

Heart River VOICE

NOVEMBER 2020 | VOL. 2, NO.11 | HEARTRIVERVOICE.COM

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THIS MONTH

ABLE Inc's Mary Anderson:
Developing long term
relationships for 35+ years

See page 26

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Dickinson State University's
News • Highlights • Events

See pages 17-24

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A note to our readers

As we move into the holiday season, one is reminded of the relationships that make life worth living. These could be family, good friends, coworkers, or acquaintances. For Mary Anderson, the relationships are those she's developed over 35 years with the people she supports. Read more about her story on page 26. It will inspire you to think about what it means to give a smile, laugh, or a hug to someone. Cherish those moments. Be thankful for them.

Kelley Jilek

Publisher

Cover art "Autumn Essentials" by Ellen Jean Diederich. For more information about the artist, see page 5.

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Beginning the week of November 8th, board games for the whole family to play and enjoy. Checkout any one of our over 130 different board games for a fun game night with your family, friends or both!



#BOOKWORM

Game time!

By Cindy Thronburg

Winter is undeniably upon us, and between the cold weather and the pandemic, plenty of us are looking for ways to keep busy indoors. After all,

and Gaming Round Table (GameRT). While the GameRT normally encourages libraries to host gaming events to celebrate, due to the pandemic, this year they are offering alternatives. These include links to free print-and-play games and resources for online gaming on their website (games.ala.org/international-games-week). One such source is Tabletopia, which is described on its website as an “online arena for playing board games just like in real life.”

The Dickinson Area Public Library is thrilled to be able to offer this new collection to our patrons. Upon launch, the collection will

one can only clean the house so many times and watch Netflix for so long. With the holidays approaching, there will be breaks from school, and kids will be home. With all of these elements against us, finding ways to keep ourselves entertained indoors has almost become a chore. Luckily, the Dickinson Area Public Library has a solution to this problem.

In celebration of International Games Week (IGW), the Library is launching our new board games collection. IGW is an annual celebration, which takes place this year on November 8th through the 14th. As stated on the American Library Association’s website, “International Games Week is an initiative of the American Library Association (ALA), in collaboration with the Australian Library and Information Association, L’Associazione Italiana Biblioteche, Nordic Game Week, and Finnish Games Week to reconnect communities through their libraries around the educational, recreational, and social value of all types of games.” In the United States, the annual event is spearheaded by the ALA’s Games

contain around 130 games for various age groups, the majority of which were generously donated by the games’ distributors. We are so appreciative for the astounding amount that was donated (around \$2,800 worth of games). The games we will have cover a wide variety of formats, all the way from easy matching games for young children to complex strategy games for adults. Adult patrons will be able to check out a maximum of two board games at a time for seven days, which may be renewed up to two times if not on hold for another patron. To take a look at what we will have to offer, visit our website’s board games page, where you will find pictures of each game with a link to more information about them.

Along with board games, we already have a collection of video games available for circulation. We offer games for a variety of game consoles, including Xbox and Xbox One; PS4; and Nintendo Wii, WiiU, and Switch. Video games circulate for 14 days, but cannot be renewed. The video games collection is currently housed with our New Book shelves near

the main level circulation desk. These also can only be checked out with an adult patron card.

To continue the celebration, we encourage patrons to check out our trivia challenges we have been posting on our Facebook page as part of our virtual programming. Test your knowledge in a range of topics, like Harry Potter, music, literature, and more. Make a game of it and challenge your family!

Here is a reading/watching list to get the entire family in the gaming mood:

- Adult Nonfiction—Unbored Games: Serious Fun for Everyone by Joshua Glenn; Bit by Bit: How Video Games Transformed Our World by Andrew Ervin; It’s All a Game: The History of Board Games from Monopoly to Settlers of Catan by Tristan Donovan
- Children’s Fiction and Easy Books—



Minecraft: The Island by Max Brooks; 8-Bit Baseball by Brandon Terrell; Jumanji by Chris Van Allsburg

• Children’s Nonfiction—Game On! Video Game History from Pong and Pac-man to Mario, Minecraft, and More by

Dustin Hansen; Cool Board Games: Crafting Creative Toys & Amazing Games by Rebecca Felix; Pass Go and Collect \$200: The Real Story of How Monopoly Was Invented by Tanya Lee Stone

• DVDs—Game Night; Ready Player One; Jumanji: Welcome to the Jungle; Pixels; Clue; The King of Kong: A Fistful of Quarters

• Children’s DVDs—Sesame Street: Play All Day with Elmo; Team Umizoomi: Umi Games; Wreck-It Ralph; The Games Maker ■



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COVER ARTIST**Ellen Jean Diederich**

Ellen Jean Diederich from Fargo, ND is a watercolor and acrylic painter who has been painting professionally since 1985. Growing up in Staples, MN, her parents encouraged her to pursue her art career even selling a cow so she could attend a watercolor workshop. She graduated from Minnesota State University in Moorhead achieving a B.F.A. in Fine Art and a B.A. in Art Education.

The farm helped her gain the discipline required to be an artist. "You really have to establish a routine. My goal is to have 4 undistracted hours to paint a day. I'm lucky," she says, "Paul



Ellen Jean Diederich

Impressionism. "What is unique are the overlapping and interlocking calligraphic shapes created by using a flat brush. It feels like I'm using my whole arm to paint an object without moving around it. In watercolor, the brush strokes blend together though many remain visible. With acrylic, all of the brush strokes show", Diederich says. Ellen's favorite subjects are architecture, gardening, domesticated



"Forest Archway"

enjoys cooking dinner, and with the kids grown up, it is easier to achieve this." Ellen does her paperwork in the morning and paints in the afternoon.

Color and the brush work are significant ingredients to Diederich's style which she calls Neo-

animals and landscape.

Please read more about her paintings at www.EllenJeanDiederich.com, and sign up for her "Painting of the Week" blog. She has boxed blank cards, Giclée reproductions, originals and books. Diederich is also a painting instructor. By October 30th you'll be able to log on and take a variety of painting workshops offered online for a minimal cost.

Ellen Jean Diederich's Neo-Impressionist paintings have been displayed and critically acclaimed at numerous national exhibitions. Collectors often mention the beautiful color and the positive and healing nature of her work. ■



"Garden Rooftops"

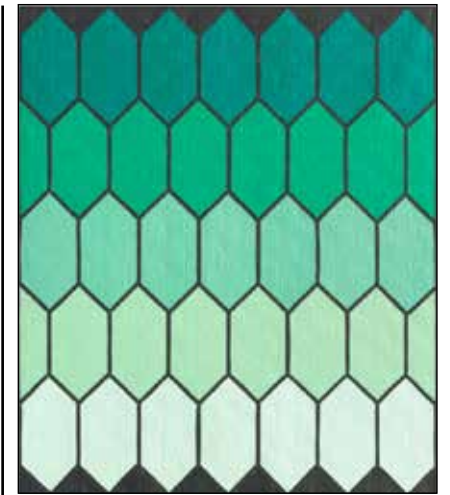
PIECE BY PIECE
Fall quilting trends

By Suzy Rummel

Fall is upon us and winter is coming. This time of year reminds me of the Game of Thrones series. The quote "winter is coming" can mean so many things. I think the year 2020 has been a whole year of Winter is coming and Winter is HERE! Hopefully your 'winter' will be filled with hot chocolate, sledding, skating and fun!

Here are some quilting trends that are happening in 2020.

1. Straight Line Quilting - simple, uncluttered and speedy to quilt.
2. Stripes, Stripes, Stripes. They are in our wardrobes and in our quilts.
3. Green! Robert Kaufman's color of the year is Enchanted, so green it is!
4. Curvy, a style after my heart; circles, rings and orange peels.
5. Different, wonky, improv piecing. Make it your own!
6. Hand stitching is on the rise.
7. 70's are back. Mustard yellow, cheery



florals, retro icons are in again.

8. Solids will be the fabric of choice for some modern quilters.

9. Fun...we want it! Playful quilts - fabric combos with a fun twist.

10. Asymmetrical piecing, stepping outside the comfort zone of the same combination of blocks and tone spread evenly throughout.

Have a wonderful month and thank the people in your life whom you cherish! ■

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BEST FRIENDS**Decade-long Santa tradition continues at Prairie Hills Mall**

Santa is planning to practice social distancing while keeping his promise to visit with youth and families at the Prairie Hills Mall starting Black Friday on Nov. 27.

Santa Photos at the mall, a tradition spanning more than a decade and capturing an estimated 10,000 holiday photos of local youth, is returning again with new COVID-era guidelines.

Santa will visit at a new location in the mall starting Nov. 27 and by appointment only. While still jolly, engaging and hearing wishes, he will visit at a reasonable distance to follow new health protocols. Those are just a few of the changes planned to accommodate

by email or text. Patrons may sign up at www.bestfriendsnd.org. As the holidays unfold during the pandemic, BFMP is also planning several other activities for families:

- Breakfast with Santa - BFMP is partnering with Phat Fish Brewery in hosting this new event on Dec. 5. Several breakfasts are planned starting at 9 a.m.

- Painting with Santa - A popular event started last year,

the painting class is returning again in early December also at Phat Fish Brewery. The session is designed for families with kids of all ages.

- Santa, S'Mores and Bedtimes Snores - Hosted by the Prairie Hills Mall on

Dec. 5 as part of Dickinson's CommUNITYKids celebration, the event will include multiple sessions for youth and families to enjoy stories with Santa, crafts and the sampling of varieties of s'mores prepared by BFMP volunteers. The downtown Dickinson tree

lighting and Festival of Lights parade are also scheduled on Dec. 5; however, organizers are scheduling the S'Mores events around these activities.

Times and dates of the Santa Photos, Breakfast with Santa, Painting with Santa and Santa, S'Mores and Bedtime Snores are tentative and may change. For the latest information, visit www.bestfriendsnd.org, www.prairiehillsmall.com or Phat Fish Brewing's Facebook page.

Based in Dickinson, BFMP provides mentoring services to youth ages 6-16 in southwest North Dakota, including western Morton and Bowman counties. Proceeds from the holiday events help support mentoring for at-risk youth in Dickinson and its outlying service areas. For information, call (701) 483-8615 or visit www.bestfriendsnd.org. ■



Santa during the pandemic.

"Pre-scheduled visits will last about five to 10 minutes, with time in between each session for disinfecting," said Kris Fehr, director of the Best Friends Mentoring Program (BFMP) and organizer of the Santa photos along with Peggy O'Brien, manager of the Prairie Hills Mall. "Another important change is that families must schedule and pay online. Because of the new health protocols, we can't accommodate walk-ups as we have done in the past."

Fehr added BFMP will email or text photos this year; printing is an add-on and available only as long as supplies last. Santa is also planning a low-key arrival at the mall this year with no public fanfare.

Santa's tentatively scheduled visits are Nov. 27, 28, and 29; Dec. 5, 6, 12, 13, 19 and 20. The \$20 fee will include a private visit with Santa and a professional photo sent

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THE ARTS

A brief history of the 50th Annual Badlands Art Association's Fall Extravaganza of Art

In 1970 three local artists, Janette Plott, Jackie Church, and Dennis Navrat, got together and decided to create an art association thereby forming The Badlands Art Association. They held their first open



show in the basement of Community First National Bank (now Bank of the West) that November. They were quickly joined in the following years by David & Mary Huether, Cherie Roshau, Beverly Haas, Kathy Foster, Jack Stewart, Eleanor Summers and Michael Dunn. The Bank basement rapidly became too small and was very dark. In 1979 the show was moved to the Dickinson National Guard Armory and artist craft tables were included. When the Armory proved to be too small for both the art show and craft tables the show was moved again, in the late 1980's, to DSU's Weinbergen Hall.

The space there was ample, but the poor lighting and echoing walls prompted a move to Dickinson's Holiday Inn now the Roosevelt Hotel where the 2020, 50th Annual Fall Extravaganza of Art Show will be held on November 13th - 15th.

Of those early artists, the 50th show will have a special display of art works by Jackie Church, Jan Plott, Jack Stewart, Mary Huether, Dave Huether, Eleanor Summers, Cherie Roshau, Bev Haas Mary McNaughton, Michael Dunn, Kathy Foster, and Mark Kenneweg. The Show opens with a public Preview on Friday, November 13th from 6:00 to 9:00 pm that will include door prizes and a silent auction of art works, gift baskets, and specialty collections. The regular show hours are Saturday, November 14th 10:00 am to 4:00 pm and Sunday, November 15th from noon to 4:00 pm. ■

GOING POSTAL

19th Amendment



The stamp, 19th Amendment: Women Vote, commemorates the centennial of the ratification of the 19th Amendment to the U.S. Constitution, guaranteeing women the right to vote.

"For more than 70 years, suffragettes across the nation marched and rallied for their audacious cause: affording women the right to vote," said Chief Commerce and business Solutions Officer Jacqueline Krage Strako, dedicating official for the Postal Service. The stamp was designed by art director Ethel Kessler using art by Nancy Stahl. ■

Source: store.usps.com

TRINITY CATHOLIC SCHOOLS

Mind, body, and soul – mental & spiritual health

By Abby Scheeler, Grade 11



Abby Scheeler

When going about one's daily life, it is not uncommon to find mental and physical struggles. While we can usually find ways to handle the physical struggles on our own, that's not always the case with mental struggles. Maybe the homework is too stressful, maybe there is trouble with deciding which path to pursue, or maybe COVID-19 is causing paranoia. Whatever it is, mental health resources are especially necessary for helping with the problem at hand. Trinity Catholic Schools has recognized this, and, as a result of the growing need, has doubled the amount of resources in the 2020-2021 school year for students struggling during these difficult times.

Trinity Junior High and High School



now has a full-time guidance counselor, a full-time resource room professional, a full-time chaplain, and a part-time counselor. Trinity Elementary North

has added a part-time counselor; and Trinity Elementary East and Trinity Elementary West both have more counseling opportunities this year.

Mrs. Amanda Ellerkamp, one of the teachers and counselors at Trinity Junior High and High School began a post-bachelors school guidance counseling program of study this fall to enhance her ability to help the students become the best they can be in mind, body, and soul. "It's important to have guidance counselors because so many students struggle every day, and in many cases, they need someone to simply listen, and, often times, to give advice," says Ellerkamp. Counselors and psychologists are required by law to keep everything confidential unless there is a risk of that person being in danger or otherwise hurt. This fact allows students to be a bit more open



to going to a counselor, and at Trinity Catholic Schools, the students have embraced these new opportunities.

When asked how having more resources has impacted the students, Mrs. Ellerkamp said, "When

students do go to counselors, it often helps them to be successful inside and outside the school. They become a better person and slowly overcome hurdles that were once too tall to jump over."

Due to the pandemic, the quarantine that finds students at home and often alone because of the virus, as well as the riots and political tension in our country, there are more and more issues appearing as paranoia and stress are affecting students. Thanks to counselors, we have ways to counter that. School counselors have a good effect on all who come to them and can be trusted to help when we are struggling most. That's why mental health resources are so necessary to students, and it is notable that Trinity Catholic Schools has attained double their resources for the student body to have at their disposal during these challenging times, offering a "faith over fear" perspective. ■

LIVE RIGHT

The FODMAPS diet for IBS

By Gabrielle K. Hartze, RD, LRD

The lower portion of the gastrointestinal (GI) tract is comprised of the small and large intestines. The small intestine absorbs nutrients from foods while the large intestine prepares undigested food or waste for removal. A group of carbs known as FODMAPs (Fermentable Oligo-saccharides, Di-

due to lacking the proper enzyme and therefore is malabsorbed. For those with IBS, the gas caused by fermentation leads to significant discomfort.

For most, polyols are not completely absorbed. Mannitol and sorbitol makeup most of the polyols consumed. It can be found in some artificial sweeteners, fruits and vegetables. Symptoms arise



saccharides, Mono-saccharides and Polyols) tend to rapidly ferment and absorb poorly along the lower portion of the GI tract of those with irritable bowel syndrome (IBS). Due to a greater gut sensitivity, digestive symptoms like abdominal pain, bloating, constipation or diarrhea arise.

Fructose is classified as a monosaccharide containing only one sugar unit. It is found in fruits, honey and high fructose corn syrups and tends to be poorly absorbed among 30-40% of people with or without IBS. Glucose, (another single sugar unit), transports fructose along the intestine. Without sufficient glucose for transportation, excess fructose is malabsorbed. Lactose (found in dairy products) is a disaccharide linked together by two sugar units. Absorption occurs when the linked lactose unit is broken into two by the enzyme lactase. Without this specific enzyme, water gathers in the small intestine causing diarrhea and therefore, malabsorption.

Oligosaccharides (found in wheat, garlic and onions) are long-chained carbs thought to have beneficial effects on gut bacteria. Universally our bodies are unable to digest this particular carb

as polyols draw water into the intestines causing diarrhea and abdominal pain.

Thankfully, IBS symptoms caused by FODMAPs can improve with certain food restrictions. This diet should only be trialed under dietitian supervision to provide guidance of foods that can and cannot be eaten and ensure nutritional adequacy.

The low FODMAP diet is conducted in a 3-stage process. The first lasting for 2 to 6 weeks with strict avoidance of all high-FODMAP foods. Once digestive symptoms subside, the second stage is initiated. During this stage of reintroduction, high-FODMAP foods are slowly introduced over a 3-day period. This identifies a threshold tolerance through the types and amounts of FODMAPs. A 3-day washout period follows and the next FODMAP group is trialed.

Bottomline: Individuals with IBS can manage their symptoms after identifying the cause through the low FODMAP diet. This is a short-term, highly restrictive diet only for those medically diagnosed with IBS. This diet should be conducted alongside a dietitian for proper guidance and compliance. ■

THE ARTS

50th Annual Badlands Art Show

Celebrate the 50th Annual Badlands Art Associations Annual Art Show at the Roosevelt Grand Dakota Hotel in Dickinson. 50 years ago, a small group of local artists gathered to sponsor an art show in the basement of a local bank, Community 1st National now Bank of the West. In 2020 a much larger number of artists will gather to show case over 150 pieces of art in a judged show which will include: live music, a preview, a student show and much more, including a silent basket auction from 6 pm Friday, November 13th through 4 pm Saturday, November 14th.

The 50th Annual Art Show contains artworks in three different categories: Professional, Amateur and Student. The Student Show will be divided into classifications by school grades, K-3rd grade, 4th-6th grade, 7th-9th grade, and 10th-12th grade. The Student Show will be judged by local artist Laureen Evans.

The Amateur category will have four different divisions in the 2020 art show: drawing/pastel, dimensional, painting/mixed media and photography.



Peggy Holm Anderson (left)

Professionals have eight different divisions in which to enter in 2020: Acrylic painting, dimensional art, drawing, oil painting, pastel, mixed media, photography, and watercolor painting. Both the Professional and Amateur categories will be judged by Peggy Anderson of JP FrameShop, in Dickinson and Codi Miller, Communications Director for The Capital Gallery in Bismarck. First through third place and honorable choice ribbons and prizes will be awarded in all the Professional and Amateur Divisions. The most popular award, "People's Choice", will be determined by the viewing public and be given at the end of the show on Sunday, November 15th.

In addition to the general "People's Choice" ribbon there will be a special



Codi Miller

"Tribute" ribbon awarded to an artist in the "A Tribute to 50 Years of Badland's Art" category that will also be determined by the voting public. To enter the Tribute category an artist may create, using any medium, one piece of art representing the number 50; 50 things, an event that occurred 50 years ago, etc.

Of that group of early founding artists, almost all of them will be represented in a special display honoring their art. On display will be art works by; Jan Plott, Jackie Church, Jack Stewart, Beverly Haas, Michael Dunn, Kathy Foster, Mary Huether, Dave Huether, Cherie Roshau, Mark Kenneweg, Eleanor Summers, Mary McNaughton, and Loni Lou LaQuill all of whom belonged to BAA during the 1970's.

Friday night's Preview will be a little different in 2020 due to COVID-19 concerns. From 6 to 9 pm, instead of serving wine, cheese and crackers and hors d'oeuvres BAA will be awarding

door prizes to the viewing public. The adult door prizes will consist of fine wines, craft beers, and specialty items. For the students in attendance viewing the Student Show, there will door prizes such as paints, drawing pencils and brushes, paint notebooks and pastels. Friday's Preview will be highlighted by music played by local musician Michael Stevenson on the piano. In addition to Michael Stevenson on Friday night, two other musicians will be featured during the 50th Annual Art Show. Enoch Ohene



on Saturday. Baskets in the auction will include fine wines, craft beers, liquors, art works, gifts and other specialty items to be announced.



Ntow will be singing and playing the guitar on Saturday from 11 am to 1 pm and again on Sunday from noon to 3 pm. Kari Shea will play popular piano music from 1 pm - 3 pm on Saturday.

A silent auction will take place on Friday, November 13th through 4 pm

The 50th Annual Fall Extravaganza of Art Show will be at the Roosevelt Grand Dakota Hotel in Dickinson on November 13th through November 15th, 2020. Show hours are Friday Preview 6 - 9 pm, Saturday 10 am - 4 pm, and Sunday noon - 4 pm. ■



PARKS AND RECREATION

Adapting to the new normal

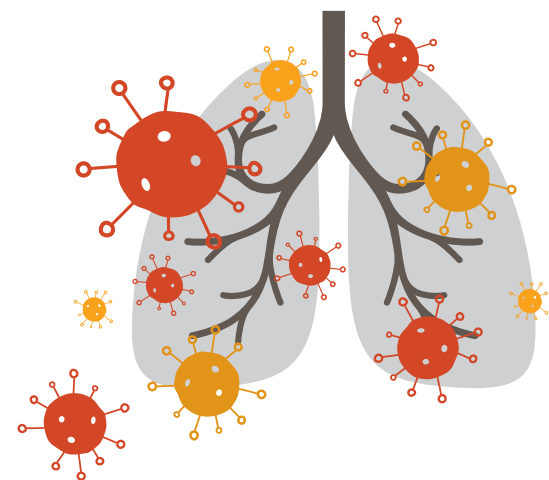


Dickinson Parks & Recreation is actively monitoring evolving public health guidance from local, federal, and state agencies and setting policy accordingly. We are continually adapting to the health guidelines to try and provide the community of Dickinson activities to enjoy during these tough times. As a result we have canceled our annual Halloween ice skating and New Year's events due to restrictions as well as altered the organization of our adult leagues. However we are able to keep some events going like the Turkeys and

Treadmills event that will take place on November 24th and the Jingle Bell 5k will happen on December 5th. These two events are well socially distanced events and the Jingle Bell 5k is an outdoor run. Many of our youth programs are still available as well. As we all go through the motions together we believe we can come out of this pandemic stronger and better if we respect and understand the difficult times we are under. We would like to remind our patrons that the West River Community Center is open and available for your fitness activities. We also encourage everyone to enjoy our parks and trails. Park users are expected to make responsible choices to utilize parks and trails in a manner that will minimize the risk of disease transmission. We look forward to ending 2020 in a positive light, let's be courteous to others as we attend events and activities. Thank you to all our users and make sure to visit dickinsonparks.org often to see what's available! ■

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HEART RIVER VOICE

Community Bulletin Board

Living in a World with Influenza and COVID-19

By Chris Jas, RN, BSN

Flu Season is around the corner (with a twist called Coronavirus).

Influenza (“the flu”) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times, can lead to complications or sometimes death. Elderly people and people with certain health conditions can be at risk for serious flu complications. The best way to prevent the flu is by getting vaccinated each year. The Centers for Disease Control (CDC) recommends that everyone 6 months of age and older get their yearly flu vaccine. For more information on the benefits/risks of the flu vaccine, please read the Vaccine Information Statement on the CDC website www.cdc.gov/flu. Experts say it is especially important to get the flu vaccine this year, as we need to keep influenza at bay so we have the resources to manage coronavirus.

The North Dakota Department of Health reminds the general public to utilize good hygiene practices:

- Cover your mouth and nose with a tissue when you cough or sneeze (or cough/sneeze into the “bend” of your elbow)
- Dispose of used tissue in the wastebasket
- Wash your hands or use hand sanitizer after coughing, sneezing, using tissue, or using the restroom
- Wear a mask when around others to protect you and them from exposure
- Stay at home and away from others if you have respiratory illness symptoms

Because we place a priority on the health and wellness of our residents, tenants and employees, Benedictine Living Community-Dickinson has been offering regular coronavirus testing to them.

This testing helps to identify those individuals who may have the virus and not show symptoms, so we can care for them and work to limit transmission to others. Testing has been, and continues to be, conducted following the testing frequency recommendations from the CDC and state Health Department.

As we have for the past several months, we are closely monitoring all residents, tenants and employees for signs and symptoms of illness. We also remain in close communication with our local and state health officials to ensure we are taking all appropriate steps and following preparedness protocols.

Beginning in March, we implemented all recommended guidance and infection control measures from the CDC, the Centers for Medicare & Medicaid Services, and our state and local health departments in an effort to protect our residents, tenants and staff.

Because we have taken this situation very seriously, our campus has been:

- Screening all residents and tenants daily for symptoms of the virus.
- Monitoring temperature and oxygen levels.
- Providing face masks to all residents and tenants to wear whenever one of our staff is in their room or when they venture outside their room.
- Restricting visitors in accordance with state guidelines. Visitors are required to wear a mask and pass a health screening before entering.
- Offering socially distanced meal service and activities.
- Screening all of our employees for symptoms and temperature at the beginning of their shift each day. Employees are not allowed in the building if they are ill.

- Requiring all staff to wear face masks and eye protection while providing care.
- Implementing enhanced infection control measures, including extra efforts to clean and disinfect all high-touch areas throughout the building.
- Encouraging friends and family to keep in touch through video chat, mail and email. Both State and Federal regulations change and control if and when outdoor and indoor visits can be offered – we will keep residents, tenants and families updated when those opportunities are allowed.

We also encourage all staff members at Benedictine Living Community-Dickinson to get their annual flu shot, as well as family members to protect themselves. These simple measures can help prevent the spread of infection. We thank you for your efforts!

As we navigate this challenge, we are especially grateful for our dedicated caregivers, who are working tirelessly to ensure high-quality care and a clean environment for all who live and work here. As always, we remain focused on providing exceptional care and services for our residents, who are like family to us.

New England

By Lewellyn Rustan

Where “New” is not just part of our name. It’s what we are. It’s who we are.

NEW in 1969: The FIRST satellite medical clinic in the nation. Now one of seven clinics served by a central hospital.

NEW in 2002: The FIRST telepharmacy operation in the nation, made possible by the North Dakota State Legislature in 2001. One of three small town pharmacies operated together through internet connections with one pharmacist.

NEW in 2006: A grand new outdoor swimming pool and then a new waterslide, utilized by young folks from throughout the area.

NEW in 2014: Emergency Services Center, providing improved Medical Emergency Service, Fire Protection, and Police Protection for the people who live and work here. NEW homes, businesses and citizens, who have found a better place to live than in bigger cities, when drawn to the area by jobs created by increased oil development provided work for people from throughout the nation. Unlike many small towns, our school’s enrollment continues to grow each year.

NEW in 2019: A \$100,000 playground in the Lions Park, where children can play during the summer, with on-site restrooms and drinking fountain.

NEW friendships formed when as many as 300 people attend the weekly summer Burgers in the Park by the New England Lions. Designed not as a fund raising event, but as a community social opportunity, it frequently includes former residents and others from one of the several care homes in Dickinson, brought to the event by small buses.

NEW ideas, plans, concepts and efforts as the community moves into the electronic age. NEW leaders to help make all of this happen.

All of this without losing the vision, courage, volunteerism and cooperation that has made this community great since 1886, when it was founded on the banks of the Cannonball River.

Come visit us! We know you’ll enjoy it here.

National Speaker Closes Summit on Behavioral Health

Meet Tony Hoffman, the Summit on Behavioral Health

in Energy Country’s closing keynote presenter.

Tony is a former BMX Elite Pro. He placed 2nd in the Masters Pro Class at the 2016 World Championships in Medellin, Colombia, and he coached the BMX Women’s Team at the 2016 Olympic Games in Rio de Janeiro.

Tony was a top-ranked BMX amateur with multiple endorsements while he was in high school. Then, he started drinking alcohol, smoking marijuana, and using prescription painkillers Vicodin and Oxycontin by his senior year.

Tony knows the depths of addiction and understands the despair addicts go through. In 2004 he committed a home invasion armed robbery. A ten-year prison sentence threat could not stop him from using during his probation, and in 2007 he was ultimately sent to prison for violating his probation.

Tony has been sober since 2007, and today is a changed man, inspiring so many to live their life with purpose. He is the Founder and Director of The Freewheel Project, a non-profit organization that mentors thousands of youth through action sports. Tony has dedicated his life to bringing awareness around the country, describing how dangerous prescription pill and heroin abuse is and advocating a shift in thinking towards current addiction-recovery processes.

Hear Tony’s story and message about stigma at the Behavioral Summit on Behavioral Health in Energy Country November 30 – December 2. To register, exhibit, and sponsor this important conference, go to www.visionwestnd.com and click on the Behavioral Health banner.

M'S MENTAL MOMENTS

Childlike faith

By Melissa Gjermundson

Most of us have those stories about how life suddenly shifted to a course that takes us to our knees. It happened the other day to someone within my office, finding out a loved one had cancer. A little boy that just wanted to run around, play sports and video games. Knowing what was happening in this family's world left me with such a helpless feeling that all I could do was pray. All I could do was pray? That is the worst way to think! Prayer is the first thing we should do, run to God with our request and thanksgiving.

I was telling my eight year old daughter about this younger boy that now has cancer and we need to pray for him and his family. My daughter has a heart of gold. With tears running down her cheeks, she said her prayers. I left the room and a couple of minutes later she came back to me asking if God has a wife. I was perplexed by her line of thinking and answered her, "No, he is all knowing and all loving." And she said, "I just wanted to know because I could be his wife and I would pray his cancer away." Oh how sweet she is! My husband and I explained to her that she didn't need to be God's wife to have powerful prayers.

Oh, to view God with childlike faith! Isn't that what we are supposed to do? And here she was, opening our hearts with love and faith. As she was getting tucked back into bed, we talked about how Jesus has healed many while he was on earth. I reminded her that the same spirit that lives in Jesus, lives in us. Think of that! The same spirit that allowed Jesus to raise the dead and heal people is the same spirit that lives in us! She smiled the most glorious smile, and I could feel she understood what most adults do not.

When did we lose that childlike faith? Did we forget that prayer is a powerful



conversation with God where we can lay everything down at his feet, while requesting boldly in faith our hope? And that we give God thanks even before the prayer is answered? In today's environment where fear, anxiety, disease, depression, and conflicting opinions are part of a grand spiritual battle, let's remember to see this world through the eyes of a child. Where rainbows are full of wonder. Where we act in kindness and love. Where sunshine, prayer and happiness lifts our soul. And the world is filtered to "pretty".....these are all everyday miracles. It is time for a revival. To speak truth. To lay your burdens down at His feet. And raise your prayer in faith. Keep your eyes up. Pray boldly. And in every circumstance, give thanks. ■



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MISS BEA'S KITCHEN

New ways to celebrate

By Laura Walters

This year, the holidays may look a little different for all of us. Many will be opting out of the large parties, choosing instead to celebrate quietly at home with immediate family. Others may choose to host virtual holiday parties or gather together in more open spaces to allow for social distancing (if you're new here, please don't try a backyard Thanksgiving BBQ... trust me).

No matter where you're from or what traditions you carry with you, we all do the holidays differently (even on a "normal" year). Let's face it though, most of us are in a rut and do the same things every Thanksgiving and for Christmas the only thing different is the kids' wish lists - am I right? I get it. I mean, that's kind of the nature of "tradition". But let's maybe take this year as an opportunity to try something new and create some new traditions. Or at least come out on the other side of all of this with some great stories.

Here are a few ideas for you to try:

1. **Tablescaping:** the intentional & curated arrangement of your tabletop surfaces

a. Use what you already have around the house. I think a lot of times women think they have to run to Hobby Lobby and spend hundreds to create a centerpiece, but that's just not true. Find things that you can pull from other places in your home to make the table fun and functional. Sometimes you have a figurine, a vase, a wooden sign, a candle, or whatever else unnecessarily tucked up on a shelf. Pull it down and see if you can use it in your centerpiece. Use a bowl in your arrangement and let it double as your bread basket, wooden trivets look great in a centerpiece but also double as... well... trivets! Just keep in mind that your table does not have to be solely functional OR fun. With a little thought, it can be both.

b. Go a little fancy. I love cloth napkins and napkin rings! I know they aren't for everyone, but I really enjoy using them around holidays or if we have a special dinner. Keep in mind: I have never purchased cloth napkins NEW! I did buy a couple sets of soft leather napkin rings on clearance once - at the dollar store. But other than that I have either been gifted napkin rings or found sets of rings or napkins at the thrift store! You can often find napkins in like-new condition because, quite frankly, nobody uses them on a regular basis anymore and then they decide to donate them to free up drawer

space. If you're vigilant, you might get there before me and find a nice set.

If you don't want to spend money on cloth, roll up your paper napkins and tie a cute ribbon around them! It doesn't have to cost an arm and a leg to create a memory or a beautiful table.

2. Try a new recipe

a. Revamp or replace a dish you traditionally make. There are hundreds of thousands of ways to make a ham or a turkey. Seriously. Start researching on Pinterest and try a new twist on a family favorite.

b. Try something new that speaks to your family's heritage. With a maiden name like Wagenschutz you'd think I grew up with all things German around the holidays, but I didn't. Honestly, I don't remember any tradition passed down which reflected our German heritage. Maybe you're the same way. Let's get on Pinterest and find some ideas to incorporate this holiday season that bring us closer to our heritage! How fun would that be?!

However you choose to observe the holidays this year, things will be



different. Some seats will be empty. Some homes will be quieter. But that doesn't mean we have to cancel Thanksgiving or Christmas. Let's all strive to keep this holiday season as "normal" as possible as

we navigate through these strange times. Let's pull together, while staying apart. Most importantly, let's not forget the reasons we celebrate and observe this season. ■

Apple Cake with Butter Sauce

Cake ingredients:

- 2 large eggs
- 1 cup veggie oil
- 1-3/4 c white sugar
- 1 tsp vanilla
- 2 cups flour
- 2 tsp cinnamon
- 1 tsp salt
- 1 tsp baking soda
- 4-ish cups apples cut into small squares

Sauce ingredients:

- 3 TBS flour
- 1 cup white sugar
- 1 stick butter
- 1 cup heavy cream
- 1 TBS vanilla extract

To make the cake:

1. Preheat oven to 350F and grease a 9x13 pan (or a cast iron skillet like I do!).
2. In a mixer, beat veggie oil and eggs until frothy.
3. Add sugar and vanilla and mix.
4. Add flour, cinnamon, salt, and baking soda. Mix together. (Batter will be very thick)
5. Add the apples and fold in with a spatula. It will seem like way too many apples but it's not. Trust me. Bake for 50-60 minutes or until a knife comes out clean when inserted in the middle.

To make the sauce:

1. In a small saucepan, melt together butter, sugar, and flour.
2. Once the sugar is dissolved, add the cream and vanilla. Heat through. If it's too thick, add a bit more cream but be careful not to add too much! .

NOTE: This cake is BEST served warm, but if you want to reheat the sauce later it works best if you keep it in a small pan and reheat using a double boiler setup. Stir continually. ■



WHERE BUSINESS GOES TO GROW

Resources for starting your own business



Are entrepreneurial ideas spinning in your head after last month's article? If not, I invite you to look back to the October issue of Heart River Voice and find out if starting your own business is right for you and if are you ready. This is the second part of our entrepreneurial series talking about what it takes to become a business owner. This month we will explore startup planning and research.

Startup planning and research will provide essential information you will need to consider before making the decision to start your own business. These informed decisions and a little planning in the beginning will provide a good base for determining if your idea has enough potential to be successful.

The Census Business Builder: Small Business Edition is a great resource to research your business and find information on the market your business will serve. Here is where you can see some of your Census data (which hopefully you submitted) become useful to the average consumer. This resource can be found at <https://cbb.census.gov/sbe>.

There are numerous other data sources available that can help. Some of these are free and some require nominal fees or are offered as free services through resources like the Small Business Development Center.

You might ask, "What do I do with this data and how is it useful to me?" Access to key economic and demographic data helps you make informed decisions about your business idea and the potential of your target audience.

Questions you may be able to better answer include:

- Basic information like what is the population of my trade area and what is the makeup of that population (household income, median age, ethnicity, etc.).
- What are the spending habits

of individuals and are they seeking your products and services elsewhere, including online?

- Workforce information to better understand the availability of potential employees and wage information to help in your budgeting process. This resource can be found at <http://www.ndlmi.com>

- What is the makeup of your competition, where are they located, and how much of a market share do they represent?

- Is there an online component to my product, and what will it take to make my product stand out amongst the competition?

If you find that your product is unique enough, and you do not have any direct competition in your target market area, it is always worth a shot to call up a similar business and ask questions. Oftentimes, entrepreneurs are more than willing to share their experiences and offer guidance to others if they do not see you as direct competition to their business. Remember to be courteous and grateful for any tricks of the trade they are willing to share.

Lastly, other entrepreneurs, in general, are great resources to share the more mundane tasks and challenges they have faced.

Your time spent researching and understanding your entrepreneurial idea will be the best first investment in your future business. Keep an open mind, and do not be afraid to alter or tweak your idea to match your findings from this research.

Once you feel your business idea has enough wind under its wings to fly, we invite you to take advantage of one of the free resources in the community to further develop your idea. Sign up online for the Small Business Development Center at ndsbd.org or the local SCORE chapter at score.org.

Next month we will start looking at some of the action items to starting a business such as where and how you will need to register your business. ■

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THEN... and Now: Stark County's first jail

By Bob Furhman

By chance one day I came across a short item in the Dickinson Press of February 3rd, 1906 which mentioned the first jail in Dickinson with the barest hint at its location. It was pretty typical at the time to refer to buildings or sites by their owner's last name, there not being any addresses yet assigned to buildings and lots and this situation can make it a challenge to locate the sites of early homes and businesses. Now, I'm no cowboy but when I find a hint like this, well, let's just say not knowing the answer to a historical puzzle makes me understand that old phrase, "Burr Under the Saddle."

Many people are familiar with the location of Stark County's first 'permanent' jail - toward the rear of the original Courthouse site which encompasses all of Block 25 of the original town plat of Dickinson, between 3rd & 4th Street East and Sims Street and 1st Avenue East, three blocks off of Villard Street. Today this is the site of the county's 1937 edifice designed by William F. Kurke, built by the S.W. Jonason Company, partially funded by the Public Works Administration

and added to the National Register of Historic Places in 1985.

Today there is no stand-alone Stark County Jail, the function of which is now carried out by the Southwest Multi-County Correction Center whose mission it is to house prisoners from Stark, Billings, Bowman, Dunn, Golden Valley, Slope and Hettinger Counties. But in the early days, before then-young Stark County had gathered resources to construct its first courthouse and jail, the initial board of Stark County Commissioners saw the need for a temporary facility to house miscreants until a permanent lock-up could be built.

Although Stark County, named for Northern Pacific Rail Road vice-president George Stark, had been created on February 10, 1879 it was not organized until May 30, 1883. A month prior to that date territorial governor Nehemiah Ordway appointed Horace (H.L.) Dickinson, James Collister and James G. Campbell as the new county's first board of Commissioners, the first two gentlemen being residents of

Dickinson while Campbell hailed from Gladstone. At the initial Commission meeting Dickinson was temporarily designated the County Seat - although Campbell made his case for Gladstone he was outvoted by the Dickinson Commissioners. The next year the county seat question went to the voters, this time with Taylor and Richardton joining Gladstone in challenging the incumbent town in a referendum campaign, Dickinson winning the November referendum by a wide margin.

On June 23rd the board voted to appoint Chairman Dickinson and Commissioner Collister as a committee to draw up plans and specifications "for building a jail at Dickinson, to be used for county purposes, and also to look up a suitable place and location upon which to build the same." Seven days later Dickinson and Collister reported back on the plans, then took on the task of perfecting specifications and advertising for bids to be delivered before July 9th, it eventually being decided that bids would be due July 23rd, 1883. Unfortunately, no plans or specifications have been found for the project but a curious item from the Press mentions a change in the placement of 'spikes' in the jail specifications, the original one inch interval increased to two inches. Does this refer to wall or

A Bit of History.

A pioneer resident gives us the following: In 1885 Dickinson had a population not to exceed 350. On Hannaford street in the neighborhood of the E. F. Messersmith residence were three small dwellings, while the rest of the buildings were all north and east of the business center. In 1884 was built the house on Hannaford street, owned for a term of years by Dr. Stickney and later purchased by J. H. Lavine, which was used for a jail until the court house was erected in 1886.

in July 1883 included the awarding of the jail contract to Bunker & Lawrence of Dickinson, their \$1050.00 bid being the lowest, although the Press does not name competing bidders. At the next meeting on August 4th Commissioners Campbell and Collister were appointed to "accept as a donation a suitable lot upon which to locate the jail..." no potential donor or area of the town being specified in the published proceedings.

Now, here is where a researcher should expect to be on the verge of identifying the location of the jail as one naturally assumes the proceedings of the next Commission meeting will surely contain that detail...and maybe they did. Unfortunately, the August

THE DICKINSON PRESS.

Vol. 1.—No. 22. Dickinson, Stark County, North Dakota, Saturday, August 26, 1883. \$2.00

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Scaled proposals for building a county jail at Dickinson, Dakota, will be received by the undersigned, at his office in Dickinson, Dakota, on or before the 23d day of July, 1883. Plans and specifications can be obtained by calling on James Collister. The Board of County Commissioners reserves the right to reject any and all bids.

N. C. LAWRENCE,
County Clerk.

Dickinson, D. T., June 28, 1883.

fence spikes as an anti-escape measure, and does that infer an enclosed jail 'yard' in the plans? All we know of the specifications is that they were drawn by local carpenter Elbert J. Tamblin who was paid \$5.00 for drawing them up.

Regardless of what was meant by 'spikes', the last Commission meeting

25th, 1883 edition of the Dickinson Press which was photographed for the purpose of creating a microfilm copy (which is what the current on-line digital copy is created from) was damaged and is one of a number of 1883

Blue Hawk Bulletin



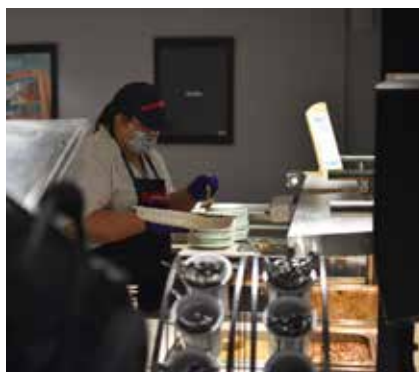
November 2020

HOWDY ROWDY HOCO! DSU CELEBRATES 2020 HOMECOMING

Written by: Kayden Heckaman, DSU Student Intern

During the week of Oct. 5 – 10, 2020, Dickinson State University (DSU) held their annual Homecoming week activities. Homecoming at any school, whether it be a high school or university, is a time for students to enjoy fun events and to celebrate their school spirit. For DSU, Homecoming 2020 featured nine events over six-days, from a chili lunch to movie nights, culminating in a football game against Dakota State University at The Hank. Due to the ongoing COVID-19 pandemic, Homecoming events were altered in order to make sure that everyone who participated remained safe and healthy; however, that didn't stop any of the fun!

On Monday, Oct. 5, DSU students, staff, faculty, and members of the community enjoyed a chili sampler lunch at The Perch dining center in the DSU Student Center. Lunch-goers sampled four different chili entrees provided by Sodexo. More than 120 students had lunch at The Perch and were able to spend some time together socializing with friends while enjoying some delicious food, including their favorites: the standard American chili and the chicken enchilada chili.



On Tuesday, Oct. 6, Vitalant hosted a blood drive in the DSU Student Center Ballroom. This event was open not only to the DSU campus community, but also to the public.



Twenty-eight individuals donated blood, exceeding Vitalant's goal of 21 donors, and received a COVID-19 antibody test in addition to providing their donation. DSU's residence life staff donated Homecoming t-shirts and face coverings that were raffled off to donors to show the University's appreciation for their participation.

Also on Tuesday, students had the opportunity to take in a movie at the campus theatre in the Student Center. "Jumanji: The Next Level" was shown at 7 and 9 p.m. This 2019 film, starring Dwayne "The Rock" Johnson, Jack Black, Kevin Hart, and Karen Gillan, is the fourth installment of the Jumanji franchise and the sequel to 2017's "Jumanji: Welcome to the Jungle." Students could also choose to see the movie on Wednesday at the same times if they were unable to on Tuesday night. Across all four showings, 80 students were able to enjoy the adventures of Dr. Xander "Smolder" Bravestone and his companions in the land of Jumanji.

Wednesday also brought an exciting event: a virtual "Take and Paint" night. Students picked up a paint kit from May Hall on campus and received an online invitation link to join the class from their computer. In this virtual experience, a master artist led a class where students made their own custom Blue Hawk masterpiece. Around 100 students (residents and non-residents) participated. The students enjoyed this event and were happy that they were able to do a group activity while also being able to socially distance themselves.



Thursday featured a virtual concert put on by country artist John King, which was broadcast via the DSU Homecoming Facebook page. John King is not only an up-and-coming country artist, but he has also written songs for some of the biggest names in country music. This concert was a unique event with more than 500 viewers tuning in from across the country.

On Friday, there was a unique hustle and bustle surrounding the University. The events began early, at 9 a.m. to be exact, with the investiture of Stephen (Steve) D. Easton, J.D. as Dickinson State University's

continued on next page

HOWDY ROWDY HOCO! *continued from previous page*

13th president in May Hall's Dorothy Stickney Auditorium. During the investiture ceremony, laughs were had, emotions were felt wholeheartedly, and it was clear that every speaker thinks highly of President Easton's commitment to not only the University, but also to its students, faculty, and staff. President Easton holds the University in high regard because it has had such a profound effect on not only him, but on multiple generations of his family. "It's of course very special for me to be here at Dickinson State," said Easton. "I never had any desire to be president of a university. I only applied for this job because I thought that I might be able to help out at my own university. It's a university that means a lot to our family. Four generations of our family at this school and so it is very special to be back. [I] just want to try to do what I can to help keep the great things at Dickinson State happening."



Later, on Friday night, the stage in Stickney Auditorium was transformed for a 7 p.m. concert featuring DSU students. DSU's annual Homecoming concert features all ensembles from the music program, along with the DSU chorale, chamber singers, jazz ensemble, and the concert band. Each of the groups performed two to three selections. The concert opened with the

DSU chorale performing the University's Alma Mater. After they were finished, the DSU concert band performed two pieces, which included a fanfare and an arrangement of "America the Beautiful." Once again, it was the DSU chorale's turn where they performed three more songs, closing with a medley from the Disney movie Moana. Next up, the DSU chamber singers performed three pieces, which included a fun Latin piece called "Chile Con Carne." The DSU jazz ensemble performed "Chitlins Con Carne" and "Buster Rides Again." The ensemble included soloist Amber Sickler, Zach Stanley, Josmar Zepeda, and Yeva-lea Zepeda. The evening's performances concluded with the concert band playing the school's fight song. Around 50 individuals attended the concert, all of whom graciously complied with face covering and social distancing guidelines.



Saturday wrapped up an exciting week with Blue Hawk football facing the Dakota State University Trojans at 1 p.m. The Blue Hawks took the lead right from the start of the game and by halftime were ahead 13-0. Dakota State University managed to bring the score to 13-3 by the end of the third quarter, but that did not stop the Blue Hawks from snagging the 23-3 victory.

This win preserved DSU's currently undefeated season at 5-0.

But, this was no ordinary game; this was a DSU Homecoming game! During halftime, the 2020 Homecoming King and Queen were crowned during a coronation ceremony on the field. Javonte "Smokey"

Oliphant from Trinity, Texas, was crowned the 2020 Homecoming King. Oliphant participates in track and football at the University. He is also a member of the student professional residence life staff and volunteers with the Students Opportunities and Resource Center. Jade Boote from Binford, North Dakota, was crowned the 2020 Homecoming



Queen. Boote serves as president for DSU's Student Education Association. She is also the captain of the rodeo team and serves on the rodeo council along with being a student representative on "The Heritage" magazine committee. "Just being nominated to be on Homecoming court, I felt honored," said Boote. "But being crowned as DSU's 2020 Homecoming Queen was just amazing, especially consider the group of talented, genuine, girls I was on court with!"

Overall, this week was a busy and fun one for everyone on the DSU campus. From food to music, and the investiture of the University's new president to an exciting football game, the DSU campus and Dickinson communities were busy both on and off campus! ■

DICKINSON STATE UNIVERSITY BRINGS CDL TRAINING TO DICKINSON

Dickinson State University (DSU) is partnering with TrainND Northwest at Wiliston State College to offer a Class A Commercial Driver's License (CDL) training program in Dickinson.

The CDL training program is a three-week, 120-hour course that includes both classroom and behind-the-wheel training. The course concludes with the scheduling of the State of North Dakota CDL driving test. The course cost is \$6,500, including educational materials and truck use.

Participants may be eligible for funding to help offset the cost of training. The class size is limited to four students per course. Each student will receive a certificate upon successful completion of instruction and will be prepared to take the ND CDL commercial driving test.

This partnership is a key tenet of Dickinson State University's commitment to offering new programs through its Dual Mission designation.

The Department of Agriculture and Technical Studies at DSU plans to host an upcoming open house to share information about the program. Details about this open house will be shared when they become available.

For more information, please visit www.dickinsonstate.edu/cdl. To register for an upcoming course, please call 701-572-2835. ■



HAWKS ARE UP! ENROLLMENT INCREASES AT DICKINSON STATE

Tuesday, Sept. 22, 2020, marked the fourth week official census for the Dickinson State University (DSU) campus community. The number of full-time enrolled students increased 4% at 967 up from last year's total of 929. The full-time equivalency (FTE) of credit hours taken also increased 5%, from 1,093.45 to 1,147.13.

The census report reflects a total head-count enrollment of 1,441 students. This is an increase of 91 students, up from 1,350 students in fall 2019, and represents over 6% growth in overall head-count.

The number of students choosing to live on-campus increased 9% from 214 to 234. DSU reopened Selke Hall to meet the demand for additional housing.

"I appreciate the collaborative efforts to develop programs, articulations, and scholarship support which have contributed to DSU's success in attracting and retaining students," said Marie Moe, vice president for student affairs and university relations at DSU. "As we move into the academic year, we are focused on providing excellent education and support to the students who have chosen DSU. We are also continuing to explore additional ways we can respond to the educational needs of our community and region."

"It is an unprecedented time in the history of our world, and people are looking for opportunity for connection and community," said DSU President Steve Easton. "The faculty and staff at DSU have worked hard to adapt courses to be available in several modalities. This is a good day for DSU. We are proud of our staff, faculty, and students for moving us in a positive direction."

Students enrolled this fall represent 39 states and 15 countries with 68% indicating North Dakota residency and 2% indicating international residency.

Highlights from fall 2020 enrollment data:

- Enrollment of first-year students, those with less than 24 credits, is up more than 20% from 201 in fall 2019 to 244 in fall 2020.
- Early entry and dual credit high school student enrollment increased 17% from 160 students to 187 students. Of these, 41 students are taking courses from DSU faculty on the DSU campus as part of the new early entry program launched this semester in partnership with Dickinson Public Schools and others in our area.
- Nontraditional students, those over age 25, represent 22% of enrollment. ■



DICKINSON STATE UNIVERSITY

Band Concert

Thursday, Nov. 5, 2020 7 p.m.

Dorothy Stickney Auditorium

The poster features a blue background with a yellow trumpet, a white drum, and a music book with notes. The Dickinson State University logo is in the top left corner.

DICKINSON STATE WELCOMES PRESIDENT STEPHEN D. EASTON

Dickinson State University (DSU) formally welcomed Stephen D. Easton, J.D. as its 13th President during a ceremony in May Hall's Dorothy Stickney Auditorium Friday, Oct. 9, 2020. A number of distinguished guests addressed the audience and welcomed the new president, including North Dakota Governor Doug Burgum. State Senate Majority Leader Rich Wardner and State House Representative Mike Lefor, both alumni of Dickinson State, welcomed their fellow alumnus to the role of president.



Nathaniel Easton, the president's son and fellow Blue Hawk alumnus, also spoke during the ceremony. Nathaniel, who, as President Easton says, goes by "Nate" only in Dickinson, is one of the founders of the Hawk Talk show produced by the DSU Heritage Foundation. He was also instrumental in popularizing the phrase "Hawks are up!", a sort of rallying-cry that is used heavily in the Blue Hawk community. Nate was among the last to speak during the ceremony and shared his experiences in growing up under the guidance of a lawyer, one of President Easton's former professions. Nate focused on the loyalty and service to DSU that has run in their family for generations.

President Stephen D. Easton, J.D. was then presented with the chain of office by Nick Hacker, chair of the State Board of Higher Education, and Lisa Johnson, vice chancellor for Academic & Student Affairs for the North Dakota University System.

A recording of the ceremony is available on YouTube and photos can be found on Flickr. ■

JADE BOOTE: DSU STUDENT AND SELFLESS CAREGIVER

Written by: Kayden Heckaman, DSU Student Intern



Many things have changed this year in our society with the ongoing COVID-19 pandemic: education has shifted to a hybrid model of delivery, social distancing is being observed, and face coverings are being worn in order to keep those who are at risk of complications safe. For some, this has become a new “normal.”

One Dickinson State University (DSU) student is displaying a selfless act of kindness by voluntarily studying off-campus this semester, taking her classes online and caring for those that are at risk to have serious complications should they contract COVID-19. This student is Jade Boote, a competitive, organized, and hardworking senior from Binford, North Dakota, currently majoring in business education.

Boote, whose mother is an alumna of the University, joined the flock at Dickinson State for the opportunity to pursue rodeo, as well as study business education. “I love how small the classes are, and that allows the professors to know each student and know most students by their first name,” said Boote. “It’s like a big family. Everyone knows one another.”

Her decision to take her classes remotely was influenced by what she does for work, by providing home support for a local family. According to Boote, home support, in respect to her client, is taking care of an individual with a special need. “I take her to therapy, pick her up from school, hang out with her at home, go bowling, go to movies or anything her

family asks.” Boote has been doing home support for her client since she began studying at the University four years ago, and she believes that they are happy to have her around. Boote decided that it was in the best interest of her client and client’s family for her to study from home during the semester and do everything she can to prevent herself from contracting and spreading COVID-19.

Though she knows it was the best decision for her client, Boote misses being on campus interacting with her friends, classmates, and professors in person. Not being physically there in class or having the opportunity to come in early or stay late to ask questions is challenging and is much different when you have to do it from afar via email. However, Boote believes that the University giving students the option of being able to connect remotely is “awesome” and that “it really has made it easier for a lot of students, including [herself].”

While she strives to keep up with her classwork and care for her client, she still finds time to do other things she enjoys. When she is not doing classwork, which has been very time-consuming for her this semester, she can be found riding her horses or roping. She has also been able to keep in contact with her friends. She also said that if everything was to return to how it was before the pandemic, she would want to travel. “Sounds generic, but I would take my horses and head to Arizona to rope,” said Boote.

Selflessness /ˈselfləsnəs/ *n.* Concern more with the needs and wishes of others than with one’s own.

Having this trait requires someone to think not only of themselves, but also of those around them. Boote has embraced this value by choosing the health and safety of others over heading back to class in-person. Not all heroes wear capes, but some wear cowgirl boots, and Boote is certainly a hero for the sacrifices she has made for others during this pandemic. ■

ANDERSON NAMED CHIEF FINANCIAL OFFICER AT DICKINSON STATE UNIVERSITY



Dickinson State University (DSU) has announced Kent Anderson’s appointment to the position of chief financial officer at DSU, effective Friday, Oct. 16, 2020.

Anderson brings more than 24 years of experience in accounting, finance, and management in both the public and private sectors to Dickinson State.

“We are very excited to welcome Kent as DSU’s chief financial officer,” said DSU President

Steve Easton. “He has a wide variety of experience including education administration that will make him a significant asset.”

Anderson comes to DSU from Dickinson Public Schools (DPS) where he served for more than three years as the system’s business manager. Before working at DPS, Anderson has held varying managerial roles in business and finance with companies such as Sax Motor Company in Dickinson, Ross Eriksmoen, Inc. in Crosby, Red Trail Energy, LLC in Richardton, and the Theodore Roosevelt Medora Foundation in Medora.

Anderson earned his bachelor’s degree in accountancy from the University of North Dakota and is currently enrolled in a Master’s of Business Administration program at his alma mater. He is also a member of the North Dakota Society of CPAs, the North Dakota Association of School Business Managers, and the Association of School Business Officials. ■



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STUDENT SPOTLIGHT

ETHAN HAYNES '24
secondary education major



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

Before I was at DSU, I went to Dickinson High School (DHS). At DHS, I was in Student Council where I was a class representative, class president, and student body vice president. I have lived in Dickinson all my 18 years of life and I have loved it every second of the way. My family and friends are here, and I don't anticipate leaving anytime soon.

What made you choose DSU?

My family and friends in Dickinson. If it were not for my family and friends, I would not have stayed in Dickinson. I love being close to those people and it would kill me to not be around them.

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

I am currently majoring in secondary education in social studies and I plan to graduate in 2024. However, I am not done there. I plan to take the LSAT at least once in the next two years to try and attend UND Law in fall 2024.

Are you thinking about joining any clubs?

I have actually joined two organizations since I have started at DSU. I joined the esports team when I first started and I play "Rainbow Six: Siege" for DSU. I also was elected as the freshman senator for DSU Student Senate.

What do you like to do in your free time?

I am a huge political nerd. During my free time, I look at polling data for the upcoming Presidential election and do my best to draw conclusions from that. I also practice for the esports team with my friends to help sharpen my skills.



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

That means I help post on DSU's Facebook and Instagram pages to showcase DSU. I have done a few posts about myself and I have a few ideas of what to post, like my time in quarantine and how DSU has made accommodations for those students.

Cool! So, since you're giving us a glimpse at your life as a Blue Hawk on social media, what would you tell someone who's thinking about becoming a Blue Hawk like yourself?

I would say 'go for it.' DSU is a great school. Dickinson itself is a great little town; it helps build grit and self-reliance due to the harsh winters. There's also that small-town sense, even though we are a growing town. If you are stuck in the snow, don't be surprised that a nice person will help you get out.

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

- If I could choose my last meal on Earth, I would go with a medium-rare hamburger with grilled onions, American cheese, ketchup, bacon, and BBQ sauce.
- My favorite band is AJR.
- I have three cats: Sneezzer, Cinnamon, and Mosley. ■

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DICKINSON STATE UNIVERSITY ANNOUNCES MEMBERS OF STRATEGIC PLANNING COMMITTEE

Dickinson State University (DSU) President Stephen Easton, J.D. is pleased to announce the Strategic Planning Committee members who have been asked to write the University's next 5-year Strategic Plan.

"I am proud to introduce this group of distinguished supporters of Dickinson State University," said Easton. "Each member of the Strategic Planning Committee believes in Dickinson State and understands the transformative power of education."

Dr. Kathleen Geisen, director of special projects at DSU and chairperson of the Strategic Planning Committee, commented, "Dickinson State University provides quality teaching, mentoring, research and scholarship, and co-curricular and engagement opportunities that empower our students to excel. We have remarkable momentum right now, and the collaborative work of the committee can serve to guide and strengthen DSU's mission and vision for the future."

Strategic planning is a way to set overarching goals for the University and develop a plan to meet those goals. The committee members will consider the University's longer-term priorities and will be meeting on a regular basis in order to complete the plan prior to the next academic year.

The Dickinson State University Strategic Planning Committee members include:

DR. JOAN AUS

Dr. Joan Aus is currently chair of the School of Education as well as the director of graduate programs at DSU. Prior to coming to Dickinson State, she served as the assistant dean and chair of the School of Education at Valley City State University. Her fields of specialty are English Language Learner (ELL) pedagogical methods as well as multicultural education, and her areas of research include monolingual English and bilingual instruction for ELLs. Her doctorate is in education with a concentration in ELL education and she holds a national TESOL (Teaching English to Speakers of Other Languages) certification. In addition to teaching in higher education, Aus was also an instructor in the Army National Guard and holds Air Force and Army specialty codes in diesel power generation, refrigeration, logistics and missile maintenance technology.

DR. DEBORA DRAGSETH

Dr. Debora Dragseth, the University's provost and vice president of academic affairs, began teaching at Dickinson State in 1989. She is a tenured professor of business, the former director of Dickinson State University's Theodore Roosevelt Honors Leadership Program, and the former chair of the Department of Business and Management. Dragseth received a bachelor's degree in business administration and English literature from Dakota State University, a master's degree in business administration from the University of South Dakota, and a doctorate in educational leadership and strategy from the University of Nebraska.

ALECIA DUKART

Alecia Dukart is a professional advisor in the Student Opportunity and Resource (SOAR) Center at Dickinson State University. She has worked at DSU for the past five years. Dukart earned a bachelor's degree from Dickinson State University in agricultural studies and a master's de-

gree in business administration from Chadron State College.

STEPHEN EASTON, J.D.

Stephen Easton was named the 13th president of Dickinson State University in 2020. He graduated from DSU in 1980 with a bachelor's degree in accounting and a minor in business administration and was the third generation of his family to choose Dickinson State. After earning his undergraduate degree at DSU, Easton enrolled in Stanford Law School where he earned his Juris Doctorate in 1983. He practiced law for almost 20 years before returning to higher education as a professor and administrator.

DR. KATHLEEN GEISEN

Dr. Kathleen Geisen is the director of special projects at Dickinson State University. She has worked at DSU for three years. Geisen holds a bachelor's degree in social ecology, a master's of education in curriculum, instruction and assessment, a master's degree in business administration, and a doctorate in organizational leadership.

DR. HOLLY GRUHLKE

Dr. Holly Gruhlke began working for Dickinson State University in 2008. In 2018, Gruhlke was promoted to the rank of associate professor of business. She served as the chair of the School of Business and Entrepreneurship from 2017 until 2020, before being promoted to the position of dean of the College of Education, Business and Applied Sciences. Gruhlke received a bachelor's in business administration from Dickinson State University, a master's of business administration from the University of North Dakota, and a doctorate in business administration from Wilmington University.

TODD HAUF

Todd Hauf is the chief information officer in the Department of Information Technology Services at Dickinson State University. He has worked at DSU for 25 years and holds a Bachelor of Science from North Dakota State University.

TIM KESSEL

Tim Kessel is returning to Dickinson State University as an instructor of business and finance for the School of Business and Entrepreneurship. He has taught in various capacities for DSU on-and-off since 1997, with 21 years of service to the institution. Kessel holds an associate degree from the North Dakota State College of Science, a bachelor's degree from Dickinson State University and is currently pursuing a master's of entrepreneurship at DSU. He has also completed master's-level coursework at the University of North Dakota.

MIKE LEFOR

Mike Lefor is a member of the North Dakota House of Representatives who graduated from Dickinson State University in 1980. Lefor has served as the president of Blackridge Enterprises, LLC and DCI Credit Services, Inc. Lefor served on the Dickinson Park Board from 1986-2014 and was president of the board from 2006-2014. He was also a part of the Dickinson Planning and Zoning Commission from 1988-2003. He was chairman of that commission from 1993-2003. Lefor also served as chairman of the board for CHI St. Joseph's Health from 2008-2014.

DR. HOLLY MCBEE

Dr. Holly McBee is the dean of the College of Arts and Sciences, director of the Theodore Roosevelt Honors Leadership Program and a professor of English at DSU. She has also previously served as chair of the Department of Language and Literature. McBee began teaching at

DSU in 2008 and has taught a wide range of courses, including composition, literature, literary theory and leadership. She holds a master's degree from New Mexico State University and a doctorate in English literature from Purdue University.

LUCY MEYER

Lucy Meyer began her teaching career as a clinical adjunct nursing faculty member at Dickinson State University in 2005. From fall 2006 to 2016, Meyer served as an assistant professor of nursing and, since fall 2017, has held the position of associate professor of nursing at DSU. Meyer earned a Bachelor of Science in nursing from Dickinson State University and a Master of Science in nurse specialization education from the University of North Dakota.

SCOTT MOLANDER

Scott Molander graduated from Dickinson State University in 1988 with a bachelor's degree in business administration and management. He was the chief operating officer of LIDS Sports Group from 1995 until January 2016. Molander is the current CEO at ASB Sports and is serving on the DSU Heritage Foundation Board.

DAVE MOODY

Dave Moody is a 31-year veteran of DSU. For 18 years, he coached the women's volleyball team to national prominence winning the school's first team national championship in 2000. He was inducted into the National Hall of Fame in 2010. In 2007, he resigned from his coaching position to pursue teaching full-time as a tenured faculty member in the Department of Health and Physical Education. He is a past president of NDSHAPE and the NAIA Volleyball Coaches Association. He currently serves at DSU as the Faculty Senate President and as an assistant professor of health and physical education.

DEB NELSON

Deb Nelson is the founder and president of DLN Consulting. She earned a Bachelor of Science from Minot State University in the social and political sciences and has extensive master's-level training from North Dakota State University in education and public administration. She has over 25 years of experience in public relations, strategic planning and grant writing. She has served as a lecturer and presenter at various national, state and local conferences. Nelson has also served as the principal administrator for several research-based studies for state and federal agencies. Nelson administers the Vision West ND Consortium, which represents 19 energy producing counties in western North Dakota. Vision West ND's goal is to help create initiatives that promote community sustainability beyond the energy and agricultural commodity industries. She has served on several nonprofit boards of directors in North Dakota.

THADD O'DONNELL

Thadd O'Donnell is the chair of the Department of Health and Physical Education, an assistant professor of health and physical education, and is DSU's head golf coach. O'Donnell began his teaching and coaching career at Dickinson State in 1994. In his tenure he has coached wrestling, football, cross country and golf while teaching in the Department of Health and Physical Education for Dickinson State University. He graduated from DSU with a Bachelor of Science in mathematics and physical education with a minor in coaching and driver's education. He later went on to attend Northern State University where he received his Master of Science in Arts in education and physical education.

REBA OLSEN

Reba Olsen is an assistant professor of mathematics at DSU. After earning a bachelor's degree from the University of Minnesota at Morris, she taught 7-12 grade classes in rural Minnesota. She then pursued a master's degree in the science of teaching mathematics from the University of Wyoming. Upon completion, she taught at a high school in Cheyenne, Wyoming. She has taught at DSU since January 2007, teaching multiple math courses. In particular, she teaches courses for aspiring teachers and workshops for practicing teachers. She has served on multiple statewide committees concerning K-12 mathematics education, including the ND State Standards Writing Team. She has also served as the content expert for several program reviews for ND Education, Standards and Practices Board for secondary teacher licensure.

STEPHANIE SCHENDEL

Stephanie Schendel is a senior at Dickinson State University. Schendel serves on Student Senate and is pursuing a bachelor's degree in biology – pre-medical science option and a minor in business administration. She is from Wilton, Wisconsin, and plans to graduate from DSU in spring 2022.

DR. GEORGE SEROR, III

Dr. George Seror, III serves as an assistant professor of psychology at Dickinson State University where he teaches courses in learning and memory, research methods and statistics, lifespan development, theories of personality and the history of psychology. Seror earned a bachelor's degree in music and psychology and a master's and doctorate in cognitive psychology. He also holds associate degrees in classical guitar performance and music business.

COLBY WARTMAN

Colby Wartman is a graduate of Dickinson State University with a bachelor's in exercise science and a minor in coaching and leadership. He was a member of the DSU football team and a Theodore Roosevelt Honors Leadership Program scholar. Wartman owns a local gym, The Iron Chapel, and is a certified strength and conditioning coach. He is also a graduate assistant in the Athletic Department at DSU while he continues to pursue his education at the University.



Members of DSU's Strategic Planning Committee will work to incorporate the University's overall mission, vision and values, and key goals – with measurable objectives and strategies to achieve them – into the 2020-2025 strategic plan. In the coming months the committee will engage the campus community and external stakeholders, meeting regularly to complete the plan by July 2021. This will give the University the opportunity to align its strategic plan with the North Dakota University System's plan by August 2021. ■

DICKINSON STATE UNIVERSITY EVENTS

Nov. 1-20	8 a.m. - 4 p.m.	TRHLP Food Drive	May Hall, room 311
Nov. 1-20 MWF	11 a.m. - 2 p.m.	TRHLP Food Drive	Student Center
Nov. 5	7 p.m.	Fall Band Concert	May Hall, Dorothy Stickney Auditorium
Nov. 6	9 a.m. - 3 p.m.	New Student Registration	May Hall, Dorothy Stickney Auditorium
Nov. 7	2 p.m.	Football vs. Presentation	Biesiot Activities Center
Nov. 14	8 a.m. - 1 p.m.	Praxis Computer Testing	May Hall, room 1
Nov. 14	2 p.m.	Women's Basketball vs. Montana State University-Northern	Scott Gymnasium
Nov. 14	4 p.m.	Men's Basketball vs. Montana State University-Northern	Scott Gymnasium
Nov. 15	2 p.m.	Men's Basketball vs. Carroll College	Scott Gymnasium
Nov. 18	12 - 5 p.m.	9th Annual Opportunities in Agriculture	Biesiot Activities Center
Nov. 27	6 p.m.	Men's Basketball vs. Dakota Wesleyan University	Scott Gymnasium
Nov. 28	4 p.m.	Women's Basketball vs. Rocky Mountain College	Scott Gymnasium
Nov. 28	6 p.m.	Men's Basketball vs. Rocky Mountain College	Scott Gymnasium

DSU Events - www.dickinsonstate.edu/events

Athletic Events - www.dsubluehawks.com

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Friday, Feb. 26, 2021

Monday, Apr. 19, 2021

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Keynote Speaker:

JEREMY HUETHER

2 p.m. MT

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Continued from page 16

Press' that are missing most of the final two inches of page (see accompanying image). There's enough print left to see that the Stark County Commission's proceeding were indeed published in this edition but not enough to left to find out where the jail lot is located or who might have donated it. Burr under the saddle indeed.

We'll return to the quest to find the jail momentarily, but in the meantime we'll note that Bunker & Lawrence had the jail underway before the end of August and it was ready to be inspected before the end of September when Chairman Dickinson and James Collister were appointed as a committee to inspect the completed jail for acceptance from the contractor which, though not reported, obviously happened as near the end of October the commissioners procured a stove and fixtures for the jail.

Following that, mention of the jail trails off in the local newspaper but of note was the December 15th, 1883 news item reporting a man named Thomas Fuller (AKA 'Fitzgerald') was arrested by the town constable for entering a freight car and carrying off a case of shoes. Hauled before Justice George Auld, Fuller was sentenced to 30 days in the jail, becoming Stark County's first guest in the new facility. Five months later in May 1884 it was mentioned

that Medora was clamoring for Billings County to be organized, the local editorial opinion being better sooner than later that they got themselves a jail and a criminal court as "four-fifths of the business before (Dickinson's) justice of the peace comes from Billings County" it being supposed that a like percentage of jail guests were from the same place.

But, where was the jail? The Museum Center's archives only contain Stark County Commission minutes covering 1919-1925 and reports of property transfers were not carried in the early years of the Press. Our only clues come from that 1906 clipping - but 1886 and January-March 1887 newspapers aren't available so can we find trace of Dr. Stickney buying the jail? Luckily, a county financial report for the first half of 1887 (the year the 'new' jail and courthouse are completed) shows two \$100 "Payment(s) on old jail building," in January and February, this being the purchase of the structure by Dr. Stickney referenced in that 1906 article. Two more intriguing clues appear in 1887 - "Dr. Stickney is building an addition to the old jail and fitting it up for a residence" (April 9th) and "The addition to Dr. Stickney's property is nearing completion. When finished it will make a neat residence" (April 30th).

The other clue we have from 1906 is

that J. H. Lavine purchased the old jail from Stickney at some time. Again, no report of a property transfer...however, in late 1893 Lavine purchases lot 23 in block 13 - one lot from the corner on Hannaford Street (2nd Avenue West) where it meets Billings Street (2nd Street West). The 1898 Fire insurance map shows nothing in that lot four years after the purchase, but there is a dwelling alongside in lot 24. Could this be the old jail?

Finding no further clues except that Lavine lives in a Dickinson house for a time and then goes to Glendive, Montana and rents out his residence by 1904, installs a sidewalk "past his house on Hannaford Street" in 1905 and eventually returns to live here in 1908. But is the house in lot #23 Lavine's house? Is it the old jail? I admit I was at a loss of how to proceed short of searching for the property transfers from Stickney to Lavine and then from Stark County to Stickney (always trace backward for property, I was taught). Before committing to the time needed for that search I turned inward to the Museum Center collections, most capably cataloged and organized by our History curator Alison Hinman. Searching the electronic records she has created I hit upon an obscure single volume - the Stark County "Tax List for

the Year 1892" wherein were entries for all properties. Luckily, Dickinson's are listed by block and then lots within each block and on pages 41/42 I found my best evidence, the entry showing Victor Hugo Stickney owned lot #23 of block 13, probably one of the early Hannaford Street houses, located somewhat away from other buildings even in 1898 and almost certainly an isolated location in 1883 when the jail was built. This evidence brought the Stickney/Lavine connection together at a particular site, there is no evidence that Lavine ever owned other local property during this time period (he lived in Alaska in 1910 and on 8th Avenue West in 1920) and the location would make sense in 1883.

Is this sleuthing 100% foolproof? Certainly not, but until we can find an intact record of 1883 Stark County Commission minutes and/or can trace direct deed evidence of property sales I'm rating this one a qualified "pretty sure."

And what about the on-the-ground physical evidence you ask? Well, that corner now holds Centurylink's large nondescript brick structure so there's little chance of finding vintage "Tom Fuller slept here" graffiti but, for now, I think we've soothed that burr under the saddle...until we can think of more research avenues to travel. ■

HAPPY THANKSGIVING!

from the team at

Heart River

VOICE

HEART RIVER GEMS

ABLE Inc's Mary Anderson

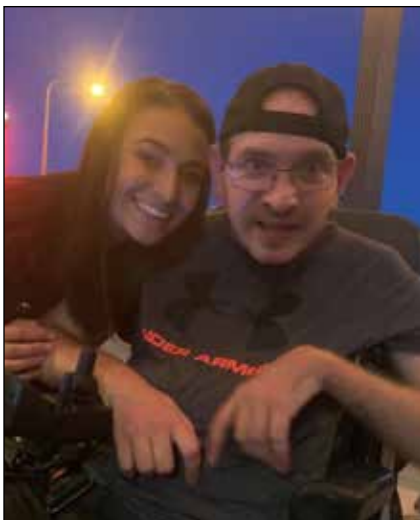
By Kaylee Garling

Mary Anderson graduated from UND with a BA in nursing. She worked for St. Joseph's Hospital and Health Center in 1983 to 1985. While this was an excellent employer, Mary was looking for a career where she could develop long term relationships with people, which she found in ABLE, Inc.



Mary Anderson

She began working for ABLE after the ARC won a lawsuit against the state of ND, declaring the state was in violation of people's rights. As a result, community services began throughout North Dakota. Many people left the institution and went to their home communities. She gave us a glimpse into those early years. "We had some really rocky beginnings because it was such a huge transition to begin supporting people. We didn't know how to do it. We didn't know people's history. We were presented medical histories,

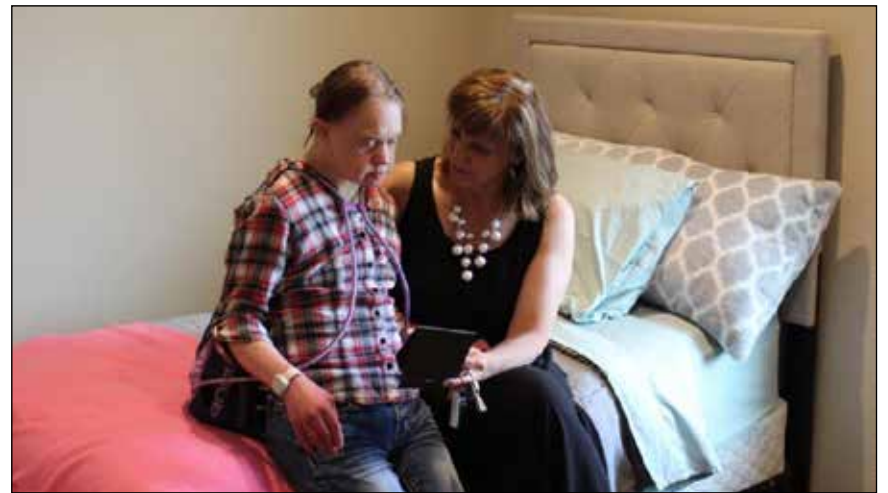


Mackenzi Hecker (L), Assistant Manager at the Sullivans 6plex location, with Mitch Hintz (R).

but we didn't understand people's needs or what they'd been through. For example, people were protective of their items because historically they were taken away at the institution. In order to help combat this, we helped them get locked cases, where they held the only key. Many people even tried to store food in them and as we learned more about their history, we found they often didn't have enough food in the institutions. Several years after working for ABLE, a team of us went to Grafton and got histories. I looked at them, and said, 'thank goodness they didn't send those ahead of time, because we would've been terrified.' When people moved away (from the institution), and had a change of environment, they didn't exhibit the same frustrations. By providing this wonderful place to live, it changed their lives."

"If only we had all the knowledge back then that we have now, there would've been a lot less tears, hardships, bumps along the road. We started out with six group homes in Dickinson, one group home in Hettinger and one in Bowman. Now we have four brand new group homes in Dickinson that replaced the first ones constructed in 1985. The 2017 models are incredible because we know a lot better what these homes need to look like. We are hoping to build a new group home in Hettinger for the same reason: there are things you can build into a home that makes people's lives more magnificent. Some people prefer to live alone or can live more independently, so we support people in apartment buildings as well. Dickinson and Bowman have done a really good job getting people excellent housing. When we talked with families of people with disabilities, their number one priority is safety, so we strive for that. Integration is a continual challenge, but there are things in the future, our 'dream phase', we want to put into reality, like employment and additional social arenas."

As executive director, Mary has thorough foresight and inspiration. She's incredibly devoted to the people she supports, from providing tools to hiring caring support staff. "Most of us in leadership positions are here to provide tools for the rest of the team. The team



Mary with Susan Krehlik on move-in day at the new group home.

works on day to day interactions, and I get the pleasure of spending many days and nights and sweat equities on initiatives such as housing. We're concerned about transportation, good vehicles, how to recruit staff, help them find their place in this world we are in."

"Eighty percent of budget is dedicated to the team. They're critical because the team makes life wonderful for people. You

have to make sure you have the right fit." One of ABLE's Value Statements is, 'We believe that life is about choices, which evolve into moments, which evolve into stories,

which evolve into journeys.' Mary held up a picture of an elderly gentleman and shared a bit of his story that has enlightened her career at ABLE. "He was called Little Mafia at the institution because he was difficult, perhaps, but we all fell in love with him. One of my proud moments was when we went to the hospital and I didn't have to walk him down the hall. He walked down the hall himself. This was a gentleman that when he had to go through medical procedures, they had a gurney and had to tie him down. They struggled, they fought, and I think the way I worked with

him is the example of what we all need to do: be patient, understanding, learn, and have compassion. What I believe in: education, information, support; this man was such an example of all those things. We were able to help him go through some exceedingly difficult things."

Mary credits all the people who support and work with her for the success of ABLE Inc. as well as medical advancements that have changed lives throughout the world. "One of our financial donors has been Dr. Wolf. He was awarded a unique honor because of what he's brought into this community. With that honor came a \$10,000 check to any organization he believed in. He chose ABLE. Sometimes, when you're in the roles that you are in, you don't know your own impact. Dr. Wolf doesn't know the impact he's had in the lives of people that we are supporting. Our motto is Weaving Lives Together, and this is definite weaving. Dr. Wolf is a natural storyteller, so maybe this gift is to develop our passion for storytelling and how that fits into people's lives."

I asked Mary what the community could do for ABLE. She said, "People we support and their ability to communicate differently is not always understood by

Continued next page

Heart River Gems is proudly sponsored by

Continued from page 26



Amanda Wilson with Herman Hecker

the general population. It's patience, understanding, and laughing a little about some of the things that might be unusual. Be accepting. Introduce yourself. Make yourself warm and fuzzy."

ABLE is blessed to have the perfect example of this, as Mary is all these things and more. For 35 years she's worked, loved, supported, built her life around this company and the people within. It was my honor to interview her this month to shed some much-needed light and history within our community. ■

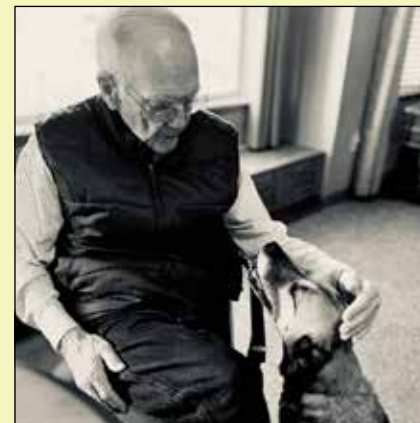
PIPER'S PALS

Wednesdays with Dixie

Dixie is a rescue dog that has been granted a second chance in life, so she dedicates her days to making someone happy. Each Wednesday afternoon she makes her round of visits at Country House. The benefits of her visits are numerous as the photos depict, both for the residents and Dixie, who can never get enough hugs and pets!

Dixie was rescued by Raise the Woof when she was found on an oilfield site by workers. She had been severely injured, and she was rushed to States Avenue Vet where her left leg was amputated, and her remaining back leg repaired. After many months of recovery Dixie made a comeback.

Dixie makes her home with Lorri and Rocky Stoltz. ■



Let's do our part Stark County.

**Stay Safe,
Stay Healthy.**



Wear a Mask

Wear a mask when physical distancing cannot be maintained.



Practice Social Distancing

Stay at least 6 feet apart from anyone outside of your group.



Limit Unnecessary Contact

Refrain from touching others. This includes hugging and shaking hands.



Wash Your Hands

Wash your hands with soap and water for at least 20 seconds.



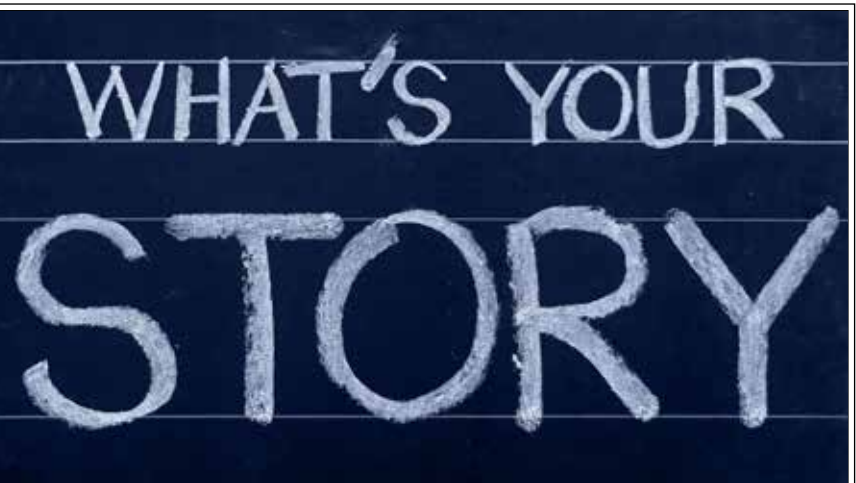
Stay At Home

Not feeling well? If you have a cough or fever, stay home to protect yourself and others.

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Go to www.heartrivervoiced.com or email
kelly@heartrivervoiced.com.



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- MONTHLY ECONOMY AT A GLANCE



NDSU EXTENSION

Keep your holiday food safe

By Holly Johnson

Fall seems to have settled in for the year. Most people love to bring out caramel apple or pumpkin spice flavors when the leaves begin to change and the air turns crisp. My mind seems to have wandered to Thanksgiving. As

internal temperatures for various meats. Your Thanksgiving turkey (whole poultry) needs to be cooked to an internal temperature of at least 165°F. Many turkeys come with a pop-up timer, but a food thermometer is



I write this, I am aware it is not even Halloween yet, but it is almost lunch time! I can not help but be excited to share stuffing, mashed potatoes and gravy, and turkey with loved ones.

I would like to talk about turkey, and meat in general, a little bit more. How do you really know when your meat is done cooking and safe to eat? Do you judge it by the browned, outward appearance or maybe cut into it to check for a pink color? The color of the meat is a helpful indicator but should not be relied on when checking meat for doneness. The best way to have confidence in the kitchen is to use a food thermometer.

Using a food thermometer is very important because it helps prevent the user from undercooking meat as well as overcooking it. In order to kill harmful bacteria that can make you sick, you need to cook meat to a high enough internal temperature. The chart provided lists safe minimum

far more reliable.

How do you properly use a food thermometer? Best practice is to insert the thermometer into the thickest part of the meat. For instance, to check the internal temperature of a hamburger, you should insert the thermometer from the side rather than the top. If you are cooking meat that has bones, avoid having the thermometer touch the bone. Wait until the temperature indicated on the thermometer stops rising, and you will have an idea of how cooked your meat is. When cooking your Thanksgiving turkey, go ahead and temperature check multiple spots on the turkey.

Food thermometers are a great investment. They are low-cost and help ensure your meat is safe to consume. This fall, enjoy all the flavors that Thanksgiving brings, but remember to especially enjoy the reasons you have to be thankful! ■

SAFE COOKING TEMPERATURES as measured with a food thermometer	
GROUND MEAT & MEAT MIXTURES	Internal temperature
Beef, Pork, Veal, Lamb	160°F
Turkey, Chicken	165°F
FRESH BEEF, PORK, VEAL & LAMB	145°F with a 3 minute rest time
POULTRY	
Chicken & Turkey, Whole	165°F
Poultry Parts	165°F
Duck & Goose	165°F
Stuffing (cooked alone or in bird)	165°F
HAM	
Fresh (raw)	160°F
Pre-cooked (to reheat)	140°F



id·i·om

Cost an arm and a leg

Meaning: extremely expensive

Origin: The story goes that this phrase originated from 18th-century paintings, as famous people like George Washington would have their portraits done without certain limbs showing. Having limbs showing is said to have cost more. ■

Call for Artists

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

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

We'd love to show off your talents!

Email to:
kelley@heartrivervoiced.com



Heart River VOICE Events

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

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

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

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

NOW-MID-MARCH 2021

PUBLIC ICE SKATE 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. Make sure to visit dickinson-parks.org for current schedule. West River Ice Center, 1865 Empire Rd.

NOVEMBER 1-DECEMBER 14 TOY & FOOD DRIVE Help the needy in Southwest ND. Bring in a new unwrapped toy, food or household items, and your name will be entered in a drawing for a new iPad or a \$50 Visa Card! Drawing on December 14. For details go to: consolidated-nd.com or call 701.483.4000. Sponsored by Consolidated and Cornerstone Bank.

NOVEMBER 5 & 12

(2-part virtual series on Zoom) **PARENTS FOREVER PARENTING CLASS** 6:30-8:30PM Parents Forever is a research-based educational program that helps parents who are divorcing or separating to minimize stress for themselves and their children. Participants learn how to make informed, child-supportive decisions so children will come through separation or divorce having a positive relationship with both parents. Call NDSU Extension at 456-7665 for pricing and registration information.

NOVEMBER 8

A HUMANITIES ND EVENT 4 - 5PM CST Join us for an hour of getting to know ND authors and their newest book! In a speed-dating format each author will be introduced then read an excerpt. The hour will

include authors Tyler Auck, Dr. Denise K. Lajimodiere, Paul Legler, and many more! Readings will include fiction, non-fiction, and poetry. Register for free at HumanitiesND.org.

NOVEMBER 9

LOVE & LOGIC 6 WEEK SESSION 6-7:30PM Parenting made fun! Advance registration required, call 701.456.0007 or online at www.westdakotaparent.org. Childcare provided.

NOVEMBER 11

MAKE & TAKE CRAFTS 10:15-11AM Dickinson Parks and Recreation offers young children the opportunity to interact with other children and explore interactive hands on crafts. Craft stations will be set-up for young children to explore making seasonal themed crafts and increase their fine motor skills. Children will have the opportunity to be indoors and outdoors, weather permitting. 2-5 yrs, \$6.00 per class. Participants must be accompanied by a parent/guardian. West River Community Center.

NOVEMBER 13-15

50TH ANNUAL BADLANDS ART SHOW Enjoy the beautiful artwork of area artists. Roosevelt Grand Dakota Hotel.

NOVEMBER 14

22ND ANNUAL HOLIDAY GIFT & CRAFT SHOW 9AM-5PM 75 vendors. Mandated masks! Prairie Hills Mall (Old White Drug Location).

NOVEMBER 19

VIRTUAL GAMECHANGER IDEAS FESTIVAL: THE RURAL/URBAN DIVIDE 4-5 PM CST Join this virtual conversation and interview with renowned American writers Deborah and James Fallows on the divide between Rural and

Urban America. Register for free at HumanitiesND.org.

NOVEMBER 21

KIDS COOKING CLASS 10AM-12PM The Kids Cooking Class is designed to teach your children how to be independent in the

kitchen while learning basic cooking skills and kitchen safety. Food made in class will be able to be brought home when finished. The class is led by Kailah Haag, RDN who will provide guidance in making tasty, but also healthy food.

6-12 years, \$15.00. West River Community Center Community Room 1.

CHARITY BALL REIMAGINED! A SALUTE TO SCRUBS 2020 5:30-9:30PM A unique event with the option to participate

2021

Must be 5 years old before August 1, 2021 to enter kindergarten.

Gearing Up for Kindergarteners

- Classroom environment with parent, teacher and preschooler
- First school experience
- Become familiar with school, rules and routines
- Learn essential academic and social skills.

Parents

- Parents learn best practices to guide and prepare their child to help them succeed
- Educators build relationships with families and identify readiness gaps.

FREE!!

Eight Week Series

Pre-register for our Spring Session

Tentative Start Date: January 12, 2021

Session: 6:00-7:30

West Dakota Parent & Family Resource Center

402 4th St. West
Dickinson, ND
PH: (701) 456-0007

Includes supper and childcare

For preschoolers and their families who will start kindergarten in 2021

To register or for more information call 456-0007 or online at www.westdakotaparent.org

Strong Families Today and Tomorrow.

in-person or at-home. Black ties are optional. Scrubs are essential! Call 701.456.4746 for more information.

NOVEMBER 22

A BRAVE CONVERSATION ON THE ETHICAL USE OF POSITION AND POWER 2-3 PM CST Join Mayor Johnathan Judd and journalist Chuck Haga for a virtual discussion on equity and inclusion, power and privilege, and how we can use our social status for ethical good. Register for free at HumanitiesND.org.

NOVEMBER 29

ONE BOOK ONE ND 4-5:30PM CST Little Big Bully begins with a question asked of a collective and troubled we - how did we come to this? Join poet Heid E. Erdrich for a virtual reading and discussion on her newest collection of poetry Little Big Bully. Register for free at HumanitiesND.org.

ONGOING EVENTS

SUPPORT GROUPS

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

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

FOOD KITCHENS

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

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

CLUBS/GROUPS

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

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

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

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

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

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

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

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

TOASTMASTERS 6-7PM. 2nd & 4th Tuesdays of the month. Welcome all community members looking to develop public speaking and leadership skills! Check us out at 1967.toastmastersclubs.org. Held at Dickinson Chamber of Commerce office. More info, contact Tammy Jones 307.349.1827.

MEETINGS

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

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

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

DICKINSON CITY COMMISSION MEETING 4:30PM Commission Room at 99 2nd St East 2nd & 4th Tuesday of the month. dickinsongov.com/boards-and-officials/city-commission/



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While our hospital's visitation restrictions help protect our patients, their families, and our staff from spreading infections, it can be lonely and difficult for patients to have fewer visitors.

Please brighten our hospital patients' day by sending cards and artwork we can share with them!

And, please keep in mind our healthcare employees who have been working so hard the past several months in the face of COVID-19. They would probably enjoy a note of encouragement as well!

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Dickinson, ND 58601

Or email to arrange pick-up:
stephaniefong@catholichhealth.net

Thank you!



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

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

DICKINSON PUBLIC SCHOOLS SCHOOL BOARD MEETING Regular monthly meetings are held the second Monday of each month at 5PM either at the Professional Learning Lab located at 266 3rd Ave West, or in the Board room of the Dickinson Public Schools Central Administration Office located at 444 4th

St. West (use the east or west door), or unless otherwise noted. More information, contact 701.456.0002, ext. 2203.

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

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

SAVE THE DATE

DECEMBER 4-6 MEDORA'S ANNUAL OLD-FASHIONED COWBOY CHRISTMAS Join us for our 25th anniversary! It will be a weekend filled with many fun events!

DECEMBER 12 DSU HERITAGE FOUNDATION YULETYME 2020 5PM Step back in time as we spice up our annual Yuletyme celebration for a themed Old Hollywood Glam party.

ND POTTERY

North Dakota Pottery Collectors Society

By Arley Olson, NDPCS Historian



Dickinson Clay Products Company was organized December 18, 1934, taking over the Dickinson Fire & Press Brick Co.,

which was founded in 1902 in Dickinson N.D. The company plant was located by the Heart River in the southwest part of Dickinson in the vicinity of the present-day water treatment plant.

The production of the Art pottery was started to keep the plant open on a yearly basis due to the fact that brick and tile were not produced during the winter months. The Art pottery was a division of the Dickinson Clay Products Company. The trade name of the pottery was "Dickota" (the first four letters of the city and the last three letters of the state). Clay was taken from a butte near Baghdad about one mile southwest of the clay plant.

Charles Grantier, a graduate of the University of North Dakota, joined the Pottery Company in 1935 as a designer. Advertising ashtrays were especially popular and Grantier was active in their design.

Items made were vases, advertising



ashtrays, cowboy hat ashtrays, pitchers, mugs, book ends, dinnerware, candle holders, flower pots, tea tiles, curtain shade pulls, animal figurines, teepee incense burners, little brown jugs, console sets, plant hangers, bowls, cookie jars, lamps, salt and pepper shakers, sugars and creamers and tea pots.

Another type of ware made was "Dickota Badlands" swirl pottery. It was made of various colors of clay put together and formed into an item on the potter's wheel.

Gold & silver foil labels with the word "Dickota" were affixed to some of the ware as well as "Dickota" incised on the base of some of the items. Another

mark was a black stamped diamond with "DICKOTA" in the inside of the diamond and "Dickinson, N. Dakota" on the edge of the diamond. The Dickinson Clay Products Company "Dickota Pottery" plant continued operation until November 1937.

Dickota Clay Products Company with a hyphen was in operation from 1960 to about 1964 and then became Bison Clay Products Company and closed about 1966. They made clay drain & sewer pipes and chimney flue tile. Dickota and Bison both made advertising ash trays to promote their company and had no ties to the 1930's Dickota Pottery. ■

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BEEN THERE, DONE THAT



Matti Biel and Griffin Obrigewitch, DHS's 2020 Homecoming Royalty. Both students are also mentors with the Best Friends Mentoring Program.



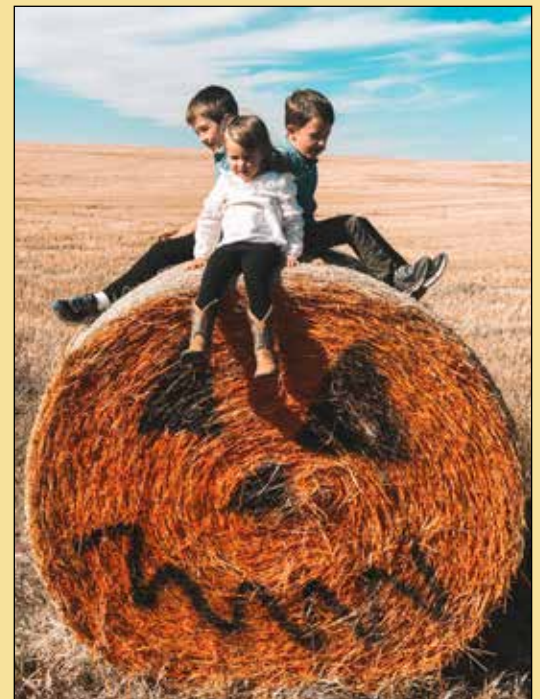
Ashlyn Eckelberg (far right) teaches Heritage Hills residents basic canvas painting.



Constantin Abayo is a new mentor at Best Friends Mentoring Program. Originally from Rwanda, he has overcome great obstacles and has already volunteered at several Best Friends' events over the summer.



Two shiny cars on display at the Downtown Dickinson Association's Cruise into Downtown event.



The Klassen kids enjoy a day at Krebs Family Pumpkin Patch.

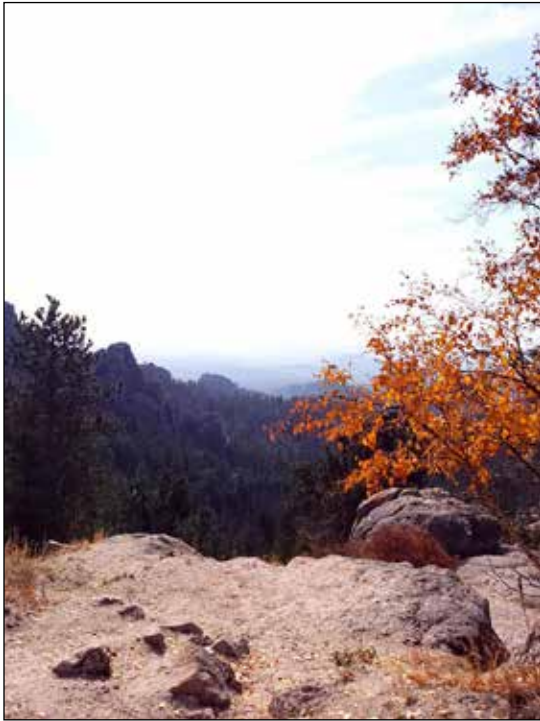


Best Friends Mentoring Program extends a heartfelt thank you to Tiffany Moore, general manager of Subway at 401 West Villard, for generously offering complimentary sandwich gift cards and a meeting place for mentors and mentees.



ADVENTURE ON A DIME

Creating new memories



head to Rapid City the first weekend in October. We hoped to catch the Fall colors as we trekked through the Black Hills on the way down. I think we left early on a Friday morning dressed in our Fall layers and ready to be “outdoorsy”. It was 80°, and we decided to hike to a waterfall but ended up on the wrong trail and there were no Fall colors. Mt. Rushmore was closed for construction and the next day, it snowed! The weather was horrendous, but we still talk about that trip. We found a fantastic indoor flea market, tried out some local coffee shops, and met up with friends for breakfast. The best part really though was just getting away together for a bit. This started a new tradition for us.

By Laura Walters

We have been married just about two and a half years now and it almost feels silly to talk about our “traditions”, but even in the short time we’ve been together we have started some really fun traditions that mean a lot to us. Both of us love “the experience”. You know what I mean. It’s the restaurant with the amazing ambiance and curious cuisine, the local shop filled with antiques, the hike, the ride. But most importantly, the time spent together.

Last year we decided to take off and

The second weekend in October this year we found our way back to Rapid City, and this time the weather was perfect. We drove down through Amidon, ND and stopped at the little antique store where we found some real treasures and enjoyed visiting with the owner. After deciding not to take the scenic route, we arrived in Rapid City in the late afternoon. We found our Airbnb (which was amazing!), and headed to Mt. Rushmore where we took the trail down around the bottom and got some amazing pictures. Have you ever done that? It’s really great!

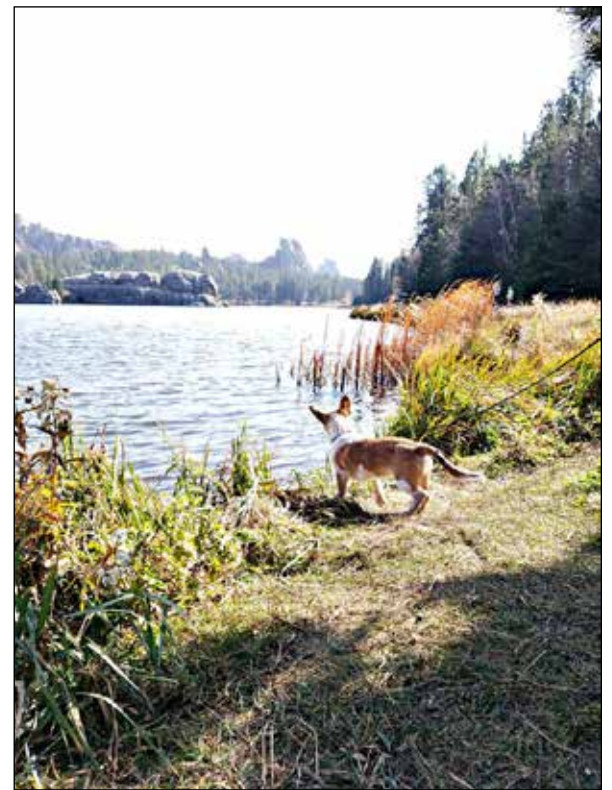


We spent the weekend exploring Custer State Park (have you driven Needles Highway?!), scratching the turtles’ necks at The Reptile Gardens (just me - Joel wouldn’t touch them), and relaxing in each other’s company. I’m not going to take you through the entire weekend minute by minute, but I wanted to share some pictures and encourage you guys to plan your own getaway! Honestly, we stayed in an Airbnb two nights for just over \$100 and enjoyed several free activities as well as a few very affordable experiences.

Traveling doesn’t have to mean Disneyworld or an African safari. Your trip doesn’t even have to be Rapid City. Go anywhere! Make it a tradition! Even if it’s somewhere closer and you stay in a tent or haul your camper, creating new memories in familiar places is how traditions are born!

“Family traditions counter alienation and confusion. They help us define who we are; they provide something steady, reliable and safe in a confusing world.”

– Susan Lieberman ■



COMMUNITY

The Dictionary Project



Hope Christian students receive their dictionaries from Suzi Sobolik

The Dickinson Rotary Club wants to assist all students to become good writers, active readers and creative thinkers by providing them with a gift of their own personal dictionary.

The Dickinson Rotary Club has been giving dictionaries to all third graders in the Dickinson School District for over 10 years. The schools included are the Dickinson public schools, the Trinity schools, Hope Christian, and the Seventh Day Adventist School. Also included are South Heart and Belfield third graders. This year 389 dictionaries were distributed.

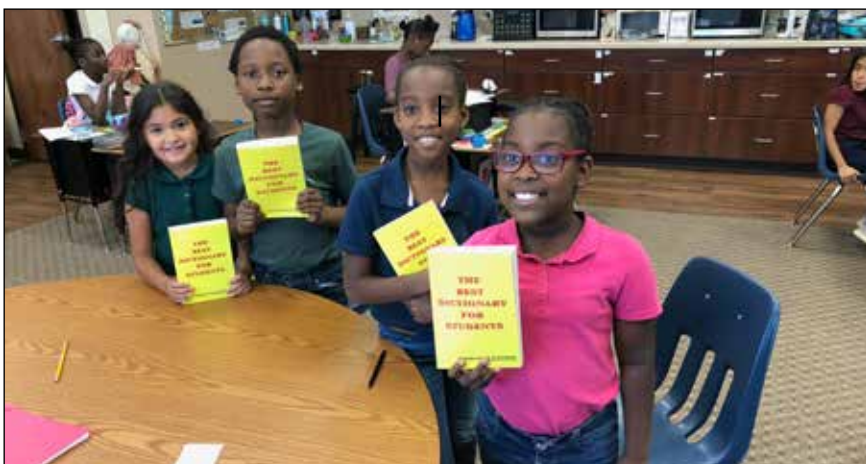
Dictionaries are given to third graders as this is the year in which dictionary skills are taught in most schools. The dictionaries are purchased from The Dictionary Project which distributes dictionaries throughout the United States. A statement from the Dictionary Project website says "dictionaries are geared to third graders as this represents a critical juncture in a child's education. This is the

year a student makes the transition from learning to read to reading to learn. All formal education from this point through college is premised upon the student being able to read and to understand what he or she reads.

If a community wants their children to succeed in education, it must ensure that the student has the resources and encouragement to

become a strong reader by third grade." "Don't most children in Dickinson have access to computers?" you may ask. Even for children with a computer, a dictionary can provide what a computer cannot. Dictionaries are portable and can be used anywhere. A child has a sense of ownership of a book that encourages exploration. And only a dictionary can provide that enjoyable experience of looking up a word and then getting sidetracked by all the other interesting words on the same page.

The Dickinson Rotary Club is pleased to be able to provide the dictionaries as a service to third graders. ■



Invitation Hill Seventh-day Adventist School students are proud of their dictionaries

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YOUR HEALTH

Covid-19 and obesity



By Steve Irsfeld

Epidemic is a word that we haven't used much except over the last 10 months. One epidemic we don't seem to hear much about is the obesity epidemic in our country. We are on the cusp of another election, and just like four years ago, we do not hear a peep from our candidates about this issue. It feels like the white elephant in the room that no one wants to talk about and is especially crucial in this COVID environment. I want to tie the subject of obesity in with COVID 19 because it is one of the risk factors, along with advanced age, the immunocompromised, and patients with multiple disease states. These factors influence how a patient is affected by the virus, and having an optimal weight is an essential part of the fight.

Several countries are addressing the issue of obesity head-on. Some states in Mexico have passed a ban on selling or giving out high-calorie packaged foods and sugar-sweetened drinks to minors. They are considering making it a permanent law to protect the youth's health and well-being in Mexico. On July 23, 2020, the UK Prime Minister Boris Johnson announced he intends to ban TV commercials for junk food before 9 PM and limit store promotions.

These are bold moves by these countries, and I am not suggesting that we put more laws in place that hinder our abilities to make personal choices but to what degree do we need to stop this tsunami? I would like to see more education on "good food" and the risks of packing on extra weight.

I'm not writing this to shame people who are overweight but to inform and empower all people. We currently are not given many tools in the fight against COVID; social distancing, wearing masks, not touching our faces, and hand washing are useful, but what more can WE do right now? We can monitor what goes in our mouths every time we eat something. If we are putting crap in our bodies, we can expect to feel like crap. In the process of losing weight, we need

to make sure we are losing fat and not muscle which can be a difficult issue.

Regarding obesity and COVID, a July 2020 report by Public Health England showed that excess weight worsened COVID-19 severity. Compared to healthy weight patients, patients with a BMI above 25 were:

- 2.03 times more likely to suffer a critical illness
- 6.98 times more likely to need respiratory support
- 3.68 times more likely to die

This is just one of many studies, and the numbers don't lie. Obese patients don't do so well when it comes to fighting the COVID virus.

Weight gain tends to haunt people daily. I think one of the reasons is the lack of tools necessary to make the loss happen. Here are some simple tips or tools to help:

- Don't drink your meals, meaning calories from juices and soda are empty and add up quickly in the day
- Try to kick the sugar habit – a piece of fruit, no matter what it is, is a better option than a candy bar or piece of cake
- Shop in the outside ring of the grocery store, which is where the fresh produce and lean proteins are at – processed food tends to be down the aisles
- Meals should contain fresh fruits and veggies and lean proteins. It's just that simple
- Have your children make meals or be a part of the cooking process – this can seem like way more work when they are young, but the seeds will be planted for healthy eating
- Get out and move – walk, run, ride, swim – do whatever it takes to burn calories

If you would like information on weight loss or simply improving your overall health, call the pharmacy @ 701-483-4858. Please visit my website at www.irsfeldpharmacy.com to find this and other archived articles in the blog section. Until next time, be vigilant about your health! ■

CHI HEALTH AT HOME

2020 Hoedown for Hospice recap

November is Hospice and palliative care month. Hospice is a comprehensive team-orientated program of care that seeks to comfort terminally ill patients and their families. Care is provided to the patient and family within their



own home, Skilled Nursing Facilities, Assisted Living Facilities, and Basic Care Facilities. Hospice establishes pain management and symptom control as clinical goals, including psychosocial and spiritual needs.

Palliative Care is specialized medical care for people with a serious illness. It focuses on providing clients with a relief from the symptoms, pain and stress of a serious illness. The goals is to improve the quality of life for those with a serious illness as well as family. Palliative care provides collaboration with your provider on pain and other symptoms. Open discussion about treatment choices, including treatment for disease and management of symptoms and help identifying community resources. This year has proven to be incredibly challenging as it is for everyone in

our communities. Our Hospice, RN's, Hospice Aides, Social Worker's, Chaplains, Volunteers have become experts at zoom and tele-health visits and being creative to continue to meet the needs of those on Hospice and following protocols and policies put into

place. If you have any questions about hospice please reach out to our office at (701) 456-4378.

A major part of what keeps Hospice is going is donations. We typically have a fund raiser each summer that is coordinated by Choice Bank. This year with Covid-19 it was determined that we wouldn't be able to hold our Hoedown for Hospice event and serve a meal. Even though we were not able to hold the community support was still there. Choice Bank was a vital part of helping secure sponsors for Hospice even with no actual event taking place. Below you will see a list of the Businesses and individuals that supported CHI Health at Home and Hospice for the 2020 Hoedown for Hospice that raised \$23,000 for our Hospice. ■

2020 Hoedown for Hospice Donations

- Bronco Sponsor \$5000+**
 - Choice Bank
 - Stevenson's Funeral Home
- Wrangler Sponsor \$2500+**
 - Dr. Dennis Wolf
- Cowboy Sponsor \$1000+**
 - Winn Construction
 - Th Investments, LLC
 - Fraternal Order of the Eagles
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- Rustler Sponsor \$500+**
 - St. Anthony Club
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 - Other Sponsors
 - Evelyn Kadrmas
 - Sax Motor Co.
 - Total Control, Inc.
 - Marvin & Victoria Steiner
 - Eleanora Fisher

CONVENTION AND VISITORS BUREAU

Soup is on!

Did you ever wonder how many different soups in our area that are served on a chilled fall day across the hometown cafes in southwest North Dakota? There is something about filling you hunger during the day with warm, tasty soup that tells you that fall has arrived.

Let's take a look at the local flavors that we can find at noon, and what is some of the most popular. Of course, there are two that come to mind that compete almost all the time for the best soup. Knoephla soup and Borscht soup are two of the popular soups in Dickinson, and other surrounding communities.

Traditional German Knoephla, or Knefla, is a thick potato soup with a flour-based egg dumpling, served in a chicken broth that has cream and butter added to it. Most often it will have potatoes, and sometimes celery and carrots. The origin of the word Knefla is from the German word Knöpfle. Literally translated into 'Little Button', it is a small cousin of the more popular German dumpling Spätzle.

Another soup that is traditional in our area is Borscht. It is a soup hailing from the Ukraine with a few recipes from the Germans from Russia added to the mix. It wouldn't be Borscht without beets, which give the dish its distinctive red color, and some kind of souring ingredient such as wine vinegar,



or lemon juice. It almost always has shredded cabbage also.

The reason for the history and information on these two popular soups? Foodie travel has become popular. Finding the best café with the best Knoephla or Borscht soup has bragging rights. There are great hometown restaurants that made these soups, and often have wonderful pies for dessert. Take a drive around town, or to the nearby communities, and find your favorite soup this fall. ■



CONNECTING

Being real – Being female CMC launches new Mother-Daughter event in celebration of the beauty of being a woman

When patients seek out Individual Fertility Education services at Connect, our staff RNs hear a common refrain: “Why hasn’t anyone ever told me this before!?!” Despite growing up in the so-called information age, many women have only a cursory understanding of how their bodies actually work, and sometimes, even how a woman becomes pregnant.

“You might say they suffer from body illiteracy,” states Katie Vidmar, CMC Executive Director. “The

to stop the choruses of “Why hasn’t anyone ever told me this before?”

Connect is launching a new initiative aimed at nurturing young women right from the start.

On Saturday, November 7th, a group of mothers and their 9-12 year old daughters will meet with CMC Executive Director Katie Vidmar and staff RN Colleen Moenkedick for CMCs first Being

Real – Being Female event. This small group, invite-only event is designed to



majority of young women we serve do not know how their bodies function in a state of health!” said Vidmar.

By gaining understanding of how a woman's hormonal levels ebb and flow in general, a young woman can begin to see how these changes affect her in particular. Sometimes referred to as “the fifth vital sign” for women, a girl learns to understand her monthly signs of ovulation as a sign of health. She learns that her own fertility is limited – something that can be irrevocably damaged if treated carelessly - something to be cherished and protected.

RNs at Connect teach young women to chart their biomarkers using FEMM, an acronym Fertility Education & Medical Management. And in an effort

foster relationships between mothers and daughters, celebrate the gifts that women bring to the world, and learn the basics of the nature of a woman's body. Rather than a “one and done” awkward conversation, CMC hopes to set the stage for mothers to have open, positive conversations with their daughters about being a woman.

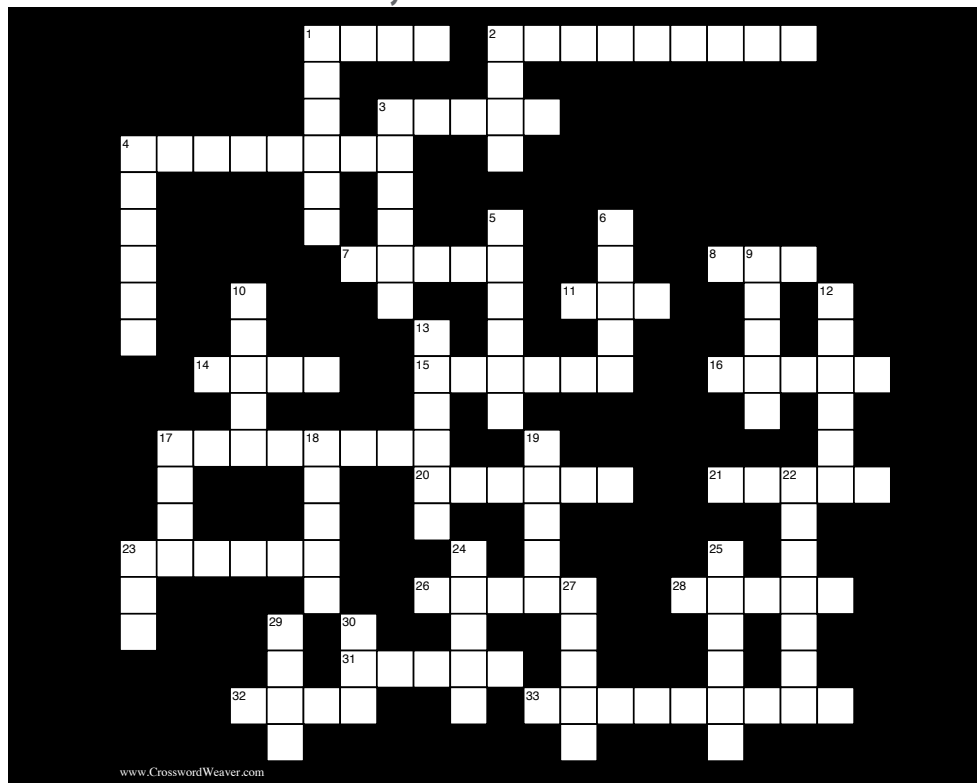
This fall's event is already at capacity, but CMC plans to offer the event regularly depending on interest. “We're planting seeds,” says Vidmar. “I can't wait to watch over time how they will grow!”

“When a generation of young women know their own dignity, there will be a generation of young men who will rise up to win their love.” – GK Chesterton ■

Heart River **VOICE** PASTIMES

CROSSWORD

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ACROSS

- 1 Using the peel
- 2 Dry red table wine
- 3 Having a kick, flavor-wise
- 4 Summer squash
- 7 Moisten, as a turkey
- 8 Sound of sleeping
- 11 First three of 26
- 14 Oxygen_
- 15 Port city in Ukraine
- 16 Many modern meetings
- 17 Rock group or airship
- 20 Badge wearer, in a Western
- 21 Trickled slowly
- 23 Celestial circle of 12 divisions

- 26 B+W fuzz ball
- 28 None
- 31 Bowling alley divisions
- 32 Crazy, foolish
- 33 Animal watcher?

DOWN

- 1 The highest point
- 2 Tubular pasta
- 3 Short, sharp turns
- 4 Instrument with 30-40 strings
- 5 Annoy
- 6 Striped equine
- 9 Rock trio known for its long beards
- 10 Resell unfairly, as tickets
- 12 Regurgitated person

- 13 Egad!
- 17 Less than one
- 18 Build
- 19 Screen Actors' _____
- 22 #'s identifying your postal area
- 23 Buddhist way of self discipline
- 24 Stand for a painting
- 25 Type of fastener
- 27 Metal mixture
- 29 Trendy spiced tea
- 30 Unlikely star of 2020 vice presidential debate

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Last month's puzzle solution

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Solution:

HOROSCOPE

NOVEMBER 2020 by Hilda De Anza



ARIES
March 21-
April 20

This November there is a sense of inertia as you reorient yourself to a scenario which is radically changing. The 1st half of the month is an opportunity for agreements and enjoying relationships. The battles are over and all that remains is to examine the damage and shake it off. Justice is sought, and judgments are pronounced. Issues emerge from the past and the wise Aries proactively deals with information by taking steps to create transparency.



TAURUS
April 21-
May 21

This November there is an atmosphere of nervous excitement and the feeling that a lot in your life can change. You will be constantly striving to maintain harmony in mid-November, even when facing heavy firepower from people who think they can lay down the law. On November 21st your ruler Venus moves into your opposite sign Scorpio, which starts a period of a few weeks with a focus on personal relationship, and a keeping a lower profile helps you.



GEMINI
May 22-
June 21

So many things feel like they are put on hold at this time, and this also applies to a social issue or a friendship. Towards the middle of November there is renewed focus on what is happening in the workplace and how to deal with disruptions taking place. This is a period when you uncover hidden factors that lie behind disruption. You are inclined to keep your motives and actions to yourself at this time, working hidden from view is the best approach.



CANCER
June 22-
July 22

You start November dealing with unpredictable events in several areas. Although, this could be a fruitful time, depending on how the dominoes fall. The focus is on creative activities and affairs of the heart. This is a good time to take a forceful approach and to weaponize information which you have access to. You are in a powerful position at this time, which mean that you can successfully deal with any opposition and forge ahead successfully.



LEO
July 23-
August 22

It is a bit of a gypsy period when you may be oscillating between one place and another either at work or at home. Early November is a good time to try to create more order and structure, it helps to focus on practical things that need doing. This is a time when you have access to tremendous personal power and will, which means you can construct life at work and at home exactly how you want it. Powerful alliances are formed. Change is in the air.



VIRGO
August 23-
September 22

Early November is a time when you try to maintain a breathing space to deal with pressing issues. The moment has come to tackle a knotty problem, it's an opportunity to put something right. The new moon on the 13th signals the start of a different power structure, when the obstacles have been moved, bringing a far more productive period. You will find that during the last part of November there is a lot of cleaning to do. You are on a roll!



LIBRA
September 23-
October 22

The month of November is an empowering month for you, when you maintain your agency and authenticity, even when under considerable pressure from the family, partners, and opponents. You are empowered this month and you meet opposition head on. Conflicts come out in the open and you handle this with the famous iron fist in the velvet glove approach, with grace and diplomacy and there is a turning point which can be beneficial for both parties.



SCORPIO
October 23-
November 21

November starts with a sharp spotlight on unpredictable developments in relationships. Another area of focus in your life is work. You have been struggling to overcome a series of restrictions, rules, and regulations, which may have brought a lot of projects to a standstill. But you have basically overcome these obstacles, and by mid-month things turn around and you begin to gain forward momentum.



SAGITTARIUS
November 22-
December 21

Your focus of transformation centers on economic survival and November signals the time when the process is complete, this involves eliminating anything that is a drain on your resources. It's also a significant month for friendships and love, either in your own life or in the lives of children or a friend. People will go through many trials and tribulations to connect. This is also an important month for work, with unpredictable change on the agenda.



CAPRICORN
December 22-
January 20

Nothing can stop you getting to where you want to go. Your destination is a freer life, not least financially. By the end of the year you can pick up something you were forced to leave back in the spring, and this gives you the opportunity to expand your abilities to expand financially. Your attention turns to new developments socially, as a major restructuring takes place and new groupings are formed. Things start moving forward and you gain positive momentum.



AQUARIUS
January 21-
February 19

It's a constructive period, especially if you are working from home or working on the home. Obstacles to progress are removed step by step, and forward momentum increases. By the end of next month, a completely new situation arises which greatly expands your influence, so November is the last month of challenge and isolation and a period will soon begin when you can define a new role for yourself and achieve remarkable success.



PISCES
February 20-
March 20

November represents the final stage of a social engagement project, which has absorbed all your energy and resources this year. Allegiances which do not pass the authenticity test will finally be abandoned this month. It's a month when there is still a strong exchange of views and opinions. Partners or family may be a lot more intense. Both materially and spiritually you are seeking more solidarity and humanity in your life and world.



DAFF Moon Phase

Daff Moon Phase is an Android application that displays current Moon phase as well as other real-time information about the Moon, the Sun and all other major planets. Main features include current phase and age of the Moon; Moon phases calendar and Rise/Set calendar for any month; and much more! Visit <https://www.daffin.com/>



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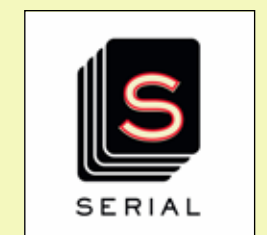
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The Bon Appetit Foodcast

Bon Appetit has evolved from posh food magazine to cultural phenomenon in seemingly the blink of an eye thanks to social media, a YouTube channel with a cult following over five million subscribers strong, and now, a hit podcast. Featuring interviews with chefs and writers, the Bon Appetit Foodcast is the perfect podcast to listen to while you prepare dinner or man the grill.



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