

# Heart River VOICE

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# Heart River VOICE

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## A note to our readers

We are thrilled to share the many stories that were sent to us this month. Enjoy reading about the creativity, tenacity, and grit of our community members. We encourage all of our readers to submit stories. Please contact us for more information!

Head over to the Museum Center this month to view local artists' art work on display. Consider taking part in the "Coffee Cruise" (p. 13) and head over to The Capital Gallery in Bismarck (p. 34) to admire art work of other talented North Dakota artists too.

**Kelley Jilek**

*Publisher*

Cover art "Mandan Soldiers on Blue Buttes" by Vern Erickson. For more information about the artist and The Capital Gallery's current exhibit, see page 34.

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**#BOOKWORM****Celebrating Will Eisner Week and the benefits of graphic novels and comics**By **Cindy Thronburg**

Librarians aren't sticklers. We love and embrace all genres and forms of books,

and we encourage the circulation of all of them.

We believe all genres (romance, mystery, heavy literature)

and forms (book, e-book, audiobook)

provide benefits to our patrons. We

work to grow our collections with these principles in mind.

Graphic novels/comics is one of these collections that we have worked to make

more robust for both adult and children

patrons.

The reasons for loving graphic novels and comics are plentiful.

The benefits for children reading them is just one of the reasons.

According to several great articles by Scholastic,

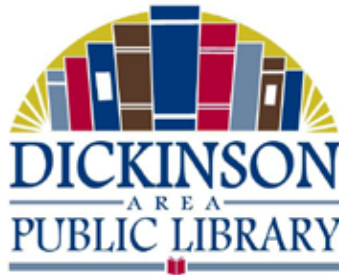
graphic novels motivate reluctant readers

and strengthen reading comprehension skills.

This is largely due to the fact that the pictures tell the reader just as much as the text does (a picture is worth a

thousand words, right?), and readers' imaginations add to the narrative of the text, just like a traditional book.

The pictures aren't meant to replace the text, they are meant to enhance it. I once read The Scarlet Letter and then read a graphic novel adaptation after that, and I understood it so much better that way.



I was able to analyze the themes more in depth than I could with the text alone. However, graphic novels and comics are a genre all their own, and they are full of complex plots, well-developed characters, and impactful themes. The pictures are just an added benefit to make all of those things even better.

The first week in March is a particular time that we especially celebrate this collection, because it is Will Eisner Week (WEW). WEW is named for the comics and graphic novel pioneer Will Eisner. He was a creator, publisher and entrepreneur. His comic series The Spirit ran from 1940 -1952 and followed masked crime fighter Danny Colt. The Spirit appeared in newspapers and comic books across the United States. Graphic Novels aren't all crime fighting, super hero tropes. There are many subjects covered in this format, from retellings of classic stories such as A Wrinkle in Time, The Odyssey, and Anne of Green Gables to memoirs like George Takei's They Called Us Enemy and graphic medicine such as Graphic Medicine Manifesto and Our Cancer Year. The art comes in as many forms as there are subjects and are an important part of our library collection. WEW celebrates Comics, Graphic Novel Literacy, Free Speech, and the Legacy

of Will Eisner. We will feature an array of Eisner Award winners in a special display near the circulation desk at the library. You can find our adult graphic novels collection in the historical section of the library, and our children's graphic novels collection is in the lower level near the elevator.

**Program announcements:**


- Podcast Brunch Club (PBC) is back from a winter break. PBC is like book club but for podcasts. Each month there is a curated list of podcasts with a central theme. February was Black Experiences and included an international focus in honor of Black History Month. March, in honor of International Women's Day on March 8, will focus on podcasts about and celebrating women. Sign up for the PBC monthly newsletter at [www.podcastbrunchclub.com/dickinson](http://www.podcastbrunchclub.com/dickinson) or visit <https://podcastbrunchclub.com/category/listening-lists/>. The library will host a virtual discussion via zoom on Tuesday March 30 at 6:00 pm. Registration details can be found on the library's website. If our discussion time doesn't work for you there are options to participate with the PBC Virtual Chapter which joins members of PBC from all around the world via Zoom.

- Emoji Reads starts March 20th on Beanstack. Each badge in Beanstack is a different emoji just waiting for you to read a book to match it to. There will be three different age groups with different emojis. Check out or website for more details! ■

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## TRINITY CATHOLIC SCHOOLS

# Super Cooper

By DeAnn Scheeler



Fr. Hochhalter posed with Cooper's monkey as he announced the girls basketball game vs. Hazen on "Super Cooper" night.

For Cooper Craig, a first-grade student at Trinity Elementary West, the 2020-2021 school year has been unique, beyond living in a pandemic. Last fall, Cooper was diagnosed with Leukemia, after a difficult series of what was thought to be growing pains or other illness.

The Titan Family has rallied in support of Cooper, creating a "Super Cooper" t-shirt fundraiser, along with several opportunities for students, faculty, and staff to donate funds to Cooper's family

via "Super Cooper" themed dress-down days. The shirt, designed by staff at Trinity Catholic Schools, features a cross and orange ribbon, along with this quote from Blessed Carlo Acutis "to always be close to Jesus, that's my life plan." Blessed Carlo, a 15-year-old who suffered leukemia, was beatified last October, becoming the first saint of the Millennial generation.

As Cooper's treatment has kept him out of the classroom, his family, along with his teacher and classmates, have embraced the "Monkey in my Chair" program. This program, developed for preschool and elementary students in honor of Chloe Watson Feyerherm, provides a "monkey kit" to kids like Cooper, and the monkey takes their place in school when they are unable to be there. Mrs. Raab, Cooper's teacher, and the students and staff at Trinity Catholic Schools are using this program to help Cooper feel connected to his friends, and the rest of the Titan Family.

In February, Cooper's monkey attended all of the Catholic Schools Week fun, helping Cooper to celebrate with his friends. The Titan Girls Basketball team hosted "Super Cooper Night" and let Cooper's Monkey sit on the bench with the team, while fans sported their "Super Cooper" shirts, or other blue apparel.



Cooper's class poses with the monkey



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-Tami S.





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According to Cooper's CaringBridge site, Cooper gets delight each day in looking at the pictures of what "he" has been doing all day. Cooper's mom, Jenna Craig, said "he will even go as far to tell me at supper how tired he got in gym that day jumping rope!"

Cancer at any age is a life-changing, terrible diagnosis. Despite the challenges of childhood cancer, Cooper is able to

feel the prayers, love, and support of the community through this program. In addition, the students, faculty, and staff of Trinity Catholic Schools have experienced the emotional wave of Cooper's experience, helping them see Jesus in the depths of a difficult situation. The "Monkey in my Chair" program offers an amazing connection, helping us to live our mission - mind, body, and soul. ■



The Trinity Varsity Girls Basketball Team posed with Cooper's monkey on "Super Cooper" night.

## Living and breathing our mission

“ I hear it in Dad’s voice; I feel it in my heart through his emotions, how Dad feels safe and cared about!! You all give him Hope and lift his spirits each day by all the little extra things you do!”

– PATTI PACHL, FAMILY MEMBER OF TENANT

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Monthly meetings through the Dickinson Area Public Library. Sign-up available through the library’s Event Calendar on our website.

## BENEFIT

### Help from Hope's Landing

By Marsha Wiegler

I am a retired addiction counselor that volunteers at Hope’s Landing sober living home, and I work with the residents on their individual recovery programs. The sober living home provides them with time to get used to living sober and being accountable. It’s a home that also provides them with the structure and support they need to get jobs and reconnect with their families and become productive members of society.

At Hope’s Landing you can continue getting the help you need to live a sober life. This is something that cannot be provided in a 28-day treatment program, and long-term programs are

not easily accessible. No short-term treatment is effective for chronic illness (like diabetes) in 28 days. Even with relapse, residents learn that there is help and support. Addiction is a serious illness and may take time and several attempts to recover. We can all help with our support with Hope’s Landing in our community and help everyone to overcome the stigma and shame associated with addiction. ■

Hope's Landing

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## YOUR HEALTH

## Ibuprofen and risk of heart attack

By Steve Irsfeld

The number of people that routinely take ibuprofen for pain and inflammation is quite shocking. Roughly 15% of the population is taking a non-steroidal anti-inflammatory drug or NSAID and many are doing this on their own because they are readily available as

over the counter medications.

That is why I will be discussing the use of the popular

pain reliever ibuprofen and the cardiovascular risk associated with ibuprofen, a popular OTC NSAID.

The use of NSAID medications can potentially cause some serious adverse events, the most common being cardiovascular and stomach. The U.S. Food and Drug Administration (FDA) requires OTC NSAIDs to be labeled with the following risk warnings:

**Heart attack and stroke warning: NSAIDs, except aspirin, increase the risk of heart attack, heart failure, and stroke. These can be fatal.**

**The risk is higher if you use more than directed or for longer than directed.**

In the prescription world, a warning like this is referred to as a "Black Box" warning and is included in the package insert. The "Black Box" is the FDA's most stringent safety labeling requirements for prescription drugs. This warning is designed to inform prescribers and patients about the serious health risks associated with a drug's use. This is what is listed on the "Black Box" warning for all prescription NSAIDs: **Cardiovascular Thrombotic Events**

- NSAIDs cause an increased risk of serious cardiovascular thrombotic events, including myocardial infarction and stroke, which can be fatal. This risk may occur early in treatment and may increase with duration of use.

- NSAIDs are contraindicated in the setting of coronary artery bypass graft surgery.

**Gastrointestinal Risk**

- NSAIDs cause an increased risk of serious gastrointestinal adverse events including bleeding, ulceration and perforation of the stomach or

intestines, which can be fatal. These events can occur at any time during use and without warning symptoms. Elderly patients are at a greater risk for serious gastrointestinal events.

When I first started practicing, very few prescriptions medications were associated with a black box warning, but

these days it's not uncommon to have one. With over 600 medications carrying boxed warnings and

over 40% of patients in the out-patient setting receiving at least one medication with a black box warning, researchers have shown an association between the increase in the number of novel therapeutic approvals and an increase in the incidence of black box warning labels.

These warnings are a big deal because the number of people taking ibuprofen and naproxen as an over the counter product or prescription is quite high. As a matter of fact, studies show that NSAID usage happens in about 20-30% of the population. In a 2018 study from the Boston School of Medicine, researchers found that 15% of adult ibuprofen users exceed the maximum recommended dose of ibuprofen or other NSAIDs in a one-week period. Not only do we have a high consumption of these products but they are being taken in doses that exceed the recommendations.

What is a person to do when they want relief from pain or inflammation and they don't want the potential side effects of OTC products? The answer is fish oil, curcumin, bromelain, ginger, probiotics and systemic enzymes. All of these natural products have the ability to exert pain relief or an anti-inflammatory effect. In addition, they are much safer long-term options than the current standard of care.

If you would like help, my staff and I are available, so stop by the pharmacy or call to schedule a consultation for help with chronic pain issues. Please visit my website at [www.irsfeldpharmacy.com](http://www.irsfeldpharmacy.com) to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■



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Due to COVID-19, the state of North Dakota recently passed a measure to increase the base hourly rate (\$10 to \$15) citizens must meet in order to qualify for certain state funded assistance programs, such as rental assistance and emergency food services. **Approximately 76,000 more households are now eligible to receive assistance.**

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## YOUR HEALTH

### Exercise for a healthy family



Crystal's husband (top left) and her boys

calories in just 30 minutes of swimming!)

- 20 minute bike ride
- 30 minutes playing catch or a sport of choice
- 15 minutes hula-hooping
- 20 minutes walking the dog

What does strength training look like?

- Planking for small increments: This can be made into a game. Start a timer and every 10 minutes the whole family will do a 20 second plank. (This is our family favorite competition! Who can plank the longest?)
- Pushups: do a pushup wave when the person next to you comes up you go down
- Squats: while making dinner or doing homework

#### By Crystal Sullivan, FNP-C

The CDC recommends 150 minutes of activity that gets your heart beating faster every week for adults. Children between 6-17 should be getting 60 minutes of activity that makes their hearts beat faster every day. Working towards healthy activity levels as a family can be fun and can be done in short increments to make the goal happen. All ages should have some strength training included in their routine weekly. Don't forget to include the grandparents in these creative ways to get moving!

What does activity and strength training do for families? It strengthens and builds muscles that burn more fat and build lean muscular bodies. It improves the mental health of all ages. It builds stronger hearts.

It decreases the risk of chronic health problems for all ages. It bonds the family unit.

What does 150 minutes look like? It doesn't have to be long stretches and hours at the gym!

- 20 minutes walking briskly with your kids at the park
- 15 minutes dancing with your kids in the house
- 30 minutes swimming together as a family (This is my family favorite activity! You can burn 283

- Burpees: set a timer and choose a time or set amount to do together
- Frog jump: as a family around the house make a frog jumping trail

The more active the family is as a whole, the closer every child gets to meeting the 60 minutes daily of activity and the adults to reaching 150 minutes weekly. Making family fitness a goal for our family has increased our awareness of our levels of fitness and has added more quality time as a family.

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



Crystal and her boys



## VOICING HIS THOUGHTS

### What advise do you have for a new expectant daddy?



**John Odermann**

I'm still a "young" dad so I don't know how good my advice is, but give your kid the best gift you can give them: Love their mom without apology. And do it in tangible ways they can see. Showing them that it's okay to be vulnerable with people they love and are close to is an incredibly powerful lesson. Secondly, share the things you love with your children. There are few things that will bring you greater joy than seeing a smile on your child's face coming from the same thing that makes you smile. Whether it's a sport, a book you loved, or a favorite movie, share your life with your kids. In doing so you'll ensure a part of you is always with them.



**Rob Eilts**

Enjoy every small moment, from the first time they grab your hand to all those diaper blowouts. Being a dad is more than being a financial provider so make time for trips to the park or little league games. You may feel some stress at times but you're learning too. You were young once, and this may be the time you should call your parents and apologize for the stressful times you caused them. No matter what... be the role model! Children watch you even when you don't think they are. Show them what "love your neighbor" means, show them the grace that Jesus offers all of us, and show them the character of the person you want them to become.



**Todd Schweitzer**

Take great care of mommy-to-be; she is carrying the second love of your life. Pray every day for mom and baby, and pray for yourself so that you can be the daddy and the provider your baby and his or her mommy needs.



**Jason Jacobs**

It's going to be hard, but resist the temptation of making your children the center of your universe. Children are a product of your relationship, not the end result. A healthy relationship will lead to a healthy family. And pray often, for them and with them.

## LESSONS IN BUSINESS

### So ... What's your story?

Why women aren't telling their own stories and how it is hurting their careers

By Debora Dragseth

Sure, you're a great listener—most women are. But when was the last time you raised your hand to tell your own story? This week? Last year? Never?

Not being able to express who you are, how you got here, and where you want to go can be a serious detriment to career advancement. It may be the reason you didn't get the job of your dreams, you were looked over for the last promotion opportunity at work, or why you didn't get the loan you needed for your nascent business venture. The good

news is that effective storytelling can be learned. Let's take a closer look at the ancient art of storytelling, or in this case, an important subset of storytelling: the personal narrative.

I attended a women's leadership group recently. The keynote speech was given by a budding entrepreneur, who was hosting the evening at her place of business. She was on the program to "tell her story," and the room was abuzz. The business was a decorating company that had only been open for a few weeks. It was beautiful, room after room of dazzling and dramatic décor. The group was anxious to hear how this mother of five had accomplished this miracle in such a short time. "Carol" had been in business for only five months at a previous location when her landlord unexpectedly gave her one month to move out. He had found a renter willing to pay far more than her struggling new company could afford. Angry and not wanting to pay another dime in rent to someone she perceived as a villain, Carol found a new location and, with her mother and kids, packed up the entire store and relocated it three miles away—over the course of a weekend.

Carol stood in front of the group, and told them that she had been "lucky," she just seemed to just have a "knack for decorating." That was it. Story over. Obviously, the audience was expecting more—much more. Carol was the hero

of her own story and she didn't even recognize it. Her first mistake was not realizing the power of her story, how it might influence and inspire others. Secondly, she did what too many women (and men) do which is to blame or credit

something or someone outside of their control. Psychologists call this external locus of control. People with external locus of control tendencies say things like "I was lucky," "I was in the right place at the right time." Carol had missed a golden opportunity to share her truly heroic and compelling story.

When someone asks what you do or how you made it to where you are in your life, tell them! Your hero story may inspire someone else. Squelch the idea telling your hero story will be perceived as unattractive bragging or self-aggrandizing. I advise my students, both male and female, to start with a small step by polishing up their LinkedIn profiles. Once they have done this, they have a template for their story, and it will become easier to share with others.

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



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## COMMUNITY

### Longtime Baker Boy employee putting finishing touches on first novel

By Dustin Monke

Baker Boy has undergone several changes in the past 17 years. One constant, however, has been the presence of Daniel Ballesteros in the bakery. "He's one of the nicest guys you can meet," Baker Boy production supervisor Shaun Kadrmas said. "He's very respectful, kind and is always willing to help."

While Ballesteros' reputation as a hard-working and level-headed employee is universal among his co-workers, very few knew of the project he has been undertaking outside of the bakery. Ballesteros said he has been writing since he was young. "Although I haven't always taken it that serious," he said. That is changing this year.

After nearly 15 years of work, Ballesteros is finalizing his first novel, titled "Spiritwood Revelations." The forthcoming novel started off as a short story he posted on the early social networking site MySpace. "That's how long it's been," Ballesteros said with a smile. "I seemed to get a good response from my friends ... and thought I'd just keep adding to it. Before I knew it, I had the makings of a book."

Ballesteros said, over the years, he took time off from writing the book to focus on his work and family. He is the father of two boys, ages 16 and 9.

"Spiritwood Revelations" focuses on a young man who discovers his superpowers and, in Ballesteros' own words, is "dealing with supernatural forces that attempt to tear his family apart and attack the world as well. A lot of it is just trying to come up with an idea and put your own spin on it, and not come off as derivative," Ballesteros said. Ballesteros said he plans to finish the book this year and will then begin looking into publishing options.

His supervisors and co-workers said he is putting the same attention to detail into his book that he puts into his work at Baker Boy. "He always strives for perfection and wanting to do a good job," Kadrmas said. "It's all a part of who he is." Kadrmas has known Ballesteros both inside and outside of work for several years. While Kadrmas knew his friend and co-worker was a good writer and enjoyed the hobby, it was only in the past year that he learned that Ballesteros had



Daniel Ballesteros Jr. poses in front of the donut line, where he works at Baker Boy. Ballesteros, a longtime Baker Boy employee and Dickinson High School graduate, is putting the finishing touches on first novel titled "Spiritwood Revelations."

been working on writing the novel. "He loves to write," Kadrmas said. "He's always jotting stuff down."

Ballesteros was born in Panama but grew up in Dickinson and graduated from Dickinson High School. After a short stint attending college in Bismarck, he came to work at Baker Boy. Life at Baker Boy has been a family affair for the Ballesteros family. Not only did his mom and brother work for Baker Boy in the past, but Daniel and his wife, Sara, both currently work at Baker Boy in the bakery.

Despite both growing up in Dickinson and only being one year apart in age, they didn't meet until coming to work at Baker Boy. "We started off as friends and just hit it off," he said. Sara said her husband "has a way with words," and enjoys many of the short stories he has written. She is in total support of his novel and makes sure to allow him enough free time to finish working on it. "We try to give him quiet time so he can sit and work on it by himself," she said with a laugh.

As Ballesteros juggles fatherhood, finishing his novel and other endeavors, he recently cut back to part-time hours at Baker Boy. "A lot of it is about just utilizing your time as best as possible, even capitalizing on your hobbies, which is kind of what I'm trying to do," Ballesteros said. "I have this passion for something, and my hope is for it to turn into something bigger." ■

## MISS BEA'S KITCHEN

# Saturday finds

By Laura Beth Walters



On any given Saturday morning you'll most likely find my husband and I at one (or all) of the thrift stores around town. We love getting out of the house, grabbing coffee or maybe breakfast at a

Maybe that's why we didn't get married till we were both in our 30's? Anyway! Back to my story. At Decades, we wandered around pointing out all the dusty knick knacks and pieces that brought back memories. That's really one of our favorite things to do at an antique store - share the memories that different pieces conjure for us.

We stopped briefly and examined a class photo from a veterinary school somewhere in Minnesota, admired an incredible giant wall hanging... lamented the fact that I have nowhere in my home to display said wall hanging... all before coming to the old books in the corner. Now, we have to be careful around old books. Both my husband and I are collectors, and the bookshelves at antique stores can be very dangerous for us! We were good though and only

came home with two! Haha! Technically, only one book I guess. He bought me a gorgeous stationery set from the 1930's that looks like it was never even used! EEK! I used to write so many letters by hand and always felt so cool when I would get the sets that came in little cardboard folders with the paper on one side and the envelopes in a little pocket. This set is everything my grown-up-little-girl heart loves!

In addition to the stationery set, we found a cookbook published by KFYR Radio in Bismarck. I'm not sure when it was published, but the name on the inside is Evelyn Herold (if you know her or her family please thank them for me). The cookbook is entitled "The Way to a Man's Heart" and my hubby decided it just had to come home with me.

Now, to be honest, as I flip through

### APPLE AND RICE FILLED PEPPERS

1/2 cup rice  
5 apples, peeled, sliced  
2 tablespoons onions, chopped  
1/3 cup butter  
3 medium large green peppers  
1 can tomato paste (small)  
1 pint water  
4 tablespoons sugar

Cook rice in 1 quart water, drain, add 1/2 teaspoon salt to rice. Brown apples and onions for 20 min., add sugar. Core peppers. Blend rice, apples and onions, fill peppers. Put in casserole. Pour over paste mixed with water. Bake at 375° - 45 minutes.

Mrs. Anna Schumacher  
Gladstone, N. Dak.

this cookbook I'm a little bit scared by some of these recipes but also intrigued by so many more! I'm determined to cook my way through (most of) this cookbook, and I'm so excited to share my progress and my thoughts! Be sure to follow me on Facebook to see my progress.

I'm going to share some pictures of recipes that have caught my eye. If you know the lady or the family of the original homecook credited with the recipe please send them this article and let them know their kitchen legacy lives on! Also, if you've got some old family recipes passed down to you from your mother or grandmother, please send them my way; I would so love to share in those memories with you!

I'll see you around the kitchen (or maybe the antique store), Miss Bea  
Laura Walters is a stay-at-home wife

### STEAMED BROWN BREAD

3 cups graham flour  
1 teaspoon salt  
1 scant half-cup sugar filled up with molasses  
1 1/2 cups buttermilk  
1 cup raisins  
2 teaspoons soda, dissolved in water

Steam two hours in ungreased cans.  
Mrs. Robert Ritterbush  
Bismarck, N. Dak.

diner, and searching the shelves for that item we simply cannot live without.

This past Saturday we decided to drop into Decades since we hadn't been there in a while. We both love the "vintage vibe" and one-of-a-kind antiques. Hmmm.



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## NOTES FROM THE BADLANDS In Cowboy Land

By Joe Wiegand

When Theodore Roosevelt writes about the Badlands, we expect stories of chasing boat thieves and hunting big game. As readers we delight in his descriptions of the wildlife and the strange lands, and in his observations of the routine responsibilities, monotony, and unexpected thrills of the round up.

In his 1913 Autobiography, in a chapter titled In Cowboy Land, TR gives a glimpse into domestic life, Roosevelt-style, along the Little Missouri.

"I do not believe there ever was any life more attractive to a vigorous young fellow than life on the cattle ranch in those days. It was a fine, healthy life, too; it taught a man self-reliance, hardihood, and the value of quick decision – in short, the virtues that ought to come from life in the open country. I enjoyed the life to the full. After the first year, I built on the Elkhorn Ranch a long, low ranch house of hewn logs, with a veranda, and with, in addition to the other rooms, a bedroom for myself, and a sitting room with a big

fire-place. I got out a rocking-chair – I am very fond of rocking chairs – and enough books to fill two or three shelves, and a rubber bath-tub so that I could get a bath. And then I do not see how anyone could have lived more comfortably. We had buffalo robes and bearskins of our own killing. We always kept the house clean – using the word in a rather large sense. There were at least two or three rooms that were always warm, even in the bitterest weather; and we had plenty to eat. Commonly, the mainstay of every meal was game of our own killing, usually antelope or deer, sometimes grouse or ducks, and occasionally, in the earlier days, buffalo or elk. We also had flour and bacon, sugar, salt, and canned tomatoes. And later, when some of the men married and brought out their wives, we had all kinds of good things, such as jams and jellies made from the wild plums and the buffalo berries, and potatoes from the forlorn little garden patch."

TR is writing of Mary Sewall and Elizabeth Dow, wives of Bill Sewall and Wilmot Dow, woodsmen from Maine,

friends of TR's since his first trip to the Northwoods in 1878. Sewall and Dow left their homes and families to come to the Badlands in the summer of 1884 to chop down the logs, build the Elkhorn Ranch and run it. In the summer of 1885, Wilmot Dow went briefly home to Maine, returning with his new bride, Elizabeth. Along with the newlywed Dows came Mary Sewall and the Sewall's 16 month old daughter Lucretia, called "Kitty" by all. In August of the following year, at the Elkhorn Ranch, one week after Mary Sewall gave birth to baby Fred, Elizabeth Dow gave birth to Wilmot, named for his father. These two boys would be known as the Badlands babies, and Sewall built a cradle to hold them both. To his sister Anna, TR wrote, "The population of my ranch is expanding at an alarming rate." Reports are unanimous that the two families and TR got along just fine at the Elkhorn, but TR soon went to the Maltese Cross to spend some time with Bill Merrifield in planning a hunt in the Rockies.

TR concludes his review of food and drink at the Elkhorn with this remembrance:

"Moreover, we had milk. Most ranchmen



Joe Wiegand

at that time never had milk. I knew more than one ranch with ten thousand head of cattle where there was not a cow that could be milked. We made up our minds that we would be more enterprising. Accordingly, we started to domesticate some of the cows. Our first effort was not successful, chiefly because we did not devote the needed time and patience to the matter. And we found that to race a cow two miles at full speed on horseback, then rope her, while exhilarating as a pastime, was not productive of results. Gradually we accumulated tame cows, and, after we had thinned out the bobcats and coyotes, more chickens."

*Theodore Roosevelt: An Autobiography – In Cowboy Land - 1913* ■



## 2020 SDC ANNUAL MEETING AWARDS

### CONGRATULATIONS TO OUR 2020 RECIPIENTS!



Project of the Year



Community Development Project of the Year

WHERE BUSINESS GOES TO GROW

## CONVENTION AND VISITORS BUREAU Introducing the Coffee Cruise

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All your favorite shoppes.  
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Spanning the distance between Mandan and Medora, North Dakota, the newly developed Coffee Cruise features unique coffee shoppes along the Old Red Old Ten Scenic Byway. The Dickinson Convention and Visitors Bureau has compiled a list of those favorite shoppes frequented by locals on the western edge of our beautiful state.

This route includes the communities of Mandan, Hebron, Richardton, Dickinson, Belfield, and Medora. There are nearly 30 local shoppes included. You can interact with The Coffee Cruise on Facebook or online at VisitDickinson.com/CoffeeCruise. On the website, find detailed information including printable itineraries and checklists, listings of area attractions, and

an interactive map to help you plan your route.

Only have time for a short trip? No problem! You can explore the coffee shoppes one community at a time or make a day of it by driving the 130-mile route! There are many historic locations and points of interest along the scenic byway. Pick your favorite shoppe and their best drink and post a photo on social media using the hashtag #NDCoffeeCruise!

We look forward to promoting the latest and greatest coffee establishments in our local communities, and we hope you will join us! You can drink and drive – well, coffee that is!

Grab a cup and cruise! ■

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**PIPER'S PALS**

**Gus the Wonder Cat**

Your goal: Guess what Gus is thinking by matching the captions below to the photos. Answers will be in our April issue! ■

- A: Just "lion" around.
- B: Grumpy Cat had nothing on me!
- C: Did I hear you say "groomer"?
- D: He knows he loves me.
- E: Yeah, she's cute, but what am I?
- F: After catnip!

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

Email [kelley@thejileks.com](mailto:kelley@thejileks.com)

Last month's answers:

- A: #3 Grace Louise
- B: #4 Luna
- C: #2 Solomon
- D: #1 Gordon
- E: #6 Tatiana
- F: #5 Oliver Toliver



#1



#2



#3



#4



#5



#6

March 12-13, 2021  
Medora, North Dakota

Friday Night Comedy Show  
by Tall, Dark & Comedy

Saturday Festival Music  
by Connie Gjermundson

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Mixology. More information & tickets online at  
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**Friday 3/12**

- Welcome Reception
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- Comedy Show
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- Special Lodging Rate Available

**Saturday 3/13**

- Morning Mixology at Medora Uncork'd
- Wine Tasting Festival
- Cheese Sampling
- Live Music



## WHERE BUSINESS GOES TO GROW SDC hosts annual meeting

Stark Development recently held our annual membership meeting at one of our members, Phat Fish Brewing. Keynotes were presented by Senator Rich Wardner and Dickinson Mayor Scott Decker. Updates and our annual report were presented from Stark Development to our membership and guests.

2020 at first, doesn't seem to invoke the image of progress but in this past year's unique set of challenges, Stark Development Corporation, was able to seek opportunities to engage our local business community.

Within days of our last annual meeting one year ago, COVID-19 triggered a global economic shutdown on top

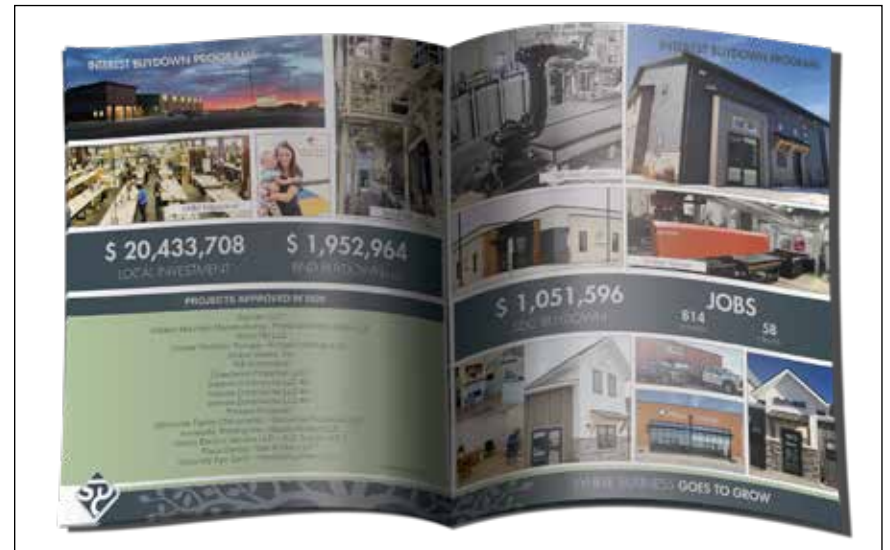
of an unprecedented collapse of oil markets. The development trajectories we had outlined were immediately severed and required our organization to assemble a new strategy for 2020.



We have worked hard over the last several years to become as nimble of an organization

as necessary to meet the needs of the communities we serve. 2020 stress tested this ability and we took the opportunity to strengthen our relationships with local businesses and industry.

One year ago our priorities were workforce recruitment, community building, childcare and mental health. Much of that focus was diverted to



resilience and community support.

With the help of the PACE programs through the Bank of North Dakota we saw businesses emerge, expand and relocate to the area. Eleven of the sixteen PACE loans we completed in 2020 involved new SDC members and new investments in our communities.

2020 also marked a strong continuation of the Community Enhancement program. SDC paid out over \$220,000 in grants to area businesses with the goal of making Stark County an attractive and inviting place to live, work and play.

Stark Strong Buy Local & Win Campaign was a new program for us this year to promote our local businesses and the importance of keeping your money local for the good and services available. During two separate campaigns we awarded over 28,000 reasons to shop in Stark County.

The outlook for 2021 is very exciting. SDC has been a partner in the development of a regional career and technical educational center. The SW Career and Technical Education Academy

will engage the youth of the region with education partners to directly support the workforce needs of our region.

SDC is also pleased to announce a new incentive program for businesses or property owners needing to bring properties into compliance with local building codes. As a result of our recent contract discussions with the City of Dickinson, this new program will provide a competitive grant for building rehabilitation. A joint committee between SDC and the city will review and score applications.

2020 created many new challenges and we sincerely thank the communities we serve, the City of Dickinson, the Stark County JDA and our members for their support of Stark Development Corporation and the work we do. It is our pleasure to work with and alongside all of you in developing opportunities, ideas and innovations throughout Stark County, Dickinson and the region.

A copy of our annual report can be found on our homepage at [www.starkdev.com](http://www.starkdev.com). ■

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

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**2020 Progress Report**  
Annual Meeting Edition

WHERE BUSINESS GOES TO GROW

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# THEN... and Now: The Two Messersmith Corners

By Jessica Stratton



Left: The original woodframe Messersmith building on the corner of Sims and 1st Street. Right: The new brick Vranna Block building with the diagonal cut in on the corner. Images from SWNDDA.

The lot that was often referred to as 'the Messersmith corner' was the first lot sold in town and was purchased by Emil F. Messersmith in September 1882 for \$188. It was lot 18 in Block 3 of the original city plat at the corner of Villard and what would become 1st Avenue West, now 46 West Villard. Messersmith had a small one-story wooden business house built there and on September 15, 1883 it was announced that Mr. George Edgar was to open up the City Meat Market in the building. The last mention of Edgar's City Meat Market was on December 29, 1883.

The next mention of this building isn't until April of 1887 when Messersmith had a stone foundation placed under it and he also painted and improved the inside over the following weeks. In late July 1887, it was announced that the Dickinson Drug Company would be moving into the Messersmith corner building after the stock room had been extended 20 feet and a large cellar completed. By mid-August 1887, the Dickinson Drug Company had moved their business in. The owners of the Dickinson Drug Company changed several times throughout the next few

years and on March 1st 1889 it was announced that the latest partnership of owners John J. Freeman and Dr. V.H. Stickney was to be dissolved. J.J. Freeman took over the business and ran it under his own name. J.J. Freeman's business remained in the Messersmith building until October of 1891 when he moved a few doors east to a larger building that could better accommodate his growing business. After Freeman vacated, J.B. Thompson moved his fruit and confectionery store into the corner building. In November 1895, Drenkel & Davis bought Thompson's stock and occupied the building. In February 1897, Milton H. Linsley bought the store from Drenkel & Davis. Linsley's corner store sold a variety of items including candies, ice cream, milk shakes, fruit, cigars and tobacco.

Linsley also rented out a portion of his store to a watchmaker and jeweler, W.C. Candee, starting in March 1898. In July 1901, Arnold E. Voegeli took over Candee's business and ran it until August 1905. Succeeding Voegeli in running the jewelry portion of the business was W. J. Iliffe who took over in September 1905. Iliffe sold out in

October 1906 to Henry Roberts who remained in business there until the building was torn down.

In August 1901, Messersmith finished putting in 175 feet of cement sidewalk around the property. Prior to this time wooden or stone sidewalks were used or none at all. In February 1904, the Press notes the cost of the Messersmith corner, one of the best lots in town, "Two of Jim Hill's sons—on delayed trains—were in Dickinson this week. They looked at the Messersmith corner and thought it was worth \$300 and were greatly surprised when told that it would take \$8,000 to buy that property." In December 1905 a fire occurred in the Busse building next door. The Messersmith corner building was damaged and Linsley & Iliffe suffered small losses of stock.

In April 1906, Alfred W. Freeman purchased Linsley's business and ran the store under his last name in the same building occupied by his father J.J. Freeman 15 years earlier. In July 1906, Messersmith sold the lot for \$8,000 to Dakota National Bank who were supposed to have built a new bank in the following years. In October

1907, A.W. Freeman sold his fruit and confectionery business to F.M. Smith and W.H. Kimbley. A few months later at the end of January 1908, a fire and explosion occurred and burned down most of the original building. The building was later repaired and rebuilt enough to continue renting it out. In March 1908, the Bank ended up deeding the lot for \$8,000 to A.H. Arnett. In October 1909, George Berzel took over the Smith and Kimbley confectionery to display his bakery products as well as a line of homemade candies. In December 1909, the lot was sold to J.V. Jessen for \$9,000 who planned to use the lot to build an addition onto his brick building in the lot next door. Jessen's new two-story brick building was finally completed on the corner lot in July 1911 and is the same building which stands there today.

The other lot which Emil Messersmith had ties to and ran a business on for some years was Block 3 lot 1, on the southwest corner of Sims and what would become 1st Street, where the Esquire is today. The two-story wood frame building was erected in 1883 by Henry Rau. The original building only

*Continued, page 25*



DICKINSON STATE UNIVERSITY

# Blue Hawk Bulletin



March 2021

## DSU'S DEPARTMENT OF NURSING NAMES 2021 STUDENT NURSE OF THE YEAR AND NURSE EDUCATOR OF THE YEAR

Dickinson State University's (DSU) Nursing Students' Association (NSA) recently named Heather (Hintz) Fahy the 2021 Student Nurse of the Year (SNOY). The NSA also recognized Jacinta Skretteberg, assistant professor of nursing at DSU, as the 2021 Nurse Educator of the Year (NEDY).

These awards were developed by the greater Nursing Students' Association of North Dakota (NSAND), a pre-professional student-run organization comprised of nursing students from institutions across the state, to recognize outstanding nursing students and educators.

Each year, nursing faculty members nominate three junior or senior students for the SNOY award, and a panel of judges interview and select the best candidate. For the NEDY award, DSU NSA members collectively nominate three faculty members. Those nominees are then voted for by the members of the NSA individually. This year's SNOY nominees included Fahy and her classmates Cassidy Peterson and Brianna Walsh. In addition to Skretteberg, the nominees for the 2021 NEDY award included Teresa Bren, assistant professor of nursing, as well as Dr. Cheryl Lantz, associate professor of nursing.

"Being recognized for my dedication to the nursing profession and leadership involvement at DSU is a great honor," said Fahy. "I am thankful for the opportunity to serve my community and lead future nurses as DSU's SNOY."



Fahy is currently in her third year in the nursing program and plans to graduate in May 2022. In addition to her participation in NSA, Fahy is also a Theodore Roosevelt Honors Leadership Program scholar, where she has served on the Executive Committee since she was a freshman and has helped to organize volunteer efforts benefiting organizations like House of Manna and the Dickinson Backpack Program. She has also tutored fellow nursing students since she was a sophomore.

Fahy works as a licensed practical nurse (LPN) for COVID-19 testing on campus and appreciates being a part of the effort in keeping her campus community safe. She also works for Easter Seals Goodwill as a direct support professional, assisting individuals with disabilities inside their homes.

Fahy chose to attend Dickinson State because her parents, Myron '89 and Kristine (Kadmas) '90 Hintz, studied in the Department of Mathematics and Computer Science and the School of Business and Entrepreneurship, respectively. Her younger brother, Sheldon, has non-verbal autism, and this, along with her time as a certified nursing assistant (CNA) working for both St. Benedict's Health Center and Edgewood Hawks Point, inspired her to become a nurse. Fahy was recently married in the Black Hills of South Dakota. She and her husband, Ryan, live in Dickinson with their lovable golden retriever, Bailey.

*continued on next page*

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**2021 SNOY AND NEDY** *continued from previous page*

Skretteberg is a native of Dickinson and an alumna of DSU, having earned her bachelor's degree in nursing in 1995. During her undergraduate years, she worked as a CNA, LPN, and registered nurse (RN) at St. Benedict's. After graduation, Skretteberg worked in the telemetry unit for CHI St. Alexius Health hospital in Bismarck for six years. She returned to Dickinson, and, after some time in various units at St. Joseph's Hospital, she accepted a position at St. Luke's Home. There, she participated in staff development, teaching critical skills to CNAs, and learned she had a love for instruction. Skretteberg began working toward her master's degree through the University of Mary and accepted an adjunct teaching position at DSU. A faculty position soon opened, and the rest is history.

Skretteberg is currently working to obtain her Doctorate of Nursing Practice with a focus on leadership through the University of Mary. She teaches sophomore students, concentrating on building their knowledge of the body systems they study in their first year in the nursing program. She spends additional time assisting students as they prepare to sit for their LPN boards after their sophomore year. Skretteberg has three daughters: Elizabeth (23), who lives in Minot and works as a tattoo artist; Ava (20), a waitress at the BrickHouse Grille in Dickinson; and Ella (16), who attends Trinity High School.

"I was very honored and humbled," said Skretteberg. "It means a lot to me, because all of us put a lot of work into our teaching, and it's nice to be recognized. It's our team effort that really makes us successful, and I think we're all NEDYs."

During the first-ever virtual NSAND conference held Jan. 22 – 23, 2021, Fahy and Skretteberg represented DSU's NSA chapter as they competed against SNOY and NEDY winners from other institutional chapters in the state. A board of judges reviewed each nominee's autobiography and letters of recommendation and presented the awards. Although the state SNOY and NEDY titles were not awarded to members of the DSU community, one member of DSU's NSA chapter was nominated for and was granted a position on the NSAND board: Jacqueline (Jackie) Murray.

Murray, a senior working toward her bachelor's degree in nursing at DSU, earned the position of graduate consultant for the NSAND. She was nominated for the position by fellow DSU NSA members during the statewide conference. Over the coming year, Murray will attend the board's meetings and assist, consult, and relay information to the DSU NSA chapter. She will also help the NSAND cabinet plan and facilitate the 2021-2022 State Convention. Murray recently interviewed and accepted a "new graduate" RN position for Sanford Health in Bismarck and will begin working this summer, pending her graduation from DSU in May and passing of the National Council Licensure Examination (NCLEX)!

Dickinson State congratulates Fahy and Skretteberg on their recognitions and wishes Murray good luck in her position on the NSAND board! ■

**MR. 9000: DSU'S STREETER EXEMPLIFIES TRUE GRIT - ON AND OFF THE MAT**

*Written by: Rachel Goslinga, DSU Athletic Communication Specialist*

"We all have our moments of adversity...and this is his moment," stated Dickinson State University (DSU) Head Wrestling Coach Justin Schlecht.

In what one believes to be a memorable time in your college career, to finish your first semester of study and get back home to your loved ones for Christmas break, life changed in a moment for DSU freshman wrestler Michael Streeter.



On December 17, Michael was involved in a horrific single-vehicle crash on his way home for Christmas break, where he sustained a traumatic brain injury (TBI). But, like any Blue Hawk, Michael is determined to fight his way back with his grit, hard work and determination. He is focused on what lies ahead and has the support system to help him do it.



"When we first started this journey, we knew he was going to have good days and bad days," said Nicole Streeter, Michael's mother. "But Michael has done nothing but crush every single obstacle that has come his way and it is so awesome to watch. He is coming far along and through it all, he is still the same sweet, happy Michael – and for a mother that is just the best thing."

Michael began his recovery at Craig Hospital in Denver, Colorado, January 7, at a world-renowned rehabilitation hospital that specializes in spinal cord and brain injuries.

"They are so helpful," stated Michael.

Nicole added, "The staff is completely amazing. I don't know how they do it. They make you feel like you're the only person here. They tailor everything to our needs. It's just so awesome how excited they are to see us every day – I can go on and on but they just give the most amazing care."

The staff at Craig Hospital recognize the competitiveness that lives within Michael. Every week they set goals for Michael to reach and, to no one's surprise, he surpasses them all.

"All of his therapists are astounded by how quickly he is improving," mentioned Nicole.

Not only is Mr. 9000 a hard worker on the wrestling mat, a nickname given to him by his high school wrestling coach stemming from his efforts to eat 9000 calories a day to keep up with his wrestling physique, he is showing his resiliency during his rehabilitation process, too.

"We have quite a bit of rehab every day," stated Michael. "Sometimes we take a walk or bike, or sometimes we just sit around and play games."



When asked what his favorite rehab exercise is, Michael replied, "Walking! Gotta stretch those legs!"

Along with his incredible progress so far, the Streeters appreciate the aspects of community and togetherness during these times. Between fundraisers, donations, and benefits, they are thankful for the support for their family and Michael's journey.

"The wrestling community around us is so overwhelming, in a good way," choked back Nicole. "It's actually a wrestling family. I have

talked to so many people, even ones I have never met before, and every one is so caring and willing to help with things that we didn't even know we need help with. It's been very humbling to say the least."

Furthermore, the DSU wrestling team has kept in contact with Michael often, between FaceTime calls during and after practice and holding benefits and fundraisers on Michael's behalf.

"Coach Schlecht and the team like to FaceTime with Michael – he feels included and thought of," mentioned Nicole.

And Mr. 9000 is extremely missed every day in practice.

"He has a lot of heart," said teammate Tayt Wolding. "He's a hard worker and is always positive. He just makes improvements every day and he's always in my prayers."

"He is a good kid," added teammate Rusty Dan. "As a team we are here together for him and his family and we're here waiting and ready to have him back."

Michael is a true example of what a Blue Hawk exemplifies. When asked, many of his teammates refer to him in three words: hard-working, positive and determined.



"He is always looking out for others," stated teammate Caleb Nielsen. "He is pretty enthusiastic in everything he does."

Michael also fit the profile of what Coach Schlecht wanted for his DSU wrestling program.

"He's a classic, traditional, Blue Hawk guy," said Schlecht. "He's a hard nose, grinding kid that fits our program. We can rely on him all day, every day, and it shows to his teammates as well, both on and off the mat. He will give 110 percent in all aspects in everything he does."

Even though Michael is not yet finished with his therapy, he knows what it takes to be a Blue Hawk and to fight through adversity – no matter what comes his way.

"Confidence and toughness," explained Michael. "You have to be confident enough to be a good teammate and a good role model."

When asked what Michael would like to share to his family, coaches, teammates, and the wrestling community who are rooting for him, the answer was simple.

With true Blue Hawk grit and determination in his voice he answered, "I'm not done just yet!" ■

## DSU NURSING FACULTY, BERGER '08, NAMED 2021 BEST COLLEGE PROFESSOR IN DICKINSON PRESS CONTEST



Erin Berger, assistant professor of nursing at Dickinson State University (DSU), has been named the Best College Professor for 2021 in The Dickinson Press' annual Best of the Western Edge contest.

For The Dickinson Press' annual readers' choice contest, residents of Southwestern North Dakota nominate individuals and businesses in a number of categories as

"best of" in their area of expertise. Once nominations close, community members then have the chance to vote for their favorite in each category. This year, Berger was nominated and received the most votes in the category of Best College Professor.

Berger is a native of Dickinson and graduated from DSU with a bachelor's degree in nursing in 2008. Some of her colleagues in the Department of Nursing taught her while she was a student! Berger then went on to obtain a Master of Science in Nursing with a nursing education focus from the University of North Dakota in 2019. She has experience in long-term care, clinic nursing, public health nursing and

nursing management. Berger began teaching at DSU as an adjunct in August 2017 and transitioned to a full-time role just a few months later. Currently, she teaches various intermediate and advanced nursing courses at DSU. Last year, she was recognized as DSU's Nurse Educator of the Year.

Berger has two daughters, Emberly (8) and Adely (6), and is married to Tyler, a firefighter for the City of Dickinson. A loving golden doodle named Macy completes their family.

"I'm humbled to be nominated and I appreciate everyone for voting for me. I truly do put many hours of thought and preparation into my teaching," said Berger. "If it weren't for my husband, parents, and other family members being supportive and allowing me the time to do my work, I would not be as successful as I am today."

"Erin is a strong professional role model and is an excellent teacher. I believe that she inspires her students to become the best nurses that they can be," said Dr. Mary Anne Marsh, chair of the Department of Nursing at DSU. "I also appreciate Erin's involvement at DSU. She is actively involved in committees in the Department of Nursing and across campus and is respected by her colleagues inside and outside of the department for what she has to offer."

Dickinson State congratulates Berger on receiving this well-deserved recognition from her community! ■

## SPRING 2021 FULL-TIME ENROLLMENT UP 5% AT DICKINSON STATE UNIVERSITY



Tuesday, Feb. 9, marked the fourth week official census for the Dickinson State University (DSU) campus community. The enrollment census report, released four weeks after the first day of the new semester, provides an overview of enrollment at Dickinson State University for the spring 2021 semester.

The number of full-time enrolled students increased 5% at 866 up from last spring's total of 827. The full-time equivalency (FTE) of credit hours taken increased 3%, from 1,008.32 to 1,039.29.

The University reported a total headcount enrollment of 1,308 students registered, representing a 6% growth in overall headcount. Not only did DSU see an increase in overall total headcount this spring, the number of new, returning, and early entry/dual credit students has also increased.

"The admissions team worked very hard this year to help with growing enrollment," said Megan Robinson, assistant director of admissions at DSU. "But the real credit goes to the new and returning students who know the value of a DSU education and prioritized it during a challenging time in the world."

Highlights from spring 2021 enrollment data:

- With the University now offering three master's programs as part of its Dual Mission designation, graduate program enrollment nearly doubled this spring.
- Early entry and dual credit high school student enrollment increased 18% from 142 to 167 students. Of these, several students are taking courses from DSU faculty on the DSU campus as part of the new early entry program launched this academic year in partnership with Dickinson Public Schools and others in our area.

"As a University, we have been very strategic. Thanks to our Dual Mission status within the North Dakota University System, graduate student enrollment is at a record high," said Dr. Debora Dragseth, provost and vice president for academic affairs at DSU. "We are also focused on credentialing or 'upskilling' learners who are looking at enhancing their career paths. Our traditional degrees remain, of course, the bulk of our student enrollment. We are proud of our staff and faculty who have gone above and beyond to support students throughout the past year. Clearly, their efforts are reflected in the continued success of Dickinson State University." ■

## FROM THE HEART: TRHLP SCHOLARS WRITE PERSONAL LETTERS TO AREA RESIDENTS

In a year unlike any other, the scholars of the Theodore Roosevelt Honors Leadership Program (TRHLP) at Dickinson State University (DSU) worked harder than ever to continue to make an impact on the lives in their community. TR scholars were not able to host community events, like their escape room and in-person auction at the Homecoming tailgate, as normal. So, when the program was in need of fresh ideas during the fall 2020 semester, Logan Wagoner, a composite social science education major and one of three student assistant directors for the TRHLP, came up with something brilliant.

Wagoner suggested the scholars write letters of encouragement to the residents of St. Luke's Home and Evergreen, two assisted living/nursing homes in Dickinson. The letters would help to bring a little joy into the lives of their residents, many of whom the scholars knew had a troubling year. Many assisted living facilities have had to restrict their residents' movements as well as their number of visitors during the COVID-19 pandemic.

The semester was challenging from the start for TR scholars. With some students in isolation and some choosing to study remotely, the TRHLP leadership team innovated to meet the needs of their students. The monthly all-class meetings, which usually take place in Beck Auditorium in Klinefelter Hall on the DSU campus, were made available online so every student could continue to participate. During one all-class meeting mid-semester, the leadership team brought Wagoner's idea forward and received an incredibly positive response. From there, many scholars jumped on board and the project quickly took shape.

Most of the letters were handwritten. For those scholars who weren't able to drop handwritten letters off at the program's headquarters on the third floor of May Hall, they submitted digital letters so they could still participate. The scholars crafted 10 letters each, which were then sealed and dropped off with individuals living in Dickinson. In total, about 150 letters were written and shared. It was finals week at the University when the letters arrived at the homes – just in time for the holidays!

A few scholars had the opportunity to see firsthand the impact their letters had on Dickinson residents. "We have a few scholars that actually work at those homes, and we got word back from them that, if a resident needed help reading their letter, they would help them," said Alexa Delbridge, a practical nursing major and student assistant director for the TRHLP. "They got back to us in emails and said that [the residents] really appreciated this. They didn't expect these whatsoever."

The scholars had written return addresses on the envelopes in the



L to R: Alexa Delbridge, Matt Meschke, and Haylie Oberlander

hope they might receive a few letters back, but they couldn't have expected the number of responses they got. Matt Meschke, an exercise science major and program scholar, took the initiative to write double the amount of letters requested of him and ended up receiving two personal letters back.

"It was just so cool and heartwarming to know that as much as we care about them, they care about us," said Haylie Oberlander, an elementary education major and student assistant director for the program.

Despite the challenges they were facing personally, the scholars remained committed to their mission out of compassion for those experiencing greater hardship. "For a group of college students to want to do something like that honestly is really heartwarming and humbling," said Delbridge. "It makes me proud to be a part of a program whose students care about those that can't see their loved ones." ■

## DSU ALUMNUS RECEIVES 2021 ND GOVERNOR'S AWARD FOR THE ARTS



Dickinson State University (DSU) alumnus Rex Cook '50 recently won the North Dakota Governor's Award for the Arts, a program presented by the Governor's Office and the North Dakota Council on the Arts (NDCA) to recognize organizations and individuals who have made significant contributions to the arts in the state. Cook was presented the award during a virtual ceremony Wednesday, Feb. 3, 2021.

The NDCA collects and reviews nominations for the awards in various categories, and the final candidates are presented to the Governor for consideration. Governor Doug Burgum selected the recipients of the 2021 Governor's Awards for the Arts, and Cook received the recognition for Individual Cultural Heritage. Winners of a Governor's Award for the Arts make an impact in North Dakota by expanding arts opportunities to new audiences, improving the quality of arts experiences, creating an appreciation for North Dakota's cultural heritage, and making the arts more central to education.

Cook is a native of North Dakota, born on his parents' homestead near Sentinel Butte in 1928. His love of horsemanship began at the early age of 12, when he broke his first horse. Cook learned leatherwork by making bridles and belts and eventually began crafting saddles through study under experienced saddle-makers. His trade helped to pay his way through schooling at Dickinson Teacher's College. Cook graduated with a bachelor's degree in secondary education in English in 1950.

He has since served his home state in a number of ways, including teaching for Dickinson Public Schools and Dickinson State University. Cook taught as an adjunct instructor for the Department of Agriculture and Technical Studies from 1993 to 2003. All the while, he maintained his interest in horsemanship and rodeos by riding, training and

selling horses, as well as teaching horsemanship classes.

Cook was inducted into the North Dakota Cowboy Hall of Fame in 2010 for his impact on North Dakota's cultural environment. He has served on the NDCA's board and has been a Master in the Folk and Traditional Arts Apprenticeship Program through NDCA since 1992 in order to pass on the art of saddle-making to the next generation of craftsmen. ■

## FROM BOOTS TO BASKETBALL SHOES: LABREE SISTERS LIVE OUT DREAM AT DSU

*Written by: Rachel Goslinga, DSU Athletic Communication Specialist*

It didn't take long after Hannah LaBree and Heather LaBree first picked up a ball to realize their passion and to share a common dream: playing basketball at the next level – especially with each other.



*Hannah LaBree (left) and Heather LaBree (right)*

Like many athletes do, the LaBree twins, freshman sisters on the Dickinson State University (DSU) women's basketball team, fell in love with the game at a young age. Their interest in the game first started in second grade, when they began attending local basketball camps and playing mini-games during halftime of their local high school's varsity games.

"That was when it really started for us, our love for the game," stated Heather.

During fifth grade, their participation in the sport became more competitively focused, increasing year by year, only bolstering their passion and commitment. As they grew as players, their dreams grew, too. Both Hannah and Heather had their sights on playing basketball at the collegiate level, together. However, during their senior year of high school they started to think that might not be an option – Hannah leaning one way, and Heather leaning another.

"During our senior year of high school, we were both thinking we might play at different schools," Heather said.

But one trip to the National Association of Intercollegiate Athletics (NAIA) women's basketball national tournament with their previous coach changed it all. It was then they realized they would do whatever it took to continue playing basketball together.

"Our old coach said if you wanted this then you need to get to work and do it right," laughed Heather. "It was a dream for both of us to play college basketball together a long time ago and we stuck with it."

Growing up on a farm in a small town of 500 people in Ekalaka, Montana, the sisters traded in their boots for basketball shoes and started a new journey four hours away from home to live out that dream together.

*continued on next page*

## LABREE SISTERS *continued from previous page*



Hannah LaBree

The sisters worked hard during the offseason and ultimately committed to DSU to pursue their dreams, athletically and academically.

“We were both really interested in the basketball program and continuing to play basketball at the next level,” stated Hannah.

“One of the main things that drew us to DSU is the town is still small enough to have that community feel that feels like home, but it’s bigger than where we came from,” added Heather.

Head Women’s Basketball Coach, Eric Nelson, who took the post in July 2019, knows the impact of what recruiting local talent has on his program and he wanted to keep building on that with his second recruiting class.

“We wanted to recruit girls who were going to come in and work hard, take coaching and have a great attitude,” explained Nelson. “After talking with both of them a few times, it was evident they were exactly what we were looking for in freshman recruits.”

Nelson continued to praise the sisters for their work ethic, a staple any coach would want out of their players, especially freshmen.

“Hannah and Heather are two of the most hard-working girls I have ever been around,” said Nelson. “They are in the gym almost every morning, working on their game and getting better. Their passion for the game of basketball and work ethic are unmatched.”

As with most sisters, or siblings in general, there can be a sense of rivalry. Who is better; who is the favorite? But at the end of the day, there is always a sense of comfort and belonging within their relationship.

“We can never play one-on-one. Never,” laughed Hannah. “We get too irritated and mad when we play against each other.”

Outside of their competitiveness with one another on the court, the LaBree sisters understand the importance of family, hard work, and being there for each other, especially during their first year away from home.

“The best part of having her here is the sense of home,” stated Heather. “You always know someone is there for you, someone you can relate to.”

As Hannah and Heather enter their second semester at DSU, they are feeling right at home and comfortable, to say the least: comfortable enough to pull a prank or two on their head coach.

“We love having Hannah and Heather on the team and the sky is the limit for them,” stated Nelson. “They are also twins, so it has taken me a while to figure out which one is which. They love to mess with me during practice by wearing each other’s shoes and waiting to see if I can tell the difference.”

“I think I have them figured out now, though!” ■



Heather LaBree

## THE INSIDE SCOOP: STUDY TIPS TO HELP YOU SUCCEED

*Written by: Kayden Heckaman, DSU Student Intern*

With a new year comes a new semester, new classes, new things to learn, and new challenges. One major challenge that most students face, on an almost daily basis, is studying for classes. Studying can sometimes be overwhelming, but it doesn’t have to be. From prepping how and where



Maci Wehri, a tutor for DSU’s Tutoring Center, helps Cass Venner and Connor Polkowske with their classwork.

you study, to gathering what you may need, you can make reviewing for a class a lot simpler and less stressful! As a senior studying English at Dickinson State University (DSU), I am here to tell you what helps me to study more effectively and what resources DSU has to offer.

The first thing I do is find a place where I can study with minimal distractions. Because I can be easily distracted, I try to work in a place where I can be alone. Minimizing distractions helps me to focus so I can concentrate on the material in front of me, especially when I’m studying another language. When I am at home, this place is usually my room where I can control the entire environment. Here on campus at DSU, I usually go to Stoxen Library because it is quiet and has secluded areas designated for studying. But what works for me might not work for you. Maybe you are able to study better with friends who are taking, or have taken, the same class, or perhaps you would rather study somewhere off campus, like a coffee shop. If this works for you, pick a time and place where everyone can meet up and help each other out!

With an area to study selected, I make sure I have everything I need so I do not have to leave and can remain focused on the task at hand. This may include textbooks, assignment handouts, a laptop, headphones, and many other things. This tip reminds me of how teachers tell their students to come to class prepared, and just like any class, you should be prepared when you sit down to study so you can keep your focus. Need a few supplies to help you get started? Check out the University Store in the DSU Student Center. They’ll have everything you need!

As the semester continues, and assignments pile up, it can sometimes become overwhelming. One way to minimize this headache is to pick a consistent time to study. Being consistent can help you stay on top of things and allows you to plan your day around it. I find that studying right after I wake up on my classes’ off days are best as I become less motivated to study later in the day. Picking the same time each day helps me to remain consistent. In addition, the amount of time spent studying is important to me. Quality over quantity. You want to spend enough time to cover what you need to, but not too long that you lose focus. Keep in mind that when, how long, and how many subjects you have to work on is up to you to account for. Make sure you plan accordingly!

Another thing to consider if you are looking for extra help is to contact your professor directly or seek out a tutor. You can find your professors' contact information in our handy online directory or you can stop by DSU's Tutoring Center located in May Hall room 206! Here you can work one-on-one with a trained and certified peer tutor, who has received an A or B in the classes they tutor. One thing that is important to remember is that the tutors are there to guide students in need of help, not to complete the work for them. Appointments, which are scheduled through Starfish, are usually 30 minutes in length, and you can make as many appointments as you need to. Drop ins are always welcome but making an appointment ahead of time will guarantee you the right tutor at the right time!

Working with a tutor is a unique experience and one I hope you take

advantage of. Many students find it easier to talk to a peer than a professor, especially if their peer has gone through the same class they're currently taking. "Your guard's just down and you're maybe susceptible to asking more questions," said Monica Watson, DSU's Tutoring Center specialist. "There's a similarity there. There is an unspoken bond there and they have been there. They have been where that student is and not all that long ago."

If you've been unsure how to go about studying, whether it's choosing a location, preparing for the task at hand, or seeking additional help, I hope these tips help you excel in any class you take. Just remember that everyone learns differently, so the best way to study is by finding a system that works for you. Learning how to study effectively will certainly help you succeed! ■

## STUDENT SPOTLIGHT



### MACKENZIE GRUBBS '21

#### *biology major*

Mackenzie Grubbs, a senior who is almost finished with her bachelor's degree in exercise science at Dickinson State University (DSU), grew up on a ranch in Northeast Wyoming. She calls the little town of Upton 'home.' The ranch, which has been passed down through her family for generations, holds a pretty special place in her heart. As a kid on a ranch, most of her time was spent helping out with chores, and the little free time she did have was spent either on the volleyball or basketball court. She also ran track. In small schools, students are typically involved in everything they can be, and she was no different! Grubbs competed in all three sports in middle and high school, and, upon graduation, she was recruited to run for Chadron State in Nebraska.

While Grubbs appreciated the opportunity to compete on the collegiate level, Nebraska just didn't feel like home. She'd had conversations with former DSU coach, Nick Walker, back in high school and decided to reach out to him. Grubbs said, "When I contacted Coach Walker again to see if I could still run for him, he had me on a recruiting trip that same week, and the rest is history."

Grubbs is now an exercise science major studying within the professional track at DSU. While a Blue Hawk, she has spent her free time giving back to her campus and community. She serves as the Student Senate treasurer and has volunteered at local physical therapy clinics to get some experience in her field. She's a teller at Dakota Community Bank and works part-time in DSU's athletic training room in Wienbergen Hall. At the beginning of this school year, Grubbs joined the cast of the DSU Heritage Foundation's Hawk Talk production as a co-host alongside classmate Colter Hickok. She enjoys spending her free time with her close friends and family, and she makes it home as much as she can.

Grubbs is set to graduate in May, and while it will be hard to say goodbye, Grubbs has made a lot of great connections that have made

her time here incredible and will help her succeed after graduation. "There are so many great professors at DSU," Grubbs said. "The [Health and Physical Education] department has a lot of small classes, so I have been able to create a lot of relationships with the professors. They make sure that you are understanding the materials from class and a lot of teachers make their class hands on which has always been very helpful for me."

After she graduates, Grubbs plans to enroll in a graduate program, and while she doesn't have one nailed down yet, she has a few ideas rolling around in her head. Grubbs said, "I would like to move somewhere warm, or at least new to me! I like to discover new places and think it is important to try new areas."

What will Grubbs miss most about DSU? The Blue Hawk family, of course. "The community of Dickinson is amazing and so supportive! Life on campus is great. You meet a lot of life-long friends and everyone is so nice! It is a very welcoming place, and I know that Colter mentions it often, but DSU is a family and is a place where everyone can be somebody." ■



### Department of Arts & Letters Upcoming Events

Thu, Mar. 4 | 7 p.m. | Beck Aud.

DSU Choir Concert

Sat, Mar 6 | 7:30 p.m. | Stickney Aud.

Student Directed One Act Plays

Sun, Mar 7 | 2:30 p.m. | Stickney Aud.

Student Directed One Act Plays

Tue, Mar. 9 | 7 p.m. | Stickney Aud.

DSU Band Concert

Mon, Mar. 22 | 7 p.m. | Stickney Aud.

Morgan Hutzenbiler  
Senior Percussion Recital

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AND OPEN  
TO THE  
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**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](http://www.dickinsonstate.edu/events).

## DICKINSON STATE UNIVERSITY EVENTS

Mon, Mar. 1	Volleyball vs. Valley City State University	6 p.m.	Scott Gymnasium
Thu, Mar. 4	Talk with a Hawk   Admissions 101	6:30 p.m.	via Zoom
Thu, Mar. 4	DSU Choir Concert	7 p.m.	Klinefelter Hall, Beck Auditorium
Fri, Mar. 5	Dakota Community Bank Bull Team Challenge	6:30 p.m.	DSU Indoor Arena
Sat, Mar. 6	Dakota Community Bank Bull Team Challenge	6:30 p.m.	DSU Indoor Arena
Sat, Mar. 6	Student Directed One Act Plays	7:30 p.m.	May Hall, Dorothy Stickney Auditorium
Sun, Mar. 7	Student Directed One Act Plays	2:30 p.m.	May Hall, Dorothy Stickney Auditorium
Tue, Mar. 9	DSU Band Concert	7 p.m.	May Hall, Dorothy Stickney Auditorium
Thu, Mar. 11	Science Olympiad	8 a.m.	Student Center Ballroom
Thu, Mar. 11	Talk with a Hawk   Financial Aid Q&A	6:30 p.m.	via Zoom
Fri, Mar. 12	Volleyball vs. Bellevue University	3 p.m.	Scott Gymnasium
Fri, Mar. 12	Volleyball vs. Bellevue University	5 p.m.	Scott Gymnasium
Sat, Mar. 13	RoughRider Archers 3D Shoot	6:30 a.m.	Agriculture Indoor Arena
Sat, Mar. 13	Volleyball vs. Dakota State University	1 p.m.	Scott Gymnasium
Sun, Mar. 14	RoughRider Archers 3D Shoot	6:30 a.m.	Agriculture Indoor Arena
Mon, Mar. 15	Region 10 Band Festival	8 a.m.	May Hall
Mon, Mar. 15	NFMC Junior Festival	3:30 p.m.	May Hall - Band and Choir Rooms
Thu, Mar. 18	JV Volleyball vs. Mayville State University	4 p.m.	Scott Gymnasium
Thu, Mar. 18	Volleyball vs. Mayville State University	6 p.m.	Scott Gymnasium
Thu, Mar. 18	Talk with a Hawk	6:30 p.m.	via Zoom
Sat, Mar. 20	JV Volleyball vs. Presentation College	12 p.m.	Scott Gymnasium
Sat, Mar. 20	Volleyball vs. Presentation College	2 p.m.	Scott Gymnasium
Mon, Mar. 22	Morgan Hutzenbiler Senior Percussion Recital	7 p.m.	May Hall, Dorothy Stickney Auditorium
Tue, Mar. 23	Drive Wild Black	5:30 p.m.	Student Center
Tue, Mar. 23	Volleyball vs. Valley City State University	6 p.m.	Scott Gymnasium
Thu, Mar. 25	Talk with a Hawk	6:30 p.m.	via Zoom
Sun, Mar. 28	DSU Rodeo Team Jackpot Events	8 a.m.	DSU Indoor Arena

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

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

**Mon,  
Apr. 19**

### DSU ADMISSIONS

## DISCOVER DSU DAY

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

### \$500 SCHOLARSHIP DRAWING!

*You must be present to win.*

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



**TALK WITH A HAWK**

Forum during which prospective students and families can meet with an admissions recruiter and various special guests from DSU.

For more information, email [dsu.hawk@dickinsonstate.edu](mailto:dsu.hawk@dickinsonstate.edu)

**Thursdays  
on Zoom**

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Continued from page 16



Left: The original Messersmith Corner building on the corner of 1st Avenue West and Villard. Right: The corner Jessen building which replaced the Messersmith building. Images from SWNDDA.

occupied the first 1/3 of the lot facing Sims. In July 1883, it was being used for church services and Sunday school and for a short time also served as a school building before the first school was built. In late September 1883, Henry Rau opened up a wholesale tobacco store and a few months later he also carried groceries.

In 1886 Emil Messersmith purchased the Rau building, but it is unknown as to what it was used for until August 1888 when Mrs. D.O. Sweet moved her confectionery and ice cream parlor there. In November 1890, it was announced that Emil Messersmith was to open a flour and feed store called Dickinson Feed Store in the building. Messersmith ran his feed business there until early 1899 and during this time it was referred to as 'the Messersmith building', so as not to be confused with 'the Messersmith corner'. In July 1899 William Klinefelter and M.C. Eacker moved a new and secondhand good business by the name of Klinefelter & Eacker into the first and second floors and operated a hide and fur trade in the basement. In March 1900, M.C. Eacker purchased the building from Messersmith. Eacker also began work laying a stone foundation for a one-story addition with a basement to the rear of the original building which stretched the remaining length of the lot. In October 1900, M.C. Eacker bought out Klinefelter's interest in the business and moved his store into the rear of the building. The business was then often referred to as Eacker's Supply House or

simply Eacker's. In November 1901, the Glen Ullin Milling Co. rented the main store room for a feed and flour store.

In March 1902, E.A. Currie bought M.C. Eacker's stock and moved into the rear of the building. In January 1904, M.C. Eacker and Frank Mott opened up a pool and billiard room in the front part of the building and there were bowling alleys in the back. In June 1904, Eacker sold his interest in the billiard room and bowling alley to Frank Mott and his son Robert. In November 1904, Eacker sold the building to Fred Lerschen. Lerschen also bought the billiard business from Frank Mott in March 1905. Lerschen only owned the building and billiard business until August 1905 when he sold it to L.A. Simpson and W.F. Burnett. It is of interest to note that attorney and senator L.A. Simpson was Emil Messersmith's son-in-law having married his daughter Rose. In December 1905, Dickinson Plumbing and Heating rented the rear part of the building and in July 1907 general improvements were made by the new renters.

In January 1908, A.A. Harleman and L. Scott opened a grocery and crockery under the name of Harleman & Scott in the front part of the building. In October 1910, O.B. Vallancey opened a tailor and dry-cleaning shop, The Pantorium, in the room above Harleman & Scott. In November, 1910 Harleman & Scott dissolved their partnership. In December 1911, a fire occurred in the Pantorium and burned the business out. Vallancey lost about \$800 in stock and fixtures, but there is no mention of how

much damage was done to the building. After this time a series of businesses moved in and out of different parts of the building through 1919 including a shoe shop, a plumber, a tailor, dry cleaners, a second-hand store, an automobile accessories store and an automobile repair and service station. We do not have records of any businesses in the original building after 1919.

In 1926 the wood frame building was removed and a new two-story brick building was constructed by Charles

Bakke for Laudie Vrana on lots 1 and 2 and it incorporated the stone addition that was built on the rear in 1900. Originally the northeast corner of the building was cut in diagonally and Mr. Vrana's service station was operated from there, but it was later reconfigured. This is the same building that still stands and houses the Esquire today. To view more photos from our collection, visit the Southwestern North Dakota Digital Archive at [dmc.omeka.net](http://dmc.omeka.net) ■



The Vrana Block building with the Esquire in it circa 1950. Image from SWNDDA # 31099-001.

## HEART RIVER GEMS

## The Arc Creations Program

By Kaylee Garling



The entrance to The Arc Alley

I met with The Arc Creations Program Director, Katee Rafferty. We cried, we laughed, and I realized the importance of this program as we chatted. You can feel the heartfelt love Katee and The Arc Creations Program brings to our community.

Katee began by explaining what she does. "The Arc Creations Program is for any individuals 16 or older who have developmental or intellectual disabilities. They typically get pigeon-holed into certain types of jobs, like cleaning, janitorial, those types of roles. At The Arc



This dresser showcases the creativity and talent of one of the program's artists

Creations Program, we wanted to give them an opportunity to learn skills they could use at different types of jobs. We have limited class sizes so we can do a lot of 1 on 1 learning, hand over hand, teach how to use power tools, drills, and learn the significance of screwdrivers. We teach marketable skills, like refinishing furniture, repurposing things that are given to The Arc of Dickinson but aren't usable in the condition they are given. We have family art classes that includes



A colorful bench made by one of the program's skilled artists

anyone in the community. We are big on inclusion, and want to show that The Arc Creations Program is a unifying place. It's great to see everyone get involved and what appeals to them as well. Every individual has a creative side. We really try to focus on that."

Katee has been The Arc Creations Program Director for 2 ½ years, but has been involved long before that. She worked as a para at the school, and helped people get involved with the program because it was so great. "It was a need seen in the community for inclusion. Finding something, ability wise, that everyone can participate in. The state requires any individual that identifies with having a disability, be provided the opportunity for schooling until the age of 21. At 16 is when they start gearing their school programs more towards life skills rather than educational skills, or functional education skills. We are really targeting that group (ages 16-21), so when they transition out of school, they have a plan. We also have individuals who

don't qualify for enough hours in a day program because they're not disabled enough (hate to say that), or they only qualify for a couple hours a day with their staff. They have to do the shopping, get laundry done, and they don't have time for other things, like skills they can take to a job. Anyone who has time during their day, contact us and be a part of the program. It would be a huge help to us and to them."

"We look at people with disabilities and often think they are not as capable as everyone else, but they are capable in their own ways. You have to find what they're good at, just like anybody else. I have one individual who, all he wants to do is sand, all day long. He loves it. He's good at it. His skills have improved because we've let him do it. That's a skill he can take out into a job market."

"Once our individuals complete their projects, we give them choices as to what will be sell-able, because a lot of our individuals are highly creative with color. I have one girl who paints everything with rainbows. It's beautiful, but not necessarily a sell-able piece. We try to balance between what meets their needs and what we can sell. They get to take those items and put them in our gallery, The Arc Alley. They get a consigner's fee as their items sell, so they are getting in on all parts of business: the economic part, dealing with the store and financials, seeing what sells, or what doesn't sell. We work on

training them to see what the community is interested in, not just themselves. It's

*Continued, next page*

**The Arc / CREATIONS PROGRAM**

**"see my ABILITY, not my disABILITY"**

**Be an agent of change. Support Inclusion, Acceptance, and Independence for all.**

#countmeforchange  
#ArcCreationsProgram  
#ArcofDickinson  
#ArcAlley

**The Arc**  
of Dickinson

Your contribution supports  
The Arc Creations Program.

Heart River Gems is proudly sponsored by

Continued from page 26



A variety of items available for sale at  
The Arc Alley

a group effort. Consignment at the art gallery is open consignment, so anyone from the community can consign their art to The Arc Alley. Again, we want to unify through art. The hours for The Arc Alley are: Tuesday, Friday, Saturday, 10 am – 4 pm. It's on the North side of building with a separate doorway."

Katee had so many inspiring stories, but she said, "My favorite part is when I see them finish a project and they amaze themselves. You can see the pride they have taken in their work. It goes into The Arc Alley, and when they get a check, the look on their faces-it doesn't matter if it's 50 cents or \$500-somebody wanted something they created, and that look, you just can't recreate it. The pride in their eyes, their confidence level. When

they first start, they may say, 'I can't do that.' We say, 'Yes you can. You cannot do it wrong, and we can always start over. When we make a mistake, we know how not to do it next time. There's nothing we can't fix if we don't like the way it turns out.' Practice makes Progress. It doesn't make perfect. I'm constantly saying to them, 'What did I say about practice?' And they get it, because they can see progress in themselves."

Help this program continue to grow and serve people in our community, or join an art class by contacting The Arc Creations Program via Facebook at TheArcCreationsProgram or online at [www.arcdickinson.org](http://www.arcdickinson.org). Events are posted regularly. ■



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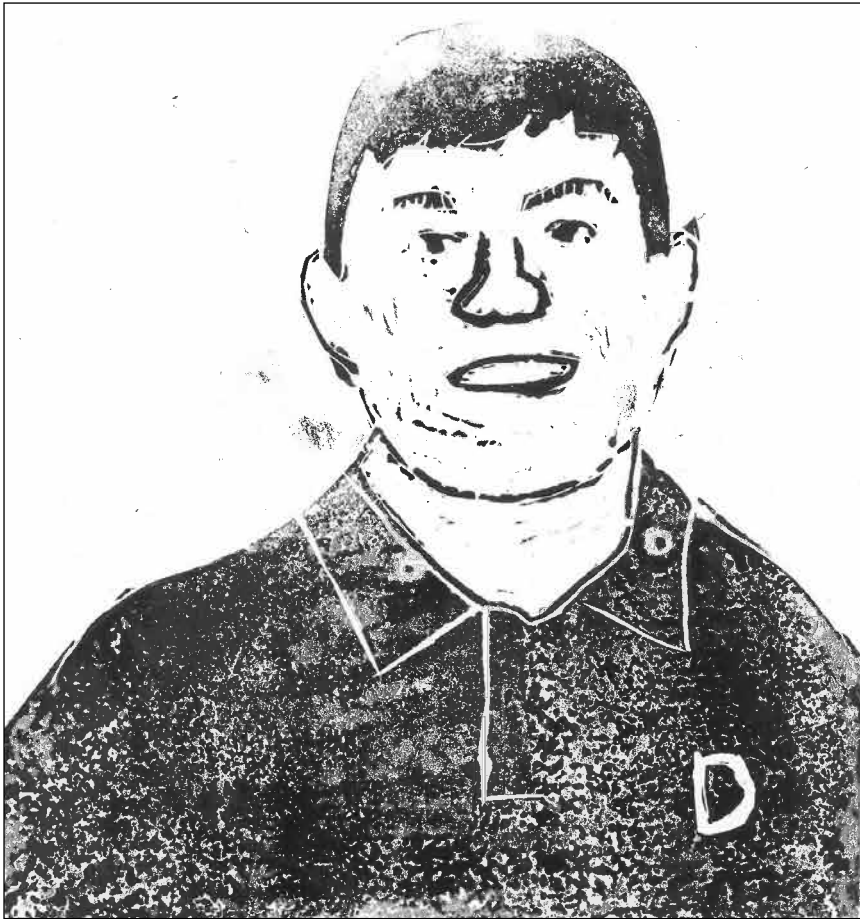
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## HUMANS OF DICKINSON



### Seth Ehleng

By Kameron Garcia

Do you like wrestling? Then you would like to hear about Seth Ehleng. He wrestled from the time he was in first grade until college. Now, he coaches wrestling at DSU.

Seth Ehleng was born in Billings, Montana. He started wrestling when he was in first grade. Then Seth wrestled in middle school and high school. Seth was good at wrestling so he moved on to college. While wrestling at the college level he was very successful. He went to nationals four times.

In college, he majored in biology because he wanted to be a doctor when he is older. Seth was a good student in college. He cared a lot about his grades. He wanted to get good grades in college to become a doctor.

His favorite wrestling move is a high c to a double leg takedown. He loves that move because you start from your

feet every match. In his craziest match, he got second place to someone that was #1 in the state. He lost that match by one point. He remembers that match because even though he lost he still thinks of it as a good match and he still gives a lot of respect to the other player.

He told me that he has to stay focused. In wrestling, you have to stay focused because if you look away for a second you can get slammed or get put on your back. You also have to give respect for the other player. If you don't give respect when you lose it can make them feel bad and make it look like you are not a good sport. Another thing he told me is you have to be active. If you don't stay active you can forget about things you have learned and your muscles can get weak and loose.

In conclusion, Seth is a great wrestler and he teaches good technique to other wrestlers that he coaches. ■



### Dr. Amy Oksa

By Elizabeth Shifflett

There are 22,000 people in Dickinson, North Dakota but only one Amy Oksa – a trustworthy, independent, and reliable person and pediatrician.

Dr. Oksa didn't always live here; she grew up in Syracuse, New York and went to elementary school in Syracuse, New York. She went to college at the University of Rochester and went to medical school in Charlottesville, Virginia. She went to the Air Force for 4 years. Then she moved to Dickinson, North Dakota on a whim for a job opening.

Dr. Oksa is now a pediatrician here in Dickinson North Dakota. She's a trustworthy, independent, and reliable person. She's a trustworthy person because you could trust her with your health. She's an independent person because she served four years in the military and she has gone to college by herself. She is a reliable person because she will be at appointments you make and you wouldn't have to wait up on her.

Dr. Oksa has two kinds of days one where she is on call and one where she isn't on call. On a day where she's not on

call, she'll usually get up at around 4:30 in the morning. In the morning she will do the paperwork for the previous day that she didn't finish. Then at around 7:30 she will start seeing patients till 4:30. She will see them in the office and she will be fielding any nursing calls. She sees healthy kids up to the age of 18,19, and 20. When she's on-call she will take care of newborn babies. She'll go to the hospital at around 6:00 in the morning, she'll do her regular clinic then she'll get her rounds. When she goes home she has her regular phone and her work phone, so if there are any patients that need to be admitted and see calls from parents on the switchboard.

Despite the busy schedule, Dr. Oksa looks forward to staying working in Dickinson, North Dakota because she thinks that we have a very good medical system here and that we have good schools for kids. She thinks that the only two things that can make us a better community are more bike trails to parks and more restaurants. She continues to be an independent, trustworthy, and reliable person. ■

## NDSU EXTENSION

### Farm/Ranch women are decision makers – Annie's Project prepares them well

By Holly Johnson

Farm and ranch women are generating a cultural tide in American agriculture that is moving management, assets and opportunities to a new wave of farmers across the country. At Annie's Project courses, women in agriculture become empowered to be successful through education, networks, and resources.

Annie's Project is a six-week course that is a discussion-based workshop bringing women together to learn from experts in production, financial management, human resources, marketing and the legal field. There's plenty of time for questions, sharing, reacting and connecting with presenters and fellow participants. It's a relaxed, fun and dynamic way to learn, grow and meet other farm/ranch women.

Whether new or experienced, understanding the five areas of agricultural risk, knowing how to analyze agricultural spreadsheets and other necessary skills are vital. Learning them in a friendly environment where questions and discussion are welcomed, allow the learning process to flourish.

Annie's Project courses have successfully reached more than 15,000 farm and ranch women in 33 states. The next one in your area is scheduled for April 7, 14, 21, 28, May 5 and 14, starting at 6:00 pm MST. This program is being offered virtually



and can be attended from the comfort of your home. Each week will have videos or assignments to complete on your own and a live zoom meeting in which we can network and share our experiences with the pre-work. The final evening will be held in-person at Medora Uncork'd, Medora, ND.

The cost for the course is \$75 per person, which includes a workbook and support materials for all sessions. Course size is limited, and pre-registration is required.

Linda, an Annie's Project alumna says, "I took the class to gain a better understanding about agribusiness and how financial decisions impact our farm operation. I have a better understanding of balance sheets and the futures market...this class has improved communication with my spouse on concerns he works with on a daily basis."

For more information or to register, contact your local Extension office.

Adams County (701) 567-2735  
Golden Valley County  
(701) 872-4332  
Slope County (701) 879-6270  
Stark/Billings County  
(701) 456-7665 ■

## HISTORY

### Baby, it's cold outside!



The Chateau de Morès in winter

By Libby Carpenter

The North Dakota winds and weather are not something I'm used to experiencing. Recently, I heard someone comment, "so far, there hasn't really been much of a winter." The very next morning, I had to break ice to get into my car. That is winter in my book! As a native Carolina Tarheel, we wear sweaters to make a fashion statement, usually not out of necessity. Truth be told, it pleases me greatly to be here in Medora, visiting the Chateau de Morès and experiencing winter on the Western Edge.

Those of you with the good fortune to live here in the Heart River Corridor can embrace the peacefulness of winter year after year. It will take me a little getting used to. The trails and bottomlands at the Chateau de Morès are tranquil treks when the winds die down, and the quiet

beauty must be enjoyed firsthand. I'm reminded that the area is pleasantly packed with wildlife as I see deer bounding across the field and climbing the buttes in only a few strategic hops. Their effortless encourages me to go just a little further before heading back to the Interpretive Center to warm up.

While warming up, I checked out the traveling Civilian Conservation Corp exhibit that features Ukrainian dolls, a one-of-a-kind coat worn by Fred Schaal, some pottery that is found only in this part of the world, and so much more. The state historic site is open year-round. The trails are always open to the public, and the staff cleans before and after each visit, so give them a call to make an appointment to visit! ■

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# Heart River VOICE Events

Send your events to  
kelley@heartrivervoic  
e.com  
to list your events for  
FREE!

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

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

## **NOW AND MOVING FORWARD THE SUNSET SENIOR CENTER**

activities have resumed. Our usual card games are open to members on Tuesday, Wednesday and Thursday and Bingo on Friday. All begin at 1 P.M. Our board meets at 9 A.M. the second Monday of the month. All members are welcome and we encourage new members to join. 46 1st Ave East.

## **VARIOUS DATES IN MARCH DICKINSON STATE**

**UNIVERSITY** Various events taking place at Dickinson State University this month. See page 24 for their event schedule.

## **2021 LENTEN LUNCHESES**

With limited in-house seating, UCI will be serving their Lenten Lunches, a delicious ethnic Ukrainian meal! Friday's, March 5, 12, 19, 26, 11:00am - 1:00pm \$13 per person with fish - \$11 per person without fish. Menu includes cottage cheese, potato, sauerkraut pyrohy, deep fried or baked cod fish, vegetable, dessert, and beverage. Carry outs are available by calling 701-483-1486.

## **PLAYERS MADNESS**

Head to Players for picking final four teams and a chance at \$4000! Also offering All-you-can-eat Fish Fridays! \$14 gets you Guinness Beer Battered Cod, Crinkle Cut Fries and Housemade Coleslaw. See back cover for more information!

## **NOW-MID-MARCH 2021**

**PUBLIC ICE SKATING** Friday & Saturday evenings 7:00-9:00PM. Saturday & Sunday afternoons 1:30-3:30PM. Daily Admission - \$4.00 (5 & under free). Skate Rental - \$2.00/

pair. Tickets are required to be purchased in advance at dickinsonparks.org. Current schedule also available online. West River Ice Center, 1865 Empire Rd.

## **THROUGH THE MONTH OF MARCH**

### **"INTO THE WEST" ART EXHIBIT**

An ambitious celebration of Western Americana art is ready for you to enjoy! The Capital Gallery is located in downtown Bismarck, ND, 109 North 4th St., and is open from 10 am to 5 pm Monday through Saturday. See article on page 34 for more information.

## **MARCH 2-APRIL 8 SOUTHWESTERN ND COMMUNITY ART SHOW**

The Dickinson Museum Center will be hosting our Annual Community Art Show starting March 2nd and running through April 8th. This year's show consists of various mediums. The Art Show is accessible with paid admission to the museum. The Museum is open Monday thru Saturday 9:00 to 5:00.

## **MARCH 5-6 BULL TEAM CHALLENGE**

Doors open at 5pm, starts at 6:30pm. Tickets only available at the door. \$15 Adult/Under 5 free. DSU Indoor Arena. See Facebook page for more info - Frontier Productions.

## **SATURDAY MARCH 6 BLOOD PRESSURE CLINICS**

9AM-3PM Nursing staff will check your blood pressure and Kelly Glick PA-C will be available for follow-up consultations for patients with out-of-range

readings. Just walk in! No appointment needed. Simply stop by the clinic registration desk to check in. CHI St. Alexius Health, 2500 Fairway St.

## **SATURDAY MARCH 13**

**PITTER PATTER CLUB** Start up day for a super fun music and movement program for children ages 0-5 and their grown-ups. Sing, Dance, Play and Learn! Make music an exciting part of your child's life! Register now by visiting www.pitterpatterclub.com.

## **DIVINE WINE AND DINE**

Enjoy a 7-course meal along with wine pairings and evening entertainment. Benefits Trinity Catholic School's Fine Arts program.

## **MARCH 13-14**

**NORTH DAKOTA WINE FEST** Enjoy a three-course dinner with wine pairings, comedy show, bingo, live musical entertainment, and more in Medora. More info/tickets online at northdakotawinefest.com. See ad on page 14 for more information.

## **MARCH 14-20**

**SOBER ST PATTY'S DAY CELEBRATION** Online auction runs during this time. Go to www.32auctions.com/hlwem2021. More info, contact Pam Roller 701.290.5884 or proller@icloud.com. See page 6 for more information.

## **WEDNESDAY MARCH 17**

**ST. PATRICK'S DAY** Join Players to celebrate St. Patrick's Day in style and for \$2 green pints, \$2 street tacos, \$3 well Margaritas and \$6 Irish Car Bombs! Players Sports Bar & Grill, 2050 1st Ave

East.

**THURSDAY MARCH 25  
REGISTRATION DEADLINE  
FOR GEARING UP FOR MID-  
DLE SCHOOL** See ad at right for more information.

## **SATURDAY MARCH 27**

**23RD ANNUAL API GUMBO  
COOKOFF** 6-11PM The Dickinson API Gumbo Committee is excited to invite you to a competition to show your skills! We are excited for the new venue, which will allow for more cooking teams, more space, and

more FUN! Fun raffle drawing for all present and 50/50 raffle. The live music starting at 8:30PM! Event is now 21 and over. West River Ice Center.


## **SAVE THE DATE**

**SATURDAY APRIL 3  
2021 POLICE AND FIRE HE-  
ROES BALL MASK-ERADE** Limited tickets will be sold. More info, contact kylen.klauzer@dickinsongov.com.



**NEW!**

**For Parents and  
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**Preparing children for middle school  
Parents getting ready for transition**

**Resources**

**Tools 4 Tomorrow:** parent/student activities

**Parent Discussion:** New topics pertaining to middle school

**Peer Connections:** Students will meet and participate in activities to assist them with their interests and preparation for middle school

**Three week series:**

Thursday, April 8, 15, 22

Supper: 5:30—6:00 pm

Session: 6:00—7:30 pm

Dickinson Middle School

*Space is Limited!*

Registration is required by **March 25, 2021**

To Register: Call (701) 456-0007 or online at [www.westdakotaparent.org](http://www.westdakotaparent.org)

# HEART RIVER VOICE Community Bulletin Board

## Engelstad Foundation Awards \$1 Million Grant to New "Access Medora" Initiative

The Theodore Roosevelt Medora Foundation (TRMF) is pleased and humbled to announce the receipt of a \$1 million kick-starting gift from the Engelstad Foundation to support a new "Access Medora" initiative - an initiative aimed at improving the Medora experience for guests with disabilities through creative, adaptive solutions and unique amenities in North Dakota's #1 Tourist Destination.

The first project of the initiative is a pair of high-capacity elevators at the Burning Hills Amphitheatre dedicated to guests with mobility challenges. Currently,

guests who require mobility assistance are shuttled in golf carts on a walkway shared with pedestrians, and on busy nights, can experience up to an hour wait for a ride out of the theater. These new, high-capacity elevators will take up to 12 guests from the top level of the theater to the midlevel plaza, and back, and should reduce wait times to just a few minutes.

Construction on this elevator will begin this year and will be ready in time for the 2022 Medora Musical season.

## Medieval Rush

Celebrating our 10th Annual Rush! BRAND NEW this Year is The Professional Arm Wrestling Team from North Dakota! Back

again is "LUNCHLINE" your live Musical entertainment along with a beer garden provided by The Stadium and The Lodge! The longest and largest running mud run/obstacle course race in the state! Adult Course takes you on an awesome breathtaking journey overlooking the beautiful Missouri River! There will be over 20 Fantastically Awesome Obstacles! All Levels are welcome! You can Bypass any Obstacle! Kids Course for 8-13 year olds featuring 10 fun challenging obstacles! Spectator Pass Only \$10. Come out June 12th and help us celebrate 10 Years of GOing MEDIEVAL! Sign up today! [www.medievalrush.com](http://www.medievalrush.com). Follow us on Face Book -- Medieval Rush 10th Anniversary.

## New England Lions Park table and benches sets refinished

After helping move the park table and bench sets to and from the site for the E.H. Schwartz Glow Run last summer, and noting that the tables needed to be refinished, Gregg Fitterer offered the use of a heated building so the work could be done during the winter when the tables would not be used at the park.

The building, a Quonset at the Fitterer Oil bulk plant, was originally part of the Schatz property. Fitterer had the building insulated and installed a heating system. "Don't be afraid to turn up the heat," Gregg encouraged. "What's the use of having a heated building if you're going to work inside it with your

coats on?"

The tables have needed refinishing for some time, but doing that during the summer when the park was a busy place with the weekly "Burgers in the Park" has kept it from being done.

Several of the New England Lions were glad to be able to do the work. The need for refinishing the tables became even more evident, with the efforts to do the required 'wipe down' between guests at Burgers in the Park. Refinishing the 25 tables was completed in just two days.

The Lions greatly appreciate the use of the facility, and the generosity of Fitterer Oil for donating it for that project. ■

# 2021 BADLANDS BIG STICKS SCHEDULE

## HOME GAMES

## AWAY GAMES

SUN	MON	TUE	WED	THU	FRI	SAT
<b>MAY</b>						
		25 SPS	26 SPS	27 @	28 @	29 @
		6:05	6:05	SPS	SVS	SVS
30 OFF	31 OFF					

SUN	MON	TUE	WED	THU	FRI	SAT
<b>JUNE</b>						
		1 @	2 @	3 @	4 FRM	5 FRM
		WNP	WNP	WNP	6:05	6:05
6 FRM	7 @	8 SVS	9 SVS	10 OFF	11 @	12 @
4:35	SVS	6:05	6:05	OFF	WCW	WCW
13 @	14 AA	15 WCW	16 WCW	17 WCW	18 FRM	19 FRM
WCW	6:05	6:05	6:05	6:05	6:05	6:05
20 FRM	21 OFF	22 @	23 OFF	24 @	25 MCT	26 MCT
4:35	OFF	SPS	OFF	SPS	6:05	6:05
27 MCT	28 @	29 @	30 @			
4:35	SPS	CHH	CHH			

- LEWIS DIVISION**  
 BBS- BADLANDS BIG STICKS  
 CCS- CANYON COUNTY SPUDS  
 CHH- CASPER HORSEHEADS  
 MCT- MINING CITY TOMMYKNOCKERS  
 SVS- SOURIS VALLEY SABRE DOGS  
 WCW- WHEAT CITY WHISKEY JACKS

- CLARK DIVISION**  
 FRM- FREMONT MOO  
 HAS- HASTINGS SODBUSTERS  
 PTR- PIERRE TRAPPERS  
 SFS- SIOUX FALLS SUNFISH  
 SPS- SPEARFISH SASQUATCH  
 WNP- WESTERN NEBRASKA PIONEERS

- AA- LEGION SCRIMMAGE  
 ASB- ALL-STAR BREAK  
 ASG- ALL-STAR GAME- CASPER, WY  
 DIV- DIVISIONAL GAMES  
 CS- CHAMPIONSHIP SERIES

SUN	MON	TUE	WED	THU	FRI	SAT
<b>JULY</b>						
				1 @	2 @	3 @
				CHH	MCT	MCT
4 @	5 OFF	6 SVS	7 SVS	8 @	9 @	10 @
MCT	OFF	6:05	6:05	SVS	WNP	WNP
11 @	12 WCW	13 WCW	14 @	15 SVS	16 CCS	17 CCS
WNP	6:05	6:05	SVS	6:05	6:05	6:05
18 CCS	19 ASB	20 ASG	21 ASB	22 @	23 @	24 WCW
4:35	CHH	CHH	CHH	WCW	WCW	6:05
25 WCW	26 MCT	27 MCT	28 MCT	29 MCT	30 @	31 @
4:35	6:05	6:05	6:05	6:05	MCT	MCT
1 @	2 @	3 @	4 @	5 OFF	6 CCS	7 CCS
MCT	CCS	CCS	CCS	OFF	6:05	6:05
8 OFF	9 DIV	10 DIV	11 DIV	12 OFF	13 CS	14 CS
OFF	GM1	GM2	GM3	OFF	GM1	GM2
15 CS	<b>AUGUST</b>					
GM3						

[www.badlandsbigsticks.com](http://www.badlandsbigsticks.com)



## THE ARTS

### Coping with creativity

By Janelle Stoneking, Training and Development Specialist ABLE, Inc.

As the challenges of 2020 stretched into fall, "somebody up above was looking out for me," Lando Crawford



recently shared. "This COVID stuff was driving me crazy. I couldn't go on trips, shouldn't hang out with friends. I didn't know how much longer I could take it." A smile spread across his face and he said, "then Lizzy came."



After graduating from Americorps, Elizabeth "Lizzy" Henderson had worked a few regular jobs but was looking to make a bigger impact. She heard from others that ABLE, Inc.

offered the meaningful work she was seeking. She was intrigued and soon joined our team as a Direct Support Professional. The beauty was that she brought her passion for art and music with her. As she began supporting Lando in his home, they would pass the time by doing artwork together, each with their own canvas, working side by side, something she had done in the past when teaching painting classes. It was a perfect fit because building relationships through side by side walks with people is the heart of our business and success at ABLE, Inc.

"Doing art has helped me out a lot. I can paint and it gets my mind off things that are frustrating. In the past, a lot of that stuff was hard for me. It feels nice to have something else to do when I feel that way." Lando shared, "I recently lost a family member, Will, who unexpectedly passed away. Lizzy and I did a painting that day and I couldn't help it, the tears were flowing. I could put my heart into it, and it felt good to give the painting to Will's mom and dad and brother."

Lando shared that he never thought that he would be painting like this. Although, he has had a passion for art for a long time and has wanted to be recognized as an artist. He most recently participated in the Dickinson Chalk Walk this past summer with some help of friends, drawing a New York City skyline with Garfield and Odie. "I want my paintings to be seen by others and to make them smile. That's what it's about, my friend. I want people to know that I did it for them."

He shared that Elizabeth is his favorite artist. "She has been my teacher and friend. We just work together so nicely. She's a really great artist. Our paintings are the best because we put a lot of love into each one, and we plan to donate a percentage of our sales to charity

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like children who need clean water and food."

ABLE, Inc. is very blessed to have many employees and community partners with an interesting depth of experiences. We have found that the universe works in unique ways, bringing people into our lives when they are needed most. We don't dare question it, we just accept and celebrate the beauty that follows. When people open themselves up and bring their gifts and talents into their work, magical things

happen! Creativity soothes the soul. Relationships enrich lives and heal.

If you are interested in supporting Lando's art, he is thrilled to now be offering pieces for sale at the ABLE Furniture Store in the T-Rex mall. He hopes to exhibit some of his work at the upcoming Community Art Show at the Dickinson Museum Center and build an artist Facebook page in the near future. You can follow Elizabeth Henderson on her page at: <https://www.facebook.com/lizzysartwork> ■





## BEST FRIENDS

# Local schools, businesses support Best Friends during Giving Hearts Day

By Mark Billings

Two local schools and more than one dozen businesses supported local youth through creative fundraising last month during Giving Hearts Day.

Among the leading contributors to the Best Friends Mentoring Program were students and teachers at Berg Elementary, who raised a whopping \$669.19 in a change collection drive the week of Feb. 8. The classroom with the highest change donation were students in Ashley Dawson's 3rd-grade class with \$164.96. Coming in second was Kathleen Jepson's 2nd-grade class with \$109.47 and third was Darcy Schulte's 4th-grade class with \$51.45.

"One of our students in Ms. Jepson's class was so motivated, he brought in his whole piggy bank to contribute," said Tracy Lecoe, principal at Berg Elementary. "It was so touching to see students like this and we were thrilled his

class was one of the winners."

This is the second consecutive year the Berg Elementary Student Council has hosted the change collection drive for Best Friends. In total, students have raised more than \$1,200 - ranking Berg as the highest contributing school in Best Friends' history.



"It is inspiring beyond words to see our local youth contributing their allowance and birthday money and

lose change for something they feel is important to them," said Angie Rabbitt, executive director of Best Friends. "We are thrilled with the response."

Baker Boy contributed five dozen donuts as a reward for the top three contributing classrooms at Berg, and students enjoyed a donut party for their efforts.

Also at Lincoln Elementary, staff and teachers supported Best Friends by making a contribution and receiving



Students in Ashley Dawson's 3rd grade class at Berg Elementary raised \$164.96 for the Best Friends Mentoring Program to rank as the top classroom during Giving Hearts Day.

chances to win one of four donated baskets. Among the winners was Jody Gresser, front office staff; 1st-grade teacher Ruth McCabe, and Linda Anderson and Amanda Cross. Three others won coffee gift cards donated by Lincoln including Amy Lucas, McCabe, and Melissa Wolf. Total contributions were \$91. Market Press Coffee Co. contributed gift cards and mugs to each of the four raffle baskets at Lincoln Elementary.

Businesses supporting Best Friends during Giving Hearts Day and throughout the corresponding week included:

Serendipity Coffee Drive-Thru, JD's BBQ, The Brew, The Food Riot, Hub Convenience Stores, Red Rock Ford, Players Sports Bar & Grill, Next Door Pizza, C&K Sweet Shoppe, Caribou Coffee and Popcorn Cakes by Joy.

First held in 2008, Giving Hearts Day is a 24-hour online fundraising charity event. This year, nearly 42,000 donors across North Dakota and northwest Minnesota contributed almost \$22 million to more than 400 organizations. Best Friends raised approximately \$5,700 in on-line donations during Giving Hearts Day. ■

## ND POTTERY

# Ceramics by Messer

By Arley Olson, NDPCS Historian

Joe Messer started production in 1952 in Bowman, ND in his father in-laws (Harry Olson) chicken coop.

He built a potter's wheel from a ford transmission and an electric motor; two kilns, used a washing machine to mix the casting clay and from odds and ends fashioned other tools that were needed.

Eunice, Joe's wife, cast the items in molds made by Joe, trimmed the pieces, preparing them for firing along with other jobs. Clays imported from Pennsylvania were used and fired at 2500 degrees to come up with a porcelain finish. Items made were figurines, salt & pepper sets, vases, ashtrays, wall plaques/book ends, and planters.



Joe used native clay from the Bowman area for his wheel thrown stoneware items that included planters, vases, pots, sugar & creamers, teapots, mugs, and bowls.

Summer of 1954 the business moved to a garage on highway 12 in Bowman, ND which they named "The Pot Shop". In 1956 after five years the Messer's closed the business and Joe accepted a position with Josten's in Owatonna, Minnesota.

Some of the figurines made: Large 8" bull, antelope buck & doe, sets of small

Herefords, Angus & Holsteins, turtle, seal, rabbit, coyote, Mallard duck 7", jackalope, and prairie dog. The following salt & pepper sets were made: Hereford, Angus, & Holstein calves, turtles, spooks,

seals, prairie dogs, rabbits, chef with hat, Devils Tower, Custer Monument, Petrified Wood Park, gas pumps, oil derricks, Stone Electric & Heating Furnace Co. and grain elevators.

A wall plaque of a man tipping his cowboy hat was designed for the Dickinson Chamber of Commerce and used to promote Dickinson. Each one had a short phrase on it that started out with ("Dick sez").



Items are marked with "Messer" engraved, black stamp on the bottom or sticker with "Ceramics by Messer Bowman, No. Dak." ■

## INTO THE WEST

# The Capital Gallery Celebrates Western Americana Art

By Marci Narum

Photography by David Borlaug

The rugged landscape and wholehearted lifestyle of western North Dakota is the essence of The Capital Gallery's winter exhibition. Nearly 20 artists whose works include bronze sculptures, oil, acrylic, watercolor, and mixed media paintings, are featured in "Into the West." The show celebrates ranching and rodeo, the American Indian, cowboys, bison, horses, and cattle.

Here, four artists who have spent lifetimes sharing their artwork are spotlighted, including Cherie Roshau of Dickinson, who was featured in the October 2020 issue of Heart River Voice.

### CHERIE ROSHAU: Create a Longing

When artist Cherie Roshau decided to retire from her career as an art teacher in the spring of 2020, she had no idea how perfect the timing would be. When schools closed during the pandemic, Cherie had extra time to spend in her studio – eight to 10 hours a day -- and says she "developed a whole new part of herself" in the process.

A painter most of her life and inspired by her mother, Cherie says her artwork most often details the animals

and landscape of western North Dakota.

"I like to park my car in Theodore Roosevelt National Park and just listen, watch, observe. It's wholesome and spiritual. Teddy Roosevelt talked about the 'Spirit of the Bad Lands' all the time, and I truly believe that's what we find in nature. If this Covid event has taught

us one thing it is community, the importance of communication, and being together. Sometimes we can't (be together),

and we long for that. That is what art should do, help us long for those things."

### WALTER PIEHL: Portray the Action

Walter Piehl of Minot, North Dakota is, to date, the most successful artist represented by The Capital Gallery. A retired university art instructor, former rodeo announcer and bareback rider, and North Dakota Cowboy Hall of Fame inductee, Walter's style is unmistakable with its colorful, motion-filled, expressionist representation of rodeo.

"You would see some color that has spilled over the edge, and I like that. And I do like having the deep stretcher because it gives the painting a little more presence out into the room, and it continues past that restrictive border of a frame.

"Uniqueness of style, of statement,



Tiger Lilly Sweetheart of the Rodeo by Walter Piehl

purpose, vision, is what you need to cultivate as an artist. If you look like everybody else, where is the challenge there? Because my work has to do with rodeo, I deal with what is the best way to portray the action, the dynamics, chaos,

action, and conflict in the event of rodeo, whether it be saddle bronc, bull riding, or bareback riding. The style I developed over the decades has been to try to find a method to best communicate all that energy, and the colors (do that) as well."



The Capital Gallery is located at 109 N. 4th Street in Bismarck



A few of Cheri Roshau's art pieces featured in the Into the West exhibit

Continued, next page

Continued from page 34

**KAYE BURIAN: Paint What you Know**

Kaye Burian, of Manning, North Dakota, has spent her life as an artist mostly painting but doing some bronze work as well. She says artists should focus on what they know.

"I enjoy the badlands, the scenery, the animals we're surrounded with, the horses, the cattle. I feel I know those the best and so those are the subject matter that I show in my artwork. It seems I don't do as much painting of cattle that I could. I emphasize horses because the shows I'm in require you to have horses as your subject matter, plus we have horses, and I know horses and I've been around them my whole life and I know and their structure and how they act."

But when Kaye is not completely familiar with her subject, she does her research.

"Sometimes you're not quite sure how something looks. If you take photographs of it you may have missed something, and when a cowboy critiques it, if that

little detail isn't correct, they will notice it right away. So, for that one (pointing to a painting of a horse wearing saddle and tack), I had him bring his tack over and set it up in my studio to make sure I got everything right."

**VERN ERICKSON: Please the Eye**

Vern Erickson is a mostly self-taught artist, inspired by great artists who depicted the American West including Frederic Remington and Charlie Russell. Vern was a young boy when he became interested in art, and says he was lucky to have been surrounded by artists and musicians in his hometown of Esmond, North Dakota.

"My mentor was Ed Jensen, and we'd go out sketching elk and buffalo," Vern recalls. "He told me, 'Carry a sketchbook with you all the time, so if you see something, you can sketch it.' And that's what I did. I've got tons of sketchbooks."

Vern considers himself a traditional western painter, his pieces are realistic but lack the sharp detail of a photograph.

"But where I want the viewer's eye to focus, I will make it sharp," he explains. "People will say they like a painting, but they don't know why. It's because the artist put the colors and composition into the painting that makes them like it. That's what I try to do; make that eye feel good. You've gotta please the eye."

Into the West is a feast for the eyes, with more than 50 pieces of artwork on display at The Capital Gallery through March 2021.

**Where?**

The nonprofit gallery is free and open to the public and located at 109 N. 4th street in Bismarck, with additional galleries in Medora and Fargo. The gallery is open Monday through Saturday, 10:00 a.m. to 5:00 p.m. and by appointment. For more information, go to [www.TheCapitalGallery.com](http://www.TheCapitalGallery.com) or call 701-751-1698. The gallery is also on Facebook, Instagram, and you can subscribe to its YouTube channel.

**Other artists featured in the exhibit:**  
Butch Thunder Hawk,



"The Scout" by Vern Erickson

Bismarck  
Monte Yellow Bird, Rio Rancho New Mex.  
Michael Westergard, Plentywood, Mont.  
Kalenze Kraft, Berthold  
Todd Clausnitzer, Bismarck  
Bob Scriver, Browning, Mont. (deceased)  
Gary P. Miller, Mandan (deceased)  
Katrina Case, Anamoose  
Linda Donlin, Bismarck  
Michael Haynes, Salida, Colo.  
Dotun Popoola, Nigeria  
Brian Borlaug, Mayer, Minn.

Patrick Shannon, Vergas, Minn.  
Andy Knudson, Scandia, Minn.

*Marci Narum serves as The Capital Gallery Society vice president and David Borlaug is the president. Combined, the two have more than 70 years of experience in journalism and publishing, including television and print media. Together, they now work to expand the mission of The Capital Gallery, "Celebrating History, Art, and Culture!"* ■



"Two Ravens" bronze sculpture by Michael Westergard



"Horse Spirits" by Kaye Burian

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## GOING POSTAL Hip Hop DJ

Since its inception more than four decades ago, the electrifying music, dance, and art movement has profoundly influenced American and global popular culture. Not only are hip-hop artists found in every corner of the world, but each scene also brings its own contributions to the art form and tells its own stories. ■

Source: [store.usps.com](https://store.usps.com)



## YOUR HEALTH More tea for me

By Gabrielle K. Hartzel,  
RD, LRD

Ranking within the top three of most widely consumed drinks in the world, brewed tea has been a beverage of choice for centuries. Black, green and oolong teas are the three most popular caffeinated types geographically.

Surprisingly, all three are sourced from the same plant. The leaves of this tea plant are processed three different ways creating a unique flavor profile for each.

Herbal teas originate from not only the leaves but from other components of the tea plant like its roots and flowers. Chamomile and peppermint are among the most popular.

Herbal teas are generally free of caffeine. However, black, green and oolong teas contain some caffeine but still generally less than coffee. An 8-ounce cup of black tea has about 47 milligrams of caffeine whereas the same amount of coffee is 95 milligrams. The steeping process also plays a part in caffeine content. The longer tea is brewed, the more caffeine leaves release. Minor amounts of minerals like calcium, copper and magnesium are also released from tea leaves. Actual content depends on soil consistency, growing conditions and age of the plant.

Researchers have found some potential health benefits of tea mainly attributed to its polyphenolic flavonoid content. Polyphenols are naturally occurring antioxidants with anti-inflammatory effects that decrease the risk of chronic disease.

Polyphenol content of tea fluctuates based on its manufacturing process. During the process of decaffeination, catechin content (a sub-group of polyphenols) drops considerably. Likewise, the production of instant tea powder also leads to a drop in polyphenols. Therefore, tea powders, ready-to-drink and decaffeinated teas may not offer the same health benefits compared to freshly brewed tea. Not to mention the added sugar of some tea



drinks.

Studies suggest drinking two cups of fresh brewed tea daily for protection against chronic disease development and an upwards of four cups to decrease clinical biomarkers like lipids and blood glucose. Some studies have suggested that caffeinated green tea may help with weight loss, but results have been minimal with only one or two pounds additionally lost. Further research is still needed as unanswered questions like the type and amount of tea needed to produce results are yet to be determined.

Although consuming tea has many benefits, too much can cause issues. Excessive caffeine intake may cause restlessness, diarrhea, nausea, heartburn and disrupt sleep. Keep in mind that caffeine may also interact negatively with certain medications. Nonetheless, daily caffeine intake should not surpass 400 milligrams.

**Bottom Line:** Tea usually contains less caffeine than most other beverages. Herbal teas are generally caffeine-free but check labels for content. Fresh brewed tea is the best source of polyphenols, the antioxidant protecting against chronic disease. Although consuming tea has benefits, too much can cause issues. More research is needed for further clarification of teas benefits.

Is there a topic you would like to see covered in the future? Email me at [gabrielle@nutritionu.co](mailto:gabrielle@nutritionu.co) ■

## COMMUNITY

## Meet Tara Zettel, RN/Executive Director of Connect Medical Clinic

*November of 2015, Connect Medical Clinic (then operating under a different name) first opened its doors under the leadership of Deb Schweitzer, RN. Offering evidenced-based medical services and education, combined with compassionate care, CMC was on a mission from that moment to ensure that no one facing an unplanned pregnancy in southwest North Dakota should have to face their situation alone. In December 2016, Katie Vidmar stepped in as Executive Director, leading an expansion of medical services and a change in location, opening the door to an even greater impact in our community. On January 7, 2021, the baton was passed to Tara Zettel, RN.*

Tara Zettel will tell you, she's always wanted to be a nurse. "One of my first memories as a little girl is telling my Grandma Gertie I wanted to give people shots!" Her interest in the field of sexual health and pregnancy stemmed from her own experience, or rather, her mother's experience. "My mom found herself pregnant when she was barely out of high school. The father didn't want anything to do with their child. Like most women in her situation, her knee jerk reaction was to call an abortion clinic," says Zettel.

After some consideration, her mom decided instead to make an adoption plan and moved into a maternity home.



When she left her baby at the hospital, the adoption process was atypically delayed, and Tara remained unclaimed for nearly a week. In that time, a community of support gathered around her mom, and she returned to the hospital and claimed the baby.

"Walking alongside women who are facing unplanned pregnancy is what I

love to do because on some level, I can relate. I know how difficult it can be to face the impossible decisions, and I know the impact support can have on a woman."

Tara started in the area of sexual health in 2011 and brought her understanding of the STI testing procedures to Connect Medical Clinic in the summer of 2018. She then began the specialized training to be proficient in each area of the clinic's services.

She received her SRAS (Sexual Risk Avoidance Specialist) certificate in May 2019. The SRAS certification course provides training to create sex education curriculum based on a recognized and often-used public health model known as "risk avoidance." "This certificate opened the doors for me to go into area schools. I have talks I have prepared now, appropriate for junior high through college age, that educate on STI/STDs, sexual risk avoidance and sexual risk reduction." She states while some talks focus on the medical facts of the different infections, others can include outlying sexual risks, like sexting and issues of consent.

"I am able to take an outline of objectives from a teacher and create a talk tailored to their needs," Zettel states. "It is absolutely one of my favorite parts of my job, interacting with young

people and answering their questions. If I don't, they'll ask Google, and we don't want that!" She states she's missed this interaction since the pandemic

made these talks prohibitive. But, she received an invitation to speak at Trinity at the end of January, "So I'm hopeful for more opportunities this spring!"

After her SRAS, Zettel received her certification in Fertility Education and Medical Management. "It's fertility awareness," she states. "FEMM is the program we utilize at Connect,

which gives women, from puberty to menopause, more than just tracking her period or her fertile window, a holistic approach to understanding how hormones play a role in overall health."

She obtained her TEEN FEMM specific training which includes all the empowering body knowledge, while omitting the family planning principles. "I felt it was important to complete the TEEN FEMM because over and over, when teaching women, I hear, 'why didn't I learn this when I was a teenager?' I'd love to someday teach junior high and high school girls on a regular basis."

Finally, she's completed the classroom portion of her Didactic Ultrasound course and is moving into hands-on training currently. "We are currently recruiting models, pregnant women who are 6-16 weeks pregnant, to help me become proficient in limited OB ultrasound. I am training weekly with a local RDMS," states Tara.

Connect Medical Clinic offers early ultrasounds for pregnant women, focusing on three objectives: Is the pregnancy in the womb, what age is the baby based on size, and is there a heartbeat?

While training in these areas to provide quality care to the patients at Connect, Tara has also been helping out with the fundraising efforts since the beginning of 2020. "I hit the ground running preparing for my first Giving Hearts Day this year, using my ultrasound training for our fundraising campaign: 'Giving Hearts for Beating Hearts,'" says Tara. "I've assisted in outreach, but truly understanding the mechanics of fundraising will be one of my first priorities as the new Executive Director."

While the skills and training help to qualify her for the role of Executive Director, it's her heart for the clinic that gave her the edge. "I just love the mission of Connect! I love our team - staff, volunteers and donors, and I even love our patients. It



Tara Zettel

takes so much courage to come and talk to anyone, even a nurse, about their sexual health concerns. Every person who makes an appointment I am in awe of. They are bravely taking the next right step towards greater health and that deserves recognition!"

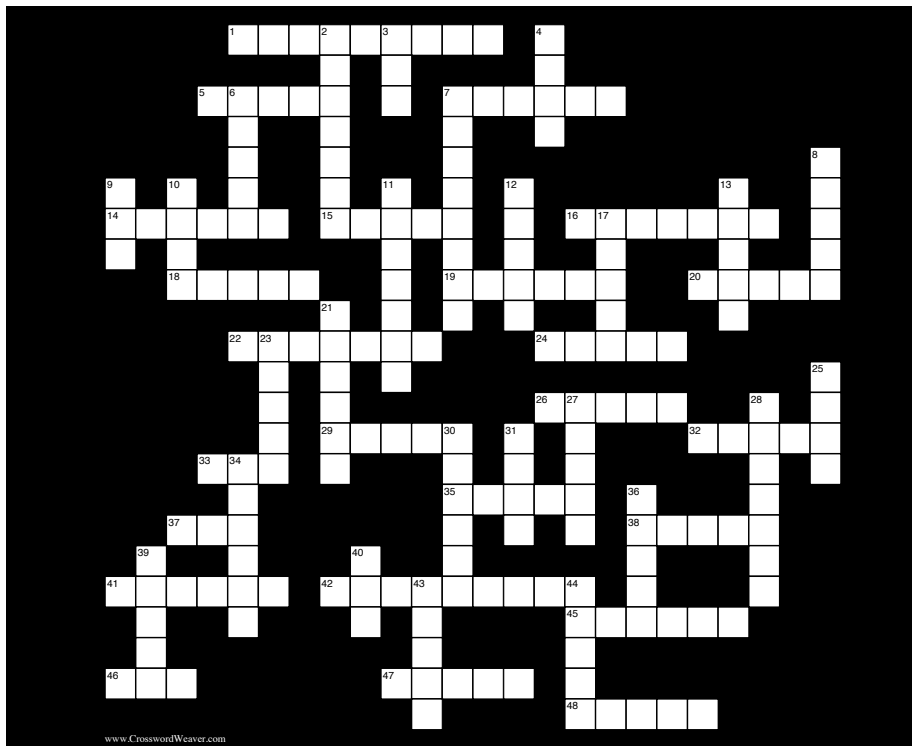
Connect Medical Clinic is open Tuesday, Wednesday and Thursday, 10 am - 5 pm and offers pregnancy testing, decision-making services and limited OB ultrasound; STI testing; STI, Pregnancy, Parenting and Fertility Education. There is a \$25 clinic fee for STI testing, and all other services are free of charge. Services are done by either in person or virtual appointments. For parenting and pregnancy education, participants earn free diapers and wipes for each lesson.

You can find them on social media, @connectmedicalclinic, #CMCHereForYou; by calling their office at 483-9353, or visiting their website [www.ConnectMedicalClinic.com](http://www.ConnectMedicalClinic.com). ■



# Heart River **VOICE** PASTIMES

**CROSSWORD** ++ OPPOSE ++ by Carlinka



## ACROSS

- 1 ++Ignorance  
5 Enthusiastic  
7 Port city in Ukraine  
14 ++Transparent  
15 120 minutes after midnight  
16 ++Cowardice  
18 Scrumptious  
19 ++Abundant  
20 Section of a utensil drawer  
22 Region for China, Japan and South Korea...  
24 Thought aloud  
26 Leader of a wolf pack  
29 Appointed  
32 Battery life, slangily  
33 Bed and Breakfast  
35 Leaves hair

everywhere

- 37 [I'm freezing!]  
38 Sun: Prefix  
41 ++Folly  
42 ++Attractive  
45 Musical mix  
46 Hotel desk handout  
47 Chocolate+coffee  
48 Burn with hot liquid

## DOWN

- 2 Exhausted  
3 ++Flow  
4 Sound of shock  
6 Vowel quintet  
7 ++Pessimist  
8 Best selling board game ever  
9 ++Sorrow  
10 Light bulb unit  
11 ++Wise

12 Pond scum

- 13 Sound of a revving engine  
17 Brings (in), as a fish  
21 ++Landlord  
23 Maximum poker bet  
25 Two or three  
27 Tiny pest  
28 ++Defeat  
30 ++Cheerful  
31 Make, as beer  
34 ++Wide  
36 "Kicks"  
39 Supermarket division  
40 Peaceful and relaxed  
43 Labor collective  
44 Radiates



**id·i·om**

## Are you still riding the goat?

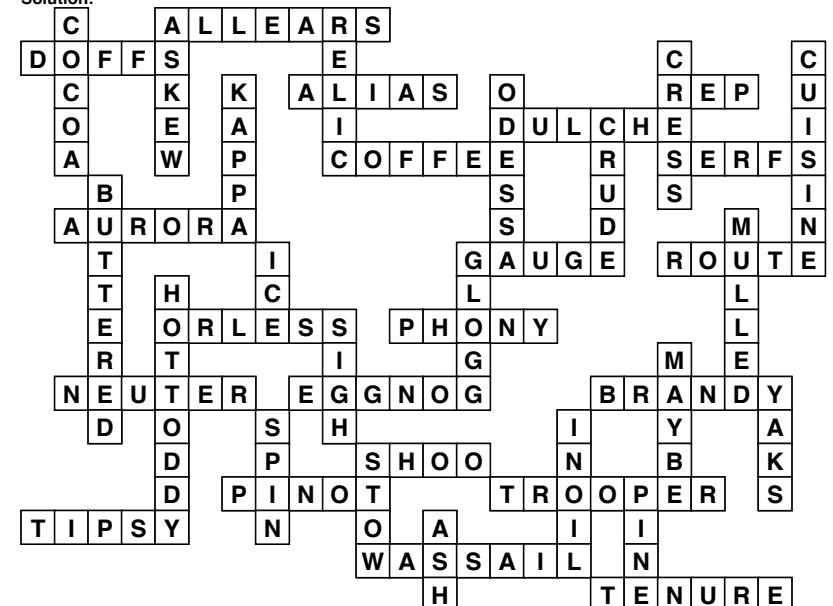
Cheyenne is a fascinating language that's now highly endangered, with only a couple thousand living speakers, mostly on the Northern Cheyenne Indian Reservation.

It's also the source of a rather catchy way of asking someone whether they're separated from their spouse, **Mónésó'táhoenôtse kosa?** – literally, "Are you still riding the goat?" ■

*Last month's puzzle solution*

## ++CHEERS++

Solution:



**HOROSCOPE****MARCH 2021** by Hilda De Anza**ARIES**  
March 21-  
April 20A light-hearted  
period begins

with more travel, a lot more learning, meetings and, above all, increased social activity. The focus is on new commitments to a group or organization, as well as on embarking on a learning or teaching project. In March you realize the importance of belonging and are willing to take on a responsible role in connection with a group. New dynamic relationships are formed!

**TAURUS**  
April 21-  
May 21

During the first half of March, you will be interested in developing new friendships and connections with people who can satisfy your need for immersing yourself in idealistic ventures. In mid-March, your ruler Venus conjoins Neptune in Pisces, which really invokes your caring and compassionate sides. There are many changes taking place in your professional life. March is a good month for professional partnerships with innovative thinkers.

**GEMINI**  
May 22-  
June 21Many things get  
resolved in early

March when your ruler Mercury makes the 3rd conjunction with Jupiter in Aquarius, a process that reflects matters connected with the judgments of the collective, and the expansion of new social and intellectual horizons. You experience a huge boost to energy, and you can expect dynamic friends to promote your interests. March is a month of important career developments too.

**CANCER**  
June 22-  
July 22It is a time  
when empathy

and compassion are your most important values, which you can develop through, for example, study and meditation. And there are many developments in relationships, both personal and social, as well as with larger organizations, which can play an important role in creating new and positive economic conditions. International connections are important, and early March is a time when agreements and contracts can fall into place, and when creative partnerships can bring a financial boost.

**LEO**  
July 23-  
August 22March is a time  
when you are

searching for clarity and meaning in important relationships. There is someone drawing a lot closer to you on a deep, spiritual level, and it's an excellent time for exploring the mysterious connection you may feel. On March 20th, you emerge from a rather private and lonely phase into a new period of hope and optimism. You sense new horizons opening, love is in the air, and relationships hold promise.

**VIRGO**  
August 23-  
September 22The first week  
of March is

an excellent period for you professionally, and a close cooperation with a colleague or partner currently leads to exactly the outcome you have been working on since the beginning of this year. It's a wonderful time for career growth, as principles are put into practice and concrete results achieved. Personal relationships are a little more complex. Nevertheless, it is a good time to engage with groups of people who are inspired by a Utopian dream.

**LIBRA**  
September 23-  
October 22For much of  
March the focus

is on your quality of life at work. Early March is a very promising period for partners, loved ones and any creative teams you may be involved with. Things come together nicely at this time, and it is a brilliant time for creative performance and successful outcomes. Late March, ruler Venus moves together with the Sun into Aries, and this highlights relationships. You are willing to take risks for love, even if it means leaving your comfort zone.

**SCORPIO**  
October 23-  
November 21March is a month  
of psychological

growth, when you face communication challenges and take part in tough negotiations, especially concerning home and family matters. You are beginning to see the advantages of recent changes that have affected your foundations. Mid-month is an excellent time for building something strong and new. People think positively at last, and new initiatives begin to get results.

**SAGITTARIUS**  
November 22-  
December 21First of March creates  
feelings of racing

ahead and covering more ground than you expected, and the last pieces of the puzzle fall into place. There are also a lot of poignant developments at home and with the family. New circumstances arise mid month, with a time when dreams and longings are stronger than usual. End of the month there are exciting developments and a sense of liberation. A positive period begins for almost all the important relationships in your life!

**CAPRICORN**  
December 22-  
January 20March begins a two-  
to-three-year trend

focused on security and economy. Your job is to engage in groups and organizations to build new security systems that have a long-term effect on society, and this is a time when the building block are put into place. The last part of March is a time when there is a dynamic focus on home and family matters, as partners and family members take the lead, and it is a fortunate period for home investment.

**AQUARIUS**  
January 21-  
February 19March is a time  
when plans and

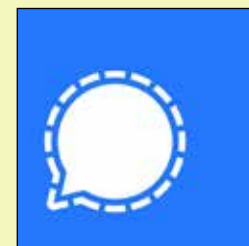
negotiations, which have gone back and forth, finally fall into place. In 2021 and 2022 you are entering a period of major significance for your future. The ground is shifting under your feet, and you are the one who is in tune with the spirit of the time and who can best surf the wave of change. You may wonder about your financial position and security matters, but whatever happens now, the universe will provide.

**PISCES**  
February 20-  
March 20The first half of  
2021 is a period

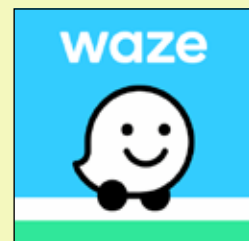
of gestation for you, when you withdraw from the world and develop insights into the meaning and direction of your life. March is a month when the highest principles of Pisces are evoked, creativity, compassion, altruism, and the longing for a better world. The new moon falls in your sign on the 14th and this heralds a commitment to a creative dream on the one hand, and a deep awareness of your spiritual roots on the other.

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**CupidCast**

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AT



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