgetown.

Where are you from, Kellen?

I'm from Glendale, Arizona.

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

Before I came to Dickinson State, I was playing junior college football and attending Scottsdale Community College. I lived in Tempe, Arizona with two of my friends from high school, Canyon Littlesalt and Andrew McCombs. I worked as a valet at a 5-star hotel called JW Marriott at Desert Ridge. Every weekend I would make the drive back to Glendale to see my parents and go to church on Sunday morning.

What led you to choose DSU?

Coach Stanton gave me the wonderful opportunity to play football here at DSU. Making the choice to move to Dickinson, North Dakota was a lot easier when my older brother Kooper Ray already attended and was on the team.



From left to right: Kooper, Kellen's dad, and Kellen.

Having a family member here is always a bonus. Have any professors made a significant impact on you?

Many professors have made a significant impact on me in my time here. Dr. Charles Conrick IV was the old finance professor here, and I still keep in touch with him. Current professors who have made a significant impact on my time here are Professor Tim Kessel, who took over for Dr. Conrick; Dr. Hauf is an excellent professor;

and Hildee Fike made studying statistics fun and exciting. There are even more professors who I enjoyed even though I have only had them for one semester: Professor Jarvis Jahner made my time with him interesting and enjoyable, and Dr. Hirth has made reading literature riveting. Amy Kass is a student-first professor as well, which makes you comfortable being her student. There have been many professors that have impacted my stay here at DSU, and I am so happy to say this.

Are you a part of any clubs or sports? Do you volunteer?

I am a part of Dickinson State's football team. When I'm not practicing, I'm attending the business club here on campus, Phi Beta Lambda (PBL). I'm also the Board of Student Athlete (BOSA) representative for Dickinson State along with Arjana Eilers.

Do you have a job, on or off campus?

I am working with Brady Martz as a full-time intern.

What do you like to do with your free time?

There are many things that I like to do with my free time; it just depends on the season. In the summer, I like to play golf with my brother Kooper and great friend Aaron White. Sometimes, when the weather is just right, I like to play a round of frisbee golf (frolf) with my friend Alex Fransen. Upon traveling to North Dakota, I had never hunted before. Luckily, I have had great friends who have taught me, and now I like to hunt and go shooting with my friends. Anytime I get to hangout and create a new memory with my roommate Isaiah Kludt is a moment I cherish forever.

What are your plans after you graduate?

Upon graduation, I will go back home for the holidays to visit all my family. (I have three brothers and three sisters who all still live back home, except Kooper. I am the second youngest, so six of seven.) Then, I will apply the knowledge I have learned here at DSU at my internship with Brady Martz. Next fall, I have been accepted into a Master of Science in Finance (MSF) program at Georgetown University in Washington DC. From there, I hope to obtain a job in investment banking.

Wow, Georgetown! Congratulations!

So, Kellen, what would you tell someone who's thinking about becoming a Blue Hawk like yourself?

From someone who came from a big city, Dickinson State has welcomed me with open arms. The people here are so open and welcoming; they have taught me things I will never forget. Coming to DSU was one of the best decisions of my life as I have had new experiences that will stick with me until I am old. The professors care about you, you will meet new friends, and you will have memories that will last a lifetime. Go Hawks!

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

Sure! I will be a groomsman in Aaron White's wedding in the summer of 2022 and the Best Man in Kooper's wedding in the fall of 2022!

Thanks for talking with us, Kellen, and best of luck to you!

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

Thu, Feb. 3	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub
Fri, Feb. 4	Women's Basketball vs Viterbo University	5:30 p.m.	Scott Gymnasium
Fri, Feb. 4	Men's Basketball vs Viterbo University	7:30 p.m.	Scott Gymnasium
Sat, Feb. 5	Women's Basketball vs Waldorf University	2 p.m.	Scott Gymnasium
Sat, Feb. 5	Men's Basketball vs Waldorf University	5 p.m.	Scott Gymnasium
Sat, Feb. 5	5th Annual Softball Crab Feed	6 p.m.	Biesiot Activities Center
Tue, Feb. 8	Bachelor Night at the Hub	7 p.m.	Student Center - The Hub
Wed, Feb. 9	Movie Night (TBA)	6 p.m.	Klinefelter Hall - Beck Auditorium
Thu, Feb. 10	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub
Sat, Feb. 12	Craft & Vendor Show	9 a.m.	Biesiot Activities Center
Sun, Feb. 13	Bucking Ponies and Bulls	12 p.m.	Ag Indoor Arena
Mon, Feb. 14	TRHLP sponsored Blood Drive	12:30 p.m.	Student Center - Ballroom
Tue, Feb. 15	Bachelor Night at the Hub	7 p.m.	Student Center - The Hub
Wed, Feb. 16	Cheer vs Waldorf University	6 p.m.	Scott Gymnasium
Thu, Feb. 17	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub
Fri, Feb. 18	Discover DSU Day	9 a.m.	Student Center
Sat, Feb. 19	NDRA Judges Clinic	8 a.m.	Ag Indoor Arena
Tue, Feb. 22	Blue Hawk Catholic Series: Is God Relevant	6:30 p.m.	Student Center - The Hub
Thu, Feb. 24	Cru (Campus Crusade for Christ)	7 p.m.	Student Center - The Hub

DSU Events - www.dickinsonstate.edu/events

Athletic Events - www.dsubluehawks.com

FOLLOW US

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

The Blue Hawk Bulletin is a publication created by the Office of University Relations at Dickinson State University. dsu.communications@dickinsonstate.edu 701.483.2542

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

Continued from page 16



James Goob Saunders during his time as Stark County Clerk of Courts, c. 1910
SwND Digital Archive
Osborn Copy Negative 0301 001.

plant or harvest, his father had died in July of 1862 leaving his mother at home with three young boys under 15. Given that situation, returning to camp in the middle of winter was probably not the most attractive prospect for the young corporal, whose mother surely was glad for his help at home, thus we shouldn't judge him solely based on that last entry in his record.

But, we do have two local references to Saunders' service that are not supported by his surviving service record - the 1890 Veterans Census (census information usually being self-reported to the enumerator) in which Saunders' rank is listed as 'Captain' of Company B, 14th Virginia Infantry and a Dickinson Press article from 1902 claiming a second wound later in 1862 which is not mentioned on his muster cards. That article also states that he was in command of Company B's 39 men at Gettysburg, reporting he and only 4 of those men returned from the unsuccessful assault known as 'Pickett's Charge' on July 3.

The lack of a second wounding being noted on his muster cards is perplexing given there are no 1862 muster cards missing from his file and the cards always provide details of his status. As

curious as this seems it is possible it was a minor wound and simply not worth noting on a muster roll. However, the claim of Gettysburg service is, given surviving evidence, all the more dubious.

If Saunders eventually returned to the 14th from his absence/desertion before July 1863 and was commissioned as an officer there is no evidence in his service records to support that claim, nor would being raised from Corporal to Captain in less than four months be anything but wholly unusual and unexpected, especially as Company B had a captain during those months. The book *Nothing But Glory* (Harrison & Busey, 1987 - an exhaustive and detailed work) which reports the participation and fate of all documented officers and men of Pickett's Division at Gettysburg, does not support Saunders' claim. Though the 14th was part of the Army of Northern Virginia at that time and in Pickett's

Division, Saunders is nowhere listed as present. Captain James A. Smith is listed as commanding the 53 men of Company B on July 3, until he was killed during the assault, one of the company's 24 casualties that day. Of the company's four officers, two were killed, and a third captured, leaving Lieutenant Elisha Burnett ranking officer and company commander from July 3, 1863 to August 8, 1864 (that being documented in Burnett's service record via several requisitions he signed as officer commanding the company).

Saunders' 1890 census entry presents another unverified claim - it lists his time in service to be three years, eleven months and 22 days; besides no further muster roll evidence of his service after January 2, 1863 his name is conspicuously absent from the roster of the 14th Infantry's Company B showing those men who served throughout the Overland Campaign (May 4- June 24, 1864). Indeed, the exactitude of his time in service actually falls short of the surrender date of the Army of Northern Virginia and the 14th Virginia (April 9, 1865) by more than a week - another contradiction.

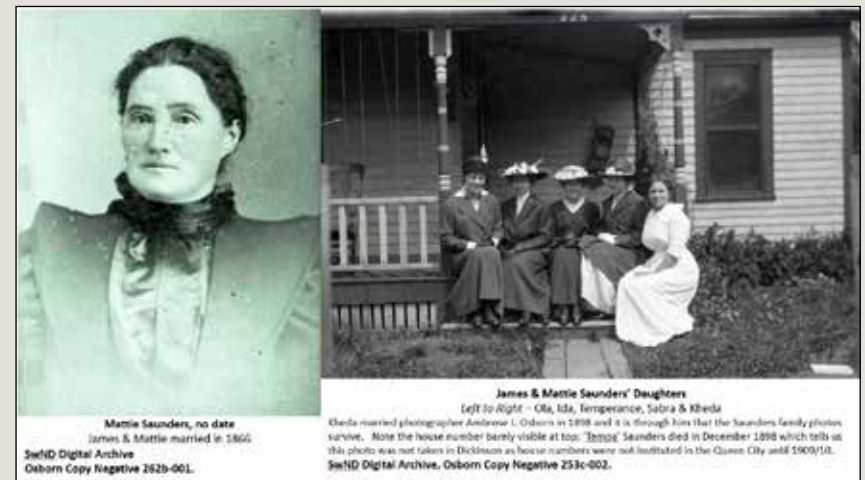
If James Saunders lied about his

Civil War service with some sort of ill intent it would only be natural to expect character flaws to show themselves during his many years in Dickinson - but they don't. Saunders was respected as a successful sheep rancher, he parleyed his surveying reputation into a successful campaign (as an independent) to become Stark County Surveyor (a post he held for nearly 10 years), he served as Lehigh School Director (1892-3) and, in 1896, successfully ran for Stark County Clerk of Courts (as a Republican) moving into Dickinson and serving for 16 years. In 1913, a week before his retirement as Clerk, upon entering the courtroom he "found at his desk a beautiful heavy oak rocking chair upholstered in leather" with a simple note, 'From the Stark County Bar,' a tribute that reportedly touched him very much. Throughout the pages of the Dickinson Press Saunders is a hard-working civil servant, successful rancher & farmer and a devoted family man.

Following his retirement, Saunders

James Goob Saunders was buried in the Virginia family plot, his wife Mattie joining him a year later. His grave marker carries no note of his Confederate service - the web site Find-A-Grave provides images of the stone to confirm this and also an intriguing scrap of information - an unattributed note: "Co. B, 14th Va.; 2nd Va. Cavalry Regiment-CSA." I'm afraid sources for the 2nd Virginia Cavalry don't list a James Saunders although three men named Saunders served in the regiment. What is the source of this note and who provided it? Did he serve under a false name or is this simply an honest mistake? There's no way to know with available evidence.

So, what are we to make of all this? It seems logical to assume that if Saunders was a true deserter (who never returned to the colors) he might shamefully have left Virginia right after the war; he did not, nor did he shy away from public view both as a teacher and Franklin County Surveyor. On the other hand, there is no Confederate pension



Mattie Saunders, no date
James & Mattie married in 1865
SwND Digital Archive
Osborn Copy Negative 262b-001.

James & Mattie Saunders' Daughters
Left to Right - Ora, Ida, Ferngerance, Sabra & Elsie
Clarke married photographer Andrew L. Osborn in 1898 and it is through him that the Saunders family photos survive. Note the house number barely visible at top. 'James' Saunders died in December 1898 which tells us this photo was not taken in Dickinson as house numbers were not instituted in the Queen City until 1909/10.
SwND Digital Archive, Osborn Copy Negative 253c-002.

and his wife returned to Virginia, spending the 1913/14 winter at the old family home, enjoying hunting and fishing before returning to Dickinson in April. The next September, after an episode of poor health, Mr. & Mrs. Saunders left once more for Virginia thinking the change would improve his health but Mr. Saunders took to his bed upon arrival. A diagnosis of liver cancer was made and he was moved to Roanoke where he died less than a month after leaving Dickinson on October 15, 1914, aged 73.

application for him or his widow - though his documented wound from Seven Pines might well have qualified for a pension - nor have we been able to locate a local Virginia obituary for him which might provide further details.

Maybe it's all some kind of mistake... or maybe James Goob Saunders stretched the truth a few bits to curry favor with his new northern neighbors? In the end, it really doesn't matter much because, according to the Dickinson Press, "He was a quiet unassuming man who was held in high esteem..." ■

MISS BEA'S KITCHEN**The joys of
homemade
pizza****By Laura Beth Walters**

Who else has the tradition of Sunday night pizza? I grew up with that being the norm on Sundays after a long day in church. We would stop somewhere to grab frozen pizza and then head home and watch a movie while they baked and we ate. It meant time spent with family and it created a lot of good memories. Fast forward a few years and that Sunday night tradition sort of just carried over into married life. It started out with picking up pizza somewhere on our way home or even ordering in and somehow along the way morphed into homemade pizza. Homemade is always so much better (in my opinion) and gives you more control over what's actually going into your body.

Last Fall my husband and I decided to make some changes to our diet and pizza kind of disappeared from our Sunday nights. For some reason, that was harder for me to let go of than any of the snack foods or sugary coffee drinks! I think for me it felt like losing a connection to family and those traditions that had been a part of my life for so long.

I recently stumbled across this recipe for homemade pizza that we can actually eat and I made it for the first time on a Friday evening... and then again that Sunday... and a couple of times the following week. We just had friends over last week and I made three varieties of pizza which disappeared and then they asked for another one of these, so we got up and made one more. It's so good!

My husband and I have pretty much just cut out a lot of the dairy and gluten; this recipe is actually labeled as Paleo Buffalo Chicken Pizza but you could use regular crust if you're not following a strict eating plan. However you make it, I hope you enjoy it as much as we have!

I'll see you around the kitchen,
Miss Bea

P.S. You don't have to have an Instant Pot to make this. You could just as easily start this in the crock pot in the morning!

Paleo Buffalo Chicken Pizza**Crust**

1/2 c canned coconut milk
1/4 c ghee (or butter substitute)
1 c tapioca flour
1/4 c coconut flour
1 tsp salt
1 large egg lightly beaten

Chicken

1 lb chicken
1 c bone broth
2 tsp salt
1/2 tsp black pepper
1 tsp garlic powder
6 TBS Paleo mayonnaise
3 TBS hot sauce

Ranch Dressing

1/2 c Paleo Mayonnaise
1/2 c canned coconut milk
1 tsp fresh dill finely chopped
1/2 tsp garlic powder
sea salt and pepper to taste

Assembly

3 TBS Ranch dressing
1/4 c red onion thinly sliced
1/4 c green onions thinly sliced
2 TBS cilantro finely minced

Instructions

1. Turn on the Instant Pot and select "Manual." Add chicken, bone broth, salt, pepper and garlic. Set the pressure to HIGH and the timer for 10-12 minutes.
2. After the chicken has finished cooking, let the pressure release naturally for 10 minutes. Then, very carefully move the valve from the "Sealing" position to "Venting" and let the pressure release completely.
3. Remove the chicken from the Instant Pot. Shred using two forks on a cutting board or in the bowl of a stand mixer with a hook. Set aside to cool. Once cool, mix with mayo and hot sauce.
4. Preheat the oven to 450°F. Place a 12" cast iron skillet into the oven to heat up. After 10 minutes, remove the skillet from the oven and set aside.
5. In a small saucepan over medium-low heat, combine the coconut milk and ghee until they begin to simmer, 2-3 minutes. Remove from heat.
6. In a large bowl, sift together the tapioca flour, coconut flour, and sea salt. Pour the coconut milk mixture on top. Mix until thoroughly combined (I used my hands to do this!). Allow the mixture to sit for a couple of minutes for the flours to fully absorb the liquid. Add the beaten egg and mix again with your hands until everything is well combined.
7. Carefully cover the cast iron skillet with unbleached parchment paper and pour the crust mixture into the middle. Using a small spatula or the back of a spoon, spread the mixture until it covers the base of the skillet.
8. Bake until the edges begin to crisp up, 12 to 15 minutes. Remove from the oven and turn down the heat to 375°F.
9. Spread ranch dressing all over the crust. Add buffalo chicken and top off with sliced red onions.
10. Bake for an additional 15 minutes. Top off with fresh green onions and cilantro and drizzle with extra ranch dressing if you'd like. I topped with some Smoked Balsamic Vinegar from Salt Kitchen & Co and it was amazing. ■



CONNECT WITH YOUR COMMUNITY

Heart River
VOICE

WWW.HEARTRIVERVOICE.COM

Domestic Violence & Rape Crisis Center

wine & cheesecake SHINDIG

Saturday,
March 5, 2022

7-11pm, Grand Prize Drawing at 11pm

Entertainment by 'Fun Pianos! by 176 Keys'

ROOSEVELT GRAND DAKOTA HOTEL
532 15TH ST W, DICKINSON, ND

MUST BE 21 TO ENTER

Live and Silent Auction
Hors d'oeuvres and wine tastings will be served

\$60/TICKET includes
1 chance to win the grand prize!

For tickets, call 701-225-4506 or stop by the Dickinson Chamber of Commerce

TAMMIE BRAUN
Realtor

"Start the new year
in a new home"

the real estate co.
REAL ESTATE BROKERS SINCE 1908

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

701.590.1091
tammiebraun@gmail.com

Beat The WINTER Blues
Family Fun Day

SATURDAY, FEBRUARY 19, 8AM-6PM
WEST RIVER COMMUNITY CENTER

NOTES FROM THE BADLANDS

America the Beautiful - Get your annual or lifetime pass to our national parks and public lands

By Joe Wiegand

In the Badlands of North Dakota, Theodore Roosevelt National Park (TRNP) may come first to mind when thinking of Federal Public Lands. The 70,446-acre TRNP is dwarfed by the surrounding, Little Missouri National Grassland, managed by the United States Forest Service, which, at 1,033,271 acres, is the largest grassland in the country. Among the thirty-three National Wildlife Refuges and Wetlands Management District administered by the United States Fish and Wildlife Service in North Dakota are Lake Ilo, White Lake, and Stewart Lake nearby. These are places of rest and repair for people and wildlife, while many of our forests and other federal lands also play vital roles in grazing and resource management.

The great outdoors are a place for

everyone, and that is, in part, why we have tasked many of our federal agencies to supply recreational and open space experiences for the people of our country, and, in turn, for the millions of international tourists who, under normal circumstances, visit the United States annually. To help maintain and improve our federally owned lands, some national parks and other federal recreational facilities charge an admission fee. Theodore Roosevelt National Park, for example, charges a \$30 admission fee for one private vehicle and its occupants that is good for seven days. For \$55 that same party could utilize an Annual Pass for TRNP.

According to the National Park Service, the best deal is America the Beautiful - The National Parks and Federal Recreational Lands Pass, recognized at more than 2,000 federal recreation sites. Each annual pass covers entrance fees at national parks and national wildlife refuges as well as standard amenity fees (day use fees) at national forests and grasslands, and at lands managed by the Bureau of Land Management, Bureau of Reclamation, and U.S. Army Corps of Engineers. A pass covers entrance, standard amenity fees and day use fees for a driver and all passengers in a personal vehicle at per vehicle fee areas (or up to four adults at sites that charge

per person). Children age 15 or under are admitted free.

The standard fee for an America the Beautiful Pass is \$80. US citizens or permanent residents age 62 or over qualify for a \$20 annual senior pass or they can purchase a lifetime pass for \$80. Fourth graders are eligible for a free pass starting in September of their school year lasting through the end of the following August. If your fourth grader wants to visit a site that charges entrance fees per person, the pass admits all children under 16 and up to three adults for free. If the visit is to a site that charges vehicle entrance fees, the pass admits all children and adults in one passenger vehicle. Fourth grade teachers are invited to print out the paper-only passes for their entire class.

The annual free pass for Active Duty Military, Veterans, and Gold Star Families are something every qualifying citizen should know about. Recent federal legislation will make such passes available for a lifetime. Current US military members and their dependents in the Army, Navy, Air Force, Marines, Coast Guard, and Space Force, as well as Reserve and National Guard members qualify, as do US military veterans, and Gold Star Family members. The Interagency Access Pass is a lifetime pass that is free for any US citizen or permanent resident who



has a permanent disability.

There is a great deal of information online and if you purchase or even order your passes online or in the mail there is a \$10 fee. To avoid the fee, purchase or apply for your pass in person at the North or South Unit of Theodore Roosevelt National Park, at the North Dakota Field Office of the BLM in Dickinson, or the Dakota Prairie Grasslands McKenzie District Field Office of the USFS in Watford City.

Joe is a Theodore Roosevelt Reprisor and Goodwill Ambassador for the Theodore Roosevelt Medora Foundation. ■

HEALTH

Lung cancer in non-smokers – An easy way to lower one's risk



By Lee M. Kiedrowski, MD

Tobacco use is the number one cause of lung cancer but, what about non-smokers? People who do not smoke and those who are able to stay away from second hand smoke should be good to go, right? Not completely.

There is another substance claiming the leading cause of lung cancer in non-smokers. For this population, we need to discuss an odorless, tasteless, heavy gas that settles in the home basement, called radon.

I would guess most home owners have heard about radon, and some even have tested for it. But why should you go looking for it? The simple, and concerning, answer is that lung cancer is deadly. The estimated 5-year-survival-rate for those diagnosed with lung cancer in the USA is about 16%. Meaning, roughly 4 out of 25 people diagnosed with lung cancer will be alive 5 years later. Radon kills about 21,000 Americans annually, with 2,900 of those never smoked. Again, radon is estimated the leading cause of lung cancer in non-smokers and the number two cause of lung cancer deaths.

In 2019, the Environmental Protection Agency (EPA), analyzed data assessing indoor radon measurements, geology, aerial radioactivity, soil parameters, and foundation types by county and found that all counties in North Dakota were in the highest of the 3 potentially dangerous levels. With that being said, radon concentrations in homes does vary based on location, even between neighbors.

As previously mentioned, radon is found in the lower levels of your home. Due to a combination of radon's density and the high-quality sealing of gaps in today's new builds, the radon level in your home is even more important to discover.

To test for radon, visit your local hardware store and place the detector in your basement where it will not be disturbed for a few days and up to a year. You would be recommended to test for at least 3 month and consider testing for a few seasons as radon concentrations can vary depending on the season.

After the predetermined time frame, send the detector in the enclosed return

package and wait a few days for the report. If a level above 4 pCi/L, then you should consider installing a radon mitigation system. This system includes a quiet fan and piping to continuously remove the dangerous air from the basement, out of your house, and above your roofline.

The members of your house who are at risk from high levels of radon are those who spend time in the lower levels of the home sleeping, working, playing, etc. Those who live in the upper levels are at lower risk from radon.

Remember, this number two cause of lung cancer deaths can easily be pumped out of your house with a simple test and install by a professional company found in southwest North Dakota.

Dr. Lee Kiedrowski is a native of Dickinson, ND, and practices Family Medicine at CHI St. Alexius Health Dickinson Medical Clinic. To reach Dr. Kiedrowski or to schedule an appointment, call 701-456-4200. ■

Heart River VOICE

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

Find Heart River Voice at the following fine establishments:

DICKINSON

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

Frankie's West Side Shell
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 Nursery

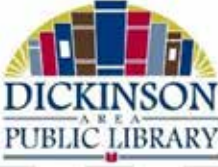
BELFIELD

Trappers Kettle
City Hall

BISMARCK

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





Highlights of upcoming programming at the Dickinson Area Public Library.


DICKINSON AREA PUBLIC LIBRARY

WINTER READING PROGRAM
WRAP-UP PARTY

Cookies & Cocoa Social

FRIDAY, MARCH 4TH
2:00PM - 4:00PM

JOIN US FOR COOKIES AND HOT COCOA!
SEE WHO OUR WINTER READING PROGRAM
PRIZE WINNERS ARE!
*NEED NOT BE PRESENT TO WIN!



CRIME CLUB


The DPL Crime Club will meet once a month to discuss, well, true crime. There has been a growing fascination with crime and why it occurs as well as catching the criminals, growing since at least the 1970's.

The first meeting in January will focus on 2 things:
the modern phenomenon of True Crime Podcasts and the current biggest true crime in the news for the last few years, the Golden State Killer or GSK.

Starting with the February meeting, each meeting will have one specific crime or criminal to research. A presentation will be given at the meeting and then open discussion on the month's subject will be held. At the end of each meeting, the next month's 'assignment' will be given out to research.

If you have any questions, please come to the first meeting and/or contact Outreach Librarian Paul Amberg @ paul.amberg@dickinsongov.com or 701-456-6857.

1st meeting Thursday, January 27th in the Community Room at 6pm.



HEART RIVER VOICE | FEBRUARY 2022

Calendar

COVID-19 IS A PANDEMIC. COVID-19 IS CONTAGIOUS. EVERYONE WHO ATTENDS EVENTS DOES SO AT THEIR OWN RISK.

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

DICKINSON AREA PUBLIC LIBRARY 9:30AM Mondays Tiny Tots Story Time (ages 0-2). 10:30AM Tuesdays & Wednesdays Pre-School Story Time (ages 3-5). Tuesdays

4PM Teens Crafts or a movie (Ages 13-17). See page 4 for more library events. Visit dickinsonlibrary.org for up-to-date information and more fun activities that may require sign-ups.

SATURDAY FEBRUARY 5 MY GOLDEN VALENTINE CARD MAKING 10-11:30AM

Help us share the love with those who are in nursing homes and assisted living facilities in our area! Make cards for senior citizens in our area. Basic card making supplies will be provided. Dickinson Area Public Library.

MONDAY FEBRUARY 7

ADULT CRAFT CLUB 6PM Crafty people unite! Come paint ceramic hearts with us today. Advanced and beginners welcome. All supplies provided. For people 18+. Dickinson Area Public Library.

TUESDAY FEBRUARY 8 BOOKS & BREW

7-8:30PM A book-club for adults set in a relaxing atmosphere. This event is for 21+. Each month we will discuss a book while enjoying a beverage. No commitment, just come to the events you are interested in. Even if you haven't read the book you are still invited. DePorres House of Barbering and Lounge, 17 2nd Ave W.

THURSDAY FEBRUARY 10 START-UP YOUR DAY

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

FRIDAY FEBRUARY 11 DICKINSON CATHOLIC ADULTS 6:30PM

Dickinson Catholic Adults is geared towards adults (21-50) from the Dickinson area who are seeking community and to deepen their faith. Drinks and hors d'oeuvres will be served. For child-care options, please email dickinsoncatholicadults@gmail.com. For more information, join our Facebook page (www.facebook.com/groups/dickinsoncatholicadults/) or email dickinsoncatholicadults@gmail.com. Held at 618 Palm Beach Road.

SATURDAY FEBRUARY 12 4TH ANNUAL VALENTINE'S DAY CRAFT & VENDOR SHOW 9AM-4PM Hosted by Immovable Ministries. Biesiot Activities Center, 398 States Ave.

CRIME CLUB 10:30AM-12PM WANTED! True crime junkies who think they could help solve a crime, or would just like to talk about them with like minded people. Each month will center on a specific crime or criminal. Read or research up on the topic and come for the discussion. Dickinson Area Public Library.

CABIN FEVER 4PM Social, 6PM Beef BBQs served, Silent auction until 7PM Evening continues with dance music by E-Z Street and concludes with midnight breakfast. \$10 admission. Raffle prizes throughout the evening, sold separately. Hosted by Dickinson Roughrider Commission. Eagles Club, 31 1st Ave East. See ad, next page, for more information.

TUESDAY FEBRUARY 15 AGRICULTURE LIVESTOCK FORUM 5-8PM The Dickinson Area Chamber invites you to our third annual educational event featuring special guest speakers Mike Pearson and Steve Wooten. Roosevelt Grand Dakota Hotel, 532 15th St West.

SATURDAY FEBRUARY 19 BEAT THE WINTER BLUES FAMILY FUN DAY 8AM-6PM Enjoy activities all day long with inflatables, music and crafts along with a pool party, glow ball and so much more! Cost is \$3 or FREE if you bring a non-perishable food item to donate to the food pantry. Door prizes will be awarded throughout the day. More info, contact 701.456.2074. West River Community Center.

GENEALOGY PROGRAM 11:30AM Join our genealogical librarian for a discussion and/or presentation on a genealogy-related topic. Dickinson Area Public Library.

BOARD GAME CLUB 1PM Participants may play games



15% off winter coats

Drive-thru service window available!

Paradise DRY CLEANING & LAUNDRY

701.483.6655
www.paradisedrycleaner.com

Located behind the Prairie Hills Mall on 6th Ave W

provided or bring their own to play with new friends and old. (Ages 11+) Dickinson Area Public Library.

SATURDAY FEBRUARY 26

ADULT CRAFT CLUB 10AM
Crafty people unite! Come make DIY Heart Earrings with us today. Advanced and beginners welcome. All supplies provided. For people 18+. Dickinson Area Public Library.

FOUNDATION COFFEE

HOUSE 2PM Join us for an afternoon of classical music, beverages, and treats! A new music series with a coffee house vibe brought to you by the Library Foundation. Dickinson Area Public Library.

BLACK & WHITE GALA

5PM Please join the Downtown Dickinson Association|Downtown Improvement District for a Black & White Gala, benefiting our Town Square project. This will be a formal evening including a cocktail hour, dinner & dessert, live music by pianist, Keith Traquair, silent and live auction, opening speaker, Mayor Scott Decker and a presentation on the

project. Eagle's Club, 31 1st Ave East. See ad, page 14, for more information.

SAVE THE DATE

SATURDAY MARCH 5 WINE & CHEESECAKE

SHINDIG 7-11PM Hors d'oeuvres & wine tasting, live and silent auction, entertainment by Fun Pianos! \$60/ticket, available at Chamber of Commerce or by calling 225-4506. Roosevelt Grand Dakota Hotel, 532 15th St West.

MARCH 11-12

FEARLESS FAITH RETREAT
Join Badlands Ministries as they host dynamic speaker Melanie A. Brown. See page 8 for more information.

TUESDAY MARCH 15

MULTI INDUSTRY JOB FAIR
1-5PM (Only veterans with required DD-214 from 1-1:30PM) Featured employers include oil & gas, construction, retail, manufacturing, service/food, healthcare, and more! Come dressed for success, bring copies of your resume, and be prepared to interview. Biesiot Activities Center, 398 State Ave.



TRINITY ATHLETIC BOOSTERS PRESENT:

BOOSTER BASH

5:00 - 8:30 PM

SAT. FEB. 26, 2022



RONALD MCDONALD

CABIN FEVER

BENEFIT

Hosted by the Dickinson Roughrider Commission

FEBRUARY 12TH - 2022

EAGLES CLUB, DICKINSON, ND

SOCIAL 4PM • SILENT AUCTION: UNTIL 7PM

BEEF BBQS SERVED AT 6PM

DANCE WITH MUSIC BY E-2 STREET

MIDNIGHT BREAKFAST
(PANCAKES, SAUSAGE, SCRAMBLED EGGS)

Raffle Drawing late evening
purchase raffle tickets for \$10 each
4 - \$100 Cash Prizes throughout
the evening! Must be present to win

Tickets - \$10 Admission
Advance Tickets are available from Roughrider
Commission Members, Dickinson Eagles Club, and
Cabin Fever Committee Members

Scan the QR Code
to get all the details
at your fingertips.

Raffle Prizes

1ST PLACE \$3,000⁰⁰

2ND PLACE \$1,500⁰⁰

3RD PLACE
RUGER 6.5 CREEDMOOR CAMO
"GO WILD" EDITION RIFLE

4TH PLACE
REMINGTON 700 SP5 .243 CALIBER RIFLE

5TH PLACE
TIKKA T3X .270 CALIBER RIFLE

BONUS TICKET - 1/4 BEEF

Foundation Coffee House Series

Join us for an afternoon of jazz music, beverages, and treats!
A music series with a coffee house vibe brought to you by the
Library Foundation.



medici.tv

Library Community Room
Saturday, Feb. 26th
2:00pm

Thoughts to Ponder

Nothing new can come into your life unless you
are grateful for what you already have.

~ Michael Bernard

Each day is a different one, each day brings a
miracle of its own. It's just a matter of paying
attention to this miracle.

~ Paulo Coelho

Very little is needed to make a happy life; it's all
within yourself, in your way of thinking.

~ Marcus Aurelius

PAWSITIVELY POPPY

Tips for a shiny coat

By Miranda Kuhn

Since we adopted Poppy in the summer of 2020, we've learned a lot about how to maintain and improve her general health. She is always getting compliments on her shiny black coat, and she wanted to share a few tips for her readers.

In her early days with us we noticed she was scratching her skin in a few areas, sometimes to the point where her skin became red and warm. After doing some research and consulting an array of experienced dog owners, I found a few ways to supplement her diet to support her skin and overall health. One of my favorites is golden paste. Golden paste contains the super ingredient turmeric, which aids in reduction of inflammation, supports oral health, lowers cancer risk, and protects from heart disease. This addition to Poppy's diet has drastically improved her itchy skin, and she loves the extra flavor!

While Poppy's experience with dietary supplements has been a positive one, I ask that you research carefully and always consult your veterinarian before giving any to your beloved pet. ■



Golden Paste

Ingredients:

- 1/2 C organic turmeric powder
- 1 C water
- 1/4 C raw organic extra virgin coconut oil
- 2 tsp fresh ground black pepper

Place turmeric and water into a small sauce pot on medium high heat. Whisk until it forms a thick paste. Add coconut oil and black pepper and thoroughly incorporate. This makes a large batch, so I freeze into 4 oz jelly jars. The paste keeps up to 2 weeks in the refrigerator.

Start with 1/4 tsp. per day, working up to 1/4 tsp. per 10 lbs of dog per day. For example, a 40 lb dog may have 1 tsp. per day, while a 20 lb dog may have 1/2 tsp. per day. ■



PIPER'S PALS Ask Alfie

Dear Alfie,

I have a cat who is young and likes to play a lot, but recently I have had to tighten my budget and I don't have a lot of money for new cat toys. However, he seems to get bored of his toys after a while and I feel like he has nothing to keep him happy. What should I do?

Sincerely, No New Toys

Dear No New Toys,

I applaud the fact that you care about keeping your cat entertained! Enrichment of environment and mental stimulation are important parts of pet health which are often overlooked.

The good news is that you do not have to spend a lot of money on cat toys because cats are easily amused by simple things! For example, some of my favorite things to play with are the lids from a milk jug or those silicone bracelets people give out for free as promotions. Here are some other ideas for DIY cat toys that you can try!

- Long strips of scrap fleece, about one-half to one inch wide and about two to four feet in length. Make a knot every six inches or so and viola – easy cat wand! Wiggle the fleece around and they won't be able to resist pouncing!

- Wine corks, by themselves, can be fun for your cat to kick around! You can also hot glue a strip of ribbon (but not so thin he can swallow it!) to the end to act as a "tail"

- The same goes for empty cardboard toilet paper rolls! Add some ribbon or a pipe cleaner (be careful to bend the ends of the wire inward so that they aren't sharp) and let your kitty kick it around!

- Empty cardboard boxes. Let's face it – no cat can resist a cardboard box! Do something unique by closing the box and cutting a door or window into one end so that it's an enclosed fort for your cat to retreat into!

- Large sturdy gift bags or paper bags are also fun for your cat to play in. Dangle a ribbon over the front and they'll be entertained for hours!

- Have an old wool sock? Stuff it with some crinkle paper and knot the end. Cats are drawn to wool because of the

lanolin, and they'll have fun wrestling this easy toy!

The bottom line is that you do not have to spend a lot, or anything, to entertain your cat! Look for small, safe objects for him to kick around or craft temporary caves out of stacked pillows or a draped towel. Also, consider taking some of the toys he has lost interest in and putting them away for a couple months. When you bring them back out again, it will be like a new toy!

Sincerely, Alfie

Dear Alfie,

Every year I give my wife and children treats for Valentine's Day, and I would like to include our family dog. Do you have a safe suggestion for how I can do that?

Sincerely, Valentine's Dog

Dear Valentine's Dog,

How sweet! As I'm sure you know, giving your dog chocolate or cake would be a bad idea. However, there are lots of very easy recipes for homemade dog treats that your pup might enjoy! A quick search online will give you endless ideas, but make sure that you



stick with ingredients which are the least processed as possible, such as pumpkin puree, peanut butter, and chicken.

If you're not in the mood to bake, you can do some quick freezer treats using an ice cube tray, plain yogurt, and pieces of apple or cooked sweet potato. Good luck!

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: Finley (#___)
- B: Theo (#___)
- C: Spike (#___)
- D: Jolene (#___)
- E: Sir Charles (Chuck) (#___)
- F: Mya (#___)

(Answers in our next issue!)

Last month's answers:

- A: #3 Charmaine
- B: #5 Dakota
- C: #1 Beau
- D: #6 Zek
- E: #4 Izzy
- F: #2 Daisy

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

Email kelley@thejileks.com



#1



#2



#3



#4



#5



#6

HEART RIVER GEMS

Rich and Kayleen Wardner and Hope's Landing

By Kaylee Garling

Rich and Kayleen Wardner welcomed us into their home this last month so we could get to know them and their mission concerning Hope's Landing a little better. Though they own the Sober Living Homes, they give credit to their amazing board, along with the director of both houses, Lucy Bird.

Hope's Landing started as an answer to a question. When Kayleen was driving home from her Bible study teaching at the women's prison in New England one day, she thought, "Incarcerating those with addiction problems is surely not solving the problem for those addicted or for our state. It is just an unending cycle of drug use, arrest, incarceration and treatment and then release. Then with the label of 'felon,' those hoping for a better life find they cannot find employment or safe housing - They often fall back into the cycle as the drug culture is the only place they are welcomed back. The conclusion was, "Someone should do something." Kayleen felt God really put this on her heart as a mission she was to accomplish, "Be careful about what you ask for," she adds. "We are both former teachers," Kayleen said, referring to herself and her husband, Rich. "But when God asks you to do something, He provides a way for it to happen, and it did."

Rich was in the legislature and knew the state-wide struggles with addiction, so they traveled around the state of North Dakota, seeking for possible solutions. When they found Hope's Manor in Bismarck, they knew that this was what was needed within our community. "We started a group (a 501c3) called Western Edge Ministries, which became Hope's Landing in 2014. In 2017, we opened a Women's Sober Living house. In 2019, we opened a Men's Sober Living house. The homes' mission is: 1) A safe place to land, and 2) A promise of safe, sober, and accountable living ... When you have safe

housing, employment and support, your chances of success are good."

According to Hope's Landing's brochure:

- Hope's Landing's goal is to provide a Sober Living Home for men and women seeking recovery from drug or alcohol addiction so as to prosper and attain the healthy and productive lifestyle they desire.

- To provide a family setting which fosters growth mentally, socially, spiritually and physically, with the goal of enhancing life skills, career/job advancement, positive decision-making, problem-solving and self-reliance.

- To help build confidence and strength so as to attain their hopes and goals, thereby, blessing themselves, their families and their communities.

- To welcome those re-entering society from corrections to plan and prepare to reenter society successfully.

- To encourage families to recover, heal and thrive.

Not only are the homes providing a place for people to heal, but a place for families and future generations to acquire a new start at life. "Many of our people became addicted at 11, 12, 13 years old, so they miss several important life changing steps. If there is a common theme, many, particularly men, come from an abusive background as children. Also, peer pressure is tremendous in junior high. Many of our residents talk about starting with marijuana, and then by freshman year, using meth. Today with social media, peer pressure is even greater. We feel parents need to be involved in their children's lives in a positive way. Support them with school activities, sports, drama, music, team activities that create a healthy support group."

"We encourage our people to go to Vocational Rehab or other avenues to a better career. One gentleman was such a fabulous cook, he apprenticed to a carpenter, and because he's artistic to begin with, picked it up quickly and did well. We encourage them to get a career that they can enjoy for the rest of their lives. Statistics say, one out of every 32 people in the United States is a felon or has been arrested. Are we going to take one out of every 32 people in the United States and say 'nope, you're not acceptable?' These men and women are excellent workers if they have a safe place to live."

"We follow what's called National Sober Living Association's Rules which



Rich and Kayleen Wardner

recommends clients stay nine months or longer. If they complete the program, their chances of success are between 68%-78%. Just out of treatment, success rates are 33% or less. If they have a safe place to live, they're ten times less likely to end up in prison again."

For those looking for sober living,

Hope's Landing has made it easy to find them. "We have a website, we're on Facebook, we've sent brochures and information to every prison, halfway house, and therapist all over the state. They know we're here. There's Hope's Manor in Bismarck and others too. The

Continued, next page

Heart River Gems is proudly sponsored by

Continued from page 34

men's house is often full as it seems to be more difficult for a man to find a place to live than a woman. Those who commit to a sober living home focus on their sobriety by being accountable to the House Guidelines: If you don't follow the rules, you're asked to leave. If you're asked to leave, it doesn't mean you can never come back. There are people that have been asked to leave and gone forever, but many of them make a way to come back, stay the full time, and are now living healthy lives and constructive lives."

"We appreciate the way this community has supported us by hiring our people and by donating financially. We so appreciate the businesses that are employing our men and women. The Power of 100 Women group has helped us more than once and some churches

support us monthly. If it weren't for the people on our board, our committees and officers, we could not have accomplished our goals. Hope's Landing receives absolutely no government funding. We also appreciate the counselors, the AA people that go out of the way to help. Both houses could not be where they are without our community's



support."

Please remember this incredible endeavor that Rich and Kayleen have created when you're looking for a part of our community to support. As was mentioned earlier, you're not just helping an individual, but a family, which affects generations to come. ■

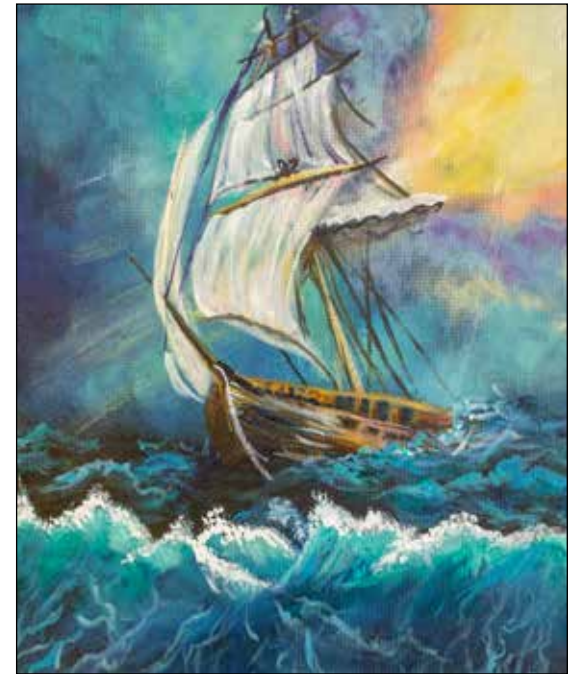
Editor's note: See page 36 to read more about the current leadership of Hope's Landing.

or-i-gin Set sail

'Square meal' is filtered down from the age of sailing. In the age of fighting sail, sailors required up to 5000 calories a day with all the manual labor. They were given stodgy, large meals served on square wooden plates/boards for easy storage and harder to break, so the term became synonymous with a good meal.

Similarly the phrase, 'the bitter end' referred to an anchor line that was secured to bits or cleats mounted in the bow. Once all of the line was let out, the line was said to be at its bitter end, meaning no more line could be let out. So to fight to the bitter end, means until there is nothing left to give.

The phrase 'by and large' as well came from sailing ships. You could either be sailing "by the wind" or just "by" (with the wind afore the beam, or midpoint of the ship's length), or sailing "large" (with the wind abaft the beam). So "by and large" means "in all situations." ■



KNIGHTS OF COLUMBUS December Family of the Month

George and Irene Wald were united in marriage on August 30, 1980 in LaMoure, ND. They have lived in Dickinson most of their adult lives. Irene is currently retired and had worked at Consolidated Telcom for more than twenty years with her last position being Corporate Affairs Director. George is currently retired and had worked in the banking industry for more than forty years. George is a director for Choice Financial Group and has been since 2014.

George and Irene have three adult children and one grandson. Nicole Daniel, a pharmacist, and her husband, Ryan, live in West Fargo, ND.

Jenna Wald, a dermatologist and Mohs micrographic surgeon, lives in Phoenix, AZ. Alex Wald, a pharmacist, lives in Boise, ID. Quade Peters, a freshman student and baseball player, is at the University of Jamestown, Jamestown, ND.

George became a Knights of Columbus member on March 29, 1981. Originally receiving his degree from Council 1515 here in Dickinson, his membership was later transferred to Council 6308. The Wald's three children were baptized and confirmed in Saint Josephs Church in Dickinson. Some of their favorite organizations/charities, along with the Knights of Columbus are the Great Plains Food Bank, The Domestic Rape and Crisis Center and the Hoedown for Hospice, which is co-sponsored by Choice Financial Group here in Dickinson. The churches, charitable and fraternal organizations help make Dickinson a wonderful place to live and raise a family. ■



KUDOS**Unconditional love and sober living:
Mother and daughters in leadership of
Hope's Landing**

By Tara Zettel

What does unconditional love look like?

Does it look like walking with a stranger struggling with addiction? Or a mother who never gives up on her daughter, even, and especially, the one who had issues with drugs and alcohol from the age of 13?

For seven years, Lucy Bird fought her personal battle of addiction. Her mother, Sherri Cooke and sister, Sam Thernes, will tell you that Lucy's addiction impacted the entire family.

"I grew up in church," says Lucy. "Our family had rules and expectations. I knew I was loved." And yet, having gotten in with an older group of teens, she remembers it taking hold after her first beer.

"Everyone is just one step away to crossing the line with addiction," she continues. "Other teens were able to take that first beer and not have issues. For me, my brain instantly screamed for more. Addiction doesn't play favorites."

Lucy speaks not only as one who fought and won her sobriety, but as one who bears witness to and walks alongside others who are climbing out today.

Lucy Bird is the Executive Director of Hope's Landing, a sober house in Dickinson, which seeks to offer unconditional love and support to those with alcohol and addiction issues.

She first came across the ministry in a newspaper article and offered to drive a friend to the meetings. This led to her becoming

a mentor, given her own battle and sobriety, then to being the first Executive Director.

Sherri Cooke, her mom, quickly stepped in. "If you need me, I want to help," she told Lucy, and initially utilized her CPA background as Hope's treasurer.

"There's no way we can make this happen," says Sherri, who is currently the president of the organization. "God has a plan for each of the residents of Hope's Landing, and lives are being changed. To watch a life go from ugliness and

hopelessness, to something beautiful and alive, is truly a wonderful experience."

"80% of the people who come to Hope's Landing have experienced past trauma and currently have no support. No family, no resources. They have either burned those bridges or they didn't exist to begin with," says Lucy.

"We can't fix that," says Sherri, "But we can acknowledge it, and we can care - that makes a difference. They are worthy of love just as they are, and most of the people we meet have never been told that before."

Hope's Landing is a safe, sober and accountable home for those who need it. Instead of an institution, those who live at Hope's Landing find a comfortable space and family dynamic. Long-lasting relationships are developed, and people learn (some for the first time)

what it means to be a part of a family, a neighborhood and a community. They attend Bible study as well as AA/NA meetings, get a job and acquire life skills needed to make a long-lasting change for their futures.

Growing up, Sam Thernes, Lucy's younger sister, remembers Lucy's absence at family events. Sam is now the fundraising chair for Hope's Landing, along with her husband Chris. "I just want to help people," says Sam. "I've experienced the struggle in my own family, and I want to make a difference for other families."

Sherri and her daughters tirelessly serve the mission of Hope's Landing because the need is great. North Dakota has the highest per capita overdose/suicide rates in the United States. Those statistics, and the people they serve every day, keeps them motivated to make the hardest years of their lives into something victorious that they share with our community.

"We have all experienced unconditional love and forgiveness from Jesus Christ," says Sherri. "So Lucy, Sam and I share the love, and hope of our experience, with others."

"There's no shame in struggling with alcohol or drugs," Lucy emphasizes. "Hope's Landing is a safe, nonjudgmental place to receive help for those who make the choice to get well."

Sam and Chris will be coordinating events in 2022 to raise awareness and donations to sustain the cost of running the homes. "Awareness is my first priority," states Sam. "I want everyone who needs Hope's Landing to know how to find it." ■



**TO DONATE TO HOPE'S LANDING,
CALL (701) 690-6413, EMAIL
THELANDING@NDSUPERNET.COM
OR USE THE QR CODE ABOVE.**



L to R: Lucy Bird, Sherri Cook, Sam Thernes

BIRDEES
Boutique

Shop Online
BirdeesBoutique.com
Follow us on Facebook
[@ShopBirdeesBoutique](https://www.facebook.com/ShopBirdeesBoutique) and
Instagram [@BirdeesBoutique](https://www.instagram.com/BirdeesBoutique)

Thank you to our advertisers!

Tammie Braun - The Real Estate Co. Consolidated	Birdee's Boutique
Todd Schweitzer - American Family Insurance	Paradise Dry Cleaning & Laundry
Dan Porter Motors	Mobile Safety Training
High Plains Dental	Eyewear Concepts
CHI St. Alexius Health Dickinson	Dacotah Bank
Stark Development Corporation	Advanced Collision Center, Inc.
Dickinson Area Public Library	Vicky Steiner - Home and Land Company
Dickinson Area Concert Association	Dickinson Public Schools Foundation
ConocoPhillips	SAX Motor Co.
Irsfeld Pharmacy	Marlene Bradbury - Edward Jones
Peach Parlour	Dickinson State University
Lenee Bookhardt - The Real Estate Co.	103.7 The Connection
Steffan Saw & Bike	St. Benedict's Health Center
Badlands Ministries	Sweet-O-Keto Bakery & More
	Kovash & Dasovick, P. C.

Heart River VOICE

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

Mobile Safety Training

We Come to You

Call or Text (701) 690-2783

- First Aid, CPR, AED
- Oilfield Certifications
- PEC Basic Safeland
- PEC H2S Clear
- OSHA Topics
- Fire Extinguisher Inspections & Training
- Respirator Fit Testing
- Front End Loader & Forklift
- Skid Steer
- Aerial Man Lift

Advertise with us!

CONTACT KELLEY JILEK

AT 701-290-2063 OR EMAIL

KELLEY@HEARTRIVERVOICE.COM

Heart River
VOICE



GOING POSTAL

Love 2022



Celebrate the joy that flowers bring with two new Love stamps from the U.S. Postal Service. Inspired by old European folk art, the two stamps feature digital illustrations with similar designs: three round, stylized blooms ranging symmetrically along the top, with smaller round blossoms in each of the lower corners. Twisting vines, which hold small multi-petaled flowers, form abstract heart shapes.

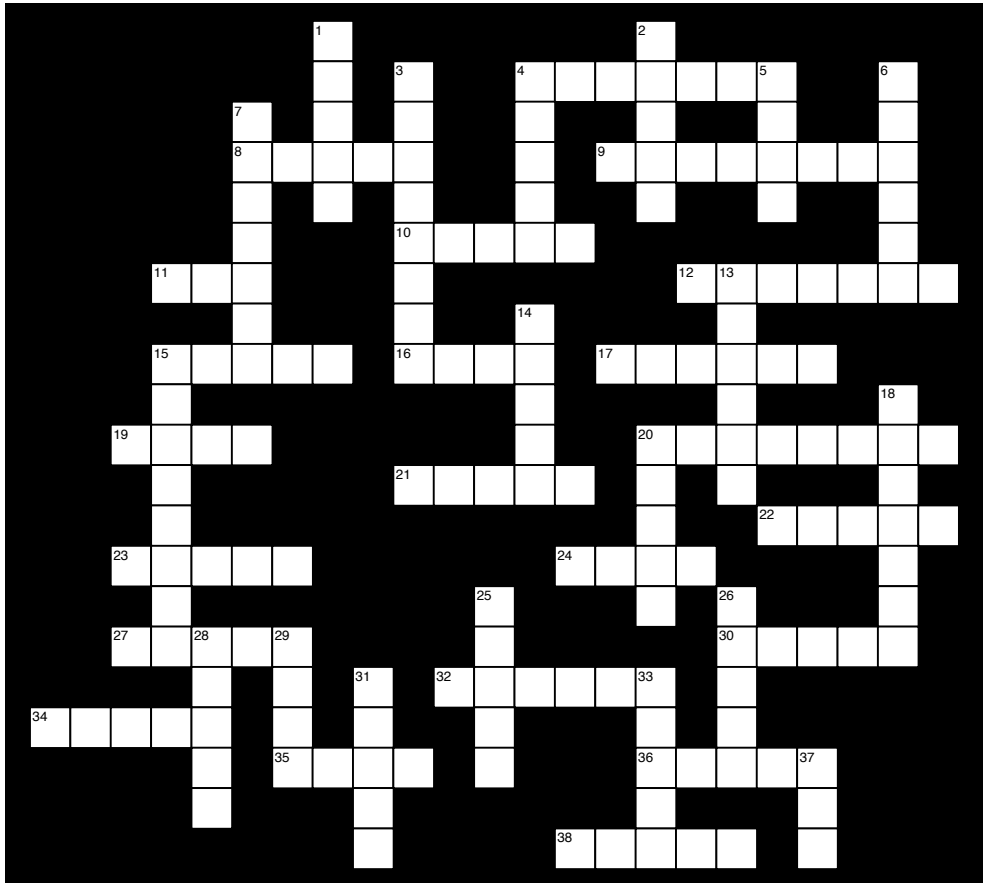
Flowers can symbolize many things: romance, of course, but also friendship, sympathy, gratitude, congratulations, etc. Not only are they symbolic and beautiful, but flowers might have more tangible benefits. Studies have shown that flowers can increase happiness, decrease stress, and create a calming atmosphere.

The colorful stamps will add charm and whimsy to any correspondence. ■

Source: The US Postal Service

CROSSWORD

MARXISM by Carlinka



ACROSS

- 4 Expand
- 8 1/16 of a pound
- 9 +Groucho's game show "You Bet _"
- 10 Uneasy feeling
- 11 Cards at a bar, say
- 12 Noodle dish with peanuts and bean sprouts
- 15 This cule has a few of tehms
- 16 Give the cold shoulder
- 17 Bottled spirits
- 19 Collect what you sow
- 20 +"Horse _" Marx Bros. film
- 21 Upper atmosphere layer
- 22 Abate
- 23 +Non-comedic Marx brother
- 24 +"_Soup" Marx Bros. film
- 27 Playground retort
- 30 +Horn-tooting Marx brother
- 32 +"_Business" Marx Bros. film
- 34 Purchase on a kindle
- 35 Speaking platform
- 36 Sauce made with mayo
- 38 Rude thing to leave at a restaurant

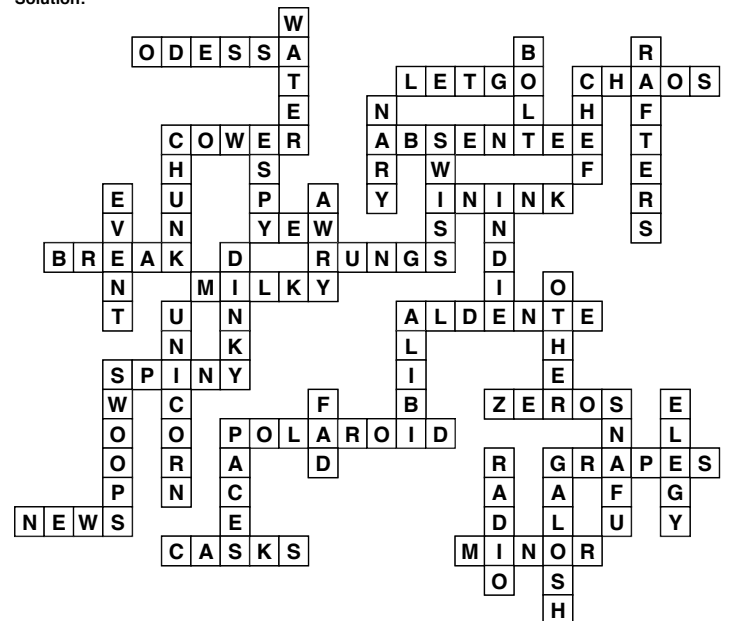
DOWN

- 1 Squeeze the water out of
- 2 Against social customs
- 3 +"A Day at _". Marx Bros. film
- 4 Boxing matches
- 5 4,000+ mile-long river
- 6 Port city in Ukraine
- 7 Secures the door before leaving
- 13 + "_ Crackers" Marx Bros. film
- 14 Negotiator of collective wages
- 15 +"A Night at _" Marx Bros. film
- 18 +Cigar and eyebrows Marx brother
- 20 Hoity-toity
- 25 Shade of white
- 26 +Piano playing Marx brother
- 28 Au naturel, so to speak
- 29 Column with a viewpoint
- 31 Southern breakfast dish
- 33 Dough raiser
- 37 Squid's defense

Last month's puzzle solution

Just Puzz

Solution:



701-483-GRIN (4746)

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

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

During the course of February, your energy is on your goals and ambitions and on innovative moves which give you more freedom of movement and opportunities to find new sources of income. It is an excellent time for you to merge forces with someone who will benefit from your power and initiative. As February draws to a close, career moves reach a point when a radical shakeup is required.

**TAURUS**
April 21-
May 21

As February begins, you find a way out from a vice which has been squeezing you and suddenly discover possibilities that make future plans far more inspiring. Mid-February, a partner appears so that together as a team you can overcome difficulties that you could not resolve on your own. As the end of February arrives, you will be in a position to revisit a toxic issue which drained the life out of you earlier.

**GEMINI**
May 22-
June 21

First of February, you unearth relationship secrets that have been draining energy; blockages to intimacy are removed. Mid-February you can pick up on the plans you were working on to expand your horizons, especially in education and group engagements. New opportunities for travel arise, and this is an excellent time for learning commitments. February is a significant month for intimate relationships of your own or those of friends or children.

**CANCER**
June 22-
July 22

February is a time for partnership but adjusting to the needs of others. Mid-February suggests major relationship developments, socially or businesswise, with new financial opportunities. The focus in this period should be on others and events that take you away from home and your comfort zone. This could bring developments in your own love life. End of February, a focus on spiritual aspirations and group involvement enables you to broadcast your ideas and thoughts.

**LEO**
July 23-
August 22

First of February begins with important relationship developments. This is a good time to make a commitment or commit to a partner but it needs to be about them. Mid-month, people make sudden discoveries which increase the level of choice and freedom. Relationships are forged which challenge the taboos of the workplace. End of month, you develop a greater interest in exploring psychological and spiritual issues.

**VIRGO**
August 23-
September 22

First of February, you are dealing with emotionally and mentally exhausting personal issues. Get down to core issues and eliminate the root cause of the problem. Mid-month, you will successfully navigate the heavy cross-currents, which make working life unpredictable. Group solidarity is key. Many interesting relationship developments affecting children, friendship and romance. February could be a significant time for a passionate love relationship that breaks rules and conventions.

**LIBRA**
September 23-
October 22

You begin the month with renewed inspiration about the possibilities that lie ahead for you. New perspectives open, which give you direct insight into family issues from the past and new ways of tackling them. You will forge an extremely strong bond with a partner. End of February brings the culmination of shared efforts with important achievements in many areas: home, creative teamwork in groups, and an expansion of possibilities at work, with idealistic ventures taking precedence.

**SCORPIO**
October 23-
November 21

The focus for February is on communication, education, and networking in which you work in tandem with someone close to achieve a goal. There are mysteries to solve, so you will find yourself drilling deep to get answers that other people have not been able to discover. End of February things come together both educationally, at home in the family, and in connection with your hopes for love.

**SAGITTARIUS**
November 22-
December 21

February starts with important new commitments in the field of learning and communication. This is a good time to commit to an educational project or to become part of a communication team. February is also a key period for important financial changes which have been underway for several months. It's an excellent time for teaming up with colleagues on major projects to apply constructive changes to the economy. There are great opportunities for expansion and practical innovation.

**CAPRICORN**
December 22-
January 20

February is a time when relationships can absorb energy and attention. It's a time when couples merge forces to work together on a massive challenge. Two things are important: one is to think outside the box and approach things completely differently, and the other is to eliminate weak links and outworn attachments. By the end of February, you will be able to implement a plan that was put on hold due to unforeseen circumstances back in January.

**AQUARIUS**
January 21-
February 19

As February begins, a slow and steady pace will see you achieving many of your goals. You have obsessive thoughts about all the things that could happen but never will. Developing a mindful and realistic approach is crucial; do not put yourself into a position of weakness. End of month marks the beginning of a positive and upbeat period. Expect a sudden economic boost at this time, which brings completely new possibilities in your domestic life.

**PISCES**
February 20-
March 20

February is an extremely positive time for teaming up with strong partners who have the tools to overcome any obstacles. This is an inventive month for you especially regarding science, ecology and social or political projects. End of the month, you are at the top of your game. The dreams and visions which have inspired you for years can be put to practical effect just as long as you work closely with friends and associates who have the tools to make things happen.

**Otter.ai**

Transcribing business meetings or interviews can take a long time, and if you employ a human to do the task, it can be expensive. Otter's automated transcription service, for simple audio or video recordings, is free and fast.

**Pocket**

Pocket is a blessing for people who want to save articles and read them in a single place. The best part is that once you add an article or a video to the Pocket app, you can even consume it without an internet connection. You can save articles, videos or stories from any publication, app or page.

**Slow Chat with Topher Field**

No one can predict where a Slow Chat will go. Topher Field seeks out the most interesting people he can find and then invites you to settle in, grab a glass of something nice, and enjoy listening in on an unhurried conversation about things that really matter, with people who are making a difference.

**The Tim Ferriss Show**

In each episode, Tim deconstructs world-class performers from eclectic areas (investing, sports, business, art, etc.) to extract the tactics, tools, and routines you can use. This includes favorite books, morning routines, exercise habits, time-management tricks, and much more.





Advertise with us!

Contact Kelley Jilek
At 701.290.2063 or email
kelly@heartrivervoices.com

Heart River VOICE